

CHEVRON

AND THE WESTERN RECRUITING REGION

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“WHERE MARINES ARE MADE”

FRIDAY, APRIL 8, 2011

Japan's Recovery: III MEF visits Oshima

BY CPL. MEGAN ANGEL
Marine Corps Bases Japan

OSHIMA ISLAND, Japan — Three weeks after a 9.0 magnitude earthquake struck off

the coast of Tohoku and set off a devastating tsunami March 11, affected Japanese citizens are still rummaging through the remains of their homes, neighborhoods and towns.

One hundred miles north of the city of Sendai, the tiny island of Oshima can be found. Approximately 45 miles from the epicenter of the earthquake, Oshima was one of the hardest

hit locations.

Marines and sailors with the 31st Marine Expeditionary Unit, III Marine Expeditionary Force, have been aiding local government authorities and

personnel in the clearing and clean-up operation -- Operation Field Day.

Lt. Gen. Kenneth J. Glueck, III Marine Expeditionary Force commanding general and Joint Task Force 505 commander, visited the island for a glimpse of the tsunami's aftermath and to meet the Marines and sailors who arrived on Oshima for the operation.

Glueck toured three sites where the servicemembers have been working, accompanied by Japan Ground Self Defense Force Lt. Gen. Eiji Kimizuka, commanding general of Joint Task Force Tohoku. Kimizuka is in charge of the ground recovery efforts for Japan's JTF Tohoku.

“This has been a horrible event and I'm sorry,” Glueck said. “But we are here to assist you in anyway we can.”

Glueck and Kimizuka shared their observations of the damage and talked about the moral of the locals affected. In some areas of Oshima, the tsunami covered the width of the island, pulling everything in its path back out to sea as it receded.

“The destruction is very bad; most people ran away and are not coming back,” said Kimizuka. “We are very grateful for the



Cpl. Megan Angel/ Marine Corps Bases Japan

URANOHAMA PORT, OSHIMA, MIYAGI, Japan – Cpl. Bryan S. Barrow and Ikuta Yataru, 8, shovel dirt during a clean-up operation April 3. The 31st Marine Expeditionary Unit, III MEF, is aiding local government authorities and personnel in the clean up after an earthquake and tsunami struck the island March 11. Barrow, a Brisbee, Az., native, is an infantryman with 2nd Battalion, 5th Marine Regiment, 31st MEU, III MEF.

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Substance Abuse Center rates in top three percent nationally

BY LANCE CPL. ERIC QUINTANILLA
Chevron staff

The Substance Abuse Counseling Center at Marine Corps Recruit Depot San Diego received a three-year recertification in March as a top program by the Commission on Accreditation for Rehabilitation Facilities International.

The SACC was recognized for having an outstanding program for its outpatient treatment which includes education, outreach services and counseling for alcohol and other drug addictions for adults.

CARF International accredits organizations for either one or three years depending on the quality of the program.

Headquarters Marine Corps wanted to make sure all the counseling centers in the Marine Corps maintain a high level of excellence so MCRD was asked to be the first Marine Corps site to be accredited in 2008, said George Mangual, director of SACC at MCRD San Diego.

Due to the Marine Corps' tight standards, only small adjustments and equipment purchases, such as first aid kits, were needed to give them the necessary requirements to apply for the initial accreditation, said Mangual. They also needed to incorporate existing Marine Corps policy and add additional safety standards, a process that took about six months of preparation to get ready for the inspection.

CARF International standards ensure patients receive the best quality care. They have surveyed hundreds of thousands of programs throughout North and South America, Europe, Africa and Asia since it was founded as an independent, nonprofit accreditor in 1966.

Not only did MCRD obtain this re-accreditation, but they were able to place in the top three percent of the nation. The CARF surveyors found no discrepancies with their program.

The MCRD SACC team is comprised of

see SUBSTANCE ▶ 2

San Diego names Military Women of the Year



Pfc. Crystal Druery

The Marine Corps' Sgt. Sara R. Bryant was named Junior Enlisted Woman of the Year during the Enlisted Women of the Year luncheon at the Sheraton Hotel in San Diego, March 30. Bryant was deployed with the Female Engagement Team from March to October of 2010 and was one of the first females to ever deploy with infantry. “I think it's awesome to be recognized. I wrote my essay to be picked for this about what I saw while deployed, the brotherhood and my best friend being killed,” said Bryant.



Gas, Gas, Gas!

Recruits gain courage, overcome fears in confidence chamber | p. 4



Get in shape

Fitness center offers free personal training for authorized depot patrons | p. 6



Not just for kicks

Finance stomps Coast Guard in CG Cup soccer game | p. 4

Edson Range begins construction

BY LANCE CPL. ERIC QUINTANILLA
Chevron staff

The Weapons and Field Training Battalion is slated to hold a ground breaking ceremony on several military construction projects at Edson Range, Camp Pendleton, Calif., June 7. The five major projects include field barracks near Ranges 501 and 505, support facilities like a martial arts dojo, supply warehouse and target factory, a mess hall, an Indoor Simulated Marksmanship Trainer and range houses.

There are a total of 13 projects that are slated to

begin construction with an estimated cost of \$141 million.

These new facilities will provide more storage, and will help improve the quality of training the recruits will receive while at Edson Range, said Capt. Kathryn E. Baker, assistant logistics officer, WFTBn. Each project requires dozens of meetings to ensure that the contractors have sufficient information to place a bid.

Six out of the 13 construction projects were large enough to require Congressional approval to begin development, while the others only needed to be approved by Headquarters

Marine Corps.

There are currently five military construction projects that have been awarded contracts to begin construction and are in the beginning phases of development. These are expected to start making progress in May with an estimated completion of September 2012.

The field barracks will be sparse in nature, only providing a roof over the heads of the recruits and the Recruit Training Regiment staff. These will improve the field experience by keeping them out of inclement weather and will be located near the Confidence Chamber and

Team Shoot Event on the Crucible.

The new mess hall will be the largest on Camp Pendleton, capable of accommodating 1,008 patrons at a time, compared to the current one that seats 720.

Some of the smaller projects include repairs on the current recruit barracks and fixing the hiking routes to help reduce injuries.

The new facilities and repairs will help Edson Range to accommodate the growing recruit training mission by providing the space and equipment necessary to improve training and quality of life for the recruits, said Baker.

Child abuse impacts all communities

BY HEATHER CHAMBERLAIN, PSY.D
New Parent Support Program Home Visitor, MCRD

Child abuse impacts many families and communities across America at every socioeconomic level. An estimated 1,760 child fatalities from child abuse occurred in 2007 with more than 75 percent of fatalities under three years old. Almost five children die from abuse every day, according to the Childhelp Organization. Child abuse can take many forms, including physical, sexual, emotional, verbal, and psychological as well as neglect.

