



See San Diego critters at the zoo

Pg. 2



Company C Marines enter Thunder Dome

Pg. 3

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# CHEVRON

MARINE CORPS RECRUIT DEPOT SAN DIEGO

AND THE WESTERN RECRUITING REGION

Vol. 69 – No. 26 – COMPANY C

FRIDAY, AUGUST 28, 2009

WWW.MCRDSD.USMC.MIL

## Chargers reach out to military

BY PFC. DUSTIN HAMBY  
*Chevron staff*

Servicemembers were given the rare chance to see a National Football League team practice when the San Diego Chargers held a no-pads practice on Naval Base San Diego's soccer field, Aug. 21.

The first of its kind on the base, the event offered an opportunity for servicemembers to show their hometown pride, get their families involved, and take a break from work.

As spectators waited behind fenced barriers before the practice kicked-off, a ceremony was held to honor each respective organization.

Navy Capt. Rick Williamson, commanding officer, NBSD, presented an award in the shape of a missile to the Chargers for their "generous contribution of time and effort." In turn, the Chargers presented the command a jersey emblazoned with #22 and NBSD.

"The Chargers had actually requested to come here," said Doug Sayers, the deputy director of public affairs, commander, Navy Region Southwest. "The Chargers wanted to have an opportunity to give back to the military in San Diego."

He said the Chargers are

unique in that they are in a city that supports Navy, Coast Guard, and Marine Corps facilities. The opportunity to tap in the military fan base is huge.

He said the no-pads walk through was a great opportunity for servicemembers to get an autograph from their favorite player. Fans often do not get a chance to be so close to their favorite player, he said.

One of their biggest fans, Gunnery Sgt. Pedro Navagonzalez, career retention specialist, RTR, loves the fan base here.

"Fans are friendly, competitive and they love to show their spirit," said Navagonzalez. "I am all for having an opportunity to celebrate with the San Diego community."

If Navagonzalez is not in uniform, he said he is wearing his Charger's jersey. Showing support to opportunities like these fosters better relations with the community outside the depot, he said.

Navagonzalez said he sees the parallels in Chargers fans and Marines.

"The fans are die-hards, honorable and loud. The similarities between the two organizations must be why the Chargers and the city of San Diego support the military," he said. "San Diego definitely knows how to take care

of their Marines."

Staff Sgt. Jabari McDonald, Marine Fighter Attack Training Squadron 101, Marine Corps Air Station Miramar, missed an opportunity to introduce his children to the Chargers when they practiced at MCAS last, but got the chance this time around.

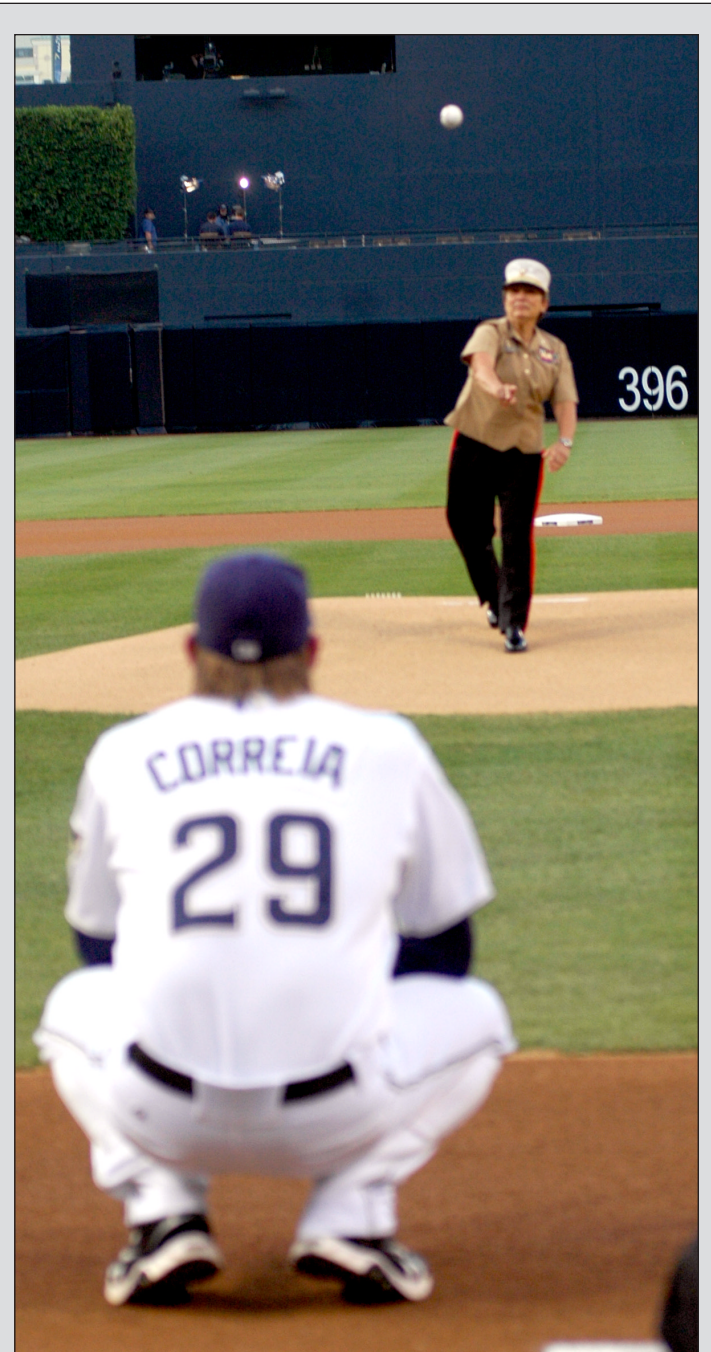
"I was really excited to bring my children here," he said. "I think this is great. My son is a big fan and this was a perfect opportunity for him."

Children had the chance to explore Force Protection NBSD's police high mobility multipurpose wheeled vehicle, throw footballs with the Chargers, and meet their favorite players.

The practice ended with an opportunity for spectators to get autographs. Marines and sailors lined up with footballs and photos of football players, and children screamed for their shirts to be signed.

Ron Morrison, mayor of National City, Calif., said that this was the perfect opportunity for municipalities, the NFL and the military to work together and make something great.

"This is a wonderful outreach," said Morrison. "The military has such a huge impact to this community. It is only reasonable that they are provided good family fun."



