



Are you ready if California has an emergency?

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Kettlebell workout strengthens body

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MARINE CORPS RECRUIT DEPOT SAN DIEGO

AND THE WESTERN RECRUITING REGION

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FRIDAY, SEPTEMBER 3, 2010

Stop loss claims deadline nears

BY IAN GRAHAM
Defense Media Activity

Defense Department officials want to ensure that anyone whose military enlistment was involuntarily extended under the so-called “stop loss” provision applies to receive a stipend by the Oct. 21 deadline.

An estimated 145,000 servicemembers are eligible to receive \$500 for each full or partial month served in stop loss status.

During a DoD live bloggers roundtable recently, Lernes J. Hebert, the department’s acting director of officer and enlisted personnel management, said tens of thousands of applications have been processed, but the department is far from having received claims from every eligible servicemember. As a result, he said, officials are trying to get the word out so eligible people can apply by the deadline.

One concern, Hebert said,

is that some current or former servicemembers assume they are ineligible, or that they don’t want to spend time applying for what may turn out to be no return at all. But turnaround is quick and the form takes very little time to complete for what could turn out to be a significant payoff, he added.

“If there’s any question if you’re eligible – go ahead and apply,” Hebert said. “Most of the individuals who have gone through the process say (the form) takes about a half hour to complete. The average pay out is between \$3,000 and \$4,000, so that’s a pretty good return on your investment.”

All servicemembers, veterans and beneficiaries of servicemembers whose service was involuntarily extended between Sept. 11, 2001, and Sept. 30, 2009, are eligible for the special pay.

“This is to get the word out, so that nobody is left wondering come Oct. 22,” Hebert said. “It’s a full-court press.”

Army Maj. Roy Whitley, the Army’s project manager for Retroactive Stop Loss Special Pay, also participated in the roundtable. Whitley said the Army has processed about 44,000 claims, adding that he believes there are more troops are out there who don’t know to apply for their stop loss special pay. But without that application on hand, he added, the Army can’t do anything for the soldier.

“We can always pay you,” Whitley said. “We have plenty of time to look at claims. We just need to get you in.”

Hebert said the Defense Department’s stop loss website at <http://www.defense.gov/sto-ploss> has information about the special pay and includes the application form. He emphasized that servicemembers who aren’t certain about eligibility may qualify despite their memory or knowledge of the situation.

“Whether you think you’re eligible or not, submit the application,” Hebert said.



Company K recruits buddy rush a simulated enemy position during Copland’s Fire Team Assault Course at Edson Range, Marine Corps Base Camp Pendleton, Calif., Aug. 24. The course is designed to test recruits’ communication and teamwork abilities while also improving them. For more information and photos regarding Company K and the Crucible, go to Page 4. Cpl. Matthew Brown/Chevron

Suicide prevention initiatives involve everyone

BY CHEVRON STAFF

The 36th Annual National Suicide Prevention Week will be held Sept. 5-11, with World Suicide Prevention Day, Sept. 10.

More than 1,100 members of the military community committed suicide from 2005 to 2009, and numbers are rising again this year. As of July 31 this year, 28 Marines have committed suicide, said Laura Texier, Installation Suicide Prevention coordinator, during recent All-Hands training here.

On World Suicide Prevention Day, the theme “Many Faces, Many Places: Suicide Prevention across the World,” is based on the idea that if communities work towards being better connected through sharing information, expertise and time, they can do a great deal to help those who are in need, desperate, and vulnerable to suicide.

The Marine Corps views suicide prevention as the responsibility of the entire Marine Corps community and it is the duty of all Marines, family members, and friends to encourage those who are troubled to seek help, said Texier. These tragic deaths and other non-fatal suicidal behavior often occur in association with stressors that are largely preventable such as relationship problems, alcohol abuse and depression. Remembering the Marine Corps

values of honor, courage, and commitment can empower us to make a difference in the life of someone who might be at risk for suicide, she added.

The highest increases of suicide have been in the Army and Marine Corps, the services most deployed to the wars in Iraq and Afghanistan, according to a review by a congressional task force. The task force sent a final report recently to Defense Secretary Robert Gates that made 76 recommendations and emphasized ways to ensure the prevention programs have solid strategic visions and schemes for implementation.

Many suicide prevention programs and training aids are mandatory to servicemembers as well as offered through Marine Corps Community Services, and various organizations.

A Marine Corps suicide prevention program website, www.usmc-mccs.org/suicideprevent, updated monthly, provides several current program initiatives servicemembers can use for training, said Texier, such as The Leaders Guide for Managing Marines in Distress. It is designed as a quick reference to provide guidance and tools for leaders on what to look for, what to do, and specific resources for helping Marines who are in distress.

Prevention initiatives for enlisted Marines include: Annual Awareness

Training, NCO Suicide Prevention Course, Leadership Continuum Training in all formal schools, Web-based distance learning courses and Frontline Supervisors Training. Officers receive Annual Awareness Training, The Basic School, Leadership Continuum Training in all formal schools, Web-based distance learning courses and Frontline Supervisors Training.

Additionally, MCRD/ WRR have appointed Suicide Prevention officers at every command. The SPO’s have been appointed by the commanding officers and ensure the Marine Corps Suicide Prevention Program is fully implemented, said Texier.

Military OneSource is a free 24-hour service, provided by the Department of Defense, and is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. Consultants can be reached at (800) 342-9647 or through the Web site at <http://www.militaryonesource.com>.

Although there are many programs available, a large part of suicide prevention relies on involved leaders.

The Marine Corps Mentoring Program, initiated in 2006 by Commandant of the Marine Corps Gen. Michael W. Hagee, was initiated to help Marine leaders improve their ability to interact

with their Marines on a personal and professional level, help them set goals to improve the individual and team performance, and closely replicate the relationships forged between Marines and leaders in combat.

The MCMP is intended to encompass all aspects of a Marine’s life and consequently, often can help detect suicidal ideations.

“When you’re engaged, you notice the signs,” said 1st Sgt. Charles D. Callahan, Headquarters Company. “All it is is engaged leadership.”

Navy Adm. Mike Mullen spoke to 2nd Infantry Division soldiers at Camp Red Cloud, South Korea, last month and said the suicide issue is not going to go away – it is a tragedy that leaders at all levels must address, according to American Forces Press Service.

Everyone is a leader, he said. “I don’t care how junior you are, everybody must lead.”

“What I ask is that each of you mentor young people coming along. That is the strength of the organization. We take care of each other. We treat people like we want to be treated with dignity and respect.”

The most important thing to do if you are concerned or recognize warning signs is to take action, said Texier. If a buddy is suicidal, you may not get a second chance to save the Marine’s life.

Toolkit helps separating military land jobs

By LISA DANIEL
American Forces Press Service

Those separating from the military can get extra help in finding a job from a new Defense Department resource. The Pentagon’s Wounded Warrior Care and Transition Policy Office, recently developed the Career Decision Toolkit to help the 400,000-plus servicemembers who separate from the military each year have a smoother transition into civilian work.