One form of child abuse that occurs among the youngest children is Shaken Baby Syndrome. SBS is the result of an infant, toddler or young being shaken violently. The National Center on Shaken Baby Syndrome estimates that 1,200-1,400 children a year are injured or die from being shaken. SBS can occur when a child receives as few as three rapid shakes. SBS injuries can include: brain damage, blindness, seizures, speech and learning disorders including mental retardation, cerebral palsy, damage to neck vertebrae and spinal cord resulting in severe motor dysfunction, paralysis, and death. Although some ask if rough play can be mistaken for SBS, experts generally agree that the whiplash motion of SBS is unique to violent shaking of a child.

In an effort to prevent SBS, parents are encouraged to employ calming techniques such as deep breathing and stress management when they begin to feel upset, and to learn about calming infants prior to becoming parents.

Reaching out for support by phoning a friend or loved one can be helpful, as can taking time for one's self while the baby is in the care of another.

Community support programs, such as Marine Corps and Navy New Parent Support Program and First 5, also provide information and education about how to cope with the stressors of being new parents.

Educating relatives and caretakers on SBS is important as well. No matter how upset a parent is, shaking a baby is

never acceptable. If a parent or care giver feels they are on the edge, they should call the San Diego access and crisis line at 1-800-479-3339 or report abuse or concerns to the child abuse hotline at 1-800-344-6000.

Many ask what they can do to decrease child abuse in their community. The Child Welfare Information Gateway (www.childwelfare.gov) offers a few suggestions:

- Get to know your neighbors. Problems seem less overwhelming when support is nearby.
- Help a family under stress. Offer to babysit, help with chores and errands, or suggest resources in the community that can help.
- Reach out to children in your community. A smile or a word of encouragement can mean a lot, whether it comes from a parent or a passing stranger.
- Be an active community member. Lend a hand at local schools, community organizations, children's hospitals, social service agencies, or other places where families and children are supported.
- Keep your neighborhood safe. Start a Neighborhood Watch or plan a local "National Night Out" community event. You will get to know your neighbors while helping to keep your neighborhood and children safe.
- Take a break when you need it. Asking for help is a sign of strength. Look for resources in your community that offer support including parenting groups, programs that support parents (i.e. Navy or Marine Corps New Parent Support Program), and other professionals who can help you manage difficulties.
- Learn how to recognize and report signs of child abuse and neglect. Reporting your concerns may protect a child and get help for a family who needs it. Remember that adults must be the voice for children who cannot speak for themselves.

For information on parenting, child development, behavior management and upcoming classes, please contact the MCRD New Parent Support Program at (619) 524-0805.

not just a job for us. We've changed uniforms and our hair is a little longer, but we all still feel like we're active duty serving our brothers and sisters."

The MCRD SACC team works with patients from across the Western Recruiting Region in addition to Marines on the depot.

The team also provides guidance to other Marine Corps installations on how to prepare and fill out the necessary paper work to receive accreditation for their own offices, by either sending technical consultants for onsite training or assisting over the phone.

Expeditionary Strike Group Seven.

Oshima has a population of approximately 3,000 people, with 600 living in shelters with electricity provided by generators. The island remains without power or water supply. Food, water and fuel continues to be brought in by Japan Maritime Self-Defense Force SH-60K Sea Hawk helicopters and Marine Medium Helicopter Squadron-262 (Reinforced), 31st MEU, CH-46E Sea Knights.

Glueck toured the area stopping some of the Marines to thank them. He spoke with them all together before leaving Oshima.

"I want to thank each and every one of you for your continued hard work," Glueck said. "We are counting on the USS Essex and other amphibious ships to lift and move some of the debris. I am proud of what you are doing here. They are resilient and proud people; they will come back because of your effort."

BRIEFS

Volunteer income tax assistance center

The depot tax center will be open for walk-ins and appointments Saturdays from 8 a.m. until 1 p.m. through April 18. The VITA center is found in Bldg. 12, in the Legal Services Center at 3700 Chosin Ave. Call (619) 524-5273 for an appointment. Enter through the rear entrance facing the parade deck. Tax preparers will be available from 7 a.m. until 6 p.m. Mondays through Thursdays, and from 7 a.m. to 3 p.m. on Fridays.

Bring social security cards, W-2s, 1099s, proof of deposit information and all other tax-related documents.

If you have internet access and are unable to use the VITA tax center, go to <http://www.irs.gov/app/freeFile/welcome.jsp> to prepare your tax return online.

Educational opportunities

California State University and San Diego State University are sponsoring a Basic Training for Higher Education Conference on April 15 from 10 a.m., to 2:30 p.m. Check-in for the event begins at 9:15 a.m.

The event will be held at the SDSU Parma Payne Goodall Alumni Center.

This free conference for prospective university students features presentations from San Diego-area colleges and universities. Information will be presented on how to gain admission and how to pay with GI Bill benefits.

Student veterans at San Diego-area community colleges, veterans in San Diego County interested in higher education, and active duty military wishing to attend a community college or four-year university in San Diego are invited to attend.

Conference participants include: San Diego State University; Community colleges of San Diego County; California State University San Marcos; the Student Veteran Organization; University of California, San Diego; University of San Diego and the U.S. Department of Veterans Affairs.

Parking is free and lunch will be provided. For more information and to register, go to: www.sdsu.edu/veteransconference. Space is limited!

Emergency preparedness

The Emergency Preparedness Monthly Theme for April is "Floods: Don't Get Swept Off Your Feet!" Visit www.espfocus.org or MCRD San Diego's website and click on the emergency preparedness link for full details.

Month of the Military Child

April is the Month of the Military Child. Join us as we celebrate and recognize the importance of our military children. Your child will be entered in a raffle for each event attended! All events will be held at Bldg. 6E.

The remaining events are:

- April 8 - 9 a.m. to 3 p.m. Teen Day
- April 12 - 9:30 a.m. to noon. Activity Morning
- April 23 - 8:30 a.m. to 12:30 p.m. L.I.N.K.S. for kids (6 to 12 years old) "Our Children, Our Future, Our Responsibility"

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.

SUBSTANCE

military retirees who understand the demands of military life. Three counselors have served in combat. Each team member specialized in a specific field, giving each counselor an equal part in the treatment process.

Being a staff of military retirees also allows for a deeper understanding of the Marines who walk through the door, said Mangual.

"We all have that pride, that even though we're not in uniform anymore, we are still serving," said Mangual. "It's

JAPAN

Marines' assistance."

