



San Francisco celebrates Fleet Week

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CHEVRON

AND THE WESTERN RECRUITING REGION

What's
Walleyball?



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Vol. 71 – Issue 30

“WHERE MARINES ARE MADE”

FRIDAY, OCTOBER 14, 2011

Marine Corps Installations Pacific activates

BY LANCE CPL. COURTNEY G. WHITE

Marine Corps Bases Japan

CAMP FOSTER, OKINAWA, Japan — Marine Corps Installations Pacific was activated, and Marine Corps Bases Japan deactivated, in a ceremony on the parade field of building 1 here Sept 30.

MCIPAC, headquartered in Okinawa, will oversee and manage all Marine Corps installations in the Pacific region to include Marine Corps Base Camp Butler, Marine Corps Air Station Futenma, MCAS Iwakuni, Combined Arms Training Center Camp Fuji on mainland Japan, MCB Hawaii and Camp Mujuk in the Republic of Korea.

MCBJ was deactivated after a Headquarters Marine Corps decision to realign installation commands to optimize support to Marine Corps operating forces and tenant commands.

MCIPAC will implement policies, develop regional strategies and plans, prioritize resources, and provide services, direction and oversight to all Marine Corps installations in the Pacific.

The establishment of the new Marine Corps Installations Command at Headquarters Marine Corps in Washington, D.C.,



Cpl John T. Kennicutt

Maj. Gen. Peter J. Talleri, commanding general of Marine Corps Base Camp Butler, and newly appointed commanding general of Marine Corps Installations Pacific, speaks during the ceremony held to activate MCIPAC and deactivate Marine Corps Bases Japan at building 1 on Camp Foster Sept. 30. The reorganization of the MCIPAC regional headquarters in Okinawa, to exercise command over all Marine Corps installations and bases in the Pacific, includes Marine Corps Bases Camp Butler and Hawaii, Combined Arms Training Center Fuji, Marine Corps Air Stations Futenma and Iwakuni, and Camp Mujuk in the Republic of Korea.

will further refine performance measures, improve effectiveness, and reduce costs, said Maj. Gen. Peter J. Talleri, the commanding general of MCB Camp Butler and commanding general of the

newly activated MCIPAC, during his speech at the MCIPAC activation ceremony.

The new command will join Marine Corps Installations West and Marine Corps Installations East.

All three will report to Marine Corps Installations Command.

“The new command structure will streamline processes, so the current personnel can better sup-

port these commands,” said Talleri.

MCIPAC will ensure that requirements across the installa-

see PACIFIC ▶3

LifeAsAMarine.com wins top honors

BY SGT. BRYAN McDONNELL

Marine Corps Recruiting Command

MARINE CORPS BASE QUANTICO, Va. — When a young man or woman makes the decision to enlist, it's usually not as simple as just signing on the dotted line. A lot of factors go in to preparing that young man or woman to step on the yellow foot prints and their family needs to know that they are making the right choice.

In an effort to bridge the gap between the decision

to enlist and the families involved, the Marine Corps Recruiting Command partnered with JWT, the advertising agency representing the Marine Corps, to create a website that would encourage discussion between the potential applicants and their family.

After only one year, the website earned top honors by winning the Web Marketing Association's military standard of excellence WebAward.

Capt. Frederick Evert, lead generation officer, MCRC, said it was no accident the website

pulled ahead of the competition.

“To a very large degree, the reason LifeAsAMarine.com was successful across all of these categories is the research conducted by our agency partners at JWT,” said Evert. “JWT conducted in-depth market research and came up with a digital strategy that successfully addressed the needs and interests of our target market.”

Launched in July of 2010 after more than a year of

see RECRUITING ▶3

Partnership in Education Program kicks off

BY CPL. KRISTIN E. MORENO

Chevron staff

The Partnership in Education Program with Holmes Elementary and Taft Middle School officially kicked off for the 2011-2012 school year on Tuesday.

The purpose of the program, which has been in effect for several years now, is to support student achievement by providing the students with positive role models.

Marines from Headquarters and Service Battalion and Recruit Training Regiment volunteer every other Tuesday to visit the schools and participate in physical education classes in an effort to strengthen the relationship between the Marine Corps and San Diego community.

“I think it's good for the community to see a different side of Marines,” said Staff Sgt. Jarvis Rodriguez, a drill instructor with 1st Recruit Training Battalion, Company A, who also participated in the program last year. “We're not just war-fighting machines. A lot of us have families and like to get involved with the community. We want to make a difference.”

