



**Educators taste  
Marine Corps  
recruit training**

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**Company B earns  
eagle, globe and  
anchor emblem**

**Pg. 4**

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# CHEVRON

MARINE CORPS RECRUIT DEPOT SAN DIEGO AND THE WESTERN RECRUITING REGION

Vol. 71 – No. 3 – COMPANY B

FRIDAY, JANUARY 21, 2011

## USD hosts Marines at home game

BY LANCE CPL. ERIC  
QUINTANILLA  
*Chevron staff*

Active duty service members and their families were invited to a free college basketball game at the University of San Diego's third annual Marine Night, Jan. 13.

The depot color guard presented the National Colors and the Twenty-Nine Palms Marine Corps Air-Ground Combat Center, Calif., band played the National Anthem before the USD Toreros played the visiting Santa Clara University Broncos.

The school also conducts youth clinics and other events with Marine Corps Recruit Depot San Diego to build a relationship and provide support, said Steve Becvar, associate athletic director, USD.

Also in attendance were the Marines of Company L, 3rd Recruit Training Battalion, who were in their final week of training and graduated Jan. 14.

"These events are great because it gives the young men the opportunity (to go to civilian events) when they get closer to graduating," said 1st Sgt. Luis Silva, company first sergeant, Company L, 3rd RTB. "It gives them more confidence while easing them back into the civilian society."

"The event was a way we could recognize and honor MCRD to the community," said

Becvar. "By conducting this event at a basketball game, we could recognize MCRD at the Jenny Craig Pavilion, on television and radio."

The Toreros' cheerleaders had their own way of showing their support by walking through the bleachers before the

game to pass out and sign posters for the Marines.

In order to show their gratitude, MCRD brought a strong showing of Marines, along with sister services and their families from the depot.

Buses were also provided by USD for the families of the

Company L Marines to attend the game.

"This is great, anything to spend time with my son," said Candia Dorman, mother of Pvt. Cameron Dorman, Platoon 3250, Co. L, 3rd RTB.

Despite the Santa Clara Broncos defeating the USD

Toreros 61 – 52, many of the new Marines said they enjoyed their outing.

"We found out we were coming just after the Crucible," said Pfc. Fritz Ball, Platoon 3251, Co. L, 3rd RTB. "This doesn't seem real after you've been enclosed for three months."



**Marines from Co. L, 3rd Recruit Training Battalion, watch as the University of San Diego Toreros prepare for their game against the Santa Clara University Broncos at the Jenny Craig Pavilion, Jan. 13. Lance Cpl. Eric Quintanilla/Chevron**

## Depot BPO recognized for excellence

BY LANCE CPL. ERIC  
QUINTANILLA  
*Chevron staff*

The Marine Corps Recruit Depot San Diego's Business Process Office received the Outstanding Continuous Process Improvement Implementation Achievement Award and the Continuous Process Improvement Excellence Award here, Jan. 10.

The awards were for runner-up for the best organization-wide CPI deployment in the supporting establishment and for being the top CPI implementation leader. The CPI is the leadership philosophy of continuously improv-

ing processes in support of the mission of the organization. The CPI uses the methodology of the integrated application of tools and techniques to improve performance of processes necessary to accomplish the mission.

The awards were presented to Judy Fernandez, BPO director and CPI implementation director, by Maj. Gen. Ronald L. Bailey, commanding general, MCRD San Diego and the Western Recruiting Region.

"We wouldn't have been able to do this without the (command) leadership we have," said Fernandez.

In 2008, the depot estab-

lished an Executive CPI Council. It is led by Maj. Gen. Bailey, who is the CPI deployment champion for MCRD San Diego.

Fernandez developed the strategy for deploying CPI here, and provides advice and guidance to the CPI deployment champion and the Executive CPI Council.

The BPO manages, coordinates and facilitates the activities related to the Department of Defense, Marine Corps mandated strategic sourcing, continuous process improvement, and business process improvement initiatives. They also manage the depot's

internal quality improvement efforts using industry and government standard methodologies, according to the organization function manual.

The CPI project that won the runner-up award reduced the number of steps to discharge recruits not completing boot camp and reduced the time from an average of 13 to six days. This project also reduced recruit holding costs by \$800,000 in 2009 and \$620,000 in 2010.

The BPO went to more than 80 work sections on the depot to identify all performance requirements and compile information to create

a gap analysis. This analysis determines where each section is and is not meeting their requirements, and what they can do to fix the problem.

The BPO then started to initiate projects across the command to rectify problems. The projects were then prioritized based on which ones would help mission accomplishment the most.

Depot all-hands meetings were also held to determine what is mission essential and determine how to come up with savings.

"Each section can evaluate their needs and proactively be prepared," said Fernandez.



# Around the depot

***This week the Chevron asks: “What do you think will be different about 2011? Why?”***



**“I’m going to the fleet this year. 1st Battalion, 11th Marines. I check in April 1st.”** *Staff Sgt. Edward Beebe, martial arts instructor, Instructional Training Company, Support Battalion*



**“The quality of recruits should be better this year because we’ve got harder with the recruiting process and more strenuous on training. So everything goes according to plan and we send quality Marines to the fleet.”** *Sgt. Antoriano Smith, drill instructor, Receiving Company*



**“I just reported here to the Ceremonial Platoon from 3rd Battalion, 6th Marines Camp Lejeune. I used to be a grunt in an infantry unit. I still have that grunt mind mentality. Being back on the depot is going to be really different.”** *Cpl. Marcus Cade, ceremonial platoon*



**“I have a great feeling about this year! I’m getting a new car, I’m getting my Cisco Certified Network Associate training done, and I’m in sunny California! It’s going to be a great year.”** *Lance Cpl. Hakeem Shaffi, Postal Clerk, Depot Post Office*



**“I just graduated from boot camp, so I’m on my way to MCT. I check in on Feb. 1.”** *Pfc. Diego Salas, Platoon 3253, Company L, 3rd Recruit Training Battalion*



**“It’s a new year, so the whole thing is exciting, with all the new changes going on with the Marine Corps. I’m excited for what the year will bring”** *Allison Santiago, admin assistant, personal and professional development*

## BRIEFS

### Battle Color Detachment to perform

The Marine Corps Battle Color Detachment will perform here March 12 at 2:30 p.m. on Shepherd Memorial Drill Field. The Marine Corps Battle Color Detachment from Marine Barracks in Washington, D.C., includes the Commandant’s Own United States Marine Corps Drum and Bugle Corps, the Silent Drill Platoon and the Marine Corps Color Guard. The Battle Color Detachment appears in hundreds of ceremonies annually around the country and abroad. The event is free and open to the public. Guests must enter through Gate 5 at the Washington Street entrance. No pets are allowed except for service animals.

