



HONOR  
PLATOON



Three words to get  
through bootcamp

Pg. 4



Living the Fantasy  
Football Life

Pg. 8

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# CHEVRON

MARINE CORPS RECRUIT DEPOT SAN DIEGO

AND THE WESTERN RECRUITING REGION

Vol. 69 – No. 33 – COMPANY H

FRIDAY, OCTOBER 23, 2009

WWW.MCRDSD.USMC.MIL

## Dad's little angel

Denise Hines, escorted by her father, 1st Sgt. Dwayne Hines, first sergeant of Headquarters Company, Headquarters and Service Battalion, models a dress in the Ball Gown Giveaway, at the Bay View Restaurant on base, Oct. 16. The giveaway, sponsored by Family Readiness, provides dresses, shoes and accessories to military spouses for free. Attendees also received a free dinner and gift bag. Dresses for the giveaway were donated by local businesses.

*Pfc. Lauren Stehwien/Chevron*



## Depot fights drugs with Red Ribbon Week kick off

BY LANCE CPL. REBECCA A. LAMONT  
*Chevron staff*

The Substance Abuse Counseling Center is scheduled to sponsor a Red Ribbon health fair 11 a.m., Thursday at the depot exchange, in observation of the Department of Defense's Red Ribbon Week.

"'Drug free is the key' is the theme for Red Ribbon Week 2009 while we take time to focus on the destructive effects of drugs," said George Mangual, director, SACC.

The depot has observed Red Ribbon Week since 1996, sponsoring different events every year.

During the health fair, a speaker will discuss the importance and history of Red Ribbon Week, and substance abuse and illegal drug use information will be provided.

Last week, SACC and Health Promotions sponsored tobacco cessation classes that provided support and access to medications and strategies helpful in quitting.

"Our goal is to reduce the use of illegal drugs," said Mangual. "We need to educate all generations."

SACC plans to carry the observation out into the community by visiting Oliver Wendell Holmes Elementary School, in San Diego, to explain the importance of Red Ribbon Week and the dangers of substance and drug abuse to more than 500 students.

The students will also learn the history behind Red Ribbon Week, which was inspired by Enrique Camarena, who served in the Marine Corps and later became a narcotics agent with the Drug Enforcement Administration.

"Camarena was kidnapped while working undercover in

Mexico investigating a major drug cartel, who Camarena believed included officers in the Mexican army, police and government," said Mangual.

While Camarena was on his way to meet his wife for lunch in 1985, five men appeared at his side and shoved 37-year-old Camarena in a car, Mangual said.

"One month later, his body was found in a shallow grave," said Mangual. "It appeared he had been tortured to death."

Red Ribbon Week originated in Camarena's hometown of Calexico, Calif., as a tribute to him. They began wearing red ribbons to remember his sacrifice in fighting against illegal drugs.

In 1988, the National Family Partnership acknowledged Red Ribbon Week nationwide to focus on educating individuals, families and communities on the destructive effects of drugs and the positive choices available, Mangual said.

SACC encourages servicemembers to take advantage of the resources to treat substance abuse and disorders. Services at SACC include detoxification, rehabilitation, outpatient group and family therapy.

"We not only want to reach out to active duty, but to families as well," said Theaodis V. Sigmon, drug demand reduction coordinator at SACC. "Families have access to resources too."

Sigmon advises servicemembers to seek help before getting in trouble and jeopardizing their military careers.

"Red Ribbon Week should remind us that substance abuse and the use of illegal drugs is wrong," said Sigmon. "The community depends on us to do the right thing. We have to lead by example."

## H1N1 vaccine update

BRANCH MEDICAL CLINIC

As flu season approaches and the news continues to be filled with stories about H1N1, the medical professionals aboard the depot continue to stress the importance of flu prevention.

The vaccine for the H1N1 virus has not yet arrived aboard the installation, according to MCRD San Diego Branch Medical Clinic personnel. However, they expect delivery within the next month.

Currently, the members of the clinic are vaccinating the recruit population first for the seasonal flu and will begin inoculating perma-

nent personnel as soon as the shipments arrive aboard the depot.

Medical personnel advise everyone to follow basic hygienic prevention steps that include covering your mouth and nose with a tissue when sneezing or coughing, cleaning your hands after coughing or sneezing with soap and water or an alcohol-based hand sanitizer, and avoiding touching your eyes, nose and mouth with unclean hands.

If any servicemembers and civilians working aboard the installation experience flu-like symptoms, they are advised to stay home and notify their supervisors. If the symptoms become more severe, they are advised to seek medical care immediately.

# It's Breast Cancer Awareness Month

BY JANICE M. HAGAR

MCRD San Diego

Since my retirement from the Marine Corps three years ago, I have gone overboard on buying anything pink. Pink jewelry, pink clothes, pink notebooks, pink cell phone (and matching ear piece)... if it came in pink, I bought it. The ironic thing is pink is not my favorite color. But it was nice to be able to wear feminine colors every day after 21 years of cammies.

All things pink are about during October as we focus on Breast Cancer Awareness Month. While this may be a great time to get everything pink, it's a serious reminder for women to be vigilant in monthly self-exams and annual mammograms for those 40 and older.

I wrote a commentary for last year's Chevron about a frightening experience that was heart-wrenching for me. I would like to share that again for those who are not proactive in their health.

When I reached my 40s, one of the most important things I needed to do was to start getting annual mammograms. However, I didn't. I was always too busy or I would forget after making a note to call for an appointment. My mom bugged

me about it all the time.

I knew she was right, and I'd tell her "I'll call and make an appointment," and then promptly forget to do so.

I don't want to dime out my age, but I was very overdue for that first mammogram when I found a lump in one of my

*"I felt a very defined lump. Fear struck me like a baseball bat."*

breasts during the Spring in 2008.

I just got home and was in the process of changing out of my work clothes when my hand brushed my side, and I felt the ominous lump. My first thought was, "What was that?" I checked again and sure enough, I felt a very defined lump. Fear struck me like a baseball bat.

My heart started pounding and my mind started racing. I waited a couple of minutes and then checked the spot again, hoping it had magically disappeared. In the midst of this obsessive-compulsive activity, I kept thinking "This can't be happening, and "How could I have gone

so long without getting a mammogram?"

I was near tears, and I wanted to talk to my mom so badly. But I didn't have the heart to call her and bring her into this nightmare I created by not following her advice. If the lump was cancerous, then I would have potentially let something become deadly that could have been detected and dealt with at a much earlier stage. I did not make the call and spent the night tossing and turning. Morning couldn't arrive soon enough for me so that I could start making phone calls and setting up doctor's appointments.

How could I have been so foolish with my health? I should have gotten those mammograms. I thought for sure I was going to be punished with a cancer diagnosis.

Fortunately, the lump was not cancer – it was a cyst. It took a mammogram and an ultrasound to get that ruling. I had been spared. As the doctors discussed the results, they reminded me that I need to get a mammogram every year from now on. I promised them (and myself) that

I would never skip out on making that appointment. I made sure I got my mammogram this year and I will never neglect those appointments in the future.