During the first visit, several teachers expressed enthusiasm for the program returning for yet another year. They said some students struggle at first, but the attention they get from the brief visits is just enough to turn them around and help them become successful students.

“I try to pick out the problem kids,” said Staff

see PIE ▶3

MOH recipient joins Morning Colors



Lance Cpl. Katalynn Rodgers

Medal of Honor recipient Private First Class Arthur J. Jackson, is honored during Marine Corps Recruit Depot San Diego's Morning Colors Ceremony Oct. 7 at the Commanding General's building. Jackson was awarded the Medal of Honor for gallantry and intrepidity in action against enemy Japanese forces on the Island of Peleliu during World War II. “I always love going to the depot,” said Jackson. “What would the world be if we couldn't do stuff like the Morning Colors Ceremony? The Marines are so proud of it, and so are their families. This was like a rejuvenation of the spirit, it was fun to be approached by people.” The Morning Colors Ceremony draws the attention of the families here to see their sons graduate from recruit training.

Be prepared for this year’s flu season

INFORMATION PROVIDED BY MISSION ASSURANCE:
MCRD San Diego

What are public health emergencies?
Public Health Emergencies may be related to outbreaks of infectious illnesses (such as pandemic flu and West Nile virus), food and waterborne illnesses (such as Salmonella, E. coli) as well as other threats to the public’s health and safety. Man-made attacks can also create public health emergencies.

Pandemic Flu
A pandemic occurs when a disease spreads causing illness around the world. While many diseases can become a pandemic, influenza (flu) is of special concern because it easily spreads and is constantly changing. And because flu occurs in many animals besides humans, this also increases the chances of it changing and becoming a pandemic. The 2009 H1N1 flu virus was declared a pandemic by the World Health Organization, as the virus spread easily from person to person across more than 200 countries. The H1N1 flu marked the first global flu pandemic since 1968.
Fortunately, the H1N1 flu virus has been mostly mild to moderate thus far, and the vast majority of people who have contracted the virus have recovered without the need for medical attention. However, thousands of people, many with underlying conditions, have died from this virus. The threat of another flu pandemic remains, and everyone should be prepared. Plus, the simple steps that are recommended to prepare and prevent illness from pandemic flu will also help to prepare for other emergencies and may prevent other illnesses.

Pandemic, seasonal and bird flu: know the differences?
While many people think they mean the same thing, they are not the same.

What is it?
Pandemic Flu: The flu virus is constantly changing, but sometimes it changes so much that the human

population has no existing immunity. This new virus can cause much more illness and death than normally seen with seasonal flu.

Who is likely to get it? Who is affected?
Everyone. Because a new virus is waiting to emerge, everyone is at risk. Unfortunately, some groups are more affected than others and until the virus shows up, its impact is uncertain. Therefore, a vaccine cannot be manufactured until scientists can study the new virus.

Seasonal Flu: Seasonal flu has the potential to cause illness every year. It is usually worse in early October and throughout the fall, but may continue to cause illness into the Spring.
Because flu viruses are always changing, the flu shot changes almost every year to best protect people from the new strains that are expected.

Who is likely to get it? Who is affected?
While everyone can get the flu, certain people are more likely to suffer severe consequences including: the elderly, infants, pregnant women, those with weakened immune systems, and those who have chronic illnesses—especially those with respiratory issues like asthma.
Everyone can benefit from vaccination and vaccinations can help to reduce the spread of disease.

Bird Flu: Many different animals get the flu, including birds. Bird flu is flu that infects birds, but which may also infect people who have close contact with infected birds. Like human flu viruses, there are many types of bird flu viruses. The type that is causing concern now is called influenza A H5N1.

Who is likely to get it? Who is affected?
People who get bird flu have had close contact with infected poultry (i.e., plucking and killing chickens sick with bird flu).
Most of the people who have become sick and died from bird flu have been in Indonesia and Vietnam, but sick birds have been found in many countries

across Asia and some parts of Europe. This virus is not found in animals in the U.S. One cannot get bird flu from eating chicken or from other bird products (like feather pillows) in the U.S.

What to do if one gets the flu?
Grandmother’s advice is still the best. When sick; get plenty of rest, drink lots of fluids, and stay home to keep from getting others sick. Simple over-the-counter medicines are usually all people need to feel better (pain relievers, cough drops, etc.).
Children should never be given aspirin when they have the flu since it may cause a rare but serious condition called Reye’s Syndrome.
Remember antibiotics don’t work for viruses.
Most people will not need to see a doctor when they have the flu, but if symptoms become very severe (problems breathing, and extreme weakness) and if fever lasts for more than two or three days, call the doctor.