Brig. Gen. Angie Salinas, commanding general, Marine Corps Recruit Depot San Diego and the Western Recruiting Region, throws the first pitch at Petco-Park prior to the Padres and Cardinals game, Aug. 20. Pfc. Dustin Hamby/Chevron

## Brig. Gen. Salinas bids depot farewell

BY CHEVRON STAFF

For the past three years, Brig. Gen. Angie Salinas has led one of the nation's most historical military bases. Marine Corps Recruit Depot San Diego has 88 years of making Marines to win battles, and, though historic, MCRD SD is no relic.

During her tenure, Brig. Gen. Salinas has been an active part in making Marine Corps history. As the highest-rank-

ing Latina woman in the Marine Corps and the first female commanding general to lead a recruiting depot, these alone made history, although she only wanted to be considered "the best officer for the job."

"Although she was the first female commanding general aboard this depot, everybody treated her like a Marine, not a female general," said Sgt Maj.

see General, page 4



Nick Hardwick, center for the San Diego Chargers, autographs a football at a no-pads practice at the San Diego Naval Base, Aug. 21. Pfc. Dustin Hamby/Chevron

# Nearby San Diego Zoo gives glimpse into animal kingdom

BY CPL. KEVIN M. KNALLAY  
Chevron staff

Servicemembers have free access to one of the world's largest zoos, the San Diego Zoo, located in Balboa Park, which allows attendees to view animals, some of which are endangered, from many parts of the world.

For military families, Marine Corps Community Services' ticket office offers discounted tickets to the zoo. Tickets start at \$35 and \$26 at the gate for adults and children, respectively.

The zoo's better known animals are African and Asian elephants, tigers, polar bears, gorillas and koalas. Also, the San Diego Zoo has four giant panda bears in captivity – the largest number in the U.S. All together, there are about 950 different species ranging from reptiles, birds, sea mammals and

primates.

The zoo covers about 100 acres of Balboa Park so attendees should wear comfortable shoes for walking. Strollers and wheelchairs are available for a fee at the park.

The zoo offers guided bus tours that cover more than half of the park, allowing attendees to sit comfortably and still see the majority of the park. Also, zoo staff give an indepth view of the animals along the tour.

Another ride available is the Skyfari aerial tram, which gives riders a view from above.

The bus and aerial tram cost a small fee, but are free to servicemembers by showing their military identification.

A popular exhibit for younger people is the children's zoo. Inside are about 200 animals, some of which are not seen in other areas of the zoo.

Also, some animals can be petted and viewed up close.

The zoo's hours of operation are 9 a.m. to 9 p.m., daily. The hours are scheduled to change September 8. The zoo is roughly six miles from Marine Corps Recruit Depot San Diego. For more information and directions, visit [www.sandiegozoo.org](http://www.sandiegozoo.org).



One of the largest existing land animals, the Indian elephant, is on display at the San Diego Zoo. This one decided a dust bath would be just the thing on a hot day in July. Cpl. Kevin M. Knallay/Chevron



Suffering from the fame brought on by television exposure, meerkats keep a sharp lookout for paparazzi who try to catch them unaware. This time the photographer won the contest. Cpl. Kevin M. Knallay/Chevron

## BRIEFS

### New Veterans Affairs representative

A representative from the Department of Veteran Affairs Office is available at Marine and Family Services, Bldg. 14, Monday through Friday from 7:30 a.m. to 4:00 p.m., to clarify questions on benefits such as education, medical, home loans. To schedule an appointment, call Robert Hill at (619)524-8233 or e-mail [robert.hill6@va.gov](mailto:robert.hill6@va.gov). Walk-in hours are from 8 to 10 a.m.; appointments are from 1 to 3 p.m.

### Boot Camp Challenge Training

Boot Camp Challenge Training is offered Tuesdays and Thursdays from 4:30 to 5:30 p.m., through Sept. 24 outside the depot Fieldhouse. Sign up online at [MCCSMCRD.COM](http://MCCSMCRD.COM). Attend 75 percent of the workouts and receive free admission to the Boot Camp Challenge 2009 on Sept. 26. For information, call (619) 524-4427.

### Career and Education Fair

A Career and Education Fair will be held Sept. 9 from 10 a.m. to 1 p.m. at Marine and Family Services, Bldg. 14. Employment opportunities include banking and accounting; city/county/state employment; entry level and up administration; federal agencies; Fortune 500 companies; high tech electronic; industrial/mechanic; resume writing; law enforcement; and retail sales. Educational opportunities include: meet college representatives; class registration; apprenticeship programs; college funding and scholarships; and the GI Bill. For questions regarding education, contact James Brooks at (619) 524-8158/1275 or at [james.brooks@usmc.mil](mailto:james.brooks@usmc.mil). For driving directions, visit [www.mccsmcprd.com](http://www.mccsmcprd.com). For assistance in preparing a resume, contact Mina Threat at (619) 524-1283 or at [mina-threat@usmc.mil](mailto:mina-threat@usmc.mil).

### Dating Violence Prevention Class

Dating Violence Prevention Class, a workshop for parents, teens and all eligible depot patrons will be offered Sept. 10 from 5 to 6 p.m. in the Family Advocacy Program conference room, Bldg. 6E. The class will feature the Empower Program. Registration is mandatory. To register, call (619) 524-0421.

### The West Coast Drill Instructor Association Reunion

The West Coast Drill Instructor Association Annual Reunion will be held Sept. 10 to 13. For information, go to: [www.westcoastdi.com](http://www.westcoastdi.com).

### Brown Bag Lunch Seminar

The next Personal Financial Brown Bag Lunch Seminar will be "Investing - the Basics (IRAs, TSP, 401(k), mutual funds, stocks)," Sept. 23 from 11:30 a.m. to 1 p.m. in the Marine and Family Services' classroom, Bldg. 14. Seminars are free and open to authorized depot personal and their families: active duty; reservists; retired military members; civil service and contract personnel. A free light lunch will be served, but attendees are welcome to bring their lunch. To register, call (619) 524-5728.

SEND BRIEFS TO:

[MCRDSDPAO@usmc.mil](mailto:MCRDSDPAO@usmc.mil). The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

## AROUND THE DEPOT



Seaman Apprentice Alex Romi, Pacific Tactical Law Enforcement Team, Marine Corps Recruit Depot San Diego, sights in as she performs the Coast Guard Judgment Use of Force Evaluation, Aug. 4. This course tests the Coast Guardsman's ability to make correct "use of force" decisions. The PTLEDET is highly trained to deal with drug trafficking, smuggling, and other scenarios that occur on the Pacific Coast. Pfc. Dustin Hamby/Chevron



Recruit Dylan Noegal, Platoon 1045, Company C, enters the Thunder Dome, prepared to fight. Pfc. Dustin Hamby/Chevron

# Recruits face fear in Thunder Dome

BY PFC. DUSTIN HAMBY  
Chevron staff

As the recruits of Company C lined up in the hot sun, sweat dripped down their foreheads and they breathed heavily with strain. They were slowly being herded into the Thunder Dome.