See PINK, Pg. 3

## Make-a-Difference Day Walk

Simona Richard, daughter of Staff Sgt. Nicole R. Richard, career retention specialist, Headquarters and Service Battalion, tries on funky props at the Marine Corps Community Services 5th annual Make-a-Difference Day Walk Oct. 17. The walk is for breast cancer awareness and domestic violence prevention.

Following the mile-long walk, the 250 participants were welcomed at the wellness exposition, which included refreshments, music, yoga demonstrations, local resource organizations and a raffle.

During the walk, several signs were posted with facts on breast cancer and domestic violence like one in eight women in the United States have been diagnosed with breast cancer, and globally, one in three women have been victims of domestic violence.

Lance Cpl. Rebecca A. Lamont/Chevron



## 2009 DEPOT BIRTHDAY BALL

### Junior Enlisted Ball Saturday, Nov. 7

\$30 for active duty  
\$45 for all others

HQSVC Bn. Contact: Sgt. Parker  
(619) 524-1806

1st Bn. Contact: Sgt. Swanson  
(619) 524-1962

2nd Bn. Contact: Sgt. White  
(619) 524-5009

3rd Bn. Contact: Sgt. Diramos  
(619) 524-4335

SPT Bn. Contact: Sgt. Yocom  
(619) 524-1763

### Staff NCO Friday, Nov. 6

\$55 for active duty Maines,  
MCRD civilians and their  
guests.

\$75 for non-MCRD active duty,  
GS employees, retirees and  
civilian guests.

RTR Contact: GySgt. Martinez  
(619) 524-1766

HQSVC Bn. Contact: 1stSgt.  
Bala  
(619) 524-6678

### Officers Ball Tuesday, Nov. 10

\$80 for active duty Marines,  
MCRD civilians and their guests.

\$90 for non-MCRD active duty,  
GS employees, retirees and  
civilian guests.

RTR Contact: Capt. Peoples  
(619) 524-1775

HQSVC Bn. Contact: Capt. Cote  
(619) 524-1979

## BRIEFS

### Gamers' Grub Video Release Lunch

The video release lunch will be held Tuesday from 11 a.m. to 1 p.m. at the depot Recreation Center, Bldg. 590. Newly-released video games of the month and free food will be offered. To register, call (619)524-8083.

### Energy Awareness Day

Facilities Maintenance will host an Energy Awareness event on Wednesday from 10 a.m. to 2 p.m. in the Exchange Mall area, located between Bldg. 11 and Bldg. 16. SDG&E, California Center for Sustainable Energy, San Diego Water Department, and the San Diego County Water Authority will be on hand to provide information and tips to help conserve energy and water at work and at home. For information, call (619) 921-0005.

### Red Ribbon Week Fair

The depot Substance Abuse Counseling Center will sponsor the Red Ribbon Week Fair at the Exchange South Courtyard Tuesday from 11 a.m. to 4 p.m.

### Halloween in Las Vegas for Single Marines

Single, 21-year-old or older Marines aboard the depot are invited to a four day, three night trip to Harrah's Hotel and Casino, in Las Vegas, Thurs., through Nov. 1. The \$75 fee includes transportation and lodging. Participants are encouraged to bring a Halloween costume. To register, call (619) 524-8240.

### Uniform change

Beginning Nov. 2, Marines on the depot are required to wear the woodland digital MARPAT with sleeves down. The Service "B" uniform will be worn Thursday and Friday of graduation weeks.

### CG Cup Scratch Bowling Tournament

A one-day Individuals event will be held Nov. 4 at the depot Recreation Center. Registration is Monday at 11:30 a.m. at the Athletics Office, Bldg. 5W. The tournament is open to depot active duty, MCCR employees, DoD and NaFi employees. For information, call (619) 524-0548.

### Self-defense class for women

A self-defense class for women will be held Nov. 14 from 9 a.m. to 12 p.m. in the Bldg. 5E classroom on the second floor. Participants will be taught verbal confrontational skills, safety strategies and physical techniques to enable them to successfully avoid, prevent, escape and survive violent assaults. Free childcare will be available for children two and older. To register, call (619) 524-1200.

### Volunteers needed for televised spots

Marine Corps Community Services televises "What's Happening at MCCR," a weekly segment on upcoming events throughout the depot and is looking for volunteers to narrate. Candidates can be active military, DoD civilians, or military dependants aboard the depot. Taping takes 30 minutes reading a prepared script. For information, contact Rachel Landolt, MCCR Coordinator, at landoltrr@usmc-mccs.org.

### Send briefs to:

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.

# Happy Birthday Navy!



Lt. Cmdr. Ronald R. Ringo, Headquarters and Service Battalion chaplain, left, serves birthday cake to Seaman Ernest Jimenez, Recruit Health, Marine Corps Recruit Depot San Diego, Calif., during the cake-cutting ceremony celebrating the 234th birthday of the Navy, at Duncan Hall, Oct. 15. Holding with tradition, the oldest sailor present serves a piece of cake to the youngest sailor present. Photo by Pfc. Dustin Hamby/Chevron.

PINK continued from Pg. 2.

Breast cancer is the most common cancer in women in the United States, according to the National Breast Cancer Awareness Month web site. October is National Breast Cancer Awareness Month. According to the National Cancer Institute, more than 192,300 new cases of breast cancer in women are expected by the end of 2009. It was estimated that more than 40,000 women would die from the disease in 2009. Today there are approximately 2.5 million breast cancer survivors in the U.S.

I wonder how many of those women waited too long to get checked? For me, I think one of the subconscious reasons I avoided a mammogram was that I was afraid of being diagnosed with cancer. Talk about living in denial. But there are a lot of barriers that keep women from getting annual mammograms. There's fear of the diagnosis, fear of the procedure itself, or incorrect presumptions about lack of risk factors. The bottom line is women 40 and over should have a mammogram once a year. Additionally, it's also important to do a monthly self-exam. Women may discover a problem area before it's time for their annual exams.

Doctors do not know the specific cause of breast cancer. There are several risk factors to consider:

Age – As a woman grows older, her chances for developing breast cancer increase.

Family history – There are several factors in this category. The risk of developing breast cancer is

higher for a woman if her mother, sister or daughter had the disease. The risk goes up if that cancer developed before the age of 40. A woman is also at risk if any other family members had breast cancer.

Personal history – If a woman had cancer in one breast, there is an increased chance she may develop cancer in her other breast.

Breast density – Some women have more dense or fatty tissue in their breasts. Older women whose mammograms indicate more dense tissue have a higher risk for the disease.

There are many risk factors linked to history, but all women can be at risk based on their day-to-day lifestyle. Improving lifestyle decisions can help reduce the risk of breast cancer as well as other serious illnesses like diabetes and heart disease. Here are some steps to take to make sure you're living a healthier life:

Increase your fiber intake. Be sure to eat whole grain foods, including vegetables and fruits they have antioxidant properties that may help prevent cancer.