### 2010 W-2 tax statements available

The 2010 W-2 and 1099 tax statements are now available in MyPay. The depot Installation Personnel Administration Center has the capability to reset MyPay accounts for all military personnel, federal service employees, and military retired personnel. IPAC is located in Bldg. 622, Room 127. For more information, call J. Gonzalez at (619) 524-8369.

### Volunteer income tax assistance center opening

The Volunteer Income Tax Assistance Center opens Monday in Bldg. 12 at the Legal Services Center. Services are available by appointment only. Tax preparers will be available from 7 a.m. to 6 p.m., Mondays through Thursdays, and 7 a.m. to 3 p.m. on Fridays. For appointments and information, call (619) 524-4116.

### DSTRESS Line

The DSTRESS Line, at (877) 476-7734 and [www.dstressline.com](http://www.dstressline.com), was developed by the Marine Corps to provide professional, anonymous counseling for Marines, their families and loved ones.

### Super Bowl XLV party

The depot Recreation Center will host a Super Bowl party starting at 10 a.m. February 6. The event will feature 22 flat-screen TVs, a free super nacho bar, a 20” projection screen, and prizes every quarter. The first 200 attendees will receive a free T-shirt. For more information, call (619) 524-4446.

### 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](http://www.usmc-mccs.org) or call (619) 524-1849.

### Send briefs to:

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

## January marks Stalking Awareness Month

COMPILED BY CHEVRON STAFF

January is the eighth annual observance of national “Stalking Awareness Month.” According to Susan B. Carbon, director, Office of Violence Against Women, U.S. Department of Justice, an estimated 3.4 million adults become victims of stalking each year. “The more we know about stalking, the better we can combat this complex, dangerous crime,” said Carbon. To promote and support stalking awareness month, the Family Justice Center of San Diego featured police sergeant Paul Szych in a Jan. 6 web seminar. The event was recorded and may be viewed on their website at <http://www.familyjusticecenter.com>. Szych is a 17 year veteran of the Albuquerque, N.M., police department with experience in domestic violence and stalking cases. He has written “Dynamic Stalking Intervention,” a book on defending yourself against stalking. The book will be released in March. According to Szych, the media most often reports on stalking cases involving famous celebrities. This is despite the fact that most stalking cases involve secondary celebrities and ordinary citizens. The grim statistics are that one-in-twelve women nationwide will be stalked at some point in their lives. Men are a smaller but equally victimized group.

About 47 percent of stalking incidents involve what has been termed simple obsession, he continued. It’s a campaign of harassment involving a mate, a co-worker, ex-spouse, ex-lover or former boss. Efforts to combat stalking are supported by President Barack Obama. In his Dec. 21, 2010 proclamation, the president said “Stalking is a serious and pervasive crime that affects millions of Americans each year in communities throughout our country... During Stalking Awareness Month, we acknowledge the seriousness of stalking, we recognize its impact on victims, and we recommit to reducing its incidence.” According to Szych, stalking victims must be active participants in their own safety. The first step is to view the recorded web seminar with Szych at <http://www.familyjusticecenter.com>.

Additional Information on how to handle stalkers may be found on the web at <http://stalkingawarenessmonth.org>, <http://www.ncvc.org/src/Main.aspx>, <http://www.ncvc.org>, or by inputting “stalking” into Google. The San Diego Strike Force has become the model for units designed to combat stalking in the U.S., and throughout the world. Besides local law enforcement, other local resources include the San Diego County District Attorney Office at [www.sdcda.org](http://www.sdcda.org), the Stalking Strike Force Hotline at 619-515-8900; the Stalking Victims webpage at [www.stalkingvictims.com](http://www.stalkingvictims.com); and the National Domestic Violence Hotline at 1-800-799-7233. The Marine Corps Recruit Depot Victim Advocates office is also available at 619-524-0465.







Educators from Recruiting Stations Chicago and Twin Cities view a Marine Corps Martial Arts Program demonstration aboard Marine Corps Recruit Depot San Diego, Jan. 18. The Educators Workshop Program allows educators from west of the Mississippi River to visit San Diego and get a view of the Corps.

Lance Cpl. Eric Quintanilla/Chevron

# Chicago, Twin Cities educators visit depot

BY LANCE CPL. KATALYNN THOMAS  
Chevron Staff

High school administrators, teachers and counselors from Recruiting Stations Chicago and Twin Cities participated in a week-long synopsis of Marine

Corps recruit training during the Educators Workshop Jan. 17 through today.

The educators started off their first day of the workshop aboard Marine Corps Recruit Depot San Diego, greeted by the legendary Marine Corps drill instructors.

When the buses came to a

stop in front of the famous yellow footprints, the drill instructors boarded the buses in a fury and making their presence known by yelling orders at the educators.

After giving the educators orders to get off the buses, the drill instructors lined them up on the yellow footprints, and paced up and down the rows, barking orders and ensuring the educators snapped to the proper position of attention.

Following several minutes of controlled chaos, the drill instructors stopped yelling and took the time to congratulate the educators for surviving the first few minutes of Marine Corps recruit training.

The educators were then taken on a tour of the rest of the receiving area by their drill instructor guides.

"This is a very good thing because teachers have a big influence on our youth," said Staff Sgt. Edward Beebe, martial arts instructor, Instructional Training

Company, Support Battalion. "If they accept that we aren't making monsters or war machines, they will be more willing to answer the generation's questions without bias."

The educators also attended classroom briefs describing the entire enlistment process, including recruiting, joining the Marine Corps, boot camp graduation, the Fleet Marine Force, and Marines' lifestyles.

They also visited various training sites around the depot. They watched demonstrations of Marines taking on the confidence course, and even reviewed a class on the Marine Corps Martial Arts Program.

Educators were also invited at the end of the first day to take part in the Bayonet Assault Course on the depot.

Through this course, the educators maneuvered through obstacles, crawled through tunnels, and navigated a rope bridge. The whole time they wore flak jackets

and Kevlar helmets, while carrying rubber M-16A2 service rifles with rubber bayonets attached to engage training targets when they reached the end of the course.