Too many civilian managers and hiring officials today don’t have enough familiarity with the military to know the skills developed from a few years of service, said John R. Campbell, deputy undersecretary for wounded warrior care and transition policy.

“Most employers today have never served, and that wasn’t true when I got out in 1970 and entered the banking industry,” he said.

That, coupled with the bad economy – unemployment for people younger than 30 hovers around 15 percent nationally – makes getting hired an uphill battle, especially for former servicemembers who may never have competed in the private sector market, Campbell said.

Servicemembers applying for civilian jobs need to be able to explain how their military experience translates into the skills needed for jobs in which they are applying, he said.

“I work with younger servicemembers, and they don’t realize how valuable they are,” Campbell said.

Servicemembers, even as young enlisted members, serve in strategically important places and have opportunities and experiences beyond most of their civilian peers, Campbell said. “They’re warfighters, but they also work on civilian projects,” he noted. “They’re community activists; they meet with imams.”

The toolkit helps separating servicemembers write the narrative of their experiences, Campbell said. It includes a CD and supportive documents, its portability allows it to be used anywhere the servicemember is located.

Designed by Defense Department officials in collaboration with officials from the Labor and the Veterans Affairs departments, the toolkit is available in the military transition course for separation, at Transition Assistance Program centers, and at soldier-and-family and fleet-and-family support offices.

The toolkit includes information on job interviews, resumes and cover letters, and negotiating pay and benefits, among other things, Campbell said.

“We have used what we think are the best tools for civilians as well as military,” he said. “And it’s still evolving.”

More resources are expected to become available in the fall, Campbell said.

BRIEFS

Career and Education Fair

Marine and Family Services will host a Career and Education Fair Sept. 15 from 10 a.m. to 1 p.m. at the depot Field House. More than 100 employers and educators will be on-site. Employment areas being represented are high tech, electronics, IT, law enforcement, Fortune 500, federal agencies, banking, colleges and universities, retail and city/county/state agencies, among others. The event is open to military active duty and Reserve, family members, military retirees, DoD civilians, and other personnel with access to military installations. For more information or updates, contact Mina Threat at mina.threat@usmc.mil or (619) 524-1283; or James Brooks at james.brooks@usmc.mil or (619) 524-8158.

Multi-Cultural Heritage Day

The depot and the Western Recruiting Region will host a Multi-Cultural Heritage Day event from 2 p.m. to 5:30 p.m. Sept. 16. The multi-cultural gathering will honor diversity and celebrate our common heritage: the American heritage, and is intended to serve as recognition of achievements, a venue for education, and a day of cultural celebration. For more information, contact Gunnery Sgt. Walker, equal opportunity advisor, at (619) 524-8730 or at timothy.b.walker@usmc.mil.

Whooping Cough vaccine

A Whooping Cough vaccine is available at NMCS and branch health clinics. NMCS beneficiaries can be vaccinated at their primary care clinic.

NMCS active duty staff members can be vaccinated at the Military Health Center in Building 1, 1st floor. NMCS civilian staff members can receive vaccination through occupational health. Other service members in the San Diego area can be vaccinated at their respective branch health clinic or wherever they receive their primary healthcare.

Call (619) 532-5358 for information about vaccination hours at NMCS and its branch clinics.

L.I.N.K.S. 4 Kids

L.I.N.K.S. 4 Kids is a half-day workshop for elementary school-aged children offered tomorrow from 9 a.m. to 1 p.m. at the Bldg. 6E classroom on the depot. The workshop is mentored by volunteers and hosted by Marine Corps Family Team Building staff to help spouses, teens, and children become familiar with the unique Marine Corps lifestyle. Topics include understanding separation and deployments, internet safety, being a good friend, and becoming involved in one’s neighborhood. For more information, call (619) 524-8104.

Library On-line Tutor

The depot library is offering free resources and on-line tutors to active duty, reservists, retirees, DoD and their guests. Professional tutors are available to help with math, science, social studies and English from elementary to advanced levels. Each session is anonymous and one-on-one in a secure online classroom. Help with writing resumes and cover letters is also available. A personal username and password are needed to access this service. Visit the depot library to create an account. For more information, go to www.usmc-mccs.org or call (619) 524-1849.

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.



Sgt. Andrew Johnson, kennel master, Provost Marshall Office, receives bites from Nora and Bony, military working dogs, during a K-9 demonstration at the Warrior Preservation Stand Down in front of the depot theatre, Aug. 24.
Lance Cpl. Katalynn Thomas/Chevron

FRO can help your family be ready

This new column is dedicated to information on the readiness of our MCRD/WRR families.

What is Family Readiness?

According to Marine Corps Order (MCO) 1754.9, “Family readiness is defined as families who are prepared and equipped with the skills and tools to successfully meet the challenges of the military lifestyle. Family readiness directly affects the fundamental purpose of the Marine Corps to make Marines and win battles by building commitment and raising morale, thereby increasing unit readiness.”

What are some of the responsibilities of a Family Readiness Officer (FRO)?

- Actively manage, coordinate and promote all matters pertaining to unit family readiness
- Serve as the military point of contact concerning unit family readiness issues

- Learn about all available resources to promote Family Readiness
- Be thoroughly familiar with all MCCS programs
- Manage and support Family Readiness Volunteers

For more information, contact your Family Readiness officer.

MCRD San Diego/WRR: Mellissa Trevino (619) 208-3286
RTR Headquarters: Michelle Pritchard (619) 524-8087
3rd BN: Michelle Hamilton (619) 524-8089
2nd BN: Yesenia Rodriguez (619) 524-8347
1st BN: Regena Kowitz (619) 524-8907
Support BN: Margie Arvayo (619) 524-0601
HQSVCBN: Dawn Williams (619) 524-0160
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12th MCD: Dan Dean (619) 542-5568
9th MCD: Dave Gutierrez (816) 843-3900
8th MCD: Patricia Grubb (817) 782-6707



Patrick Ward, left, acting deputy director for supply reduction and United States interdiction coordinator, presents Coast Guard Cmdr. Jon Totte, commanding officer, Pacific Tactical Law Enforcement Team, with the 2009 United States Interdiction Coordinator Award to the Coast Guard PACTACLET at the Bay View Restaurant, here, Aug. 19. The award was established to recognize superior performance of front-line narcotics interdictors in the ongoing battle against drug smugglers and the organizations that support them. Lance Cpl. Katalynn

Coast Guard unit recognized in counter-drug operation success

BY LANCE CPL. KATALYNN THOMAS
Chevron Staff

The Coast Guard Pacific Tactical Law Enforcement Team was awarded the United States Interdiction Coordinator Award at the Bay View Restaurant, here, Aug. 19. Patrick Ward, acting deputy director for supply reduction and United States interdiction coordinator, presented PACTACLET the award for their success in counter-drug operations in 2009.

"The U.S. Interdiction Coordinator Award was established to recognize superior performance of front-line narcotics interdictors in the ongoing battle against drug smugglers and their support organizations," said Lt. j.g. Mark Byrne, officer in charge, law enforcement detachment 108, PACTHOLET.

Award winners are recognized for their exceptional innovation, tactics, aggressiveness and results, said Byrne.