Reduce your alcohol use. There may be a small increase in risk of breast cancer for women who drink an average of two or more alcoholic drinks a day.

If you're a woman over 40 and have not had a mammogram, don't wait. Take time this month to make an appointment and educate yourself about breast cancer and other women's health issues.

## Keeping American fighting men and women drug free

BY CPL. JOSE NAVA  
Chevron Staff

The soft light bounces off the eerily white walls of the hallway as you walk along. There is a sense of something underneath the walls of the Substance Abuse Counseling Center aboard Marine Corps Recruit Depot San Diego that is not entirely normal, something that is dark and sinister.

People seemed to be afraid to walk through the doors of the SACC, but the halls of the center are nothing like what are depicted in the movies about old substance abuse centers.

"There are people out in the world that think we are the alcohol police and that we want everyone to stop drinking," said Doug Flowers, substance abuse counselor, SACC, MCRD San Diego. "We know that alcohol is ingrained in our culture and society."

The center's goal is to give a person the tools that will assist them in making accountable decisions that will result in responsible choices. To aid in that goal, the center provides three distinct services: prevention, deterrent and treatment of its patients.

To be eligible for the services provided by the SACC, a person has to be either an active duty servicemember or their family members, retirees and their families or civilian government employees aboard the depot.

As one of the deterrent measures taken, the center's employees test for drugs on all active duty servicemembers and certain civilians aboard the depot. The services provided are in a confidential setting and a person may refer themselves to get help that they need.

"At one point, all these jobs were done by active duty servicemembers, but are now done by civilians," said Frank Chavez, drug testing program coordinator, SACC, MCRD San Diego. "I do not feel any different because I still provide a service and help the Marine Corps even after my 20 years of serving the country."

Another of the services available is the prevention of abuse of legal and illegal drug use through programs.

One of the drug abuse prevention programs available is Red Ribbon Week, in which the center's employees go into the community and speak about drug abuse prevention, as well as a display in front of Duncan Hall aboard the depot. Another drug abuse prevention program is an alcohol screening questionnaire to get personalized results about a person's drinking.

There are seven people on the staff here that make the center run effectively: a director, three counselors, a drug demand coordinator, a drug testing administrator and an administrative assistant, said Flowers.

The treatment of patients that walk through the doors can vary in length. The length and type of treatment is determined by the counselor's analysis of the patient. Treatment can vary from education or skill training, therapy groups, or 12-step support meetings.

The SACC has plenty of services to meet the needs of the servicemembers and civilians aboard the depot, said Chavez.

"Today I feel like I have the best job in the world and I can not wait to get to work and help people every day," said Flowers.

**CHEVRON**

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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.*



Recruit Bihn T. Phong, Platoon 2176, Company H, quickly decides what he needs from the Recruit Exchange. The Exchange is a small store where recruits can purchase the items they need during recruit training such as shaving supplies, stationary and uniform items.

Lance Cpl. Rebecca A. Lamont/Chevron



Recruit Sean K. Silverman, Platoon 2176 Guide, Company H, prepares to call his fellow recruits into the recruit chowhall, ensuring they enter in an orderly fashion. As guide, Silverman is the senior recruit in the platoon and is responsible for the platoon's accountability by his drill instructors.

Lance Cpl. Rebecca A. Lamont/Chevron



Staff Sgt. Kristopher Consiglio, drill instructor, Platoon 2173, uses himself as an example when emphasizing the importance of a sharp uniform to Company H recruits Oct. 7 outside James L. Day Hall. Recruits must carry themselves in a manner in which they represent the Marine Corps in a positive and professional way, Consiglio said. Following the instruction, recruits took time to smooth their uniform and tighten their sleeves before getting a tour of the command museum. Lance Cpl. Rebecca A. Lamont/Chevron

## Speed, intensity

Company H shares what it takes

BY LANCE CPL. REBECCA A. LAMONT  
Chevron staff

When Company H recruits first stepped on the legendary yellow footprints in August, they were swiftly introduced to three words that would guide them through recruit training: speed, intensity and volume. Within 13 weeks of intense training, they learned to incorporate these concepts into every move they made.

"Speed is important for a recruit because they need to learn instant obedience to orders and get the job done quickly," said Sgt. Larry R. Lambaren, drill instructor, Platoon 2173, Company H. In combat, instant obedience to orders is crucial because orders must be carried out without question.

For recruits getting the job done quickly also applies to transportation.

"We are always power walking and marching to where we need to go," said Lance Cpl. Gabe P. Rebeschke, Platoon 2173, Company H. "No matter what we're doing, we're always told to do it faster."

However, because quality will not be compromised for quantity, intensity is required.

Intensity corresponds with motivation, so when recruits are motivated, it's apparent in how passionate they carry out tasks, said Lambaren.

"Volume, or how loud the recruits are, not only gives us intensity, but I think it gives the recruits confidence," said Lambaren. "If they are confident enough to speak loudly, they are usually more sure of what they're doing."

Individual confidence, combined as a team effort, achieves high volume.

"We're always sounding off, especially in the



Recruit Jesse T. Sours, Platoon 2176, Company H, acts as a road guard while his platoon quickly crosses Hochmuth Avenue Oct. 7.

Cpl. Rebecca A. Lamont/Chevron

## Intensity, volume to succeed in recruit training

classrooms,” said Rebeschke. “Always trying to compete with the other platoons to be the loudest.”

With recruits always having to stay alert to be fast, intense and loud, they also have an opportunity to relax one hour each day and four hours on Sunday throughout recruit training.

“During this time, I clean up and fix my uniforms, organize my footlocker and write letters,” said Rebeschke. “Also, we get to take our minds off the stresses of training during guided discussions with senior drill instructors.”

Many recruits reach for personal rejuvenation through the routine of receiving mail, eating chow during designated times and motivating each other.

“The food here never gets old,” said Rebeschke, a Dallas, Ore., native. “My favorite is when they serve hamburgers, chicken patty sandwiches and hotdogs, because it reminds me of being at home.”

And for Company H recruits, home is right around the corner.

“Recruit training flies by because I feel like I started yesterday,” said Rebeschke. “And now I’m graduating.”

When the recruits first stepped on the yellow footprints, chaos and confusion filled the air as they were being demanded of characteristics they had yet to develop.

“Through the course of recruit training, recruits evolve from being confused and making many mistakes, to a Marine who is sharp, efficient and knows exactly what is expected of him,” said Lambaren.

This is the product of speed, intensity and volume, he said.



Recruit Joseph J. Pederson, Platoon 2174, Company H, takes a moment to relax as he receives his routine haircut from a recruit barber. Lance Cpl. Rebecca A. Lamont/Chevron

# From small town to small arms

## Recruit takes title of company high shooter

BY LANCE CPL. REBECCA A. LAMONT  
Chevron staff

Throughout history, Marines have set themselves apart by their shooting expertise due to the vigorous marksmanship qualification required every year. Regardless of military occupational specialty, all Marines are trained riflemen.