Company C recruits had just finished the depot's Bayonet Assault Course, which includes navigating through a fire and maneuver course equipped with a rubber M-16A2 rifle with fixed bayonet. They were lining up for the last installment of pugil stick training, July 29.

Pugil Sticks Level Three takes place in an enclosed building dubbed the Thunder Dome and is meant to simulate close quarters combat. Recruits wear flak jackets, football helmets, gloves and mouth pieces when they fight.

"This is a chance for recruits to push themselves to when they are utterly exhausted," said Sgt.

Brian Fisher, drill instructor, Platoon 1046, Company C.

Since many recruits have not been in a fight before, it is a great opportunity to teach them proper technique, said Fisher.

Drill instructors ensure that throughout the battle, recruits are properly protected.

"It can get pretty rough," he said. "You push them through that threshold and you watch them break free. I love seeing the ones you know will put their all into it, actually do it."

One such recruit, Dylan Noegal, Platoon 1045, impressed his drill instructors by delivering a final uppercut to a recruit much larger than himself.

"I really enjoyed it," he said. "I feel like I have finally tapped into this, and I am getting the hang of it. The training is great. It has taught me how to fight with a bayonet and what to do when you are backed into a corner.

"I hated fighting with pugil

sticks when we did Pugil Stick Level One, but now I love it," he said. "It has helped me get over being scared."

This is the type of thing that Staff Sgt. Nicholas Reyes, drill instructor, Platoon 1045, is looking for in recruits.

Getting over that hurdle of fear is what makes it enjoyable and competitive, Reyes said. It is all about a steady progression in skill.

"We try to simulate the adrenaline rush you get from actual combat," Reyes said. "These recruits might find themselves in the thick of it one day, and they have to be able to make rational decisions."

Ultimately, it is about teamwork and instilling a sense of esprit de corps," said Reyes. "The recruits learn to work together when they are buddy-rushing through the Bayonet Assault Course and learn how to be a competitive warrior in the Thunder Dome."



Two recruits battle to the end in the Thunder Dome during the depot's Bayonet Assault Course July 29 while Company C drill instructors provide enthusiastic encouragement. Pfc. Dustin Hamby/Chevron

**CHEVRON**

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PFC. DUSTIN HAMBY

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





Recognition award from Lupita Colmenero, one of the founders of Parents Step Ahead News' Parents Step Ahead Parent of the Year award ceremony dinner in 2007. Brig. Gen. Angie Salinas was the keynote speaker at the event. *Chevron archives*



Brig. Gen. Angie Salinas fireman carries Staff Sgt. Christine Polvorosa, public affairs, during her annual Combat Fitness Test, Aug. 16. *Sgt. Carrie C. Boozel/Chevron*



Brig. Gen. Angie Salinas works on a wooden wall, connecting it with the ceiling in support of a Habitat for Humanity project in San Diego from Dec. 4 to Feb. 1, 2007. *Chevron archives*



Brig. Gen. Angie Salinas, right, ladles sauce and meatballs over plates of spaghetti served up by Sgt. Maj. Terry Hoskins, center, and Janie Leal, left, the general's sister. The event was a complimentary dinner for active duty military members and their families on Jan. 8, 2008. The meal was served at San Diego's downtown United Service Organization (USO) facility. *Chevron archives*

# Fireman hangs up ax, trades for an M-16

BY PFC. DUSTIN HAMBY  
Chevron staff

Marines and firefighters are celebrated for rushing into the heat of conflict. Marines break down doors, dodge bullets, and restore peace. Firefighters are tasked with a different kind of conflict, saving lives with their uniforms smoldering, the oxygen thinning and buildings crashing in all around them.

Surely a transition from firefighter to Marine would be the next step, as Recruit Charley Nicholas Detmer, a 19-year-old native of Altamonte Springs, Fla., soon found out.

"My plan was to join the Marine Corps," said Detmer. "I remember 9/11. The feelings it stirred in me made me want to be able to defend our country."

Detmer and his brother would play war games as children and collect medals and ribbons from the local Army and Navy store, he said.

"We knew that the military was in the future for the two of us," Detmer said.

Detmer's brother promptly joined the Marine Corps after the terrorist attacks. He trained to be a combat engineer and served for five years, completing two tours in Iraq.

"The stories he told me were exhilarating," he said. "I wanted to do what he did. I wanted to be able to get to the fight and know what it was like to defend our country."

But, as with many things that swarm in a young man's life, he was derailed from his train of thought by a girl in high school.

"I shared my intentions of joining the Marine Corps with her," Detmer said. "But she did not share the enthusiasm that I had, so my dream had paused."

He said his girlfriend offered him an alternative to enlisting and suggested that he find a job where he could save lives in the United States.

"Her grandmother worked for

the fire department," Detmer said. "She threw the idea of firefighting at me."

"This was an exciting opportunity," he said. "I was trained in emergency medical situations. I learned how to fight fires."

However, his excitement was short-lived because he soon found out that being a fireman required waiting for many months before a slot at a local fire department would become available.

"The economy was not doing that great and fire department jobs were very competitive to obtain," he said. "While waiting to get hired on at a department I began working as a cook at a Tex-Mex restaurant. A restaurant is a good place to

work if you want to become complacent with your life, but I was on to bigger and better things. I had certifications as an emergency medical technician and firefighter and I was rolling burritos."

Detmer said he had some friends in Texas who said the economy was much more stable there, so he made the decision to move.

Detmer drove for three days, and eventually found himself living in a small town outside of Dallas. He said he enjoyed his new environment, friends and work, but he was still unable to pick up a permanent firefighting job.

He said the spark that he had in high school to join the military, rekindled with such intensity that

he soon began to realize it was a waste of time for him to look for a firefighting job.

"My dad taught me that if I wanted something, I had to work hard for it," he said. "I realized that I wasn't working hard. I didn't want this life I made for myself."

"My father instilled a sense of responsibility in my brother and me," said Detmer. "And my responsibility was to my country."

Detmer's first attempts toward a new life in recruit training have been challenging.

"This is definitely one of the hardest things I have done for myself."

When Detmer first stepped onto the yellow footprints three months ago, he said chills ran down his back.

"I was making the first step in the right direction," he said.