"It feels good," said Petty Officer 2nd Class Richard Sparks, Maritime Enforcement, Law-Enforcement Detachment 106, PACTACLET. "I

was here the last time they awarded it. It's nice to see the continued recognition."

During 2009, PACTACLET LEDET's deployed on 15 U.S. and allied naval vessels and conducted 43 counter-drug boardings including seven self-propelled semi-submersible interdictions.

The law enforcement detachments removed 58,208 kilograms of cocaine during these deployments that was worth an estimated street value of over \$1.8 billion, said Byrne. The LEDET case packages have resulted in the successful federal prosecution of 82 illicit traffickers.

"Currently, there are 32 LEDET personnel deployed on 2 Allied vessels and one U.S. Navy vessel patrolling the Caribbean Sea and Eastern Pacific Ocean in support of Operation Carib Shield and Operation Caper Focus," said Byrne.

"The PACTACLET also has these other accomplishments," said Byrne. "The Coast Guard Unit Commendation Award in July 2010, the qualification of four TACLET boarding officers in the past three months, and the qualification of 35 newly-arrived personnel as TACLET boarding team members."

Depot prepares for California's wildfire season

LANCE CPL. KATALYNN THOMAS
Chevron Staff

Depot personnel are building their readiness capabilities, not just for the wild fire season, but for other natural disasters that are common in California, including earthquakes and flash floods.

In late October 2007, the depot was host to more than 400 evacuees, to include civilians, military families, and retirees.

As a result of lessons learned, training and exercises, significant improvements were made to overall

disaster procedures, said James Stewart, depot life skills instructor.

"Each battalion has a safety coordinator and a Family Readiness Officer to inform members and their families on ways to be safety conscious," said Stewart.

The California Department of Forestry and Fire Prevention's web site is designed to help families plan in the case of fires or other disasters. According to CDF, each county in the state has its own fire plan.

Within each county, however, families must prepare for such an event. The U.S. Fire Administration

suggests that families have a fire escape plan and practice it regularly.

The basic plan outlines where a family will meet near their home in case of an emergency; have an established rally point in case they are unable to enter their neighborhood; and lists of phone numbers to call outside their local area to report their location and condition in case of a disaster.

In addition to a plan, families should have a survival kit that is easily accessible and travel convenient.

"The survival kit should be

made to the family's needs," said Stewart.

Items to include are: important documents, credit cards, if possible, flash light, blankets, respirator, and hygiene items.

TRICARE recommends including these additional health-related items:

- Water and non-perishable food for each family member for 72-hours
- Copies of each family member's TRICARE and military ID cards, medical records or other health insurance cards
- List of doctors' names and contact information
- List of emergency contacts and phone numbers
- List of family members allergies
- A 30-day supply of any prescription medications or over-the-counter medications such as anti-pain,

antacids, etc.

- A 30-day supply of insulin, if applicable
- List of model and serial numbers for medical devices such as pacemakers

All paper items should be kept in plastic bags and placed inside waterproof backpacks or duffle bags in easy-to-find locations so they can be grabbed quickly.

"Keep documents in a fire-proof box," said Stewart. "Or make copies of them and send them to a contact out of your local area."

Being prepared for a disaster now will help out in the long run. Once a kit is prepared it will be ready for use at any time, and if it isn't used will always be ready. Making the kit is simple enough that when it is used, it is easy to replace.



Families should be prepared for any disaster with an emergency readiness kit. Some essential items to include are: enough food for a week, toilet paper, personal care items, emergency blankets, a tent, candles and waterproof matches and a first aid kit. Lance Cpl. Katalynn Thomas/Chevron



Mt. San Miguel near La Mesa in San Diego County burned in October 2007, a part of the Harris Ranch Fire. The blaze burned more than 90,000 acres, destroyed 253 homes as well as more than 300 structures and injured 40 firefighters. The fire also killed five civilians and injured twenty one. Photo courtesy of SLWorking2

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Recruit Robert Streety, Platoon 3233, yells for his fire team as he finishes low-crawling the second high barbed-wire obstacle of Copland's Fire Team Assault Course during the Crucible at Base Camp Pendleton, Calif., Aug. 24. The course represents recruits counterattacking an enemy position after their Armored Personnel Carriers are ambushed and is supposed to be physically demanding and increase their mental toughness. *Cpl. Matthew Brown/Chevron*



Recruit Christian Tellovillegas, Platoon 3233, left, bounds over a dirt mound during his assault on a simulated enemy position while Sgt. Ricardo Garcia, drill instructor, Platoon 3236, yells motivational phrases at the different fire teams. *Cpl. Matthew Brown/Chevron*



Recruit Chase Phillips, Platoon 3233, wraps up the last leg of his now separated fire team's assault during the Crucible. *Cpl. Matthew Brown/Chevron*



Recruits Ryan Koehler, left, and Christian Tellovillegas, Platoon 3233, take turns holding barbed wire up so the other can backwards low-crawl during Copland's Fire Team Assault Course. The exercise is meant to help recruits learn that working as a team makes difficult tasks easier to accomplish and maintain good lines of communication. *Cpl. Matthew Brown/Chevron*

Assault course prepares recruits for combat chaos

BY CPL. MATTHEW BROWN
Chevron staff

From the minute the recruits of Company K stood on the yellow footprints to when they eventually end their service to their country, they will constantly be transitioning from easy to harder missions to become more effective as they adopt the warrior lifestyle.

One of the many stepping stones on their seemingly never-ending journey of self improvement can be found at Copeland's Fire Team Assault Course, an obstacle of the Crucible.

The Crucible is a 54-hour training event during which recruits must overcome mentally and physically-demanding obstacles as a team while undergoing a simulated combat stress of food and sleep deprivation, and must be accomplished in order to rightfully claim the title, Marine.

"This training is getting them ready for a real life combat environment," said Staff Sgt. Ricardo Garcia, drill instructor, Platoon 3236, Company K. "Of course they are only wearing partial combat gear and they don't carry any ammunition, but you have to start small so you won't break from the harsh transition."

The assault course runs under the pretense that the recruits' armored personnel carriers undergo attacks from an improvised explosive device, mortar and

machine gun fire during a convoy.

Contained explosions occur at specific points on the course while the sound of combat screams and rattles over several loudspeakers in order to implement what is known by the field instructors their as controlled chaos.

"We use the IED ambush scenario because that is the kind of stuff we are dealing with over there (Afghanistan) right now," said Cpl. Vince R. Curry, field instructor, Weapons and Field Training Battalion. "The objective is to close in, tactically, to the enemy's pill box where the fire is coming from, and destroy it."

Recruits begin to buddy rush once their drill instructor gives the order. Buddy rushing is a leapfrog-like movement in which two recruits, move a short distance before hitting the ground to provide cover for the rest of their fire team to follow suit.

After approximately 50 meters of this, the recruits were forced to hold barbed wire up for one another as they take turns low crawling on their backs through the dirt and sand.

Once their fire team had squeezed passed the barbed wire, they rushed across more dirt and gravel until they encountered a plethora of hindrances and obstacles to include low barbed wire, a brick wall, fighting holes, more barbed wire, and tunnels.