"The Bayonet Assault Course was amazing," said Michele Taylor, college advisor, King College Prep, Chicago. "It was very realistic and we weren't allowed to stop. I loved it, I couldn't believe I made it across the rope bridge."

The educators also visited Weapons Field Training Battalion, Marine Corps Base Camp Pendleton, Calif., to witness firing and field training, and watch Company E participate in the Emblem Ceremony.

Educators also visited Marine Corps Air Station Miramar, Calif., where they talked to a panel of Marines and viewed an aircraft static display.

Educators leaving the depot today said that they now have a better understanding of the Marine Corps and its young men and women.



Helen Harris, counselor at Elgin High school, Elgin, Ill., crosses a rope bridge over a pit while trying to maintain a hold on her rubber rifle. The educators spend three days observing Marine training so that they can offer their students informative insight when making the decision to serve in the Marine Corps. Lance Cpl. Eric Quintanilla/Chevron



Jaymie Helle, counselor at St. Francis High School, St. Francis, Minn., enthusiastically attacks a dummy with her rubber bayonet. The educators are offered the chance to go through the Bayonet Assault Course to get an idea of what the recruits do on a day-to-day basis. Lance Cpl. Eric Quintanilla/Chevron

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The new Marines of Co. B finish strong as they complete the last few feet of the Reaper hike to the parade deck. The Reaper hike is the last obstacle they must face before they are officially called Marines. *Pfc. Crystal Druery/Chevron*



The men of Co. B proudly sing the Marines Hymn for the first time bearing their new title. The Marines Hymn dates to the beginning of the Marine Corps. *Pfc. Crystal Druery/Chevron*



A new Marine shares his first handshake with a drill instructor. After the drill instructor places the Marine's emblem on his uniform, they share the title of Marine.



Marines of Co. B enjoy a well-deserved Warrior's Breakfast. This is their first meal following 54 hours of food deprivation while on the Crucible. *Pfc. Crystal Druery/Chevron*



The eagle, globe, and anchor emblem is placed on the recruits' uniforms once they have completed the Crucible and are officially called Marines for the first time. *Chevron*



# Co. B awarded eagle, globe and anchors

BY PFC CRYSTAL DRUERY  
*Chevron staff*

The eagle, globe, and anchor is an emblem worn on a Marine's uniform, but the recruits of Company B, 1st Recruit Training Battalion, know it represents the blood, sweat, and tears shed over the past 13 weeks of Marine Corps recruit training.

During the early morning of Jan. 13, more than 400 recruits received their eagle, globe, and anchor emblems at the Edson Range parade deck at Marine Corps Base Camp Pendleton, Calif. The ceremony was held as part of the culminating event of Marine Corps recruit training.

"To get to the eagle, globe, and anchor ceremony, the new Marines had to endure 13 weeks of hell," said Staff Sgt. Scott Chromy, drill instructor, Platoon 1033, Co. B, 1st RTB. "After 12 weeks of intense training, they were put to the test by having to display their new skills during the Crucible."

The Crucible is a 54-hour training exercise held at Edson Range, which requires Marine recruits to overcome mentally and physically-demanding obstacles as a team. They undergo simulated combat stress consisting of food and sleep deprivation

before claiming the title, Marine.

The last test of the Crucible is the 10-mile Reaper hike, mostly uphill. Tired, dirty and cold, the recruits descended the Reaper and approached the Edson Range parade deck. Once the parade deck was in sight, the recruits knew the hike would soon be over.

"Fortunately, everyone who started the Crucible finished," said 1st Sgt. Sean P. Farrow, Co. B first sergeant. "They executed their mission, and failure was not an option for these new Marines."

Emotions ran high as the platoons marched across the parade deck and over the painted words of honor, courage, and commitment. Tears welled in the recruits eyes as drill instructors made their way down the ranks handing out each emblem.

"It's the biggest accomplishment I've completed," said Pvt. Christopher McDonald, Platoon. 1033, Co. B, 1st RTB, an Aurora, Colo., native.

As a drill instructor stopped in front of each recruit, he took an eagle, globe, and anchor from a box and firmly shook the recruit's hand and called him a Marine for the first time. As the drill instructor gave the recruits their emblems, he said a few

words of encouragement and expressed his pride in their accomplishments.

Once the emblems were passed out, the company commander delivered an inspiring message to the new Marines expressing his elation with their accomplishments and encouraging them to stay motivated. Then he dismissed them to shower before eating a well-deserved Warrior's Breakfast, which included bagels, cereal, steak, eggs, and more.

"They haven't eaten (much) in the last three days, so the Warrior's Breakfast builds the camaraderie and morale," said Chromy.

The mess hall was stocked with treats that were appetizing to the new Marines, especially after having been tested with food deprivation. They also got the opportunity to eat with their drill instructors and ask them questions.

"Before they didn't even get to see their drill instructors drink or eat. Now they're sitting down with them," said Farrow.

The new Marines endured much to get to where they are now. They can be more than proud now that they get to wear the emblem they've worked so hard for, said Chromy.

"They just became a part of the toughest organization in the world, said Farrow "If that's not the most significant moment in their life, we failed them."



before they are handed their eagle,



take as a Marine with his drill presents the eagle, globe and anchor e. Pfc. Crystal Druery/Chevron



n of the Marine Corps is presented to basic training. This is when they are on file photo



Drill instructors prepare to present eagle, globe, and anchor emblems to the nation's newest Marines. The eagle, globe, and anchor ceremony is a formal presentation of the transition from recruit to Marine. Pfc. Crystal Druery/Chevron



Platoon 1033 loads their trays at their Warrior's Breakfast after completing the Crucible. The breakfast is their first meal as Marines. Pfc. Crystal Druery/Chevron



# Life experience gives Marine high motivation

BY PFC CRYSTAL DRUERY  
*Chevron staff*

Tragedy is not convenient. Nor is it kind, and in most cases it’s devastating. But for one recruit, it was the fuel he needed to push himself out of mediocrity.

Recruit Murad F. Eiland, Platoon 1034, Company B, 1st Recruit Training Battalion, 21, has overcome many obstacles in life. At the age of 13, he was forced to take care of his ill mother, which was shortly followed by the separation of his parents.

With an estranged father, Eiland was the only son of four to commit to the caretaker role. Eiland was tasked with tremendous responsibility that would postpone his life-long goals.