He stayed motivated because his brother had gone through this, and he knew he could. Now, Detmer knows that he will be able to follow behind his big brother and meet the fight head on.

"I am really excited to be in the infantry. I will really get to know what it is like," he said.

The Marine Corps has built on the values that his parents instilled in him and his brother.

"My brother, my whole family, is proud of me," Detmer said.

"Detmer is an outstanding recruit," said Staff Sgt. Orlando Flamenco, senior drill instructor, Platoon 1045. "I see him constantly trying to motivate and help out other recruits in his platoon. His morale is very high and he is very proud of his accomplishments in recruit training."

These three months have been rewarding and Detmer said he would not give this opportunity up for anything.

Upon graduating from recruit training and ten days leave, Detmer will attend the School of Infantry West, Marine Corps Base Camp Pendleton, Calif., for six weeks to train for his military occupational speciality as an infantryman.



Recruit Charley N. Detmer, Platoon 1045, Company C, waits for his turn in the Thunder Dome during pugil stick training July 29, during The Crucible at Marine Corps Base Camp Pendleton, Calif.

Pfc. Dustin Hamby/Chevron



Recruit Charley N. Detmer, Platoon 1045, Company C, hydrates in front of the company office, prior to leaving for the crucible event, Aug. 14. Pfc. Dustin Hamby/Chevron

## Brig. Gen. Angie Salinas

### Parade Reviewing Officer

Brig. Gen. Angie Salinas began her military career when she enlisted into the Marine Corps in May 1974. Following recruit training at Marine Corps Recruit Depot Parris Island, S.C., she served as a legal services clerk until 1977 when she was selected for the Enlisted Commissioning Program and commissioned a second lieutenant in December 1977.

Brig. Gen. Salinas has commanded at every rank and has served as series commander, Woman Recruit Training Command, Parris Island, S.C.; commanding officer, Headquarters and Service Company, 1st Maintenance Battalion, Camp Pendleton, Calif.; commanding officer, Recruiting Station Charleston, W.Va.; commanding officer, 4th Recruit Training Battalion; and commanding officer, 12th Marine Corps District, San Diego.

She served in a variety of staff positions throughout the Marine Corps serving as a legal

officer with the 2nd Marine Aircraft Wing at Marine Corps Air Station Cherry Point, N.C.; executive officer Headquarters Company and battalion operations officer, Woman Recruit Training Battalion; adjutant, 3rd Maintenance Battalion, Okinawa, Japan; adjutant, 1st Maintenance Battalion, Camp Pendleton, Calif.; executive officer, Recruiting Station West Virginia; Combat Service Support ground monitor; deputy, special assistant for general/flag officer matters; joint staff, assistant chief of staff, plans and policy, G-5, III Marine Expeditionary Force, depot inspector MCRD San Diego, operations officer, and chief of staff, Marine Corps Recruiting Command, Quantico, Va.

In June 1989, Brig. Gen. Salinas assumed command of RS Charleston, S.C., 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 senior officers. She was the first female assigned as a plans and policy officer for a major combatant command in 1999 and in May 2001 when she assumed command of the 12th Marine Corps

District, became the first woman to serve as a recruiting district commanding officer. She is the first woman to command the MCRD San Diego/Western Recruiting Region.

Brig. Gen. Salinas is a 1976 graduate of Dominican College of San Rafael, Calif., where she received her B.A. in history. She received her master's from the Naval War College in 1992. She is a graduate of the Amphibious Warfare School, the Naval War College's Command and Staff College and the Army War College.

Her personal decorations include the Defense Superior Service Medal, the Legion of Merit with gold star in lieu of second award, the Meritorious Service Medal with two gold stars, the Navy and Marine Corps Commendation Medal with gold star, the Army Commendation Medal, and the Navy and Marine Corps Achievement Medal with two gold stars. She has received Meritorious Service Awards from the Federal Employed Women, the National Image, Latina Style Magazine, and the Molly Marine Award from the Woman Marine Association. She received recognition for her leadership by the Navy League and recognized as a "ground breaker" by Women In the Mil-

itary for Service to America and has been named as one of the top 100 most influential Hispanics in the country and one of 80 most elite women. Brig. Gen. Salinas is the highest ranking female Hispanic in the Marine Corps, and the first Latina selected to the rank of brigadier general.





<b>Platoon 1048</b> COMPANY HONOR MAN Lance Cpl. T. R. Mills Phoenix Recruited by Staff Sgt. C. K. Kluge	<b>Platoon 1043</b> SERIES HONOR MAN Pfc. J. A. Garza San Antonio Recruited by Staff Sgt. B. W. Sanders	<b>Platoon 1041</b> PLATOON HONOR MAN Pfc. J. P. Shoemaker Dallas Recruited by Staff Sgt. J. P. Soileau	<b>Platoon 1042</b> PLATOON HONOR MAN Pfc. R. I. Gutierrez Santa Ana, Calif. Recruited by Gunnery Sgt. B. Furgeson	<b>Platoon 1045</b> PLATOON HONOR MAN Pfc. M. D. Laster Temecula, Calif. Recruited by Gunnery Sgt. B. Mensah	<b>Platoon 1047</b> PLATOON HONOR MAN Pfc. J. L. Mahoney Salt Lake City Recruited by Sgt. G. Estrada	<b>Platoon 1042</b> HIGH SHOOTER (330) Pfc. B. L. Bibbins Brooklyn, Mich. Marksmanship Instructor Staff Sgt. S. Richardson	<b>Platoon 1041</b> HIGH PFT (300) Pfc. N. P. Milewski Roseville, Minn. Recruited by Staff Sgt. C. C. Collins
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# CHARLIE COMPANY

## 1ST RECRUIT TRAINING BATTALION

*Commanding Officer*  
Lt. Col. C. M. Cromwell  
*Sergeant Major*  
Sgt. Maj. K. D. Williams  
*Chaplain*  
Lt. D. J. Carlson  
*Battalion Drill Master*  
Staff Sgt. M. A. Harris

## COMPANY C

*Commanding Officer*  
Capt. D. J. Oliver  
*First Sergeant*  
1st Sgt. R. S. McDermott

## SERIES 1041

*Series Commander*  
Capt. T. J. Hart  
*Chief Drill Instructor*  
Gunnery Sgt. A. S. Molnar

## PLATOON 1041

*Senior Drill Instructor*  
Staff Sgt. O. Flamenco  
*Drill Instructors*  
Staff Sgt. O. J. Chavez  
Staff Sgt. J. C. Sanval  
Sgt. J. A. Ghering  
Sgt. A. L. Sharp