These obstacles were followed closely

by a final fire team rush to the end of the course.

The combination of the obstacles, objective and the controlled chaos seemed to be too overwhelming for some groups of recruits as they began to fail to maintain fire team integrity and lose track of one another.

"You can't simulate combat perfectly, but you can get pretty close," Garcia said. "It may seem chaotic for them now, but it will only get crazier to prepare them for the actual fog and chaos of combat."

Though destroying the simulated enemy by reaching the end of the course is the mission, Curry says the lesson recruits learn is more subtle than simply how to run and scream with weapons.

"The chaos and fast tempo of the course really tests their communication and mental toughness," Curry said. "Every event they do here during the Crucible, or any training they do in the Corps for that matter, is meant to improve at least one aspect of the well-rounded warriors we are trying to make them into."

There is one other aspect Curry says is especially important which Copeland's Fire Team Assault Course emphasizes.

"Never leaving one of your bros behind is extremely important in the Corps," he said. "If we don't do that, than we obviously don't have honor, courage, or commitment; all of which are needed to ensure that."



Crucible at Edson Range, Marine Corps to help recruits communicate more effec-



ault on the simulated enemy position



Recruit Josiah Manteufel, left, and squad mate Recruit Nils Sullivan, Platoon 3233, buddy rush to the next obstacle of Copland's Fire Team Assault Course. After getting out from the first barbed wire portion of the course, recruits must reunite with the rest of their fire team before traversing past a wall into the simulated enemy positions. Cpl. Matthew Brown/Chevron



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Recruits Robert Streety, left, and Derrick Knippel, right, provide cover for their fire team as they maintain a low profile and overcome a wall during their attack on simulated enemy positions during the Crucible, Aug. 24. During Copland's Fire Team Assault Course, the recruits' Armored Personnel Carrier undergoes a simulated attack consisting of an Improvised Explosive Device followed by an ambush of machine gun and mortar fire. Cpl. Matthew Brown/Chevron

High shooter brings ambitious mentality to training

BY CPL. REBECCA A. LAMONT
Chevron staff

From the moment he began school, it was obvious he was different from his peers. In middle school, he effortlessly maintained a 4.0 grade point average and by the time he was 16 years old, he was a full-time college student. He then finished high school having earned 90 college credits and held a 3.3 GPA. At 17, he carried his

driven attitude and academic success into recruit training with him, breaking his rifle range's record for recruits. Recruit Trevor D. Nystrom, Platoon 3236, Company K, is not superhuman, but a Troutdale, Ore., native who has always had high expectations for himself. "My father taught me to be a hard worker and strive to obtain the best score possible," said Nystrom. "He emphasized that even the smallest tasks demand 110

percent of my effort every time." Nystrom's late father, Marine Sgt. Randy Nystrom, served as a military police officer for six years. "A lot of what my father taught me was undoubtedly influenced by him being a Marine," said Nystrom. After his father died in 2009, Nystrom reflected on the life lessons his father taught him and remembered to stay strong when events are unexpected and to keep his

bearing at all times. "Both of my parents always encouraged me to do my best both academically and mentally," said Nystrom. "They also taught me to help those in need and to never question putting others before myself." His father also influenced him to join the Young Marine Program when he was 13 years old, which he participated in for three years. The program teaches honesty, fairness, courage, respect, loyalty and dependability to our country and its institutions. It also promotes physical activity and advocates a drug-free lifestyle. Nystrom was the honor graduate of this program. "The most valuable thing I got out of the program was to have a sense of respect for people and have good character," said Nystrom. "I define good character by carrying myself in a professional manner and being respectful toward others." Nystrom carried this with him all through Fort Vancouver High School, Vancouver, Wash. He sought ways he could challenge himself and maximize his potential. Nystrom researched online the eligibility requirements for the Running Start Program, which is available to provide students with an option of attending institutions of higher education and the simultaneous earning of high school and college credit. He then took the placement exam for Clark College, Vancouver, his tenth grade year. Nystrom stopped going to his high school his junior year. He began attending Clark College and was receiving dual high school and college credits. His goal was to obtain an associate of arts degree. After Nystrom planned on transferring, he wanted to get his bachelor's degree in political science because he was passionate about history and politics and how they interacted with each other, he said. But Nystrom had a change of heart. He wanted to enlist into the Marine Corps, and later look into programs that could help him become an officer.

Another goal is making the Marine Corps Rifle Team. At six years old, he first shot a gun with his father, who was an avid gun collector. About once a month he would go shooting with his father and brother. "My father taught me everything about shooting," Nystrom said. Nystrom scored 335 out of 350 points possible on both his Table I and Table II qualifications at the rifle range during boot camp. This score broke the highest record a recruit had shot on Delta Range, Weapons Field and Training Battalion, Marine Corps Base Camp Pendleton. "Nystrom was shy in the beginning of recruit training," said Staff Sgt. Juan P. Segura, senior drill instructor, Platoon 3236, Co. K. "But he soon showed drive to take charge and was much more competitive toward the end. He became more aggressive at making decisions and motivating other recruits." "It is unique that he is self motivated and doesn't need others to push him," said Segura. "Nystrom gives 100 percent of his effort on his own." Nystrom is a good leader as well as dependable because he is a problem solver and consequently, people will come to him to solve problems, Segura said. Because he earned college credits and was the high shooter at the rifle range, Nystrom will be graduating as a private first class. "My advice to Nystrom is to stay focused and not to be influenced by the wrong people," said Segura. "I advise him to take the leadership traits from admirable leaders and set aside the characteristics he would rather not have." His father's mentorship and advice helped push Nystrom as far as he could go, allowing to him flourish despite his father's absence. Among his accomplishment of having shot the highest recruit rifle score, Nystrom will graduate from Marine Corps recruit training with what he considers the highest honor, being a United States Marine.



Recruit Trevor D. Nystrom, Platoon 3236, Company K, posts security at 12 Stall, an obstacle that is part of the Crucible, Aug. 24, at Weapons Field Training Battalion, Marine Corps Base Camp Pendleton, Calif. Nystrom, a Troutdale, Ore., native, always had high expectations for himself.
Cpl. Rebecca A. Lamont/Chevron

Col. John A. Rutherford Parade Reviewing Officer

Col. John A. Rutherford completed recruit training in October 1980 at Marine Corps Recruit Depot, San Diego. Rutherford then attended the Ground Supply Orientation Program at Camp Pendleton, Calif., and transferred to Camp Johnson, Jacksonville, N.C., where he trained as a basic supply administrative clerk, graduating in February 1981. Upon completion of his specialty training, Rutherford was transferred to Headquarters Company, 9th Marines, in Okinawa, Japan, where he served as an additional demands listing clerk. His next two assignments took him to Marine Corps Air Ground Combat Center Twentynine Palms, Calif., with 4th Battalion, 155 Howitzer Battery, until October 1982, and then 2nd Bn. 8-inch Howitzer Battery until March 1983. Rutherford was accepted to the