The residents of Oshima rely on two passenger ferries and two-car ferries located in Uranohama Port. All four of them and the 325-ton concrete pier they were moored to, was relocated by the tsunami 400 feet inland, resting on their keels with no apparent damage, according to Command Master Chief Kevin Staub, Amphibious Force U.S. 7th Fleet,

Around the depot

This week the Chevron asks: "What do you think about the Commandant cracking down on the body composition program?"



"I think it's great. In this line of work, physical fitness should be your top priority. Marines fail themselves for not maintaining a certain level of physical fitness. It should also focus on nutrition as well, because that is a critical part of fitness." Staff Sgt. John Godwin, drill instructor, Company M, 3rd Recruit Training Battalion



"If it goes by true body composition, then it's fair. Making one size fit all without taking in certain factors, like did they just have a child, wouldn't be fair though." Ellen Guillemette, historian, Command Museum



"I think it is good where it is. The people they called 'fat bodies' in boot camp, we didn't think they were fat at all." Pvt. Kendrick Wright, new graduate, Platoon 3271, Company M, 3rd Recruit Training Battalion

Marine Corps teaches old plane new tricks

BY STAFF SGT. CHRISTOPHER FLURRY
2nd Marine Aircraft Wing (Fwd)

CAMP DWYER, Afghanistan — One of the U.S. military's most seasoned aircraft has found a new purpose as a one-of-a-kind weapon for the Marine Corps in support of troops on the ground in Afghanistan.

The U.S. military has relied on the C-130 Hercules platform for a variety of tasks including air-to-air refueling, and cargo and troop transportation for more than 50 years. But the Marine Corps, in partnership with Lockheed-Martin, has recently created a unique variant of its KC-130J by outfitting an existing plane with what has been dubbed the Harvest Hawk weapons system.

"It's a brand new capability for the Marine Corps and it's proving itself very well," said Capt. Joel D. Dunivant, a KC-130J aircraft commander with Marine Aerial Refueler Transport Squadron 352 out of Marine Corps Air Station Miramar, Calif., who is currently deployed to Afghanistan. "I've been a KC-130 pilot my whole time in the Marine Corps, but this is a new capability for us to support the Marines on the ground."

The Harvest Hawk system includes a version of the target sight sensor used on the AH-1Z Cobra attack helicopter as well as a complement of four AGM-114 Hellfire and 10 Griffin missiles, a modular, precision-guided missile system typically employed on unmanned aerial vehicles. The system expands the role of the KC-130J for 2nd Marine Aircraft Wing (Forward) beyond its traditional level of support to include close air support against enemy positions and providing surveillance to disrupt improvised explosive device emplacements.

"Harvest Hawk, for me, is an opportunity to help the guys on the ground," said Capt. Bradley C. Stadelmeier, with VMGR-352, a copilot for the Harvest Hawk equipped KC-130J.

Even with its expanded capabilities, Harvest Hawk crewmembers said the aircraft retains its original capabilities in refueling and transportation. Crewmembers said the Harvest Hawk KC-130J has been used to refuel other coalition aircraft in

Afghanistan, and that the entire system can be removed in less than a day if necessary.

The Harvest Hawk first saw service in the Afghan skies in late 2010. Nearly six months since its inception, the aircraft has spent hundreds of hours in the air supporting coalition troops.

"I was highly skeptical of this program until I was on the ground side," said Capt. Christopher Klempay, the air officer for 3rd Battalion, 9th Marine Regiment. "Now, my opinion is that this is one of the best missions the Hercules can provide the ground force commander."

Supporting Marine Corps ground forces and coalition partners is one of the primary missions for the Harvest Hawk equipped KC-130J, and both aircrew and Marines on the ground said its ability to stay in the air for long periods of time, providing both surveillance and close-air support is a primary reason for its success.

"It's great to be a part of something that helps Marines get home safely at night," said Cpl. Jessica M. Egan, a crew chief with VMGR-352, who serves with the Harvest Hawk detachment.

Additionally, the aircraft's laser-guided weapons allow for pinpoint accuracy, helping to ensure insurgents are neutralized with minimal impact on the Afghan people and their property.

"The Harvest Hawk is the close air support platform of choice for counter insurgency in Marjah, where collateral damage is a major concern," said Klempay. "The fire control officers, who sit in the back of the Hercules, are the best in town because they have the ability to devote 100 percent of their attention looking for the enemy on their video imagery and talking to the forward air controllers."

In addition to its standard complement of officer and enlisted crew, the Harvest Hawk equipped KC-130J is manned by two fire control officers to monitor and control the weapons and surveillance systems. These Marines, either AV-8B Harrier pilots or F/A-18 Hornet weapon systems officers, bring their expertise in close air support and serve as a vital link between the Marines on

the ground and the aircraft supporting them.

"The tools are a little different, but the job is similar," said Maj. Marc E. Blankenbicker with VMGR-352, the lead fire control officer for the Harvest Hawk detachment, whose primary duty in the Marine Corps is as an F/A-18 weapon systems officer. "It's very rewarding to take a skill set from one aircraft and translate it to another aircraft."

Both Marines in the air and Marines on the ground have cited a recent mission as a hallmark of the Harvest Hawk equipped KC-130J's effectiveness. On March 14, the aircraft stayed airborne approximately 10 hours, expending its entire complement of Hellfire missiles providing close air support for multiple Marine Corps units operating across Regional Command Southwest.

"That Harvest Hawk was on a general scan for IED emplacements. They found four individuals digging in the road, saw them drop something heavy into a hole in the road, and the battalion determined these individuals to be hostile," said Klempay of one of the requests the Harvest Hawk KC-130J supported that day. "The Harvest Hawk launched a Hellfire, neutralizing the enemy threat."

Blankenbicker explained the KC-130J supported two other Marine battalions operating the same day, eliminating a number of enemy fighters.

"The Harvest Hawk is a great platform. I can talk directly to the pilot and we can improve each other's situational awareness on the spot," said 1st Lt. Charles Broun, a platoon commander with Kilo Company, 3rd Bn., 5th Marine Regiment. "Throw in the precision ordnance it carries and it is an outstanding combat multiplier."

"Being in the aviation community, as an aircrew, gives you a unique perspective as what the infantry battalions do every day," said Blankenbicker. "You see where they live; you see the villages where they work. We see firsthand the efforts of the units that we're here to support."

"Whenever you are enabling a Marine battalion to better do their job," added Blankenbicker. "That's a good feeling."



Cpl. Samantha H. Arrington/2nd Marine Aircraft Wing (Fwd)

CAMP DWYER, Afghanistan—The Harvest Hawk equipped KC-130J rests on the runway at Camp Dwyer, Afghanistan, March 24. The one-of-a-kind Harvest Hawk system includes a version of the target sight sensor used on the AH-1Z Cobra attack helicopter as well as a complement of four AGM-114 Hellfire and 10 Griffin missiles. This unique variant of the KC-130J supports 2nd Marine Aircraft Wing (Forward) in providing closer air support and surveillance for coalition troops on the ground in southwestern Afghanistan.