While in high school, the Chicago native longed to join the Navy, but because his mother was ill, she asked him to stay home to help her after he graduated. After high school, he decided to enroll in a local college, eventually dropping out due to the extensive amount of care he needed to provide his mother. For the same reason, Eiland found it challenging to pursue other life responsibilities, including a job.

Eiland was provided financial assistance due to his mother’s illness under the stipulations of attending school. But after his voluntary withdrawal from college, he was no longer eligible for the financial assistance, influencing him to take out a loan and try college again at a new school, but decided to leave

Unfortunately, Eiland’s mother died of cancer in 2009.

“I was in shock when she passed away, so I didn’t know

what to do with myself,” said Eiland.

He decided to take the motivation his mother had given him over the years to make something of himself. Instead of going back to school or working a part-time job, he decided to join the military.

“She gave up everything for me to be the person I am now,” said Eiland, “I want to show her she didn’t waste her life.”

Though Eiland wanted to join the Navy during high school, he said the Marine Corps would give him more of a challenge and provide him the discipline he sought.

Even before leaving for boot camp, he had to demonstrate discipline by losing 40 pounds to meet the basic requirements to join the Marine Corps.

“I’m happy I came here, but at first it was hell,” said Eiland, “I wasn’t sure what I got myself into.”

After three months of intense training, Eiland has lost an additional 17 pounds, displaying all the hard work he has put forth since the loss of his mother.

Recruit training is broken up into three different phases and each has a distinct training regime to develop recruits into Marines.

Motivated to be a Marine, Eiland came to recruit training with an open contract, which meant he did not have a guaranteed military occupational specialty. At the beginning of the third training phase, he was informed he would have an MOS in the logistics field. As a logistics specialist, he will prepare supplies and equipment for various force deployment planning and functions to support the movement of personnel,

supplies, and equipment, including all modes of transportation, using commercial and military assets.

“The Marine Corps has opened so many doors for me,” said Eiland, “I don’t know yet which one to choose.”

Eiland said he felt his life was at a halt before taking the oath of enlistment, but now he has options. He is uncertain at this point if he wants to make the Marine Corps a career, but if he chooses to end his contract, he plans to use his G.I. Bill to go back to school.

He just has to stay motivated for his mother and finish strong, he said. He is prepared to stay motivated and finish recruit training in memory of his mother.

“My happy ending is walking across the parade deck,” said Eiland.



**Recruit Murad F. Eiland, Platoon 1034, Company B, confronts another task he and his teammates must complete during the Crucible. Becoming a Marine has been Eiland’s goal since the death of his mother in 2009.**  
*Pfc. Crystal Druery/Chevron*



**Recruit Murad F. Eiland, Platoon 1034, Company B, 1st Recruit Training Battalion, provides security alongside other recruits, after making it over an obstacle. Having recruits provide security during training exercises better helps them understand the importance of providing cover for fellow Marines.** *Pfc. Crystal Druery/Chevron*

## Retired Sgt. Maj. Joe Louis Vines

### Parade Reviewing Officer

Retired Sgt. Maj. Joe Louis Vines Sr. was born in Spring Hope, N.C., in 1960. He enlisted in the Marine Corps in October 1979 and began recruit training at Marine Corps Recruit Depot Parris Island, S.C., in June 1980.

Upon graduation in September 1980, he was assigned to Infantry Training School at Camp Pendleton, Calif.

Vines completed training as an honor graduate, and was meritoriously promoted to private first class. He was selected for sea duty, and was assigned to Marine Detachment, USS Midway CV-41, Naval Station, Yokosuka, Japan.

Vines was promoted to lance corporal in July 1981, meritoriously promoted to corporal in October 1981, and to sergeant in January 1983. In June 1983, he was transferred to MCRD San Diego, where he served as a Sea School Instructor and NCO School Instructor.

In June 1984, he was transferred to Company F, 2nd Battalion, 5th Marines. During this time, he served

as squad leader, platoon sergeant and platoon commander.

In January 1987, Vines was reassigned to Headquarters Company, 1st Marine Division, where he served as the Division Fleet Assistance Program coordinator, an NCO School instructor, and Marine Corps Base and Division human affairs chief. He was promoted to staff sergeant in October 1988.

In January 1991, he volunteered for duty as a drill instructor at MCRD San Diego. Upon completion of Drill Instructor School in March, he was the honor graduate and received the Leadership Award and Most Physically Fit Award.

During this tour, he consecutively served in the billets of junior, senior and regimental drill master. He was also recognized as the 3rd Recruit Training Battalion Drill Instructor of the Quarter; and Recruit Training Regiment Drill Instructor of the Year for the Western Recruiting Region. He was meritoriously promoted to gunnery sergeant in January 1992.

In April 1994, Vines was transferred to 1st Marine Division, and assigned to Company C, 1st Battalion., 1st Marines. During this time, he served as the company gunnery sergeant and company first sergeant. He was promoted to first

sergeant in October 1997.

In February 1998, he was transferred to MCRD San Diego, where he served as Headquarters Company first sergeant; Company B first sergeant; and Drill Instructor School first sergeant.

In September 2001, Vines was ordered to 3rd Battalion., 5th Marines, to serve as the battalion sergeant major, and was promoted to sergeant major in October 2001. In February 2003, he deployed with 3rd Bn., 5th Marines in support of Operation Enduring Freedom and Iraqi Freedom.

In January 2004, he was transferred to Marine Aviation Logistics Squadron 13; Marine Aircraft Group 13, 3rd Marine Air Wing, in Yuma, Ariz., where he served as the squadron sergeant major for MALS-13.

In December 2006, Vines was assigned to School of Infantry (West), Training Command, Marine Corps Base, Camp Pendleton, Calif., as the school sergeant major.

Vines retired from the Marine Corps in July 2010.

He is the producer of The Legendary Drill Instructor line of CDs and is currently employed at the Army and Navy Academy, located in Carlsbad, Calif. He serves as the Upper School commandant and is in charge of 190 cadets.

His personal awards and decorations include the Legion of Merit; Meritorious Service Medal (two gold stars in lieu of third award); the Navy and Marine Corps Commendation Medal with “V” device (two gold stars in lieu of third award); the Navy and Marine Corps Achievement Medal (gold star in lieu of second award); the Good Conduct Medal (with one silver star and four bronze stars in lieu of 10th award); the Combat Action Ribbon; the Presidential Unit Citation; and other unit and service awards.