Pvt. J. G. Accola Jr.  
Pvt. C. L. Allen  
Pfc. D. R. Anders  
Pvt. J. D. Aragon-Vera  
Pvt. N. W. Armstrong  
Pfc. K. M. Ashley  
Pvt. A. P. Averill  
Pvt. T. J. Bates  
Pvt. W. P. Bennett II  
Pvt. S. J. Binsacca  
Pfc. M. D. Birk  
Pvt. L. H. Bivens  
Pfc. C. R. Borders  
Pvt. C. L. Bright  
Pfc. J. M. Calix  
\*Pfc. A. Carbajal  
Pfc. A. Castro  
Pvt. A. Chambers  
\*Pfc. C. C. Cheek  
Pvt. T. L. Clark  
Pfc. C. T. Clinkenbeard  
Pfc. R. J. Coleman  
Pvt. W. A. Collier  
Pvt. D. D. Collins  
Pfc. J. D. Davidson  
Pfc. K. S. Davis  
Pvt. T. W. Deal  
Pvt. M. A. de la Garza  
Pfc. N. A. Detmer  
Pfc. J. M. Diaz  
Pvt. M. A. Duhaime  
Pfc. P. D. Dygowski Jr.  
Pvt. L. W. Ellis  
Pfc. M. D. Farley  
Pfc. E. W. Ferrando  
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Pfc. C. J. Herrera  
Pfc. I. J. Herrera  
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Pvt. J. A. Jacquez-Medina  
Pvt. N. V. Jimenez  
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\*Pfc. R. S. Kettle  
Pfc. J. J. Kim  
Pvt. C. A. Kunze  
Pvt. N. S. Lahr  
Pvt. J. J. Lang  
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Pvt. W. M. Livermore  
Pvt. M. Lopez  
Pfc. M. J. Lujan  
Pvt. J. M. Maddox  
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Pfc. D. G. Matehuala  
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Pfc. C. R. McKinney  
Pfc. C. L. Middleton  
Pfc. N. P. Milewski  
Pvt. A. G. Miley III  
\*Pfc. T. M. Nguyen  
Pfc. M. D. Olan  
Pvt. J. A. Rodriguez  
Pfc. J. P. Shoemaker  
Pfc. T. J. Ward  
Pvt. L. J. Wood

## PLATOON 1042

*Senior Drill Instructor*  
Staff Sgt. E. I. Acosta  
*Drill Instructors*  
Staff Sgt. L. McBride

Sgt. M. P. McNulty  
Sgt. K. D. Oldham

Pvt. E. E. Abbey  
Pvt. D. A. Avila  
Pvt. N.T. Badgero  
Pfc. J. P. Bartrum  
Pvt. S. B. Berkeland  
\*Pfc. D. R. Beverly  
\*Pfc. B. L. Bibbins  
Pfc. M. R. Blackman  
Pvt. D. A. Boersma  
Pfc. D. J. Bosworth  
Pvt. Z. J. Boyd  
Pfc. J. R. Brogan  
Pfc. J. J. Brown  
Pfc. B. J. Carey  
Pfc. D. J. Castellon  
Pfc. J. Constancio  
Pvt. A. L. Cota  
Pvt. D. A. Crafts  
Pvt. T. N. Dang  
Pfc. R. C. Davis Jr.  
Pvt. B. A. Denger  
Pvt. C. A. Dennis  
Pvt. J. M. Devillier  
Pvt. A. D. Dodds  
Pvt. A. S. Duenas  
Pvt. J. P. Durocher  
Pvt. J. A. English  
\*Pfc. D. M. Fluellen  
Pfc. D. J. Franklin  
Pfc. R. Garcia  
Pvt. O. Garcia-Figueroa  
Pvt. J. M. Garcia-Torres  
Pvt. A. Gastelum  
Pvt. N. S. Gaut  
Pvt. B. M. Gayton  
Pfc. C. R. Geurian  
Pvt. H. D. Gomez  
Pvt. D. V. Gonzales  
Pvt. D. O. Gramillo-Vargas  
Pfc. N. R. Gramlich  
\*Pfc. C. Granados  
Pfc. R. I. Gutierrez  
Pvt. N. W. Hairell  
Pvt. C. D. Hancock  
Pfc. A. M. Hendred  
Pvt. D. A. Hernandez  
Pvt. M. T. Hernandez  
\*Pfc. B. S. Hinkle  
Pfc. J. T. Horvath  
Pvt. K. A. Humphrey  
\*Pfc. G. A. Huser  
Pvt. Z. W. Ingram  
Pvt. A. A. Izquierdo  
Pfc. F. J. Kahanek  
Pfc. D. C. Kerney  
Pvt. A. M. Kind  
Pfc. M. Kotchasak  
Pfc. J. M. Kriser  
Pvt. S. P. Kydney  
Pvt. S. M. Lambert  
Pfc. M. J. Lathrop  
Pfc. C. R. Leist  
Pvt. R. C. Lepper  
Pfc. J. S. Lopez  
Pfc. J. E. Lowe  
Pfc. J. F. Marquez  
Pvt. K. L. Martinez  
Pfc. R. I. Meeks  
Pfc. C. R. Molina  
Pfc. J. F. Olsen  
Pvt. J. P. Reames  
Pvt. D. H. Rodriguez  
Pvt. R. M. Rodriguez  
Pvt. J. P. Smith  
Pvt. C. D. Watson  
Pfc. J. D. Westbrook  
Pvt. J. D. Williams  
Pvt. K. C. Williams

## PLATOON 1043

*Senior Drill Instructor*  
Sgt. M. E. Gilliland  
*Drill Instructors*  
Sgt. A. Hernandez  
Sgt. P. J. Lopez  
Sgt. K. H. Nguyen  
Sgt. L. A. Sanchez

Pvt. J. A. Aldana  
Pvt. C. J. Aragon  
Pvt. S. R. Baize  
Pfc. M. W. Bowens  
Pfc. Z. R. Brake  
Pvt. R. E. Bruegge  
Pvt. M. J. Butina  
\*Pfc. J. P. Cardona  
Pfc. A. E. Catherwood  
Pvt. R. C. Christensen  
Pvt. J. M. Clinger  
Pfc. M. G. Cloud  
Pvt. C. C. Conley  
Pvt. J. B. Crawford  
Pvt. J. M. Creedon  
Pfc. B. T. Crosthwait  
Pvt. K. E. Davis  
Pvt. K. J. Dimmick  
\*Pfc. J. T. Dohrmann  
Pfc. S. C. Duncan  
Pfc. B. K. Dunlap  
Pvt. C. N. Eichelberg  
Pvt. K. A. Ellis II  
Pvt. J. D. Everson  
Pvt. F. G. Feguer  
Pvt. S. F. Frank