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Co. G recruits use the new gas mask in the co

BY PFC. CRYSTAL DRUERY
Chevron staff

On the clear morning, recruits with Company G nervously waited to enter the confidence chamber on Edson Range, Marine Corps Base Pendleton, Calif., April 4. They sat attentively in the

bleachers adjacent from the chamber, listening to a field instructor explain the proper way to strap on the gas mask and clear it.

Once the field instructors finish briefing the recruits on what to do, the drill instructors line the recruits up so they can start quickly running them through the chamber one platoon at a time.

As the recruits waited with the rest of their platoon in line, they pulled their new, shiny black gas masks out of their pouches and began to put the mask over their worried faces with assistance from one another.

Some recruits started to panic once the false sense of not having

enough air to breathe when wearing the mask overcame them.

The first group's fear ended quickly after getting their masks hopefully tight enough to their faces. As the recruits were crammed around the walls of the inside of the chamber, many quickly became afraid their mask had seeped with gas, were unsure of the way the gas would feel if inhaled, and they began trying to clear their mask.

"This exercise is supposed to help give the recruits the confidence to be able to go into an environment not knowing what's going to happen and be able to do what's needed for themselves and their fellow Marines," said Sgt. Adrian J. Jones, field instructor and Birmingham, Ala. native.

The chamber became very dim once the first group was in the chamber and the door closed behind them. There was no turning back for these recruits.

Their drill instructors and two field instructors accompanied them. First they were instructed to bend at the waist and shake their heads to make sure their masks were secured.

Then the recruits executed as one field instructor burned the chamber with fumes. The much-anticipated break. Seconds later, the recruits were mask back on their faces and been taught, the clearing of th

The recruits only had a few the filtered fresh air through re-breaking the seal, they had new gas mask clearing skills.

Before leaving the chamber their mask and in the most yell out a war cry and evacuation tears and a stinging sensation forget. Some recruits experienced of trying to open their eyes in the chamber.

The sight of the first group the later groups. As the second the chamber to conduct the group washed their mask.

The confidence chamber of environment a Marine ma chemical, biological, radi warfare situation. Inside 2-chlorobenzalmal CS gas, a defining



Co. G recruits line up as they await their turn to enter the confidence chamber April 4. The recruits are wearing the new M50 gas masks, which are more effective and lighter-weight.



Co. G recruits evacuate the confidence chamber after they finish applying their new skill of clearing a gas mask.

Pfc. Crystal Druery

Confidence chamber

...d a set of 10 jumping jacks
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...re instructed to put the
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...their mask.

...w minutes to gasp for
...their mask. Then after
...d to quickly re-apply their

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...ological and nuclear
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...nonitrile, also known as
...component of tear gas, is
...released.

The chemical agents represent what Marines might come in contact with.

The mask being used on Edson Range is the newest gas mask available to the military, the M50 joint service general-purpose gas mask. The field instructors expressed how grateful they are for the new mask.

"It has fewer pieces, which means less for the recruits to lose and less for them to get confused about," said Cpl. Carlos K. Gama, field instructor and Oakland, Calif., native. "The old mask had two separate eye lenses, which caused irritation and a block in your vision. The new mask is more comfortable."

Since the field instructors and drill instructors have to go into the chamber with the recruits, they are also grateful the new mask has better suction, Gama explains.

"I made the mistake of not having my mask tight enough when I got into the gas chamber," said Recruit Christian E. Juarez, the guide of Platoon 2151, Co. G, 2nd Recruit Training Battalion, after finishing the exercise. "The scariest thing for me was the anticipation."

Once all the groups of Co. G finished the confidence chamber, they hiked to where they will prepare to begin the crucible. The crucible is the culminating event of recruit training, a 54-hour test of endurance while food and sleep deprived where recruits use teamwork to tackle more than 30 tedious obstacles designed to test them on everything they have learned throughout recruit training.



Lance Cpl. Michael Ito

...veight than previous models.



Lance Cpl. Michael Ito

Recruit Nicholas A. Aguirre, Company G, yells out a war cry as he runs out of the confidence chamber. Aguirre and the other recruits were subjected to the effects of CS gas to familiarize them with their gear and the symptoms they may encounter in combat.



Lance Cpl. Michael Ito

Recruits exit the confidence chamber April 4 with their arms extended and taking high steps. These precautions are taken because CS gas affects any body surface covered in mucous membranes, like lungs, throat, and eyes.



Pfc. Crystal Druey

The confidence chamber simulates the type of environment a Marine may encounter in a chemical, biological, radiological and nuclear warfare situation. One of the Co. G recruits reacts to the 2-chlorobenzalmalonitrile also known as CS gas, a defining component of tear gas, after breaking the seal of the mask.

Marines get intense training at Semper Fit

BY PFC. CRYSTAL DRUERY
Chevron staff

On the hot Friday afternoon of April 1, students in Career Planners Course on Marine Corps Recruit Depot San Diego, ran to the physical training field outside of the Semper Fit fitness center in a small formation.

Bonnie Axman, a personal trainer at the fitness center awaited the formations arrival with a high-intensity circuit-training workout planned. The Marines arranged this training to extract from their norm of just running around the base for PT.

Orange cones, ammo cans, small hurdles, and white signs labeled with exercise names taunted the Marines as they came to a halt on the field entrance.

Axman started the group off by having them run the field, and then circled the recruiters up to do push-ups, jumping jacks, and a variation of other warm-up exercises. Sweat was already dripping for some, but this was just the beginning of a very beneficial workout.

"High-intensity circuit training keeps the heart rate elevated which speeds up your metabolism, making you burn fat even while not working out," said Axman.

The group was then split in to five small groups and directed to the left side of the field where they encountered a set of white signs, each labeled with a different exercise. Each group rotated through the exercises while being timed by Axman.

Two-man team sprints came next, while one teammate sprinted to the opposite side of the field, the other stayed in a plank position, and once their partner was also down in a plank, they sprinted after them to swap positions. Then came ammo can lifts, along with small hurdles and leg lifts. Eventually the group made their way to the second set of white signs labeled with exercises, consisting of bear crawls, running backwards, and skipping forward and backwards. Axman timed each of the exercises for one to two minutes.

Over the course of an hour, much sweat was shed from running and executing different intense exercises.

"We usually just run but this was a new, refreshing exercise that challenges you

in a dynamic way," said Sgt. Cameron L. Miles, a student from Career Planners Course, "I highly recommend this class."