Marine Corps Enlisted Commissioning Program and was transferred to Naval Training Center, San Diego, to participate in the MECEP preparatory school. In August 1983, he transferred to Inspector Instructor staff in Jacksonville, Fla., to attend the University of Florida in Gainesville, Fla. He successfully completed OCS in August 1986 and was commissioned a second lieutenant in May 1987. Upon completion of The Basic School in December 1987, he attended the Aviation Supply Officers Course in Athens, Ga. In April 1988, Rutherford transferred to Marine Aviation Logistics Squadron 11, Marine Aircraft Group 11, Marine Corps Air Station El Toro, Calif. There, he served in a variety of aviation supply billets supporting the training and unit deployment squadrons and their detachments. In May 1990, Rutherford transferred to MCRD San Diego, for duty as an assistant series commander, series commander and company commander. In July 1993, he reported for duty as

a student at the Amphibious Warfare School, Quantico, Va. Rutherford was transferred to MALS-39, MAG-39, Marine Corps Air Station Camp Pendleton, as an assistant supply officer in June 1994. In October 1996, Rutherford was transferred to the Marine Corps Warfighting Laboratory in Quantico, and served as the adjutant, logistics officer, and Headquarters commandant. In August 1999, he attended the Marine Corps Command and Staff College, Quantico, Va. In July 2000, Rutherford was transferred to Marine Aviation Logistics Squadron 16, MAG-16, Marine Corps Air Station Miramar, San Diego. He served as the aviation supply officer and executive officer. In September 2003, Rutherford was transferred to be the commanding officer, MALS-14, MAG-14, 2nd Marine Aircraft Wing from October 2003 to September 2005. From October 2005 through April 2009, he served with MWHs-3, MCAS Miramar, as the aviation supply officer for 3rd MAW. He deployed as the

assistant chief of staff forward to Al Asad, Iraq, on two occasions: from June 2006 through February 2007, and from January to August 2008. From May 2009 to the present, he has served as assistant chief of staff, Aviation Logistics Division for 4th MAW.



								
Platoon 3236 COMPANY HONOR MAN Lance Cpl. J. R. Ortiz Corpus Christi, Texas Recruited by Staff Sgt. I. Gonzales	Platoon 3231 SERIES HONOR MAN Pfc. C. J. Meisinger Ft. Worth, Texas Recruited by Sgt. A. E. Hart	Platoon 3229 PLATOON HONOR MAN Pfc. D. W. Nelson Salt Lake City Recruited by Staff Sgt. S. Lieber	Platoon 3230 PLATOON HONOR MAN Pfc. M. J. Morrow Sacramento, Calif. Recruited by Staff Sgt. J. M. Pringle	Platoon 3233 PLATOON HONOR MAN Pfc. C. D. Higgins Albuquerque, N.M. Recruited by Staff Sgt. A. Lopez	Platoon 3234 PLATOON HONOR MAN Pfc. C. A. Hargrove Los Angeles Recruited by Staff Sgt. J. Key	Platoon 3235 PLATOON HONOR MAN Pfc. T. S. Wu San Francisco Recruited by Sgt. H. Johnson	Platoon 3236 HIGH SHOOTER (338) Pfc. K. M. Slavik Oklahoma City Marksmanship Instructor Staff Sgt. L. Johann	Platoon 3235 HIGH PFT (300) Pfc. N. M. Olson San Francisco Recruited by Sgt. D. Taylor

KILO COMPANY

3RD Recruit Training Battalion

Commanding Officer
Lt. Col. N. C. Stevens
Sergeant Major
Sgt. Maj. D. A. Lee
Chaplain
Lt. R. W. Peters III, USN
Battalion Drill Master
Staff Sgt. S. Gaytan

COMPANY K

Commanding Officer
Capt. N. L. Martinez
Company First Sergeant
1st Sgt. T. E. Harrelson

SERIES 3229

Series Commander
1st Lt. S. DiBello
Series Gunnery Sergeant
Gunnery Sgt. S. Quezada

PLATOON 3229

Senior Drill Instructor
Gunnery Sgt. E. J. Ruiz
Drill Instructors
Gunnery Sgt. A. L. Lashley
Gunnery Sgt. G. Walker

Pfc. O. Abalos Jr.
*Pfc. J. K. Alvarado
Pvt. J. B. Antognazzi Jr.
Pvt. A. D. Aurand
Pvt. S. A. Barcelone
Pvt. J. J. Barton
Pvt. C. N. Becerra
Pfc. G. E. Berg
Pvt. H. S. Black
Pvt. M. C. Blackburn
Pvt. J. S. Brendle
Pfc. K. J. Broussard
Pvt. A. M. Brown
*Pfc. M. R. Buckles
Pfc. A. J. Bureau
Pvt. E. T. Burkett
Pfc. H. I. Castaing
Pvt. J. W. Christopher
Pvt. M. A. Clymer
Pvt. J. A. Cortez
Pfc. R. D. Cottle
Pfc. B. L. Coy
Pfc. E. G. Dandrades-Vargas
Pvt. R. C. Daugherty
Pvt. J. D. Dean
Pvt. T. K. Dellis
Pvt. R. A. Dennis
Pvt. E. Diaz
Pfc. B. E. East
Pvt. J. D. Evans
Pfc. J. M. Fetzer
Pvt. J. A. Firchau
*Pfc. G. R. Gates
Pvt. N. J. Gepp
Pfc. T. D. Gilson
Pvt. D. M. Gomez
Pvt. L. A. Gonzalez
Pvt. J. D. Green
Pvt. E. Guillen Jr.
Pfc. R. P. Gutzmann
Pfc. D. R. Halladay
Pvt. R. P. Hamann
Pvt. K. J. Hanneman
Pfc. A. M. Harder
Pvt. J. E. Hernandez
Pvt. R. Hernandez
Pvt. Z. J. Hester
Pvt. W. L. Hinton II
*Pfc. J. N. Hopson
Pvt. S. J. Howe
Pvt. A. W. Inman
Pvt. M. M. Isip
Pvt. A. L. Johnson II
Pvt. J. E. Jones
Pvt. A. R. Knight Jr.
Pvt. C. L. Knoll
Pvt. J. D. Kopczynski
Pvt. A. M. Lafleur
Pvt. S. V. Lares
Pvt. Z. R. Ledford
Pfc. C. M. Long
Pvt. N. M. Lyne
Pfc. G. D. Madden
Pfc. F. Manzo
Pvt. A. A. Marino-Alarcon
Pfc. S. M. Marquez
Pfc. J. A. McCormick
Pfc. A. M. McGuire
Pfc. M. A. Mitchell
Pfc. D. W. Nelson
Pvt. R. W. Rees

PLATOON 3230

Senior Drill Instructor
Gunnery Sgt. T. R. Daniel
Drill Instructors
Staff Sgt. W. Morris