Having Carlos N. Hathcock as an idol – the legendary Marine sniper with 93 confirmed kills in Vietnam – Pvt. Rance C. Pattison, Platoon 2174, Company H, expected no less than the best after qualifying as the Company's highest shooter on Edson Range, Camp Pendleton, Calif.

Like Hathcock, Pattison was very young when he shot his first weapon. His grandfather was the regional director of the International Handgun Metallic Silhouette Association and built a fully-automated range on his property.

Pattison's grandfather was also responsible for introducing him to the Hathcock legacy.

"When I was 11 years old I found a book about Hathcock in my grandpa's basement," said Pattison. "It was 300 pages long and I read right through it."

Pattison said he admired Hathcock because he had won several worldwide matches and was considered the best sniper in Vietnam.

But it was two years before reading that book, when Pattison's interest had been sparked in the Marine Corps.

Again, like Hathcock, Pattison dreamed of being a Marine throughout his childhood.

"I remember seeing a Marine in his dress blue uniform in the mall," said Pattison. "I wanted that professional look."

In following years, Pattison conducted various researches on how Marines were involved in making history around the world.

"I read about 75 to 100 military-related books during middle school and high school," he said.

Also during this time, Pattison competed in the IHMSA. He shot with specialized handguns from a distance of 25 to 200 meters and shot the black powder cartridge rifle at a 300 to 1000 meter distance.

When Pattison was 15 in the IHMSA, he won junior first place for his state, competed in the Wyoming regional category, and won junior first place, two



Pvt. Rance C. Pattison, Platoon 2174, Company H, executes several pull ups Oct. 15 on Edson Range, Camp Pendleton, Calif., where he claimed the title of Company's highest shooter. Lance Cpl. Rebecca A. Lamont/Chevron

second places and a third place award."

Throughout his junior year of high school, Pattison wasn't sure what he was going to do after graduation, but during his senior year he made his decision to enlist.

"Something just told me I should do it," said Pattison.

With all the research he had done, he was certain he was going to enlist in the Corps.

"Marine is such a powerful word," he said. "So powerful, I enlisted two days after my 18th birthday."

He wasn't the only one who thought it was a powerful word.

"My whole family is very proud of me," said Pattison, a Rapid City, S.D., native.

"Especially because I come from such a small town, everyone is so patriotic when someone serves their country."

In addition, Pattison has a cousin in the Air Force and several cousins in the Army. His grandfather was particularly encouraging due to his personal experience in the military. He served in the Air Force during the Vietnam war, Pattison said.

"Although I have read a lot about military history, I never knew the stories behind so many individual Marines and what they sacrificed before coming to boot camp," said Pattison. "It makes me so proud to be a part of something like this."

Though he had spent the majority of his life shooting weapons, he still learned

a few things from the primary marksmanship instructors.

"My shooting experience prepared me because I know how important it is to stay calm and pull through the shooting fundamentals," Pattison said.

During his Marine Corps career, Pattison plans to become a range coach.

"Pattison is going to go far in the Corps because he is a very good listener," said Staff Sgt. Mario J. Sanchez, drill instructor, Platoon 2174, Company H.

Upon graduation, Pattison will attend Marine Combat Training at Camp Pendleton, Calif., before attending his military occupation specialty school for small arms technicians at the Aberdeen Proving Ground, in Aberdeen, Md.

## Sgt. Maj. Mark S. Allen

### Parade Reviewing Officer

Retired Sgt. Maj. Mark S. Allen was born and raised in Walpole, Mass. He reported to Marine Corps Recruit Depot Parris Island, S.C., in July 1979, for training with 3rd Recruit Training Battalion.

In October 1979, Allen reported to 5th Battalion, 10th Marines, Headquarters Company, 2nd Marine Division. After one month, Allen attended Field Wireman School at Camp Gieger, N.C. In January 1981, he volunteered for orders to Headquarters and Service Battalion., Communications Company, 3rd Force Service Support Group in Okinawa, Japan. In May 1982, he was assigned to Marine Wing Headquarters Squadron-2, Marine Corps Air Station Cherry Point, N.C.

In February 1983, Allen was selected for Agreement to Train Option Program, where he was assigned to the Communications Electronics School, Twentynine Palms, Calif., for the basic electronics course and a follow-up course for telephone/switchboard repair. Allen reported to Electronics

Maintenance Company, 3rd Maintenance Bn., 3rd Force Service Support Group, in January 1984. In January 1985, Allen reported to 9th Communications Bn., Camp Pendleton, Calif. Allen reported to Drill Instructor School, Marine Corps Recruit Depot San Diego, in January 1987.

In April 1989, Allen reported to Marine Wing Communication Squadron-18, 1st Marine Aircraft Wing, Okinawa, Japan, where he served as the staff noncommissioned officer-in-charge for the telephone/van section and again deployed to South Korea in support of Team Spirit-90. In June 1990, he reported to 1st Radio Bn., Fleet Marine Force Pacific, Kaneohe Bay, Hawaii, where he served as the SNCOIC for the telephone/van sections. While assigned to 1st Radio Bn., he deployed with I Marine Expeditionary Force in support of Operations Desert Storm and Desert Shield.

In September 1993, Allen reported to Marine Security Guard School for the detachment commanders course. He was assigned as the assistant detachment commander to the American Embassy London, England, from January 1994 to July 1995. During this time, he was selected to open a new post in Almaty, Kazakhstan. After opening the post, he was assigned as

the detachment commander at the American Embassy, Muscat, Oman.

In January 1997, Allen reported to 8th Communications Bn., II MEF, where he served as the SNCOIC for the telephone/van sections until his promotion to first sergeant. Allen was then assigned as the first sergeant of Company B, 8th Communications Bn.

In May 1999, Allen reported to Company E, MSG Bn., Frankfurt, Germany, where he served as the first sergeant for the 17 detachments located throughout the western and northern European theater. After one year, Allen was selected to open a new company for MSG Bn., Company H, in Frankfurt, Germany, where he had 16 detachments located throughout the southern and central European theater until his selection to sergeant major. In May 2002, Allen reported to inspector-instructor duty in Red Bank, N.J., as the sergeant major of 6th Motor Transport Battalion, 4th FSSG. During this tour, Allen was selected as an individual augmentee in support of Operation Enduring Freedom to the Horn of Africa as the camp sergeant major for Camp Lemonier, Djibouti, Africa.

In May 2005, Allen reported to Marine Heavy Helicopter Squadron 361, Marine Aircraft Group-16, 3rd

MAW, and deployed in support of Operation Iraqi Freedom 05-07.

His personal decorations include: the Meritorious Service Medal with one gold star; the Navy and Marine Corps Commendation Medal with one gold star; the Navy and Marine Corps Achievement Medal; and the Military Outstanding Volunteer Service Medal.