Pvt. F. M. Galloway  
Pfc. J. D. Gartrell  
Pfc. J. A. Garza  
Pvt. E. Gonzales  
\*Pfc. A. P. Gonzalez  
Pvt. R. B. Gonzalez  
Pvt. B. W. Gordon  
Pvt. B. C. Gosse  
Pfc. J. J. Grady  
Pvt. M. R. Grimes  
Pvt. J. E. Guerra  
Pvt. D. E. Guerrero  
Pvt. S. O. Gyawu  
Pfc. B. M. Hagle  
Pvt. J. D. Havard  
Pfc. D. Hernandez  
Pvt. L. E. Herrasti  
Pfc. A. R. Hill  
Pfc. J. A. Hitchcock  
Pvt. M. I. Holcomb  
Pvt. J. M. Holland  
Pvt. K. D. Hubert  
Pfc. J. T. Hulett  
Pvt. J. H. Jones  
\*Pfc. R. N. Lemons  
Pvt. D. P. Lenartz  
Pvt. J. J. Loreda  
Pfc. J. M. Lugo  
Pvt. J. E. Marble  
Pfc. N. W. McDonald  
Pvt. J. D. Meacham  
Pvt. J. L. Miller  
Pfc. A. D. Mizner  
Pvt. G. Moore II  
\*Pfc. J. J. Moreno  
Pvt. A. J. Natale  
Pfc. M. F. Navarra Jr.  
Pvt. M. R. Nicolai  
Pfc. D. J. Noegel  
Pvt. S. A. Paterson-Collum  
Pfc. D. A. Pecorella  
Pfc. J. B. Person  
Pvt. W. G. Ross  
Pfc. R. C. Sandbeck  
Pvt. A. A. Shols  
Pfc. D. J. Swisher  
Pvt. J. W. Tribble  
Pvt. J. W. Trim  
Pvt. G. A. Villegas  
Pvt. S. B. Wahlin  
Pvt. T. J. Wahlin  
Pvt. A. D. Watson

## SERIES 1045

*Series Commander*  
1st Lt. G. A. Ankrach  
*Chief Drill Instructor*  
Staff Sgt. D. A. Reed

## PLATOON 1045

*Senior Drill Instructor*  
Staff Sgt. N. J. Reyes  
*Drill Instructors*  
Staff Sgt. E. Aceves  
Staff Sgt. J. L. Hager  
Staff Sgt. C. R. Mazzeo

Pvt. F. A. Abrego  
Pvt. J. C. Blevins  
Pvt. K. L. Bouessa  
Pvt. B. J. Burdett  
Pvt. J. A. Cogburn  
\*Pfc. M. R. Conant  
Pfc. W. B. Crisman  
Pvt. J. J. Curl  
Pvt. P. Davila  
Pvt. R. C. Denio  
Pfc. J. A. Escobar  
Pfc. A. Espinoza-Amador  
Pfc. M. K. Faseler  
Pvt. T. W. Fauver  
Pvt. M. G. Feilen  
Pfc. C. R. Foell  
Pfc. C. Fontanelli  
Pvt. C. S. Gartley  
Pfc. C. B. Gray  
Pvt. P. J. Grimm IV  
Pvt. E. O. Hernandez  
Pvt. D. A. Heston  
Pvt. K. C. Iverson  
Pvt. B. J. Jackson  
Pvt. J. N. Jaskolka  
Pvt. J. C. Jessee Jr.  
Pvt. C. L. Johnson  
Pvt. B. T. Jones  
Pvt. C. O. Kaczmarek  
\*Pfc. M. D. Laster  
Pvt. A. Leos  
Pvt. H. Lopez  
Pfc. M. J. Lynch Jr.  
Pvt. M. C. Macias  
Pvt. B. T. Manary  
Pvt. M. Martinez Jr.  
Pvt. J. T. Maruyama  
Pvt. O. Mascorro-Rodriguez  
Pvt. D. A. Mayer  
Pfc. J. D. McIntyre  
Pvt. S. K. McIntyre  
Pvt. B. P. McMichael  
Pvt. K. E. McNally  
Pvt. D. C. McNeill  
Pvt. S. C. McReynolds  
Pvt. T. S. Milligan  
\*Pfc. K. C. Mollman  
Pfc. J. R. Naughton  
Pfc. D. M. Nicholson  
Pvt. L. M. Ortiz

Pfc. J. P. Payton  
Pfc. T. C. Pender  
Pfc. W. L. Perry III  
Pvt. G. Pescador  
Pvt. T. J. Peska  
Pfc. A. E. Phomthavong  
\*Pfc. A. B. Ramirez  
Pvt. G. I. Ramos  
Pvt. K. R. Reque  
Pvt. J. E. Richard  
Pvt. J. Robbart III  
Pvt. I. G. Ruvalcaba  
\*Pfc. N. D. Ryan  
Pvt. J. A. Salas  
Pvt. J. R. Sanders  
Pfc. J. E. Schaal Jr.  
Pvt. L. E. Herrasti  
Pvt. J. C. Simmons  
Pvt. C. D. Sluder  
Pvt. M. E. Smith  
Pvt. B. R. Sommer  
Pfc. N. D. Sprain  
Pfc. N. M. Swift  
Pvt. B. W. Teigland  
Pvt. S. E. Teixeira  
Pfc. C. J. Thiry  
Pfc. N. J. Webber

## PLATOON 1046

*Senior Drill Instructor*  
Sgt. B. L. Fisher  
*Drill Instructors*  
Sgt. D. A. Adames  
Sgt. B. L. Bishop  
Sgt. J. C. Poole