Pandemic influenza readiness: What can one do?
Many of the simple steps to prepare for a flu pandemic also impact things one should do for a wide range of other emergencies, these include:
• Talk to family members. It is important to think about the health issues that could affect one and one’s family during a pandemic or other emergency. Consider what is needed to care for loved ones.
• Store food and water. During a pandemic, stores may be closed or it may be impossible to get to a store, so it is important to have water and nonperishable food items on hand.
• Create a medical supply kit and a family emergency health information sheet. Include prescription medications, pain relievers, stomach remedies, cough and cold remedies, and first aid materials. List the important medical information needed for everyone
• Stay informed. Keep up with the weekly news. Visit www.espfocus.org or the MCRD San Diego website and go to the emergency preparedness link.

BRIEFS

Jewish High Holy Days Services Schedule
Jewish high holy days divine services will be offered on the depot in the first aid room, Building 626 according to the following schedule:
• Today 6 to 8 p.m.
• Tomorrow 9 to 10:30 a.m. and 6 to 8 p.m.

Hollywood Canteen
The MCRD Museum Historical Society will host its annual Hollywood Canteen tomorrow from 4 to 9 p.m., at the Command Museum.
The event features an evening of dinner, dancing and entertainment highlighting the 1945-1970 era. Special exhibits of vintage cars and surfboards will spotlight the evening. Dress is California casual.
Call the Historical Society for tickets, at (619) 524-4426, or go to the Society’s website at www.mcrdmhs.org for information.

Domestic Violence Awareness Month
October is Domestic Violence Awareness Month. Members of the depot’s Family Advocacy Office will again be partnering with Semper Fit to sponsor activities this year.
For information, call Family Advocacy at (619) 524-0465. Those in need of assistance can contact a victim advocate at (619) 524-0265 or 0421.
Depot events
The Make a Difference Day Walk and Expo: Oct. 22 from 8 to 11:30 a.m.
Deana’s Eductional Theater will present “The Yellow Dress” Oct. 25. Showings are at 10 a.m. and 1:30 p.m. at PAC 100.
Domestic Violence Resources
• National Domestic Violence Hotline: 1 (800) 799-SAFE (7233)
• Family Justice Center, Military Liaison: (619) 533-3592 or 3517
• Center for Community Solutions: (858) 272-5777 (Coastal), (619) 697-7477 (East County), (760) 747-6282 (North County)
• Women’s Resource Center Hotline: (760) 757-3500

Red Ribbon Week
In support of “Red Ribbon Week” the MCRD Substance Abuse Counseling Center will be setting up a prevention information booth for active duty military at the MCX courtyard, and Duncan Hall. SACC representatives will be available for questions and answers. During the Duncan Hall event, SACC will be giving out T-Shirts, Water Bottles, pencils, pens, miniature basketballs/hoops, soccer balls and dog tags.
Times, dates and locations of the events are:
• MCX courtyard - Oct. 20 - 10 a.m. to 2 p.m.
• Duncan Hall - Oct. 21 - 6 to 7:30 a.m. and 11 a.m. to 1 p.m.
For information call 619 524-4793.

A Journey through Boot Camp
Follow Sgt. Whitney N. Frasier as she blogs about Company G’s boot camp experience at www.transformationofmarines.wordpress.com

Send briefs to:
rdsd_pao@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.

Marines escort elementary students on National Walk to School Day



Cpl. Kristin E. Moreno

Marines with Headquarters and Service Battalion walk with students from Holmes Elementary School for the National Walk to School Day Oct. 5. The National Walk to School Day is meant to encourage a safer community environment for students walking to school and a healthier lifestyle. Students carried signs encouraging walking to school and an assembly was held immediately following to thank participants for their dedication to the cause.

Around the depot

This week the Chevron asks: "Who do you think will win the 2011 World Series?" Why?"



"The Detroit Tigers will win the 2011 World Series. I want them to win because they are a struggling city. I like all the Detroit teams, they have been doing great."

Gil Larios, barista, Starbucks, Marine Corps Recruit Depot San Diego



"It will come down to the Texas Rangers and the St. Louis Cardinals in the 2011 World Series. The Rangers' bats are hot and their pitching is strong, but the Cardinals will come out victorious."

Cpl. Paul Rosenberg, military police, Headquarters Company, Headquarters and Service Battalion



"I think the Milwaukee Brewers will win the World Series. I'm rooting for them because they are the underdog, you always see teams like the Yankees or the Cardinals win."