							
<b>Platoon 1034</b> COMPANY HONOR MAN Pfc. K. S. Boksha Des Plains, Ill. Recruited by Sgt. J. DeLeon	<b>Platoon 1029</b> SERIES HONOR MAN Pfc. N. D. Frazier Seattle Recruited by Staff Sgt. J. Hanson	<b>Platoon 1030</b> PLATOON HONOR MAN Pfc. D. M. Fyksen Minneapolis Recruited by Sgt. A. Swan	<b>Platoon 1031</b> PLATOON HONOR MAN Pfc. Z. T. Arnold Cedar Rapids, Iowa Recruited by Sgt. J. Ford	<b>Platoon 1033</b> PLATOON HONOR MAN Pfc. J. Padilla-Hernandez Orange, Calif. Recruited by Sgt. G. Avila	<b>Platoon 1035</b> PLATOON HONOR MAN Pfc. J. L. Mattison Mankato, Minn. Recruited by Staff Sgt. A. S. Blundell	<b>Platoon 1029</b> HIGH SHOOTER (332) Pfc. S. C. Laughter Santa Rosa, Calif. Marksmanship Instructor Sgt. R. Coleman	<b>Platoon 1034</b> HIGH PFT (300) Pvt. W. A. Capra Kansas City, Kan. Recruited by Staff Sgt. O. M. Espinoza

# BRAVO COMPANY

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Lt. Col. T. G. McCann  
*Sergeant Major*  
Sgt. Maj. J. N. Perry  
*Chaplain*  
Lt. D. Felton  
*Battalion Drill Master*  
Staff Sgt. B. J. Robbins

## COMPANY B

*Commanding Officer*  
Capt. A. D. Aguam  
*Company First Sergeant*  
1st Sgt. S. P. Farrow

## SERIES 1029

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Capt. B. D. Ortiz  
*Chief Drill Instructor*  
Staff Sgt. R. Barrientes

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*Drill Instructors*  
Staff Sgt. R. A. Ramirez  
Staff Sgt. B. M. Reza  
Staff Sgt. B. S. Rivas

Pvt. E. J. Adrian  
Pvt. D. B. Agustin  
Pvt. C. J. Antos  
Pvt. M. S. Austin  
Pvt. V. Balbuena  
Pvt. J. L. Barber  
Pvt. J. B. Bedke  
Pvt. A. C. Birdwell  
Pvt. J. C. Blackmon  
Pvt. R. J. Bott  
Pvt. Z. G. Braswell  
Pfc. J. W. Brewer  
Pvt. J. G. Brookhouser  
Pvt. A. R. Bryant  
Pvt. R. W. Burton  
Pvt. J. T. Callahan  
Pvt. B. A. Champagne  
Pvt. J. Champalath  
Pvt. A. R. Chavez  
Pvt. D. W. Clark  
Pvt. J. L. Clark  
Pvt. A. B. Coleman  
Pvt. P. D. Costarella  
Pfc. M. D. Degginger  
Pvt. H. Del Gado  
Pvt. D. C. Dickson  
\*Pfc. P. A. Donovan  
Pfc. S. D. Duncan  
Pvt. Z. T. Eckels  
Pfc. S. R. Edmonds  
Pfc. C. R. Edwards  
Pfc. C. A. Entrekin  
Pvt. M. A. Estrada  
Pvt. G. J. Everett  
\*Pfc. N. D. Frazier  
Pvt. A. F. Garcia Jr.  
Pvt. B. J. Gavette  
Pvt. J. A. Graham  
Pvt. A. R. Groven  
Pfc. R. Gurrola  
\*Pfc. G. A. Gute  
Pfc. T. J. Hamer  
Pvt. D. L. Hammonds  
\*Pfc. T. G. Han  
Pvt. M. L. Harp  
Pvt. B. R. Harrington  
Pvt. B. W. Harris  
Pvt. C. B. Heap  
Pvt. M. E. Heldman  
Pvt. J. L. Hinckley  
Pvt. C. J. Hollman  
Pvt. S. J. Hunter  
Pfc. J. K. Ibarra-Antonio  
Pvt. J. L. Jorgensen  
Pvt. C. R. Kahle  
Pvt. J. P. Kegley  
Pfc. C. J. Kim  
Pvt. B. J. King  
Pfc. E. A. Lackey  
Pfc. S. C. Laughter  
Pfc. A. M. Lende  
Pvt. G. E. Lewis  
Pvt. S. Loeza  
Pvt. M. M. Lopez  
Pvt. A. D. Lowe

Pfc. T. S. Lundy  
Pfc. S. A. Malik  
Pvt. B. E. Maris  
Pvt. J. J. Massonette  
Pfc. C. B. Mullins  
Pfc. E. M. Ornelas-Garcia  
Pfc. T. C. Overzet  
Pvt. K. R. Pairish  
Pfc. M. J. Petrovich  
Pvt. J. O. Romans  
Pvt. M. R. Stoddard  
Pvt. N. J. Van Hoecke

## PLATOON 1030

*Senior Drill Instructor*  
Sgt. F. Reyes  
*Drill Instructors*  
Sgt. C. Flores  
Sgt. M. L. Harmon