Axman explains she sometimes works with Recruiters School students and that the purpose of her workouts isn't to run Marines into the ground, but to equip the Recruiter School students

with knowledge they can bring back to their poolees to better help prepare them physically for what lies ahead of them at recruit training.

Anyone can schedule PT through the fitness center, not just formal schools. Axman occasionally teaches a class for the drill instructor students that consist of two intense hours of

spin and circuit training and an abs class. The Coast Guard and Navy clinic also take advantage of the unique early-morning PT. Axman also offers one-on-one training and small and larger than 100 people group training.

"As long as you schedule far enough in advance and have access to the fitness center I can train you," Axman said.

Axman is available for early morning PT between the hours of 0500-1700 and sometimes on weekends.

"This type of workout is very different from the traditional Marine Corps way, expands your horizon and takes physical being to an extreme," said Sgt. Omar B. Askew, a student from Career Planners Course.



Sgt. Omar B. Askew, a student at Career Planners Course, jumps over small hurdles before doing leg and ammo can lifts.



Pfc. Crystal Druery

Marines from MCRD's Career Planner Course get ready to take off running after being in the plank position. The high-intensity circuit-training keeps the heart rate elevated which speeds up the metabolism.



Pfc. Crystal Druery

Marines from the Career Planners Course paired up in two-man teams; one teammate would sprint to the opposite side of the field, while the other stayed in a plank position.

Col. Matthew J. Bonnot

Parade Reviewing Officer

Col. Matthew J. Bonnot graduated from Central Missouri State University and received his commission in May 1986. He also holds a Master of Science in Business Administration from Boston University (1998) and a Master of Arts in National Security and Strategic Studies from the Naval War College (2007).

After completing The Basic School, he reported to Marine Corps Combat Readiness Training Group 10 at Marine Corps Air Station Yuma, Yuma, Ariz., to serve as the ground support equipment officer.

Following this tour the colonel was transferred to 3rd Marine Aircraft Wing, Marine Aircraft Group 13, MCAS Yuma, as the maintenance material control officer. Upon completion of this tour,

Col Bonnot deployed to WestPac with the 13th and 15th Marine Expeditionary Units, assuming the duties of Marine Attack Squadron (VMA) 513 assistant aircraft maintenance officer. During this tour, Col Bonnot participated in a 10-month deployment to Japan.

Bonnot reported to U.S. Naval Air Forces Atlantic Fleet, Naval Air Station Norfolk, Va., in 1992 as the aviation maintenance management team officer. His follow-on assignment was to 2nd Marine Aircraft Wing, Marine Aircraft Group 14, Marine Corps Air Station Cherry Point, N.C., in 1995. While there he served as the assistant aircraft maintenance officer, Marine Attack Training Squadron 203; aircraft maintenance officer, Marine Aerial Refueling Training Squadron 253; and operations officer, Marine Aviation Logistics Squadron 14.

In 1999, the colonel assumed

command of Recruiting Station Springfield Massachusetts.

Bonnot became the executive officer of Marine Aviation Logistics Squadron 29, Marine Aircraft Group 29, 2nd Marine Aircraft Wing, Marine Corps Air Station New River, N.C., in 2002. During this assignment he deployed with the squadron in support of Operation Enduring Freedom and Operation Iraqi Freedom I.

Bonnot assumed command of Marine Aviation Logistics Squadron 29 in 2004 and, in 2005, he reported to II Marine Expeditionary Force Camp Fallujah Iraq as the Counter Remote Control Improvised Explosive Device Electronics Warfare (CREW) officer.

Upon his return from Iraq, Bonnot reported to the College of Naval Warfare as a student.

In 2007, he reported to Marine Forces Command in Norfolk Virginia as the

Assistant Chief of Staff, until he assumed command of the 9th Marine Corps District.





Platoon 1010 COMPANY HONOR MAN Pfc. T. C. Castellano Littleton, Colo. Recruited by Sgt. R. Ellis	Platoon 1013 SERIES HONOR MAN Pfc. Z. T. Farrell Oshkosh, Wis. Recruited by Staff Sgt. S. L. Canady	Platoon 1009 PLATOON HONOR MAN Pfc. R. P. Callahan Reno, Nev. Recruited by Staff Sgt. K. Rosema	Platoon 1011 PLATOON HONOR MAN Pfc. D. R. Bartlett San Antonio Recruited by Staff Sgt. B. Lemmon	Platoon 1014 PLATOON HONOR MAN Pfc. T. O. Pingel Amarillo, Texas Recruited by Sgt. A. P. Minton-Smith	Platoon 1015 PLATOON HONOR MAN Pfc. D. Wilhelm Midland, Mich. Recruited by Staff Sgt. J. Minckler	Platoon 1011 HIGH SHOOTER (339) Pfc. C. G. Curtis Talkeetna, Alaska Marksmanship Instructor Cpl. A. Soaper	Platoon 1011 HIGH PFT (300) Pfc. C. G. Curtis Talkeetna, Alaska Recruited by Sgt. S. Sample
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ALPHA COMPANY



<p>1st RECRUIT TRAINING BATTALION Commanding Officer Lt. Col. T. G. McCann Sergeant Major Sgt. Maj. D. K. Williams Battalion Drill Master Staff Sgt. B. J. Robbins</p>	<p>SERIES 1009 Commander Capt. S. N. McNiel Chief Drill Instructor Staff Sgt. D. G. Walters</p>	<p>PLATOON 1009 Senior Drill Instructor Staff Sgt. R. A. Cezair Drill Instructors Staff Sgt. J. R. Duncan Staff Sgt. V. Gonzalez Sgt. M. W. Currao</p>	<p>PLATOON 1010 Senior Drill Instructor Staff Sgt. J. M. Duron III Drill Instructors Sgt. P. J. Aguirre Sgt. J. J. Rodriguez Sgt. J. D. Weaver</p>	<p>PLATOON 1011 Senior Drill Instructor Staff Sgt. S. A. Garrett Drill Instructors Staff Sgt. J. S. Correa Staff Sgt. S. A. Roberts</p>
<p>COMPANY A Commanding Officer Capt. B. W. Richardson Company First Sergeant Gunnery Sgt. P. G. Perez</p>	<p>SERIES 1013 Commander Capt. J. W. Adusei Chief Drill Instructor Gunnery Sgt. M. P. Garcia</p>	<p>PLATOON 1013 Senior Drill Instructor Gunnery Sgt. M. S. Thorpe Drill Instructors Gunnery Sgt. F. Galvan Staff Sgt. G. F. Pereira Staff Sgt. M. A. Rodriguez</p>	<p>PLATOON 1014 Senior Drill Instructor Sgt. C. P. Hoover Drill Instructors Sgt. J. R. Darnell Sgt. J. Rice</p>	<p>PLATOON 1015 Senior Drill Instructor Staff Sgt. J. M. Prichard Drill Instructors Staff Sgt. J. Rodriguez Sgt. T. Tate Sgt. J. A. Thompson</p>