Pvt. C. R. Addikison  
Pvt. J. Albon  
Pvt. F. R. Castaneyra  
Pvt. C. G. Castro  
Pvt. D. L. Chanley  
Pfc. P. A. Chaplin  
Pfc. R. A. Copeland  
Pfc. R. De La Rosa III  
Pvt. E. Demidio  
\*Pfc. B. J. Dufour  
Pfc. G. Eperiam  
Pvt. C. A. Ganuza  
Pvt. J. P. Gilbert  
Pfc. Z. D. Gregory  
Pvt. J. B. Guerrero  
Pfc. R. R. Guillen  
Pfc. M. E. Handy  
Pfc. M. A. Huerta  
Pvt. T. M. Judd  
Pfc. C. L. Knous  
Pvt. C. M. McCombs  
Pfc. S. K. Mesubed  
Pfc. D. C. Miller  
Pvt. I. E. Oguma  
Pvt. R. T. Oliphant  
Pvt. B. P. Osborn  
Pfc. J. E. Parvin  
Pvt. J. R. Pease  
Pvt. C. B. Peltier  
Pfc. B. R. Perry  
Pvt. M. W. Peters  
Pvt. K. C. Posey  
Pvt. J. D. Powers  
Pfc. J. M. Poxleitner  
Pvt. R. B. Pugh  
Pfc. P. C. Queen  
Pvt. J. L. Ramirez  
Pfc. C. M. Ramos Jr.  
Pvt. D. J. Ratliff  
Pvt. C. T. Raufeisen  
Pvt. D. H. Ray  
Pvt. J. N. Rengouul  
Pfc. A. L. Rivers  
\*Pfc. P. A. Rocks  
Pvt. A. E. Rodriguez-Lozano  
Pvt. M. C. Rosenthal  
Pvt. J. K. Rucker  
Pfc. J. D. Sandahl  
Pfc. D. R. Schahczinski  
Pfc. N. A. Schiller  
\*Pfc. T. T. Schuett  
Pfc. I. S. Schult  
Pvt. N. W. Siefken  
Pvt. J. P. Simon  
Pvt. N. H. Simonson  
Pfc. K. L. Smith  
Pvt. J. R. Spalding  
Pvt. K. A. Spangler  
Pfc. J. C. Spencer  
Pvt. J. L. Sperber  
Pvt. R. A. Stafford  
Pfc. J. E. Stevens  
\*Pfc. T. C. Stroud  
Pvt. C. A. Sullivan  
\*Pfc. R. E. Toledo Jr.  
Pvt. J. M. Torres II  
Pfc. E. C. Twamley  
Pvt. F. A. Van Amburg  
Pvt. C. R. Vander-Zanden  
Pfc. J. M. Van Lysebettens  
Pvt. J. C. Villarreal-King  
Pvt. J. R. Vogt  
Pvt. E. K. Vyakhk  
Pfc. J. A. Wagner  
Pvt. I. J. Wagner-Hoppe  
Pvt. S. O. Washington  
Pfc. P. L. Wedgewood  
Pvt. A. S. White  
Pfc. J. E. Wilson

## PLATOON 1047

*Senior Drill Instructor*  
Staff Sgt. R. A. Cano

## Drill Instructors

Staff Sgt. R. Cruz  
Sgt. J. G. Cortez  
Sgt. M. B. Partee

Pvt. M. A. Achmar  
Pfc. R. E. Adams  
Pfc. M. A. Austin  
Pvt. E. K. Beasley  
Pvt. D. E. Bell  
Pvt. J. J. Boone  
Pvt. J. D. Brown  
Pfc. K. M. Burchfiel  
\*Pfc. D. L. Butts  
Pvt. H. D. Campbell  
\*Pfc. T. R. Campbell  
Pfc. T. J. Case  
Pvt. J. A. Chaparro  
Pvt. P. J. Conrad  
Pvt. R. A. Dillon  
Pfc. S. E. Feinblum  
Pfc. B. B. Frey  
Pfc. J. Gallardo  
Pvt. D. J. Garcelon  
Pvt. D. J. Gard  
Pvt. J. W. Green  
Pfc. J. D. Gregory  
Pvt. Z. B. Hagley  
Pvt. M. D. Hogue  
Pvt. B. M. Honeycutt  
Pvt. R. M. Hoover  
Pvt. K. L. Judge  
Pvt. H. D. Karp II  
Pvt. J. C. Killingsworth  
\*Pfc. C. D. Kline  
Pvt. J. L. Lamb  
Pvt. C. H. Leza  
Pfc. A. S. Lopez  
Pvt. P. J. Magat  
Pfc. J. L. Mahoney  
Pfc. J. A. Manke III  
Pvt. S. L. Martin  
Pvt. J. F. Martinez  
Pvt. E. J. Mesa  
Pvt. D. J. Miller  
\*Pfc. S. P. Minock  
Pvt. J. M. Morgan  
Pvt. S. Navarro  
Pvt. M. J. Neuman  
Pvt. S. A. Norton  
Pfc. T. C. Oehlert  
Pfc. J. O'Leary  
Pfc. J. H. Omoto  
Pvt. G. E. Orante  
Pvt. J. I. Orozco-Sanchez  
Pfc. D. E. Palacios  
Pvt. R. J. Palkoner  
Pvt. M. A. Panella  
Pvt. C. A. Paquin  
Pvt. P. J. Parekh  
Pfc. M. J. Pray  
Pvt. J. L. Quemmapena  
Pfc. S. J. Rader  
Pfc. A. M. Rehder  
Pvt. R. K. Rot  
Pvt. S. L. Rumph  
Pfc. R. M. Shepherd  
Pvt. D. R. Shields  
Pvt. C. A. Smith  
Pvt. J. A. Sparks  
Pfc. B. J. Staheli  
Pvt. A. L. Stephens  
Pvt. W. L. Torres  
Pfc. J. M. Varela  
Pvt. D. W. Vencil  
Pvt. M. B. Wallace  
Pvt. I. J. Walz  
Pvt. S. W. White  
\*Pfc. J. M. Wickershiem  
Pfc. J. R. Wilson  
Pvt. J. A. Wilusz  
Pvt. L. M. Wisuri  
Pvt. M. R. Zalonis

## PLATOON 1048

*Senior Drill Instructor*  
Staff Sgt. Z. B. Mott  
*Drill Instructors*  
Staff Sgt. S. G. Endicott  
Staff Sgt. W. M. Whitfield  
Sgt. J. M. Shipman

Pvt. C. C. Campbell  
Pfc. D. X. Cardenas  
Pvt. N. P. Emmons  
Pvt. J. W. Hunnings  
Pvt. A. J. Jasso  
Pvt. R. S. Kaszuba  
Pvt. D. A. Korb  
\*Pfc. D. K. Lallathin  
Pfc. C. A. Laughlin  
Pvt. D. M. Leisenring  
Pvt. R. B. Laneza  
Pvt. J. S. Miller  
Pvt. P. B. Miller  
\*Lance Cpl. T. R. Mills  
\*Pfc. M. A. Miscione  
Pvt. B. C. Montes  
Pvt. I. A. Morales  
Pfc. C. D. Morris  
Pvt. B. W. Morse  
Pvt. M. S. Moss  
Pvt. D. A. Mota  
Pvt. N. R. Mullins  
Pvt. M. M. Nichols  
Pvt. R. E. Ortega  
\*Pfc. E. M. Park