\*Pfc. D. Acosta-Nunes  
Pfc. A. Alejandrez  
Pfc. B. D. Alley  
Pvt. J. D. Alley  
Pvt. M. L. Allman  
Pvt. C. D. Altis  
Pvt. M. Alvarado  
Pfc. T. J. Baker  
Pvt. J. E. Bennett  
Pvt. S. A. Birdsall  
Pvt. J. C. Brosh  
Pvt. N. J. Buenrostro  
Pvt. B. Bushno  
Pvt. J. I. Calvin  
Pfc. D. J. Campfieldmister  
Pfc. B. J. Carlson  
Pfc. E. S. Carvajal  
Pvt. J. Chapayau  
Pvt. S. J. Chappell  
Pvt. T. W. Chase  
Pvt. A. R. Colon  
Pvt. G. Coronado  
Pvt. J. J. Corsi  
Pfc. A. Cortez  
\*Pfc. J. A. Di Lello  
Pvt. F. W. Donnell  
Pvt. M. A. Everage  
Pvt. J. D. Fenison  
Pfc. J. L. Ferguson  
Pfc. K. J. Ferrell  
Pvt. S. M. Flores  
Pvt. J. F. Fontenot  
Pvt. D. J. Frohn  
\*Pfc. D. M. Fyksen  
Pvt. S. J. Galvan  
\*Pfc. M. P. Gehling  
Pvt. C. J. Gibson  
Pvt. C. F. Gomez  
Pvt. G. Gonzalez  
Pfc. A. G. Gragg  
Pvt. C. N. Green  
Pvt. A. Guitierrez  
Pvt. R. A. Hammons  
Pvt. Z. S. Havens  
Pvt. C. J. Helweg  
Pvt. M. A. Hempel  
Pfc. J. M. Hess  
Pvt. T. F. Hibbetts  
Pvt. P. M. Hickey  
Pvt. A. S. Hill  
Pfc. J. E. Hollinger  
Pvt. R. J. Holloway  
Pvt. C. M. Jackson  
Pvt. K. A. Jenkins  
Pvt. B. A. Johnson  
Pvt. S. C. Johnson  
Pfc. D. P. Jones  
Pvt. Z. M. Klick  
Pvt. J. M. Klingsick  
Pvt. B. M. Koehn  
Pfc. T. C. Lambert  
Pvt. M. D. Laurent  
Pfc. P. A. LeBarton  
Pfc. C. E. Lopez  
Pfc. F. J. Martinez  
Pvt. M. S. O'Hara  
Pvt. R. Rodriguez  
Pfc. B. J. Smith  
Pvt. E. E. Van Hoorebeke  
Pvt. N. L. Van Hoorebeke  
Pvt. D. M. Waithaka  
Pvt. P. S. Zenone

## PLATOON 1031

*Senior Drill Instructor*  
Sgt. L. E. Colon

*Drill Instructors*  
Sgt. J. W. Greeley  
Sgt. R. D. Jackson

Pvt. Z. R. Adams  
Pfc. R. C. Ahlersmeyer  
Pvt. A. J. Anderson  
\*Pfc. Z. T. Arnold  
Pvt. C. J. Bailey-Baker  
Pvt. J. A. Baker  
Pfc. C. S. Bearup  
Pvt. N. J. Blanton  
Pvt. B. S. Boronda  
Pvt. W. D. Bowen Jr.  
Pvt. Z. P. Brady  
Pvt. K. D. Burns  
Pfc. W. T. Carkeek  
Pvt. C. T. Castilaw  
Pfc. B. B. Charon  
Pvt. B. T. Clark  
Pvt. E. J. Cruz  
Pfc. K. J. Dee  
Pfc. K. J. Degree  
Pvt. J. B. DeVega  
Pvt. D. B. Dowd  
Pfc. C. Estevez  
Pvt. S. L. Frederick  
Pvt. J. E. Garcia  
Pvt. J. J. Glassburn  
Pvt. S. T. Gonzalez  
Pvt. D. W. Gregory  
Pvt. A. Grinsteiner  
Pvt. R. J. Guthrie  
Pfc. A. D. Harris  
Pfc. N. A. Higgins  
Pvt. J. D. Hughes  
Pvt. J. K. Ickes  
Pfc. J. T. Jaeger  
Pvt. J. W. Joner  
Pvt. J. L. Jostes  
Pfc. R. M. Karbon  
Pfc. D. Kershner  
Pvt. C. M. Kilherner  
Pvt. C. R. Kleeburg  
Pfc. M. C. Klein  
Pvt. M. I. Knief  
Pvt. S. M. Korn  
Pvt. B. S. Landis  
Pvt. F. Lencinas-Sanabria  
Pfc. J. P. Leseman  
Pvt. M. W. Lindholm  
Pfc. A. T. Lippincott  
Pvt. R. D. Lyle  
Pvt. A. Martinez Jr.  
Pvt. M. R. Matthews  
Pvt. W. V. McCracken  
Pvt. T. W. McKelvey  
Pvt. A. J. McKenna  
Pvt. C. A. Merritt  
Pfc. G. J. Miller  
Pvt. J. E. Minard  
Pfc. G. Mitego  
\*Pfc. E. J. Molina Jr.  
Pvt. J. W. Moore  
Pvt. E. L. Mora  
Pvt. J. M. Myers  
Pvt. C. M. Newton Jr.  
Pfc. M. J. Nickles  
\*Pfc. C. D. Oakley IV  
Pvt. J. R. O'Brien-Flasch  
Pvt. J. M. Osborn  
\*Pfc. C. F. Patz  
Pvt. J. R. Pavlovic  
Pfc. J. F. Peacock II  
Pvt. J. K. Pearson  
Pfc. S. A. Ramirez  
Pfc. J. T. Reeves  
Pvt. M. S. Truax II  
Pfc. S. F. Villa  
Pfc. B. Villareal

## SERIES 1033

*Series Commander*  
Capt. C. S. Edwards  
*Chief Drill Instructor*  
Staff Sgt. J. R. Mogollon

## PLATOON 1033

*Senior Drill Instructor*  
Staff Sgt. M. T. Leverett  
*Drill Instructors*  
Staff Sgt. S. C. Chromy  
Staff Sgt. A. L. Langley