<b>Platoon 2173</b> COMPANY HONOR MAN Lance Cpl. G. P. Rebischke Dallas, Ore. Recruited by, Sgt. K. C. Clark	<b>Platoon 2171</b> SERIES HONOR MAN Pfc. M. G. Mancha Laredo, Texas Recruited by Staff Sgt. R. Rangel	<b>Platoon 2169</b> PLATOON HONOR MAN Pfc. A. Lara El Paso, Texas Recruited by Sgt. R. Hernandez	<b>Platoon 2170</b> PLATOON HONOR MAN Pfc. L. D. Hernandez Silverdale, Wash. Recruited by Staff Sgt. C. Arciniega	<b>Platoon 2174</b> PLATOON HONOR MAN Pfc. M. K. Kahoonai Honauanu, Hawaii Recruited by Staff Sgt. R. Brandt	<b>Platoon 2175</b> PLATOON HONOR MAN Pfc. D. B. Benz Springfield, Mo. Recruited by Sgt. C. Addison	<b>Platoon 2176</b> PLATOON HONOR MAN Pfc. S. K. Silverman Chula Vista, Calif. Recruited by Sgt. R. Yoeurth	<b>Platoon 2174</b> HIGH SHOOTER (333) Pvt. R. C. Pattison Rapid City, S.D. Marksmanship Instructor Sgt. J. L. Mejia	<b>Platoon 2173</b> HIGH PFT (300) Lance Cpl. G. P. Rebischke Dallas, Ore. Recruited by, Sgt. K. C. Clark
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# HOTEL COMPANY

## 2ND RECRUIT TRAINING BATTALION

*Commanding Officer*  
Lt. Col. G. G. Malkasian  
*Sergeant Major*  
Sgt. Maj. M. J. O'Loughlin  
*Executive Officer*  
Maj. L. J. Levine  
*Battalion Drill Master*  
Staff Sgt. E. O. Hidalgo

## COMPANY H

*Commanding Officer*  
Capt. E. B. Montgomery  
*Company First Sergeant*  
1st Sgt. M. J. Brewer

## SERIES 2169

*Series Commander*  
Capt. P. L. Mcanany  
*Chief Drill Instructor*  
Staff Sgt. L. A. Tuning

## PLATOON 2169

*Senior Drill Instructor*  
Staff Sgt. C. J. Requejo  
*Drill Instructors*  
Staff Sgt. E. B. Chea  
Sgt. C. L. Hall  
Sgt. C. E. Valle

Pvt. B. J. Abts  
Pvt. A. E. Alkhalili  
Pvt. J. R. Allies  
Pvt. M. T. Alsup  
Pfc. R. A. Amezcua  
Pvt. C. S. Asklund  
Pvt. A. W. Bentley  
Pfc. J. W. Borden  
Pvt. A. A. Buenagua  
Pvt. C. A. Campainge  
Pvt. J. M. Carrillo  
Pvt. R. W. Castillo-Harding  
Pvt. C. K. Catlett  
\*Pfc. M. D. Champlain  
Pfc. K. M. Chevalier  
\*Pfc. C. E. Conde  
Pvt. I. A. Cornelius  
Pfc. D. T. Cox  
Pvt. G. Deanda  
\*Pfc. J. S. Drews  
Pvt. J. W. Dunn  
Pvt. S. D. Ellis  
Pfc. R. P. Ficken  
Pvt. B. R. Foltz  
Pvt. J. R. Fridman  
Pvt. D. M. Garcia  
Pvt. A. Garza  
Pvt. A. M. Gehrke  
Pfc. J. J. Godinez  
Pfc. R. L. Gould Jr.  
Pvt. D. Gutierrez  
Pvt. C. A. Hartshorn  
Pfc. M. C. Hartwig  
Pfc. J. M. Hayes  
Pvt. K. J. Herrewig  
\*Pfc. J. C. Hohmeier  
Pfc. M. T. Humphreys  
Pvt. A. J. Hunter  
Pfc. C. J. Jeorgesens  
\*Pfc. A. M. Jimenez  
Pvt. A. S. Johnson  
Pvt. M. A. Johnson  
Pvt. M. J. Keller  
Pvt. K. A. King  
Pvt. M. D. Klein  
Pfc. M. E. Lamonica  
Pfc. A. Lara  
Pvt. E. Loreda  
Pfc. R. F. Lucero  
Pfc. D. Luu  
Pvt. M. J. Mallard  
Pvt. A. J. Marcusen  
Pvt. B. C. Marquez  
Pfc. J. P. Martin  
Pfc. V. D. Martin  
Pfc. M. N. Maunder  
Pvt. J. D. Maxwell  
Pvt. P. Mistral Jr.  
Pvt. E. D. Paz  
Pvt. C. R. Pirtle  
Pvt. L. T. Riggs  
Pvt. D. R. Rivas Jr.  
Pvt. A. D. Schardt  
Pvt. J. J. Stedelin  
Pfc. D. G. Stortz  
Pvt. R. A. Stortz  
Pfc. D. F. Syas  
Pfc. S. A. Tito-Agustin  
Pfc. E. M. Walsh  
Pvt. K. D. Wilkinson

## PLATOON 2170

*Senior Drill Instructor*  
Sgt. G. Zapata Jr.  
*Drill Instructors*  
Sgt. P. Bribiesca  
Sgt. A. J. Martinez  
Sgt. M. A. Villalobos

Pvt. J. G. Alonso  
Pvt. F. Andrade-Leon  
Pvt. C. Arias  
Pvt. J. D. Berryhill  
Pvt. P. J. Bloomfield  
Pvt. B. J. Brown  
Pfc. T. E. Brown  
Pvt. C. M. Burrows  
Pvt. D. T. Busk  
Pvt. J. P. Camarena  
Pfc. A. Cappellano Jr.  
Pvt. B. P. Carpenter  
Pvt. T. C. Carrasco  
Pfc. G. P. Cervantes  
Pfc. D. T. Clark  
Pvt. F. J. Collins  
Pvt. Z. J. Cooper  
Pfc. R. M. Dawson  
Pvt. B. T. Dickersen  
Pfc. L. K. Dobbs  
Pvt. D. P. Dreckman  
Pfc. C. N. Duke  
Pvt. J. P. Dyal  
Pfc. A. L. Ellis  
Pvt. G. Estrada  
Pvt. T. R. Fahning  
Pvt. R. J. Fairgood III  
\*Pfc. E. C. Forbes  
Pfc. M. C. Gibson  
Pfc. J. G. Goens  
Pfc. S. Gonzalez  
Pvt. K. N. Greer  
Pvt. C. D. Goplin  
Pfc. J. R. Gould  
Pvt. J. P. Grosjean  
Pfc. S. M. Hammett  
\*Pfc. L. D. Hernandez  
Pvt. P. Hernandez Jr.  
Pvt. S. R. Hicks  
\*Pfc. B. F. Holmes  
Pfc. N. K. Illsley  
Pvt. T. R. Jenkins  
Pfc. K. L. Jewell Jr.  
Pvt. I. M. Jimenez  
Pvt. M. D. Johnson  
Pvt. K. C. Jones  
Pvt. T. M. Jordan  
\*Pfc. S. B. Kellogg  
Pfc. P. Kim  
Pfc. N. W. Kirby  
Pfc. A. P. Laguerre  
Pfc. O. Lara Jr.  
Pfc. A. Leyva  
Pvt. D. Luna  
Pfc. C. S. Martin  
Pfc. E. Martinez  
Pvt. M. L. Mason  
Pvt. T. S. Mathes  
Pfc. J. C. McAllister  
Pfc. S. M. McCaffrey  
Pvt. C. J. McCartney  
Pvt. R. E. McDonough  
Pvt. J. A. Medrano-Duran  
Pvt. J. L. Montoya-Padilla  
Pvt. M. E. Moseid  
Pvt. Z. T. Patterson  
Pvt. M. A. Reighter  
Pvt. Z. T. Smith  
Pvt. T. L. Solano  
Pfc. C. Yamaguchi