Staff Sgt. G. W. Webber
Sgt. S. R. Villa

Pvt. M. A. Aceves
Pvt. B. A. Anaya
Pfc. C. N. Avery
Pvt. J. E. Baker
Pfc. J. D. Bandstra
Pvt. J. A. Beckham
Pvt. J. R. Beer
Pfc. A. S. Bennett
Pvt. J. C. Black
*Pfc. Z. J. Bowden
Pvt. A. G. Bravo
Pvt. A. J. Brewer
Pvt. B. A. Brown
*Pfc. T. D. Brubeck
Pfc. R. F. Bryant III
Pfc. J. M. Buckridge
Pvt. D. J. Burnett
*Pfc. K. C. Cameron
Pfc. N. S. Campbell
Pvt. A. E. Carlson
Pfc. J. Carrizal
Pvt. B. M. Carrizales
Pvt. C. W. Compian
Pvt. J. H. Cortez
Pfc. J. Cortez
Pvt. C. L. Crutchfield II
Pvt. S. Cruz
Pfc. E. J. Decker
Pfc. E. L. Digar
Pfc. M. N. Do
Pvt. Z. M. Eakins
Pvt. J. E. Folsom
Pvt. P. L. Force
Pvt. C. J. Ford
Pvt. R. W. Franksmess
Pfc. C. S. Frazier
Pfc. A. H. Gehrke
Pvt. D. A. Gonzalez
Pvt. N. Gonzalez
Pvt. J. J. Grant
Pfc. C. A. Graves
Pvt. J. P. Gray
Pfc. E. A. Gyenes
Pfc. K. J. Harbour
Pvt. J. V. Hernandez
Pvt. A. Hernandez-Lemus Jr.
Pvt. C. E. Hickey
Pfc. J. W. Hokit
Pfc. C. J. Ibarra
Pfc. N. J. Johnson
Pvt. D. M. Kraych
Pfc. J. R. Lavoy
Pvt. R. K. Lien
Pfc. J. A. Lopez
Pfc. M. A. McClelland
Pvt. E. S. McGirt
Pfc. C. L. Mefford
Pvt. M. J. Merrit
Pvt. K. L. Meyer
Pfc. R. Montealvo
Pfc. A. R. Morante Jr.
Pfc. J. W. Morgan
*Pfc. M. J. Morrow
Pfc. A. Ngo
Pvt. A. Nguyen
Pvt. G. A. Nunez
Pvt. T. A. Nunez
Pfc. D. Nungaray
Pfc. W. P. Owzarski
Pfc. B. L. Smith

PLATOON 3231

Senior Drill Instructor
Staff Sgt. B. V. Goldthwaite
Drill Instructors
Staff Sgt. D. R. King
Staff Sgt. R. A. Williams
Sgt. R. J. Robles

Pfc. I. Alonzo
Pvt. D. A. Anderson
Pvt. Z. L. Bachman
Pfc. B. C. Bachtell
Pvt. M. T. Beard
*Pfc. S. A. Benzing
Pvt. D. M. Biles
Pvt. M. L. Birt
Pfc. C. R. Brost
Pvt. M. D. Brown
Pvt. S. M. Bruns
Pfc. B. Bynum
Pvt. E. J. Cabrera
Pvt. E. F. Caceres
Pvt. A. Castaneda Jr.
Pvt. M. J. Castle
Pfc. K. C. Chambers
Pvt. K. M. Crites
Pvt. D. L. Cruz
Pvt. Z. J. Dunlap
Pfc. M. C. Dutton
*Pfc. M. L. Elzie
Pvt. T. S. Emery
Pvt. D. T. Friel
Pvt. J. P. Gallagher

Pvt. R. A. Garza
Pvt. K. E. Gaylord
Pfc. B. M. Giles
Pfc. R. B. Gonzales
Pvt. A. N. Graham
*Pfc. R. Granados
*Pfc. J. L. Griffin
Pfc. R. C. Hagstrom
Pvt. J. S. Handley
Pvt. P. A. Haskins
Pvt. J. L. Henry
Pvt. I. S. Hernandez
Pfc. M. M. Hewitt
Pvt. D. C. Hines
*Pfc. W. S. Hofer
Pvt. G. T. Howard
Pfc. K. A. Hubbard
Pfc. E. R. Hughel
Pfc. J. R. Johnson
Pfc. B. C. Jones
Pfc. E. Karani
Pfc. A. B. Kawamura
Pvt. J. J. Kelch
Pvt. T. E. Kelch
Pfc. B. W. Knight
Pfc. P. N. Koerper
Pvt. M. R. Kolb
Pfc. B. O. Link
Pfc. K. P. Loan
Pvt. J. C. Lonam
Pvt. A. R. Lopez
Pfc. M. A. Lorona
Pfc. J. D. Love
Pfc. D. J. Lund
Pvt. B. D. Manning
Pvt. M. J. Marlar
*Pfc. C. A. Marquardt
*Pfc. C. J. Meisinger
Pfc. L. A. Miqueo
Pvt. C. J. Moore
Pvt. J. R. Moran
Pvt. M. J. Persons
Pfc. A. Rodriguez-Caballero
Pvt. S. F. Schmid
Pvt. S. M. Stebbins

SERIES 3233

Series Commander
Capt. D. J. Daly
Chief Drill Instructor
Staff Sgt. J. E. Barnes

PLATOON 3233

Senior Drill Instructor
Staff Sgt. G. L. Wiedner
Drill Instructors
Staff Sgt. D. E. Harvey
Staff Sgt. S. L. Livingston

Pfc. J. R. Alexander
Pfc. S. M. Alexander
Pvt. J. J. Cabrera
Pfc. L. G. Carbajal II
Pvt. J. B. Case-Gonzalez
Pvt. A. C. Castillo
Pvt. K. R. Chambers
Pfc. J. C. Christian
Pvt. D. K. Clark
Pvt. M. Cumiskey Jr.
Pfc. K. B. Day
Pfc. J. M. DeFarcy
Pvt. A. E. Dilport
Pvt. A. M. Edinger
Pvt. M. B. Edra
Pfc. C. T. Eichelberger
Pvt. M. D. Feger
Pvt. J. D. Fox
Pvt. W. J. Gates
Pvt. G. A. Gonzalez Jr.
*Pfc. D. D. Hargett
Pfc. E. W. Hendley
Pvt. J. A. Hernandez
Pfc. C. D. Higgins
Pvt. C. J. Holt
Pvt. B. J. Hyde
Pvt. M. B. Johnson
Pvt. M. R. Joromat
Pvt. D. J. Knippel
Pfc. R. W. Koehler
Pfc. C. L. Kusnierz
*Pfc. S. L. Lee
Pvt. J. T. Lettier
Pvt. W. R. Looker Jr.
Pfc. J. G. Manteufel
Pvt. J. L. McCollor
Pvt. V. W. McCurdy
Pvt. C. A. McDonald
Pvt. S. J. McEtchin
Pvt. A. Medrano Jr.
Pfc. R. D. Moore
Pvt. T. T. Nguyen
Pfc. T. M. Noel
Pfc. J. D. Norman
Pvt. Z. C. Norris
Pvt. V. P. Nunez
Pvt. M. F. Ochoa
Pvt. C. A. O'Dale