Staff Sgt. A. G. Librando  
Staff Sgt. R. J. Phelan

\*Pfc. J. R. Albach  
Pfc. L. A. Alderete  
Pvt. G. Anchondo  
Pvt. L. M. Becerra  
Pfc. M. Z. Benton  
Pvt. A. E. Berrios-Bengoechea  
Pvt. C. A. Bojorquiz  
Pvt. D. D. Buchanan  
Pvt. F. Cantu  
Pvt. L. P. Cerna  
Pvt. R. A. Cervantes  
Pvt. J. E. Cortez Jr.  
Pvt. B. J. Cragg  
Pvt. J. E. Douglas  
Pvt. S. W. Eckel  
Pvt. J. L. Flores  
Pfc. G. M. Galvin II  
Pfc. L. A. Garces  
Pvt. D. L. Garcia Jr.  
Pvt. E. Garza  
Pvt. C. S. Geistman  
Pvt. S. B. Gobeldaley  
Pvt. M. A. Gomez-Granai Jr.  
Pvt. G. J. Griego Jr.  
Pvt. J. A. Hernandez  
Pvt. J. A. Hicks II  
Pvt. A. C. Hurst  
Pvt. E. A. Jimenez  
Pvt. P. W. Kennon  
Pvt. C. R. King  
Pfc. G. L. Lankford  
Pfc. L. D. Le  
Pvt. S. R. Lilly  
Pvt. C. L. Luttrull Jr.  
Pvt. J. R. Macareno Jr.  
Pvt. J. B. Marquis II  
Pvt. B. J. Martin  
Pvt. M. J. Matuszak  
Pvt. C. P. McDonald  
Pvt. K. T. Moore  
Pvt. J. A. Morant  
Pvt. T. A. Morehouse  
\*Pfc. J. Padilla-Hernandez  
Pvt. R. R. Paul  
\*Pfc. W. Pereira  
Pvt. R. M. Perry  
Pvt. C. J. Peterson  
Pvt. M. L. Pokorny  
Pvt. A. M. Popejoy  
Pvt. C. J. Pozernick  
Pvt. J. T. Priestner  
Pvt. C. L. Rader  
Pfc. A. Raman  
Pvt. M. J. Ramos-Napoles  
Pvt. L. C. Reed  
Pvt. C. L. Renner  
Pfc. M. S. Rodriguez  
Pvt. D. Rossel  
Pvt. A. Salazar  
\*Pfc. C. A. Samon  
Pfc. J. C. Sanchez  
Pvt. M. V. Santos  
Pvt. E. A. Snyder  
Pvt. J. J. Stubbs  
Pvt. D. J. Suarez  
Pvt. A. J. Thome  
Pvt. J. R. Tucker  
Pfc. I. F. Valencia  
Pvt. M. Vega  
Pvt. O. E. Vera  
Pfc. J. M. Villarreal  
Pvt. M. S. Ward  
Pvt. T. J. Wengler  
Pfc. A. P. White  
Pvt. M. L. Williams Jr.  
Pvt. B. D. Williamson  
Pfc. T. J. Yearsley

## PLATOON 1034

*Senior Drill Instructor*  
Staff Sgt. D. Chacon  
*Drill Instructors*  
Sgt. G. V. Gutierrez  
Sgt. C. S. Serpa  
Sgt. E. E. Toppen

Pfc. Z. J. Aguon  
Pvt. K. T. Arakawa  
Pfc. F. R. Arellano IV  
Pvt. D. T. Arnold  
Pvt. P. A. Baca  
Pvt. R. P. Balgoyen  
Pvt. J. Barbosa III

Pfc. K. S. Boksha  
Pvt. T. V. Boyd  
Pvt. R. W. Canterbury  
Pvt. W. A. Capra  
Pfc. G. Q. Chong  
Pvt. T. J. Clark  
Pvt. M. F. Eiland  
Pvt. J. M. Evans  
Pvt. J. M. Ewangan  
Pvt. C. J. Ferns  
Pvt. S. C. Fowlds  
Pvt. M. S. Guzy  
Pvt. K. M. Hawkins  
Pvt. E. A. Hernandez  
Pvt. T. K. Kawaiaaea  
Pfc. M. C. Levy  
Pvt. J. X. Lofton  
Pvt. M. G. Manriquez  
Pvt. C. S. Martinez  
Pvt. M. M. Matulle  
Pvt. A. J. McNulty  
Pvt. B. J. Mohrbacher  
Pvt. C. A. Molden  
Pvt. R. E. Molina  
Pvt. A. N. Overmeyer  
Pvt. C. A. Petersen  
\*Pfc. N. D. Presley  
Pvt. J. D. Priest  
Pfc. D. Rebollar  
Pvt. M. Rebollar-Mercado  
Pvt. A. Rois  
Pvt. A. D. Robles  
Pfc. J. R. Roman  
Pfc. P. L. Romero  
Pfc. D. J. Roy  
Pfc. G. R. Sanchez  
Pfc. T. W. Savely  
Pvt. R. M. Schluter  
Pfc. M. S. Schultz  
Pvt. T. L. Schuur  
Pvt. J. M. Scott  
Pvt. B. M. Sears  
Pfc. J. E. Serna  
Pfc. J. M. Shannon  
Pvt. C. D. Smith  
Pvt. S. A. Smith  
Pvt. K. J. Steggell  
Pvt. K. R. Storvick  
Pvt. Z. C. Taylor  
Pvt. M. D. Tenski  
Pvt. R. V. Thonpson  
Pvt. H. J. Tucker  
Pvt. D. L. Turner  
\*Pfc. R. E. Valencia  
\*Pfc. R. Watts Jr.  
Pvt. T. E. Weatherford  
Pvt. E. K. Weis  
Pvt. C. R. Wentt  
Pvt. D. L. White  
Pvt. A. P. White II  
Pvt. A. E. Wiest  
Pvt. K. J. Wildharber  
Pvt. S. E. Wilkinson  
Pvt. P. A. Wilwerding  
Pvt. C. G. Wurzel  
Pvt. D. R. Yang  
Pvt. T. B. Yost  
Pvt. J. J. Zablocki  
Pvt. J. Zapata III

## PLATOON 1035

*Senior Drill Instructor*  
Staff Sgt. J. A. Saracay  
*Drill Instructors*  
Staff Sgt. A. Griffith  
Staff Sgt. J. A. Mireles  
Staff Sgt. D. Perez

Pvt. K. A. MacMillan  
Pfc. G. P. Marchese  
Pfc. G. A. Marmolejo  
Pfc. S. J. Mashburn  
\*Pfc. J. L. Mattison  
Pvt. J. D. McCarthy  
Pfc. R. C. McCullough  
Pfc. W. P. McDermott  
Pfc. J. E. McKee IV  
Pvt. D. C. McNamara  
Pvt. D. M. Meyer  
Pvt. J. E. Meyer  
Pvt. R. N. Mista  
Pvt. C. T. Mitchell  
Pvt. C. J. Molina-Osuna  
Pfc. T. A. Montanez  
Pvt. W. L. Montgomery  
Pvt. J. Morales