## PLATOON 2171

*Senior Drill Instructor*  
Staff Sgt. C. H. Farnes  
*Drill Instructors*  
Staff Sgt. J. A. Collins  
Staff Sgt. G. Lozano  
Sgt. N. Vega

Pvt. J. K. Arnold  
Pvt. N. J. Auckland  
Pvt. C. G. Avila  
Pvt. C. J. Baldwin  
Pvt. N. R. Beaupre  
Pvt. A. D. Bedwell  
Pfc. J. P. Bennion  
Pvt. A. J. Brown  
Pvt. J. H. Bruce  
Pvt. A. D. Cantu  
Pvt. T. L. Chambers  
Pvt. C. S. Child  
Pvt. R. J. Clinkenbeard  
Pvt. L. F. Cook  
Pvt. J. W. Cottom  
Pfc. E. A. Davis

Pvt. G. DeLeon  
Pvt. D. J. DeLine  
Pvt. L. B. DeMarcus  
Pfc. S. M. Donahue  
Pvt. J. D. Durham  
Pfc. C. J. Elder  
Pvt. B. S. English  
Pvt. M. H. Fisher  
Pvt. J. J. Flicek Jr.  
Pvt. D. J. Font  
Pfc. D. J. Francesconi  
Pvt. J. R. Gass  
Pvt. D. M. Geerdes  
Pvt. J. W. Goss  
Pvt. J. P. Gunneman  
\*Pfc. D. A. Hall  
Pvt. T. J. Harris  
Pvt. T. R. Hillis  
Pvt. J. B. Honeycutt  
\*Pfc. C. R. Hooper  
Pfc. B. C. Hornsby  
Pvt. M. D. Imbus  
Pvt. J. E. Jensen  
Pvt. S. J. Job  
Pvt. J. A. Johnson  
Pvt. N. A. Kirby  
Pvt. C. A. Klingler  
Pvt. A. L. Lara  
Pvt. N. H. Le  
Pfc. B. Lee  
Pfc. J. N. Lee  
\*Pfc. S. R. Lirones  
\*Pfc. C. R. Liscum  
Pvt. M. A. Longoria  
Pvt. A. C. Lopez Jr.  
Pvt. A. D. Lopez  
Pfc. D. R. Lopez  
Pfc. B. C. Lunders  
Pvt. P. T. Ly  
Pfc. M. S. Madison  
Pvt. J. L. Madrigal Jr.  
Pfc. M. G. Mancha  
Pvt. T. A. Mangum  
\*Pfc. S. S. McClain  
Pvt. R. Murrilo-Guadajajara  
Pfc. J. O. Reeve  
Pfc. C. D. Ritsema  
Pvt. C. D. Rogers  
Pfc. M. S. Stewart  
Pvt. K. Stillman  
Pfc. J. L. Wainscott  
Pvt. J. T. Walker  
Pfc. R. D. Wieringa  
Pvt. E. J. Williamson  
Pvt. L. J. Zecchini-Frigone

## SERIES 2173

*Series Commander*  
Capt. G. E. Colbert  
*Chief Drill Instructor*  
Gunnery Sgt. M. A. Houtz

## PLATOON 2173

*Senior Drill Instructor*  
Staff Sgt. J. C. Hernandez  
*Drill Instructors*  
Staff Sgt. K. Consiglio  
Staff Sgt. P. K. Thevenin  
Sgt. L. R. Lambaren

Pfc. J. N. Aleman  
Pvt. P. A. Baca  
Pfc. R. E. Carreathers III  
Pfc. S. A. Carrillo-Guzman  
Pvt. L. E. Constant  
\*Pfc. T. J. Cox Jr.  
Pvt. C. A. Cuellar  
Pvt. Z. M. Dominguez  
Pfc. J. M. Edquilang  
Pfc. T. H. Ellis  
Pvt. B. S. Gann  
Pfc. N. A. Gilbert  
Pfc. J. Gonzalez-Lopez  
Pvt. D. O. Gutierrez  
Pvt. A. J. Hernandez  
Pvt. D. Hernandez  
Pvt. J. E. Herrera  
Pvt. Z. E. Jones  
Pvt. K. R. Keel  
Pvt. J. P. Kerness  
Pfc. K. J. Kurz  
Pvt. N. L. Lopez  
Pfc. A. G. Lynch  
Pvt. J. M. Mamoe  
Pfc. D. Mata  
\*Pfc. C. D. Matte  
Pvt. Z. R. McCurry  
Pfc. J. A. Mersino  
Pvt. O. J. Moore  
Pvt. M. L. Morrell  
Pvt. C. G. Nay  
Pfc. N. D. Nelson  
Pvt. C. R. Nicholas Jr.

Pvt. J. R. Oosterhouse  
Pfc. M. A. Ordonez-Herring  
Pvt. D. M. Osborn  
Pvt. D. A. Owen  
Pvt. E. A. Paez  
Pfc. C. A. Patti  
Pvt. M. L. Pena  
Pvt. J. S. Ponce  
Pfc. B. P. Porter  
Pvt. D. J. Poston  
\*Pfc. J. C. Poston  
Pvt. N. M. Prince  
\*Lance Cpl. G. P. Rebischke  
Pfc. R. C. Reding  
Pvt. A. R. Ribeiro  
Pvt. B. T. Rice  
Pfc. A. E. Rivera  
Pfc. P. R. Roberts  
Pvt. T. C. Robinson  
Pfc. J. Rodriguez  
Pfc. B. C. Rohrer  
Pvt. X. J. Rojas  
Pfc. R. M. Rutland  
Pfc. K. P. Ryerson  
Pvt. J. M. Scheidt  
Pfc. J. A. Sizemore  
Pvt. B. W. Sloan  
Pvt. S. A. Smith  
Pvt. T. F. Smith-Pogue  
Pvt. K. A. Stepp  
Pfc. L. Z. Stone  
Pfc. T. A. Stroven  
Pvt. R. J. Tangarife  
Pfc. H. W. Torvik  
Pvt. T. Q. Tran  
Pfc. R. T. Vogel  
Pfc. R. B. Wallace  
Pvt. D. J. Wileman