* Indicates Meritorious Promotion

PLATOON 1009	PLATOON 1010	PLATOON 1011	PLATOON 1013	PLATOON 1014	PLATOON 1015
Pvt. H. W. Aguirre-Munoz	Pvt. M. M. Abunada	Pvt. C. S. Antalek	Pvt. N. R. Akins	Pvt. K. D. Nguyen	Pfc. J. A. Castro-Estacio
Pfc. S. L. Alessi	Pvt. O. Aguilar	Pvt. I. C. Avila	Pvt. A. Benivamonde	Pvt. F. Nuno Jr.	Pvt. V. R. Jones
Pvt. S. D. Alspach	Pfc. W. E. Anderson	Pvt. S. E. Barrett	Pvt. M. J. Bibian	Pvt. S. R. Ochs	Pfc. J. D. Justice
Pfc. J. J. Avila	Pfc. J. H. Athey	Pvt. D. R. Bartlett	Pvt. B. L. Boesgaard	*Pfc. E. L. Olmos	Pfc. M. A. Kieschnick
Pvt. R. M. Baker	Pfc. A. N. Bear	Pvt. J. A. Bednar	Pfc. S. M. Burch	Pvt. T. E. Ou	Pvt. C. D. King
Pvt. C. A. Bell	Pvt. S. R. Bishop	Pfc. C. A. Bell	Pvt. E. J. Castrejon	Pvt. N. W. Pancake	Pvt. J. D. Koen
Pfc. C. W. Bently	Pfc. D. J. Bloxham	*Pfc. J. J. Ben	Pvt. R. Dominguez	Pvt. K. C. Pennington	Pvt. S. P. Kwiatkowski
Pvt. K. S. Bornemann	Pvt. V. M. Bravo-Martinez	Pvt. G. Benitez	Pvt. A. B. Dubwig	Pfc. P. C. Peterson	Pvt. T. Q. Le
Pvt. A. C. Brown	Pvt. K. A. Brewer	Pvt. A. M. Bishop	Pvt. N. J. Dzon	Pvt. S. T. Phan	Pvt. C. Y. Lee
Pfc. R. P. Callahan	Pvt. C. D. Brown	Pfc. J. B. Black	*Pfc. Z. T. Farrell	Pfc. T. O. Pingel	Pvt. J. A. Locke
Pfc. K. B. Callister	Pfc. J. A. Brown	*Pfc. N. D. Boller	Pfc. M. J. Garrison	Pvt. K. P. Pobjoy	Pvt. T. J. MacKenzie
*Pfc. L. J. Cardona	Pvt. M. J. Brown	Pfc. M. M. Bonilla	Pfc. V. H. Gonzalez	Pvt. J. Ponciano	Pfc. S. D. Mallonee
Pvt. E. L. Carranza	Pfc. J. H. Buban	Pvt. M. C. Brewer	Pvt. J. D. Grove	Pvt. H. G. Porter	Pfc. T. M. Mangoine
Pfc. J. J. Carrillo	Pvt. J. A. Burton	Pvt. J. A. Budreau	Pvt. J. C. Guerrero	Pvt. K. J. Price	Pfc. J. Marshall
*Pfc. J. T. Carter	Pfc. J. P. Calhoun	Pvt. D. Cardenas	Pfc. A. S. Hampton	Pvt. A. Prosser	Pvt. M. L. Martinez-Nava
Pvt. J. A. Casalegno-Flores	Pvt. I. Calupina	*Pfc. A. L. Colunga	Pvt. J. D. Helluin	Pvt. A. Quiroz Jr.	*Pfc. C. C. Meade
Pvt. J. R. Chavez	Pvt. J. M. Campbell	Pvt. J. D. Cragwick	Pvt. B. T. Hobbs	Pvt. G. Rasmussen	Pvt. E. J. Mejia-Meran
Pvt. K. A. Christensen	*Pfc. T. C. Castellano	Pvt. B. S. Cruse	Pvt. J. J. Hunt	Pvt. R. Raya-Mendoza	Pvt. T. J. Montgomery
Pfc. L. C. Collins	*Pfc. C. C. Castillo	Pfc. A. Cruz	Pvt. J. L. Jacobson	Pfc. T. R. Reed	Pvt. N. L. Montgomery
Pfc. C. J. Cook	Pfc. R. L. Chaffee	Pfc. C. G. Curtis	Pvt. M. D. Kidder	Pvt. M. M. Reyna	Pfc. D. A. Nguyen
Pvt. B. N. Cool	Pvt. A. Chavez	Pvt. J. T. Darling	Pfc. M. A. Kraeiec	Pvt. D. E. Reynolds	Pvt. J. D. Nixon
Pvt. J. Cortez-Bonilla	Pfc. L. C. Chavez	Pfc. S. A. DeLaCruz	Pvt. M. T. Laurent	Pvt. L. J. Riddle	Pvt. D. M. Norris
Pvt. M. E. Covarrubias	Pfc. J. C. Clymer	Pvt. A. M. Dickerson	Pvt. L. J. McCaslin	Pvt. R. A. Riosramos	Pvt. J. M. Orantes
Pvt. J. L. Crawford	Pfc. T. J. Conlan	Pvt. C. T. Doran	Pvt. J. S. McMullen	Pvt. S. M. Ritchie	Pfc. R. M. Ortega
Pfc. J. D. Crizer	Pvt. D. R. Cooper	Pfc. T. J. Epling	Pvt. I. B. Medearis	Pfc. D. Rivas	Pvt. P. G. Ortiz
Pvt. M. Z. Culp	Pvt. A. A. Cox	Pfc. A. C. Esparza	Pvt. D. A. Medina	Pvt. J. A. Rivera	Pvt. F. M. Padilla
Pvt. K. Diaz	Pvt. R. G. Cox	Pvt. J. M. Flores	Pvt. F. Medina	Pvt. J. M. Robb	Pvt. S. Y. Park
Pfc. T. W. Dowell	Pvt. T. J. Cronquist	Pvt. R. R. Gabriel-Rico	Pvt. A. C. Mendez	Pvt. I. N. Ross	Pvt. J. A. Pentek
*Pfc. A. M. Duran	Pvt. R. M. Croyle	Pvt. A. Garcia	Pvt. C. Mendez-Ortiz	Pfc. E. X. Ruiz	Pvt. T. W. Poppell
Pvt. J. M. Fife	Pvt. B. N. DeBriae	Pvt. A. R. Garcia	*Pfc. W. M. Miller	Pfc. C. Saenz	Pvt. M. R. Prior
Pvt. M. A. Galvan	Pvt. J. J. Delzell	Pvt. F. Garza	Pvt. J. M. Mirabella	Pvt. M. A. Sampson	Pvt. J. Romero