Pvt. L. M. Mordh  
Pvt. C. W. Morgan  
Pvt. K. D. Murata  
Pvt. J. M. Nelson  
Pvt. K. A. Nelson  
Pvt. J. D. Nguyen  
Pvt. R. L. Nielsen  
Pvt. A. K. Nouis  
Pvt. R. M. Nutt  
Pvt. J. A. Pantoja  
Pfc. M. S. Park  
Pfc. B. M. Pearson  
Pvt. A. M. Peine  
\*Pfc. C. C. Peterson  
Pfc. L. M. Plaschka  
Pvt. M. W. Purdy  
Pvt. J. M. Quinton  
Pfc. A. P. Rainey  
Pvt. A. R. Ramos  
Pfc. J. L. Ratliff  
Pvt. C. N. Reza  
Pvt. A. J. Rice  
Pvt. F. A. Rios  
Pvt. M. A. Roberts  
Pvt. D. C. Robinson  
Pvt. J. N. Rodriguez  
Pvt. C. L. Rosman  
Pvt. M. A. Ruelas  
Pvt. J. B. Rutherford  
Pfc. J. G. Sandoval  
Pvt. C. A. Schlesinger  
Pvt. C. O. Schultz  
Pvt. J. D. Sellers  
Pfc. D. M. Shin  
Pvt. J. S. Shoemaker  
Pfc. E. A. Soriano  
Pfc. L. B. Sothipoonpong  
Pfc. D. H. Steber  
Pvt. J. A. Stevenson  
Pfc. A. J. Stieber  
Pvt. C. P. Streeter  
\*Pfc. J. L. Sweeney  
Pfc. J. E. Tedrow  
Pfc. G. M. Tenyenhuus  
Pvt. F. J. Thierier V  
Pvt. L. L. Thomas II  
Pfc. M. A. Tran  
Pvt. J. D. Trappe II  
Pvt. S. O. Trujillo  
Pvt. J. D. Tulkki  
Pfc. N. O. Valdez Jr.  
Pvt. A. D. Vaughn  
Pvt. L. B. Verdugo  
Pfc. T. P. Walker  
Pvt. Z. R. Wanous  
Pvt. D. R. Warren  
Pvt. S. S. Wible  
Pvt. J. J. Willey  
\*Pfc. J. J. Williams  
Pvt. J. Xu  
Pvt. K. A. Zastrow-Millan

\* Indicates meritorious promotion



# Operation Showdown shapes up depot

BY PFC. MICHAEL ITO  
*Chevron staff*

A retired staff sergeant stops for a few short breaths as he studies the regimen responsible for his current fatigue before dropping to the ground and doing 10 more push-ups.

To Theadois Sigmon, the drug testing program administrator for Marine Corps Recruit Depot San Diego, this is no regular physical training session or morning workout. The routine that pushes him and the limits of more than 50 gym-goers is Semper Fit's newest fitness class: Operation Throwdown. Semper Fit is a department of the Marine Corps Community Services, MCRD, which helps with physical training.

Semper Fit's goal is to get servicemembers, their families, and co-workers into the gym and make sure they return.

"This class has what a lot of others lack, a good variety (of exercises)," says Imelda Martinez, U.S. Navy certification and accreditation liaison, test evaluation and certification center, Space and Naval Warfare Systems Command.

The class consists of a number of different traditional exercises like push-ups, squats, lunges, sprints, and step-ups. These exercises are incorporated into several stations and rotations to target every muscle area and to prevent muscle memory from nullifying the workout.

Bonnie Axman, program instructor and personal trainer for the Semper Fit fitness center, says that accessibility is a main concern.

"We have one of the few bases in the area that has a nice, quality fitness center, with quality instructors, and open to almost everyone. Rank and employer don't matter when you're in PT gear," said Axman.

Being accessible is important to Semper Fit. Axman has designed the workouts so that people of all fitness levels can participate.

"Our workouts are meant to keep people moving," she said. "Most of the exercises are basic movements that can be made difficult."

Adding to the convenience and effectiveness of the class, Axman sends out a weekly e-mail which includes a homework assignment as well as a set of home workouts that supplement the class workouts which prepares students for the next week's exercises.

"The home program is one of the brilliant parts of the program," said Brad Poser, recreation director, MCCS division, MCRD. "Bonnie is creating self-sufficiency in each of the students, as well as bolstering results that each individual can expect."

From the start of the new year, Axman and the fitness center team are trying to capitalize on the bump in demand for fitness due to enthusiastic resolutions.

"I'm seeing a lot of new faces with this program," said Axman. "My only hope is

that we can keep them coming back!"

Continual participation is a key part of the fitness foundation, according to Axman. Working out is a lifestyle, not something you can do sporadically and expect results.

The students can look forward to a few perks besides a better waistline if they do stick around.

"We give the students a drawstring bag if they make it through the first four weeks, and a T-shirt after they complete all eight weeks of the program," said Axman. "You'd be surprised what people will

do for a T-shirt."

Although the program is only a week old, it has shown to be one of the most successful programs of its kind at the fitness center, based on attendance numbers.

"I really attribute the success to inspiring instructors like Bonnie," said Poser. "She's perfect for creating a motivating class dynamic that draws people in and keeps them there."

The Semper Fit staff are not the only ones that think this way.

"Bonnie is real tough, but she can develop a confidence

in you that makes you better, and people really see a difference," said Sigmon.

Martinez, who also uses Axman as a personal trainer, agrees that she is a tough instructor. Good instructors like Axman make the classes more effective and instill a self-discipline that you do not find anywhere else, she said.

Axman acknowledges that she does challenge her students, but believes everybody needs to be pushed, regardless of fitness level. The key is maintaining the appropriate intensity to challenge and inspire, but without scaring

them off.

As people walked away from the hour-long class, they had smiles on their faces, which were drenched in sweat. Which means the throwdown was worth it, said Axman.

For Sigmon, Martinez, and many other participants, Operation Throwdown is the perfect class to bring every fitness level together with common goals. Toward those goals, Martinez recommends the class with a lighthearted warning.

"If you can take it and stick to it, you will see the payoff," said Martinez.



**Maricela Tabarez, wife of Chief Petty Officer Matthew Tabarez, a SPAWAR employee, leaps over a hurdle as she completes a lap as part of Operation Throwdown. This is the second week of the class that Tabarez attends with more than 50 other participants.**

*Pfc. Michael Ito/Chevron*



**Class instructor and personal trainer for MCRD Semper Fit, Bonnie Axman leads the class in a short weight-training session. Weight-training is combined with aerobics, stretching, and many different types of exercises each week to maximize results.**

*Pfc. Michael Ito/Chevron*



**Running well into the twilight, the class finishes with a set of sprints. Bonnie sends out a weekly e-mail to the class so the students can have more workouts as well as nutrition and health-related information waiting for them.**

*Pfc. Michael Ito/Chevron*