## PLATOON 2174

*Senior Drill Instructor*  
Staff Sgt. A. M. Green  
*Drill Instructors*  
Staff Sgt. A. M. Doughty  
Staff Sgt. M. J. Sanchez  
Sgt. A. J. Ponce

Pvt. J. M. Azevedo  
Pfc. C. D. Bagwell  
\*Pfc. K. I. Billups  
Pvt. N. A. Bowden  
Pvt. B. T. Brooks  
Pvt. B. T. Brown  
Pvt. S. A. Burgess  
Pvt. A. B. Chavez  
Pvt. A. F. Chavez  
Pfc. J. Chavez  
Pfc. S. P. Darrah  
Pvt. S. W. Dunivan Jr.  
Pfc. D. M. Easton  
Pvt. K. I. Eckman  
Pvt. E. Esquivel  
Pfc. M. J. Ferguson  
Pvt. R. C. Fischer  
Pvt. O. Garcia Jr.  
Pvt. J. A. Gonzalez  
Pvt. F. Hernandez  
Pvt. S. H. Hudman  
Pvt. N. F. Hughes  
Pfc. J. L. Jackson Jr.  
\*Pfc. M. K. Kahoonai  
Pfc. F. J. Lorea  
Pvt. S. J. Manivong  
Pvt. B. E. Martinez  
Pvt. T. R. Miller  
Pvt. J. D. Monroe  
Pvt. M. T. Montes  
Pfc. C. A. Muro  
Pvt. J. A. Natalia  
Pfc. C. T. Nguyen  
Pvt. J. V. Nguyen  
Pvt. J. A. Nieto  
Pvt. M. C. Nordman  
Pvt. J. S. Okkema  
Pfc. R. Ortiz Jr.  
Pvt. S. Pacheco  
Pvt. R. C. Pattison  
Pvt. L. A. Payne  
Pvt. A. Perales  
\*Pfc. C. W. Phillips  
Pfc. T. A. Pierceswift  
Pvt. D. A. Pitcher  
Pfc. D. H. Randolph  
Pvt. E. D. Rangel  
Pvt. T. W. Reyes  
Pvt. A. J. Salinas  
Pvt. J. Z. Salud  
Pvt. K. S. Samonte  
Pvt. L. L. Servin-Laureano  
Pvt. S. Sigrah Jr.  
\*Pfc. J. W. Sims  
Pfc. V. K. Sipinga  
Pvt. S. A. Thompson  
Pvt. R. D. Tuggle

Pvt. S. R. Ulak  
\*Pfc. B. L. Vandepol III  
Pvt. T. R. Vanderlaan  
Pvt. J. T. Vaux  
Pvt. B. M. Walters  
\*Pfc. Z. A. Ward  
Pvt. J. T. Wells  
Pfc. L. R. Wernecke  
Pvt. D. C. Weston  
Pvt. V. White-Henderson  
Pfc. M. D. Whiteside  
Pvt. M. L. Xiong  
Pvt. M. N. Xiong  
Pvt. A. W. Yeager  
Pvt. J. A. Zachary  
Pvt. B. M. Zientak

## PLATOON 2175

*Senior Drill Instructor*  
Sgt. R. N. McCrary  
*Drill Instructors*  
Sgt. E. J. Gonzalez  
Sgt. C. D. Maginnis  
Sgt. W. E. Satterfield

Pvt. R. A. Allen  
Pvt. J. R. Ater  
Pfc. D. B. Benz  
Pfc. D. K. Bunch  
Pfc. D. R. Collins  
Pvt. D. F. Davenport  
\*Pfc. P. A. Dougherty  
Pvt. T. T. Eidschun  
Pvt. A. D. Figueroa  
Pvt. B. P. Foster  
Pfc. L. D. Foster  
Pvt. M. E. Gamez-Vasquez  
Pvt. B. D. Ginno  
Pvt. J. D. Glisson  
Pvt. J. D. Guzman  
Pvt. S. R. Haut  
Pvt. J. J. Henry  
Pvt. B. K. Heuser  
Pfc. T. J. Huber  
Pfc. T. J. Hunt  
Pvt. S. A. Janecka  
\*Pfc. J. M. Janick  
Pvt. J. Jennings  
Pvt. B. C. Kline  
Pvt. S. A. Krause  
Pvt. T. C. Latham  
Pvt. C. F. Lister  
Pfc. R. Lopez  
Pfc. D. R. Makara  
Pvt. H. P. Martinez  
Pfc. B. K. Maxon  
Pvt. S. V. Messer  
Pvt. J. C. Milne  
\*Pfc. N. M. Nelson  
Pvt. B. D. Owens Jr.  
Pvt. C. D. Patterson  
Pvt. T. N. Prather  
Pfc. T. J. Purdy III  
Pvt. T. A. Renuard  
Pvt. A. Rodriguez  
Pvt. L. Rodriguez  
Pvt. R. Rosas  
Pfc. C. A. Rosburg  
Pfc. C. A. Russell  
\*Pfc. O. N. Saldivar  
Pvt. R. L. Sanchez  
Pfc. A. R. Scarborough  
Pfc. T. J. Schaffner-Bonham  
Pvt. S. J. Schutter  
Pfc. M. J. Simmons  
Pvt. E. I. Sitton  
Pvt. B. A. Smith  
Pvt. J. L. Solomon  
Pvt. B. C. Speth  
Pvt. T. L. Stevenson  
Pvt. M. A. Stiller  
Pvt. K. W. Strack  
Pvt. C. A. Swanner  
Pfc. R. M. Swanson  
Pfc. M. Towery  
Pfc. E. Trejo  
Pvt. B. G. Trevino  
Pvt. J. T. Turner  
Pvt. A. M. Venegas  
Pvt. E. Vian  
Pvt. M. C. Wann  
Pvt. M. R. Watson  
Pvt. T. A. Wiginton  
\*Pfc. T. B. Wilson  
Pvt. S. M. Withrow Jr.