Pvt. T. L. Garzon	Pfc. J. J. Dungus	Pvt. S. A. Gorzell	Pvt. P. E. Obley	Pfc. D. F. Sandoval	Pvt. R. C. Rosales
Pvt. D. E. Gilbreth	Pvt. L. N. Dyess	Pvt. R. A. Grant	Pvt. K. J. Montano	Pvt. A. Santana	Pvt. D. J. Saighman
Pvt. C. F. Giron	Pvt. A. W. Eckert	Pvt. J. M. Gutierrez	Pvt. J. R. Moreno	Pvt. K. D. Sarmiento	Pvt. A. Sandoval
Pvt. S. Gonzalez	Pvt. D. T. Ensz	Pfc. J. D. Haight	Pfc. D. B. Motley	Pvt. Z. K. Schiele	Pfc. L. A. Santisteban
Pfc. A. J. Goodwin	Pfc. M. T. Feigenbaum	Pvt. T. B. Hamann	Pfc. C. M. Moura	Pfc. A. M. Schluter	Pvt. R. W. Seiffert
Pfc. J. F. Guerrero	Pvt. C. A. Flint	Pvt. C. L. Harris	*Pfc. R. J. Nelson	Pfc. J. W. Schmillen	Pvt. J. T. Steiner
Pfc. C. Gutierrez	Pfc. J. G. Fredericks	Pfc. D. W. Hedgepeth	Pvt. C. C. O'Keefe	Pfc. W. J. Schneider	*Pfc. M. A. Strickler
Pvt. A. Guzman	Pfc. M. A. Fujimori	Pvt. J. R. Hesel	Pvt. A. M. Olson	Pvt. A. C. Seifert	Pvt. M. F. Testa
Pvt. O. Hernandez	Pvt. P. S. Gaona	Pvt. A. C. Herrera	Pvt. J. J. Olson	Pfc. N. P. Seiler	Pfc. N. Thao
Pfc. D. A. Horton	Pvt. R. J. Goff	Pvt. R. V. Howard	Pvt. D. R. Ortiz	Pvt. S. S. Severson	Pvt. B. W. Thomas
Pvt. A. J. Jaramillo	Pvt. R. G. Gonzales	Pvt. M. S. Isabelle	Pvt. G. Padron	Pvt. A. R. Sharma	Pvt. A. Torres
Pvt. J. B. Johnson	Pfc. R. Gonzalez	Pvt. S. R. Isensee	Pvt. N. J. Patterson	*Pfc. T. A. Short	Pvt. S. B. Travis
Pvt. I. I. Jones	Pvt. K. C. Hagmann	Pvt. J. A. Kuester	Pvt. R. C. Peters	Pvt. S. L. Siek	Pfc. J. M. Turow
Pfc. N. D. Kemna	Pvt. G. L. Hamilton	Pvt. T. A. Lente	Pvt. J. A. Powers	Pvt. C. M. Smith	Pvt. J. M. Ullrich
Pvt. M. D. Khamshihong	Pvt. P. D. Hamilton	Pvt. K. A. Limoseth	Pvt. S. E. Reeves	Pvt. K. J. Smith	*Pfc. B. A. Visocky
Pfc. D. W. Kimmel	Pvt. C. M. Hankins	Pvt. B. N. Loudermilk	Pfc. J. R. Sauerbry	Pvt. K. M. Spaulding	Pvt. C. D. Weeks
Pvt. J. L. Klaus	*Pfc. W. L. Hargis	Pvt. J. W. Lozen	Pvt. L. C. Simonson	Pvt. C. M. Sprague	Pvt. N. Wheeler
Pvt. M. Lara	Pvt. D. S. Harris	Pvt. J. H. Lundberg	Pvt. S. C. Spencer	Pvt. R. M. Stoekel	Pvt. J. A. Wicken
Pvt. E. D. Lesemann	Pvt. A. W. Hatcher	Pfc. T. W. MacFadden	Pfc. D. M. Stubenrauch	Pvt. J. K. Stonebraker	Pvt. C. E. Wickman
Pfc. B. J. Ma	Pfc. I. L. Heffernan	Pfc. T. J. Mack	Pvt. S. L. Sussen	Pvt. J. M. Strzok	Pfc. D. Wilhelm
Pvt. V. A. Magdaleno	Pvt. G. M. Hernandez	Pvt. Z. A. Martinez	Pvt. A. C. Szuba	Pvt. M. D. Taylor	Pvt. J. D. Wirth
Pvt. S. A. Marriott	Pvt. K. W. Hester	Pvt. M. T. McCarter	Pfc. P. Taing	Pvt. J. S. Terry	Pvt. R. M. Witter
Pfc. E. F. Martin	Pfc. W. T. Hill	Pvt. A. Reinoehl	Pvt. J. Tellez	Pfc. E. J. Thompson Jr.	Pfc. J. K. Wong
Pvt. E. J. Martinez	Pfc. J. M. Holkey	Pvt. R. G. Rubio	Pfc. N. R. Thul	Pfc. M. J. Tidmarsh	Pvt. J. A. Wright
Pvt. G. Martinez	Pvt. J. S. Jennings	Pvt. A. R. Shumate	Pvt. A. J. Towle	Pfc. C. M. Turas	Pfc. J. Zupin
Pfc. J. O. McKeel	Pvt. T. L. Kautzman	Pfc. J. E. Smallwood	Pvt. A. A. Valverde-Hernandez	*Pfc. M. T. Udall	
Pvt. J. L. Medina	Pvt. W. B. Loggins	Pvt. J. D. Stowell	Pfc. C. M. Wentela	Pvt. S. R. Vanderbilt	
Pvt. D. W. Merrill	Pvt. C. Rojas	Pvt. T. L. Turner	Pvt. J. L. White	Pvt. A. G. Vega	
Pvt. C. A. Miranda	Pfc. A. J. Sumwalt	Pvt. R. A. Warren	Pfc. C. B. Williams	Pvt. S. A. VonRekowski	
Pfc. J. R. Molinar Jr.			Pvt. J. Z. Williams-Serbousek	Pvt. L. D. Wightwick	
Pvt. D. T. Nelson			Pvt. M. C. Wold	Pvt. P. V. Willis	
Pvt. Z. T. Payne			Pfc. J. R. Woodwooth	Pvt. D. T. Windler	

Finance out kicks Coast Guard, 4-0

BY LANCE CPL. KATALYNN THOMAS
Chevron staff

Finance stomped the Coast Guard, 4-0, during a Commanding General's Cup

soccer match aboard Marine Corps Recruit Depot San Diego March 30.