Pvt. W. G. Patry  
Pvt. J. P. Phelan  
Pfc. D. K. Pineda-Hill  
Pfc. M. S. Pinto  
Pvt. G. Quevedo  
Pfc. J. P. Quintero  
Pvt. S. P. Reidy  
Pvt. S. D. Reuter  
\*Pfc. J. A. Rewald  
Pfc. J. A. Roberts III  
Pvt. R. S. Roberts  
Pvt. A. Rodriguez  
Pfc. A. Rodriguez-Chin  
Pvt. R. J. Rozalez  
Pvt. M. J. Sabbs  
Pvt. R. K. Saunders  
Pvt. R. Sayviseth  
Pfc. N. W. Scheuing  
Pfc. T. M. Scott  
Pvt. S. C. Sessoms  
Pfc. E. R. Short  
Pfc. B. M. Silva  
Pfc. A. V. Smirnov  
Pvt. J. W. Smith  
Pvt. D. J. Gard  
Pvt. J. W. Green  
Pvt. J. D. Gregory  
Pvt. Z. B. Hagley  
Pvt. M. D. Hogue  
Pvt. B. M. Honeycutt  
Pvt. R. M. Hoover  
Pvt. K. L. Judge  
Pvt. H. D. Karp II  
Pvt. J. C. Killingsworth  
\*Pfc. C. D. Kline  
Pvt. J. L. Lamb  
Pvt. C. H. Leza  
Pfc. A. S. Lopez  
Pvt. P. J. Magat  
Pfc. J. L. Mahoney  
Pfc. J. A. Manke III  
Pvt. S. L. Martin  
Pvt. J. F. Martinez  
Pvt. E. J. Mesa  
Pvt. D. J. Miller  
\*Pfc. S. P. Minock  
Pvt. J. M. Morgan  
Pvt. S. Navarro  
Pvt. M. J. Neuman  
Pvt. S. A. Norton  
Pfc. T. C. Oehlert  
Pfc. J. O'Leary  
Pfc. J. H. Omoto  
Pvt. G. E. Orante  
Pvt. J. I. Orozco-Sanchez  
Pfc. D. E. Palacios  
Pvt. R. J. Palkoner  
Pvt. M. A. Panella  
Pvt. C. A. Paquin  
Pvt. P. J. Parekh  
Pfc. M. J. Pray  
Pvt. J. L. Quemmapena  
Pfc. S. J. Rader  
Pfc. A. M. Rehder  
Pvt. R. K. Rot  
Pvt. S. L. Rumph  
Pfc. R. M. Shepherd  
Pvt. D. R. Shields  
Pvt. C. A. Smith  
Pvt. J. A. Sparks  
Pfc. B. J. Staheli  
Pvt. A. L. Stephens  
Pvt. W. L. Torres  
Pfc. J. M. Varela  
Pvt. D. W. Vencil  
Pvt. M. B. Wallace  
Pvt. I. J. Walz  
Pvt. S. W. White  
\*Pfc. J. M. Wickershiem  
Pfc. J. R. Wilson  
Pvt. J. A. Wilusz  
Pvt. L. M. Wisuri  
Pvt. M. R. Zalonis

\*Denotes meritorious promotion



Nuno Costa, a professional long distance runner who conducts running clinics in San Diego, video tapes participants as they run by him aboard the depot Aug. 20. The video is used to help participants improve their running techniques. Lance Cpl. J. J. Murphy/Chevron

## Running clinic improves depot runners' techniques

BY LANCE CPL. J. J. MURPHY  
Chevron Staff

August is Sports Injury Prevention Month and Marine

Corps Community Services hosted a running clinic for active duty and civilian employees to improve their running techniques Aug. 25 at

the depot Recreation Center. The final event in the Sports Injury Prevention month series, the clinic included experts from Road

Runner Sports who discussed proper running shoe fit and an expert from the San Diego Naval Medical Center who explained injury prevention during physical activity and examples of common injuries in the Marine Corps.

Strength and conditioning expert Nuno Costa, a former NCAA Division I Track and Field athlete, was present as the subject matter expert on running and running performance.

"I'm not here to tell you how to run," said Acosta, a professional runner. "I'm here to show you what works for me and help you to establish a better running posture."

At the beginning of the clinic, the participants were asked to introduce themselves and tell the others whether or not they had a background in running.

Many of the Marines participating mentioned they began running once they came into the Corps, but have yet to find the proper running techniques.

"That's why MCCS has set up this class," said Costa, after the participants introduced themselves. "We want to make sure that when you run, you know what you're doing and have less of a chance of injuring yourself."

The participants' first drill was four, 400-yard sprints. Costa videotaped the third and fourth sprints to evaluate the runners' styles.

"The reason we videotape the running is so that we can go back and look at exactly how you run and give you tips on how to improve your posture and technique," Costa said. "Once we run this first set of sprints, we will come back in here, look at the tapes and do some drills that will

help you."

Participants reviewed their form on a big screen TV in the Recreation Center and then headed back outside to incorporate the techniques they had learned into their running form for a final videotaping.

This recording was compared to the initial one. All participants in the clinic experienced an improvement in their running efficiency and were given 6 weeks of homework drills to practice and perfect their technique.

Andrea Callahan, the health promotions coordinator for Semper Fit, said that with all of the physical training that takes place on the depot, and the military as a whole, there is a high incidence of injuries that occur.

The session was well-received by the participants, with all of them agreeing that the class and drills gave them a better understanding of proper running techniques and ways to run more efficiently.

"I didn't really know what to expect going into the class," said Sgt. Michael Morales, finance, MCRD San Diego. "I just knew that I wanted to improve my form and become a better runner all-around. This class gave me the tools that I need to become a better runner, which will in turn improve my PFT score."

Costa said that he conducts clinics in the Southern California area and enjoyed the opportunity to help.

"Having such a small group made it easier for me because I was able to help people as an individual instead of them just watching me instruct many others," Costa said. "This was a very hands on class and I had fun working with them. It is the least I can do."



Sgt. Michael Morales, a disburser here at the depot, starts one of four 400-meter sprints during a running clinic on the depot Aug. 20. The purpose of the four sprints was to gauge the running style of the runners, which the instructors could evaluate and help them with drills to make their running style more comfortable. Lance Cpl. J. J. Murphy/Chevron