Sgt. Fred Tagoai, logistics non-commissioned officer-in-charge, Headquarters Company, Headquarters and Service Battalion

Marines accompany Afghan district governor during meeting at Camp Leatherneck bazaar

BY CPL. BRYAN NYGAARD
II Marine Expeditionary Force (FWD)

CAMP LEATHERNECK, Afghanistan — On the northern end of Camp Leatherneck, Helmand province, just outside of the perimeter, sits a shantytown by the name of "Soak City." This hub of tents surrounding a gas station consists of several hundred Afghans who have moved there so they can sell various wares to Afghan contractors and civilians visiting Camp Leatherneck.

Daod Mohammad, the district governor of Washir, paid the community of merchants a visit Sept. 29 to tell them they will have to move to a new location farther north near Route 1. Camp Shorabak, headquarters of the Afghan National Army's 3rd Brigade, 215th Corps, will be expanding its outer perimeter, which will require all of the transients to move to a new location.

In addition to moving the community, Mohammad started registering Afghan civilians and contractors so they can be taxed through the Afghan government and be entitled to government services.

Lt. Col. Brian O'Leary, commander of the New England based 1st Battalion, 25th Marine Regiment, accompanied Mohammad as he held shuras with numerous shopkeepers to discuss the move.



Cpl. Bryan Nygaard

Lt. Col. Brian O'Leary, commander of 1st Battalion, 25th Marine Regiment, and Daod Mohammad, the district governor of Washir, conduct a shura with Afghan shopkeepers at a bazaar located on the northern perimeter of Camp Leatherneck, Helmand province, Sept. 29. The purpose of the meeting was to discuss moving the settlement located outside of the base to a more secure location farther north.

O'Leary, whose Marines provide security on and around Camp Leatherneck, was surprised at how favorably the idea was received.

"The reaction of the men

at the meeting was that they don't mind moving, they don't mind paying taxes – just as long as security is provided for them," said O'Leary, a native of Brooklyn, N.Y.

The move will also allow Mohammad to build a commercial hub near Route 1 that will include a government branch office, a police station and a school.

PACIFIC ◀ 1

tions are met and good quality of life is maintained in order to keep faith with our Marines and sailors, said Talleri.

"MCIPAC will be the model of installation excellence," said Tal-

leri. "This is an exciting time for the Marine Corps as we move installation support into a new direction. It's the right move for the Corps. My enthusiasm level is extremely high right now as I unfurl the colors of MCIPAC and close those of the proud legacy of MCBJ."

RECRUITING ◀ 1

preparations, LifeAsAMarine.com has become a place where parents, friends and potential applicants could come together to read articles and view resources. Sunni Thompson, associate digital strategy director, JWT, led the effort to launch the site and said her team sought to create a dynamic that hadn't been done before on a Marine Corps website.

"LifeAsAMarine.com really focuses on supporting

the needs of the parents and mentors of prospects facing the decision to serve," said Thompson. "At this time, it is the only Marine Corps recruiting-related website to feature commenting functionality, which was developed specifically to encourage parents and mentors to share their experiences with each other."

The commenting function allows the prospects and their families to make observations on the content available on the site and talk to family members who already have a son or

daughter in the Marine Corps.

"This is very important to influencers, because it brings them into the Marine family, allowing current Marine parents, wives and family to connect and share their experiences," said Evert. "It gives influencers of prospective Marines a place to have their questions answered by a credible proof source."

Winning the military standard of excellence award has not slowed their efforts to keep improving the site.

"We're continuing to

encourage the growth of LifeAsAMarine.com through daily moderation and monitoring as well as monthly content updates," said Thompson. "We want to encourage parents, coaches, teachers and even prospective Marines to return to the website regularly to find new stories and comments shared by people like them."

To engage the community and reach out to friends in the Corps or those thinking about joining, go to LifeAsAMarine.com.

PIE ◀ 1

Sgt. Owein M. Ramirez, a drill instructor with 1st RTB, Company A.

You never know what their situation is, or

what their family life is like at home, so if I give them a little more attention than the others it shows them that someone really cares about them."

Aside from participating in physical educa-

tion classes, Marines may also volunteer to support other activities throughout the school year, such as Red Ribbon Week.

The program will continue until May before concluding for the summer.

CHEVRON
ESTABLISHED 1942

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The Nimitz-class aircraft Carrier USS Carl Vinson (CVN-70) passes under the Golden Gate bridge during the San Francisco Fleet Week 2011 Parade of Ships. San Francisco Fleet Week is a five-day event which highlights the equipment, technology and operational capabilities of the military's sea services and their history in the San Francisco area.