Although the teams played their match on one of the depot's outdoor soccer fields, they played by the U.S. Indoor Soccer Association rules.

Indoor rules allow the teams to substitute players in they chose. If they had a sub, the player had to

completely leave the field before the other could proceed.

"We use the indoor soccer rules to make sure the match is fun, competitive and most of all, safe," said Steve Rawson, referee, San Diego county soccer referee association.

Finance, dressed in green jerseys, scored the first goal early in the game. After that point, the ball was passed back and forth quite frequently until the half time whistle sounded, said Rawson.

"I feel like the game was going pretty well to have at least one goal before the second half started," said Rawson. "That meant it was a pretty even game."

When the second half started, the teams were sitting at a slight stand still, the ball flying up and down the field.

Finance broke the lull again, scoring three more goals before the game ended.

The match itself was pretty competitive. The ball was bounced back and forth between the teams at regular intervals, said Rawson.

"I was hopeful that they would be evenly matched," said Rachel Dickinson, Cup coordinator, Semper Fit. "Some of the usual players for the Coast Guard weren't here, so I wasn't sure how that would turn out. There are almost never any clear favorites this early in the season."

The CG Cup, which is open to all active duty and Department of Defense employees, is composed of a

series of events throughout the year where work sections compete to earn points. At the end of the year, the section with the most points will be crowned the winner and awarded the CG Cup, and receive money toward their unit recreation fund.

The CG Cup soccer tournament started March 29. The playoffs are scheduled to kick off April 26. This is Finance's first win this year. They had a previous match against the Recruit Training Regiment and lost 5-4.

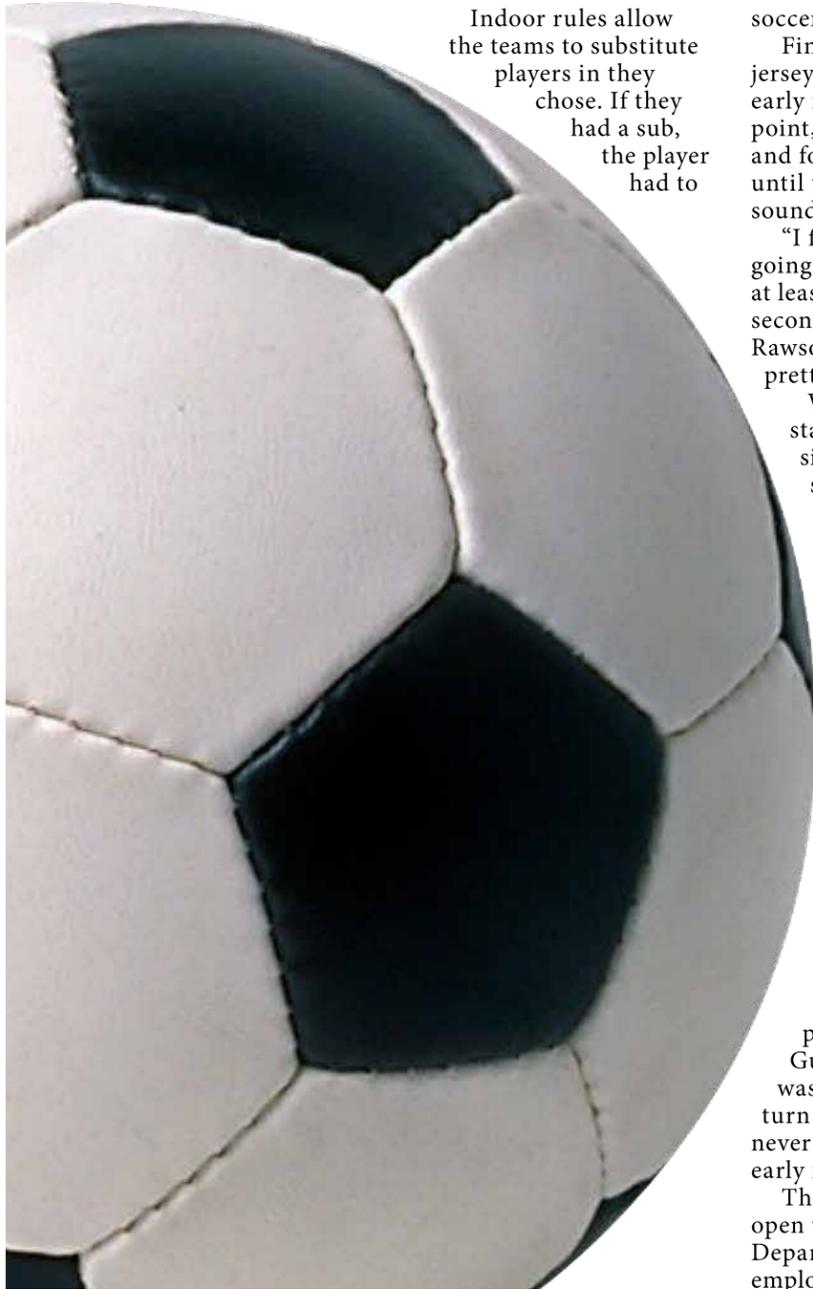
Finance will battle 2nd Battalion on April 5 and attempt to improve their 1-1 record, while the Coast Guard will be trying to make a

redemption against Medical. "This was a really good game," said Pfc. Nathan Steele, Finance, defenseman. "The referees were great. I feel like the teams were all around very good."

Even with missing a couple of their usual players the Coast Guard put up a good fight.

"Based on the teams and players that showed up, this match went as I expected it would," said Dickinson. "Now, if the Coast Guard had their usual players, it would have been a different story entirely."

To view the entire Commanding General's Cup schedule visit the Semper Fit Web site at www.mccsmcrd.com/SemperFit/Athletics/.



Lance Cpl. Katalynn Thomas

Petty Officer 3rd Class Maurice Sales, Coast Guard goalie, sends the ball back from his goal after a failed attempt to score by Finance.



Lance Cpl. Katalynn Thomas

A Finance player attempts to run the ball down the field toward the Coast Guard goal, battling through Coast Guard defense. Finance shut out the Coast Guard 4-0.



Lance Cpl. Katalynn Thomas

Lance Cpl. Allen Turner, Finance offensive player, sends the ball down field toward the Coast Guard goal. Finance scored the first goal of the game at the end of the first half. The two teams played this game as a part of the Commanding General's Cup soccer season, March 30.