Pvt. P. J. Osborn  
Pvt. M. J. Adams  
Pfc. J. R. Collins  
Pvt. T. B. Cordell  
\*Pfc. M. A. Cox  
Pvt. R. L. Desmond  
Pfc. G. M. Edens  
Pvt. A. S. Kim  
Pfc. B. J. Knowles  
Pfc. G. A. Lucas  
Pvt. N. L. McCormick  
Pvt. A. Meza Jr.  
Pvt. T. K. Moody  
Pvt. V. Morales Jr.  
Pvt. P. Mota-Robledo  
Pvt. D. H. Nelson  
Pvt. B. J. Norby  
Pvt. J. M. Norton  
Pvt. A. A. Oliver  
Pfc. N. S. Overy  
Pfc. E. J. Oviedo  
Pvt. R. A. Pacheco  
Pfc. A. D. Parker  
Pvt. A. S. Patterson  
Pvt. J. J. Pederson  
Pfc. B. T. Phung  
Pvt. R. A. Pobre  
Pvt. N. E. Pope  
Pfc. A. Ramirez  
Pvt. J. M. Rardin  
\*Pfc. R. A. Rector  
Pvt. N. J. Reichhoff  
Pvt. C. J. Robinson  
Pvt. D. C. Robinson  
Pfc. O. Salas  
Pvt. A. M. Sand  
Pvt. A. K. Scanlin  
Pvt. T. J. Scharnke  
Pvt. M. J. Schuler  
Pvt. A. R. Scogin  
Pfc. L. R. Shearer  
Pfc. S. K. Silverman  
Pvt. R. C. Simon-Perez  
\*Pfc. M. J. Solis  
Pfc. J. T. Sours  
Pvt. M. A. Sparks  
\*Pfc. S. J. St. Laurent  
Pfc. R. E. Stmergalski  
Pfc. J. H. Taylor  
Pfc. C. Tierra-Blanca  
Pvt. S. C. Todd  
Pvt. J. J. Vasquez  
Pvt. C. R. Villalobos  
Pvt. D. J. Vulgamott  
Pvt. T. Vuong  
Pvt. C. R. Waite  
\*Pfc. J. M. Wallace II  
Pvt. C. D. Wallace  
Pvt. J. A. Watts  
Pvt. C. A. Weddell  
Pfc. C. D. Weiss  
Pvt. B. A. Wellman  
Pfc. I. J. Whitecavage  
Pfc. C. A. Wiles  
Pvt. C. W. Winship  
Pfc. J. D. Wise III  
Pvt. R. C. Woodard  
Pvt. R. L. Woodworth  
Pvt. M. A. Wooten  
Pvt. S. Xiong  
Pfc. S. A. Yanez  
Pvt. S. A. Young

\* Denotes meritorious promotion

## PLATOON 2176

*Senior Drill Instructor*  
Gunnery Sgt. P. J. Hannaway  
*Drill Instructors*  
Staff Sgt. J. Chanhdysoth

# Dream team



It is estimated by the Fantasy Football Trade Association that 29.9 million people age 12 and up in the U.S. and Canada played fantasy sports in 2007.

Cpl. Michelle M. Dickson/ Headquarters, U.S. Marine Corps

## Marine shares how to live your football fantasy

BY LANCE CPL. J. J. MURPHY  
Chevron Staff

As I sat at my computer Monday night watching the Denver Broncos improve to 6-0 by defeating the San Diego Chargers, I wasn't worried about who was going to win the game. In fact, as a Kansas City Chiefs fan, I could care less.

I have two separate fantasy football leagues, and the only thing I was worried about throughout the three hours of the game was how many catches, yards and touchdowns Broncos wide receiver Brandon Marshall completed.

A fantasy league can be comprised of friends and or family getting together to draft the best players in the NFL onto their teams. Instead of watching just one game per week, league members pay attention to each game that their fantasy players are in and evaluating their performances. The amount of yards or touchdowns a player scores adds-up into points and those points make-up a league member's final score for the week.

In one of my leagues, I was winning by 20 points and the only player my opponent had left was Brandon Marshall. If you understand fantasy foot-

ball, you would know that in order for my team to win, I needed Marshall to have 19 or fewer points.

The scoring systems in every fantasy league can vary. In this particular league, points for a wide receiver are as follows. One point for each catch, one point for every 10 yards gained and six points for a touchdown.

I was winning 154-134 prior to the game's start and didn't care who won as long as Marshall didn't do much.

Marshall ended up scoring only nine points and gave me the win by 11. This was a much needed win for my team, as we were just 1-4 going into week six. If I would have lost that game I would have been 1-5, making it hard for me to make a comeback and make it to the playoffs.

Ok, now I'm sure there are some readers that don't understand fantasy football and actually think that there is no point to it. Let me explain.

It starts usually a week or two before the NFL season starts with a fantasy draft.

The way the draft goes is all the leagues members names are put into a hat or bucket or something along those lines. The commissioner (league coordinator) then pulls the

names out of the hat and in the order of the names picked, from 1-12 or 1-14, is the order in which the draft will go.

The way the draft is conducted is the first round the players are selected by the league members in order, from 1-12. Round two is different, where the last member to pick in the first round picks first and the first to pick in round one picks last in round two.

The NFL players are chosen in order of production in the previous season. For the last two seasons, Minnesota Vikings running back Adrian Peterson has been the unanimous No. 1 pick in most drafts because of his dominance in every aspect of the game as a running back.

The way scoring goes in most leagues, running backs are the most important position based on their yardage gained and ability to score touchdowns more easily than other positions.

There are three quarterbacks in the NFL who are chosen in the first round alongside the NFL's top running backs. Tom Brady of the New England Patriots, Peyton Manning of the Indianapolis Colts and the New Orleans Saints Drew Brees. These are the top three quarterbacks in

the league and of the last seven years.

Based on those three's ability to avoid turnovers, throw for ridiculous amounts of yards (Drew Brees threw for 5,069 in 2008, 15 shy of the NFL record) and touchdowns (Tom Brady threw for 50 in 2007, an NFL record).

Wide receivers are generally the next group of players taken where Larry Fitzgerald of the Arizona Cardinals is unanimously the best receiver in the league come draft day can be drafted anywhere from late first round to early second.

As far as league games go, the regular season is generally played from the NFL's first week through, generally, week 13. It depends on the league and whether they want to play during week 17, the NFL's final week. This is rare because with the actual NFL playoffs starting one week later, a lot of the star players will have limited playing time to avoid injuries going into the playoffs.

The fantasy playoffs are played in weeks 14, 15 and 16 and usually the top six teams are competing for the championship.

I have never personally won a championship in the three years that I have been doing

fantasy football, but now that I have a little experience, my drafts are looking better and I seem to have better teams this year than ever.

In one league, I am just 2-4, but am the highest scoring team in the league, I have just had some unfortunate matchups.

A lot of people that I have talked to don't understand why I play fantasy football but it's really a simple explanation for it; my Kansas City Chiefs are, at 1-5, one of the worst teams in the NFL and have been for the last three seasons.

It has become frustrating watching the Chiefs play on Sundays and fantasy football is the best way to not worry about that. I still watch the Chiefs every week, but with fantasy, I can pay attention to every game because of the players that I have playing on any team. It makes Sundays fun, but sometimes frustrating.

Next week I am playing, in both leagues, the best teams in the league and will be sitting in front of my computer hoping my players can pull-off the wins I need.

It's a fun way to spend Sundays and I recommend it to anyone, whether they are football fans or not.