Pvt. R. G. Orlowski
Pfc. J. M. Ostlund
Pvt. C. G. Phillips
Pvt. S. M. Picou
Pfc. D. M. Powell
Pvt. V. G. Quezada
Pvt. J. G. Race
*Pfc. N. E. Repstock
Pvt. C. J. Rerick
Pvt. C. M. Rimmer
Pvt. Z. A. Robison
Pvt. A. Rodriguez
Pvt. T. D. Ruhl
Pvt. L. A. Sanchez
Pfc. L. P. Sierra
Pfc. D. Silva-Perez
Pvt. C. J. Slauch
Pfc. G. Q. Sparks
Pvt. B. K. Stevens
Pvt. W. T. Stophel
Pvt. R. A. Streety
Pvt. N. T. Sullivan
Pfc. C. D. Tellovillegas
Pfc. D. Thurman Jr.
*Pfc. R. M. Vandell
Pvt. D. E. Washington
Pfc. S. R. Westover

PLATOON 3234

Senior Drill Instructor
Sgt. R. A. Fuentes
Drill Instructors
Sgt. J. R. Camberos
Sgt. C. P. Gentry

Pvt. N. T. Allen
Pvt. J. E. Alvarez
Pvt. E. Ayala
Pvt. S. C. Belknap
Pvt. C. M. Boyer
Pfc. R. C. Bradbury
Pfc. N. A. Brown
Pvt. Q. T. Bruner
Pfc. R. J. Bryan
Pvt. C. L. Camero
Pvt. S. A. Canellis
Pvt. J. F. Carrillo
Pvt. B. C. Carter
Pvt. R. S. Cash
Pvt. J. A. Chiles
Pvt. S. A. Clark
Pfc. J. T. Contreras
Pvt. R. Contreras
Pvt. N. W. Cooper
Pvt. A. E. Cortina
Pfc. J. J. Cullison
*Pfc. J. B. Danielson
Pfc. D. D. Dean
Pvt. J. R. Devoy
Pfc. J. A. Donfrio
Pvt. M. S. Duncan
Pfc. C. D. Dye
Pfc. B. E. Emery
Pfc. I. Fernandez
Pvt. A. Flecha
Pvt. J. Fleck
Pvt. S. Flores
Pvt. Z. J. Freisem
Pvt. J. D. Frickel
Pvt. D. J. Fryling
Pfc. J. M. Fuller
Pvt. J. R. Galloway
Pvt. Z. D. Garfield
Pvt. B. E. Greene
Pfc. S. G. Guillen-Ramirez
Pvt. B. Gutierrez
*Pfc. C. A. Hargrove
Pvt. W. E. Hayes
Pfc. D. R. Heiserman
Pfc. S. M. Hernanadez
Pfc. C. J. Hernandez
Pvt. G. J. Hightower Jr.
Pfc. H. D. Hinojosa-Cisneros
*Pfc. J. J. Hood
*Pfc. D. W. Hopping
Pvt. D. L. Johnson
Pvt. A. Junco
Pvt. T. K. Kaneshiro Jr.
Pvt. E. W. Keeton
Pvt. R. D. Kelley
Pfc. Z. P. Ley
Pvt. B. D. Manning
Pvt. L. D. Marshall
Pvt. A. B. McDonald
Pfc. M. T. McDonald
Pvt. A. J. Micciche
Pfc. E. J. Oliva
Pfc. A. M. Pacarro
Pvt. M. D. Parks
Pvt. J. F. Pierce
Pfc. T. B. Quiroz
Pfc. R. Ratuita
Pfc. D. J. Richvalsky
Pvt. F. Rivera III
Pfc. T. W. Shaulis
Pvt. W. J. Stone
Pvt. R. P. Taylor Jr.

Pfc. B. M. Vonholten
Pvt. T. D. Webb
Pfc. K. L. Wilson

PLATOON 3235

Senior Drill Instructor
Staff Sgt. L. R. Martinez
Drill Instructors
Sgt. C. G. Garcia
Sgt. M. A. Lee
Sgt. V. Monroy

Pvt. D. R. Alaniz III
Pfc. N. P. Baise
Pvt. P. Balbaneda
Pvt. O. A. Barney
Pvt. L. R. Barrera
Pvt. J. R. King-O'Conner
Pvt. E. Martinez
Pfc. N. M. Olson
*Pfc. A. C. Oram
Pvt. A. D. Pascoe
Pvt. R. M. Paynter
Pfc. A. J. Pearson
Pvt. J. R. Perez
Pfc. E. D. Perry
Pvt. C. R. Pettigrew
Pvt. M. J. Pittaluga
Pvt. I. E. Pitts
Pvt. C. D. Ramsour
Pvt. J. J. Randall
Pvt. A. R. Reams
Pvt. D. E. Redding III
Pvt. J. D. Reed
Pfc. M. W. Rentfro
Pvt. K. T. Roberts
Pvt. S. E. Robertson
Pfc. F. J. Roethler III
Pvt. B. E. Rose
Pfc. A. J. Russnogle
Pfc. J. W. Ryser
Pvt. B. R. Sady
Pfc. C. R. Salazar
Pfc. A. J. Sanchez
Pvt. G. C. Sanchez
Pvt. V. M. Sanchez
Pvt. A. Santana Jr.
Pvt. C. W. Sarafin
Pfc. M. C. Saucedo
Pvt. D. M. Sauer
Pvt. S. K. Schmidt
Pvt. E. M. Schupp
Pvt. C. E. Skellenger
Pvt. J. L. Smith
Pfc. J. A. Solis
Pfc. M. A. Solovyev
Pvt. W. E. Stewart
*Pfc. A. L. Stidham
Pvt. A. F. Strong
Pfc. D. A. Swim
Pfc. D. R. Tarin
Pvt. C. Tejeda
Pvt. K. A. Terry
Pvt. B. W. Thomas
Pfc. J. A. Thomas
Pfc. S. L. Toland
Pvt. J. A. Toro-Zamora
Pvt. J. M. Trujillo
Pvt. D. D. Turner
Pfc. S. A. Turturo
Pfc. M. S. Tweedy
Pvt. L. S. Valadez
Pvt. A. Vargas
Pvt. L. B. Vasquez
Pvt. A. M. Verhelst
Pvt. J. A. Waits
Pvt. C. M. Wheeler
Pfc. A. T. Whitten
*Pfc. T. S. Wu
Pfc. G. R. Yayoshi
Pvt. R. J. Ybarra
*Pfc. I. Zavala
Pvt. A. J. Zuck

PLATOON 3236

Senior Drill Instructor
Staff Sgt. J. P. Segura
Drill Instructors
Sgt. H. C. Frausto
Sgt. R. S. Garcia
Sgt. D. B. Jolly

Pvt. C. M. Barton
Pfc. A. Benavides
Pvt. J. G. Brooks
Pvt. D. C. Brown
Pfc. M. O. Colato
*Pfc. D. S. Craig
Pvt. L. J. Gordon
Pfc. J. A. Landrum
*Pfc. R. T. Matyas
Pfc. D. S. Maurer
Pfc. E. M. Menendez
Pvt. J. D. Miltersen
Pfc. J. J. Montes
Pvt. C. T. Moss
Pvt. K. J. Mundt

Pfc. A. M. Munoz
Pvt. J. H. No
Pfc. T. D. Nystorm
*Lance Cpl. J. R. Ortiz
Pvt. E. W. Oxner
Pfc. C. C. Parker
Pfc. J. L. Peralta-Roman
Pfc. A. L. Perez
Pfc. B. K. Perritt
Pfc. J. T. Phillips
Pvt. R. C. Pira Jr.
Pfc. T. R. Potter
Pvt. T. J. Pozolinski
Pvt. W. R. Probert
*Pfc. R. W. Puett
Pvt. R. W. Rasmussen
Pvt. D. B. Rew
Pvt. E. Rivera Jr.
Pfc. L. R. Romero
Pfc. N. M. Olson
Pvt. J. S. Roush
Pfc. N. E. Sackeyfio
Pvt. C. A. Saenz
Pvt. R. N. Sauceman
Pvt. A. R. Savoie
Pvt. B. P. Schwindt
Pfc. D. R. Serrano
Pvt. W. L. Shinaver
Pvt. E. Silva
Pvt. M. T. Skowronski
Pfc. K. M. Slavik
Pvt. J. Sletten
Pvt. J. M. Smith
Pvt. J. M. Smith
Pfc. R. D. Smith
Pfc. A. C. Smurawa
Pvt. K. B. Stringham
Pfc. H. W. Strombeck
Pvt. R. S. Strong
Pvt. M. A. Suppes
Pvt. C. B. Swopes
Pvt. S. C. Teeter
Pvt. T. D. Teigen
Pvt. W. R. Terry
Pfc. K. M. Thilhorn
Pfc. K. L. Thompson
Pvt. C. J. Turner
Pvt. R. C. Vandenburg
Pvt. M. K. Vargas
Pvt. J. P. Veit
*Pfc. A. L. Watkins
Pfc. R. M. Wilhelmi
Pvt. J. D. Williams
Pvt. T. R. Wisner
Pvt. O. J. Woods
Pvt. D. J. Woolum
Pfc. J. R. Wortman
Pvt. O. K. Yellowhair
Pfc. C. S. Yelton

*Meritorious promotion



Rod Bowman and Teri Smallwood are conscious of their proper form as they do kettlebell swings during a kettlebell class Aug. 25, outside the depot Fitness Center.
Cpl. Rebecca A. Lamont/Chevron

Kettlebell training provides ‘excellent’ results

BY CPL. REBECCA A. LAMONT
Chevron staff

Not many people can say they exercise with an object that was once used as counter balance to weigh grains in Russia during the 1700s. But those who use kettlebell weights can affirm this, and boast about how it has changed their lives.

“Kettlebell training transforms fighters into better fighters; surfers become better surfers; golfers become better golfers; and tennis players become better tennis players,” said Allen Lowrimore, kettlebell instructor, depot Fitness Center. “It doesn’t matter what you do, it will make you better at it.”

The depot Fitness Center has offered kettlebell fitness class for more than a year.

Kettlebells are a basic training that requires functional, whole body fitness. Lifting and controlling a kettlebell forces the entire body and specifically the core, to contract as a group, building both strength and stability at the same time. The workout engages multiple muscle groups at once and it’s an option for getting the whole body workout in a short time.

More specifically, it works though a fluctuating swing arm, which consequently gives users rapid strength and endurance growth, more pristine balance, coordination as well as mental toughness, said Lowrimore.

“I saw the kettle bell class outside about a year ago,” said 71-year-old Howard W. Nathan, from San Diego. “I watched them one time and it looked fun.”

Lowrimore has been teaching kettlebell classes for five years. Prior to that, he used to teach martial art techniques to drill instructors here on the depot.

“I took complex concepts and incorporated it into easier movements,” said Lowrimore.

He has a Russian Kettlebell Challenge certificate, is Kettlebell Concepts certified in Brazilian Jujitsu, Jeet Kune Do, which is a hybrid martial arts system and philosophy founded by Bruce Lee in 1967 that includes direct, non classical and straightforward movements, and Tang Soo Do, which is a Korean martial arts.

“Kettlebells came into the martial arts world a few years ago,” said Lowrimore. “It was discovered that it fuels physical attributes.”

According to Lowrimore, physical attributes include strength, awareness, power, timing, balance, speed, flexibility and endurance. Kettlebells enhance all of these, whereas weightlifting does not, he said.

“The differences I see since I have been doing kettlebells are that I am a lot stronger and my hips loosened up a lot,” said Nathan. “I also noticed an increase in flexibility and an overall leaner body that is much tighter.”

Nathan has never been injured, despite the fact that he is lifting weight. This is because he’s not isolating particular muscles, but doing a full body workout, he said.

“I would be more likely to get an injury if I did kettlebell class alone,” said Nathan. “Since taking the class, I see people in the gym that don’t do the techniques properly and it makes me cringe because they could hurt themselves.”

The instructor guides everyone in the class and ensures they are doing the kettlebells safely, Nathan said.

“We are here to change lives,” said Lowrimore. “It’s a path of self discovery. You do things you

never thought you were capable of doing. It builds confidence.”

Everyone can benefit from kettlebell training, regardless of age because everyone can do the moves, he said.

“You get involved, receive feedback and is both mentally and physically challenging. It’s not designed to be fun, but it is fun,” said Lowrimore.

Those who begin kettlebells may see results within a month if they do kettlebells at least three times a week.

“Your body composition will change,” said Lowrimore. “I am a better athlete at 51 years old than I was at 35.”

“For someone considering trying out the class, I would tell them not to be afraid, that they will be welcomed in the class and kettlebells are a skill that is learned over time,” said Lowrimore.

For Nathan, this is the first organized exercise class he has ever done.

“It’s more fun and motivating and I work harder in a group,” said Nathan, “I would recommend it to anybody, and I already have.”

It’s easier do in a group because the whole group is in fit-

ness agony, and because they are not alone, it’s more encouraging and it feels like family here, Lowrimore said. Those who have been in the class longer will not hesitate to coach those who have just started with kettlebells, he said.

“There’s no required preparation, just check your ego at the door,” said Lowrimore. “I want fluidity and efficiency. It’s important to be humble and go light. Without a question the technique is more important than the weight.”

Lowrimore attributes its increasing popularity to the media and fitness enthusiasts who have discovered that weightlifting is not an effective way to progress in terms of physical attributes.

“For kettlebells, you do not need expensive shoes or expensive equipment,” said Lowrimore. “You can even be barefoot! It’s like old is new.”

“I have no doubt I will do kettlebells the rest of my life,” said Nathan.

Kettlebell fitness class is offered at the depot Fitness Center, Mondays and Wednesdays at 4 p.m. For more information, call (619)-524-8465.



A kettlebell is an object that was once used as a counter balance to weigh grain in Russia during the 1700s. Today, they are used for exercise.
Cpl. Rebecca A. Lamont/Chevron



Participants in the kettlebell class outside the depot Fitness Center experience a full body workout, building strength and stability as they execute the training techniques. Cpl. Rebecca A. Lamont/Chevron