Seaman Nicolas C. Lopez



Cpl. Salvador Moreno

A Marine Corps MV-22 Osprey with HMM-161 demonstrates its vertical maneuvering capabilities during the San Francisco Fleet Week Air Show Oct. 8. The Osprey is a unique aircraft, which can take off, move and land like a helicopter, but has a top speed of over 300 miles per hour. This capability makes it versatile in moving troops or supplies in to remote areas with out landing strips while conducting long range rescue missions in less time than a regular helicopter.



Lance Cpl. Joshua B. Young

Cpl. Sean Lapan, a 22-year-old combat marksmanship trainer with Military Police Company, Combat Logistics Regiment 17 from Queensbury, N.Y., reads a children's book to Joseph Pelejo, a four-year-old patient at San Francisco General Hospital Oct. 6. Service members here for Fleet Week delivered and read books to children at the hospital. The event is an opportunity for the Navy-Marine Corps team to serve the community and demonstrate their readiness and ability to respond to a sudden crisis.



Sgt. Michael S. Cifuentes

Marines serving with I Marine Expeditionary Force and sailors serving aboard the USS Bonhomme Richard (LHD-6) man the rails aboard the ship, Oct. 5, 2011, while the vessel pulls in to the San Francisco Bay for Fleet Week. One of the goals for San Francisco Fleet week is to highlight the role the Navy and Marine Corps team can play in assisting locals in medical surge capabilities.

Fle

BY SGT. ...
1st Marine

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Fleet week reflects commaraderie, shows abilities

MICHAEL S. CIFUENTES
e Division

SAN FRANCISCO — A fleet of Coast Guard and Canadian vessels entered the San Francisco Bay in a regal Parade Ceremony Oct. 8 for a Fleet Week event. The form of Fleet Week, senior officers from the Coast Guard and Canadian vessels to salute their service's respectively in an official review. The USS Carl Vinson (CVN-70), a Nimitz-class aircraft carrier, was noteworthy for carrying the body of Osama bin Laden, led the parade as it rolled in with the thick fog underneath the Golden Gate Bridge and into the bay. The tradition dates back to the "Great White Fleet" from 1907 to President Theodore Roosevelt's battleships of the Atlantic Ocean on a 14-month voyage around the world to showcase American naval power. San Francisco's first Fleet Week was May 6, 1908. San Francisco Mayor Edwin Lee said he celebrated the event to recognize and honor the service of the city's men and women in the military and the service they're providing to the Bay Area specifically.

"We wanted to make sure Fleet Week touches all of the citizens of San Francisco, and we found a way to do that," Lee said. "It should not surprise you that the themes of our Fleet Weeks have evolved into disaster preparedness for the very one we expect to happen here." "As we salute the fleet of ships, I'd like to remind us all that we have a wonderful armed services for our country, and I'm very proud to give honor to all members," Lee added. The parade featured 13 ships, and thousands of San Franciscans gathered at the city's north shore to watch ships enter their bay. "The ships flowing under the Golden Gate Bridge, through the bay, and into the piers, attracted a whole lot of attention, which raises awareness of Fleet Week," said Maj. Gen. Melvin G. Spiese, commander of 1st Marine Expeditionary Brigade. Military and San Francisco officials took on the mission of preparing for the next natural disaster that could potentially strike in San Francisco when they sat down to organize Fleet Week. During the week, Marines and sailors serving with 1st MEB, who ported at Pier 32 via amphibious assault ship USS Bonhomme Richard (LHD-6), trained alongside San Francisco

emergency responders in medical surge capabilities. San Francisco emergency officials also returned their knowledge in emergency response to the service members, which will prepare them to operate in the city. Spiese said the cross-training serves two important goals: introducing San Francisco officials to their Marines and sailors and building a good rapport between the two parties so when a natural disaster occurs in the city, the two will already have an established working relationship. "The unique aspect of San Francisco Fleet Week is working on disaster preparedness and military support in the event of a catastrophic earthquake," Spiese said. "We increase familiarity, awareness and understanding so in the event of having to come together, under the most pressure-packed of circumstances, we have the ability to flow together somewhat seamlessly and get right to the business of providing relief." Spiese commented on a perception of the city of San Francisco. "This is a great place to be. San Francisco has welcomed us with open arms, and if you have to find a spot to wear the uniform representing the United States, this is a great place to do it," Spiese said.



Staff Sgt. Brian Buckwalter

Area philanthropist Henry Trione and retired Navy Capt. Jackson L. Schultz co-chaired a committee to raise the nearly \$3 million needed to erect a memorial on the north end of the Golden Gate Bridge. There today stands a replica of the Lone Sailor statue found at the United States Navy Memorial in Washington, D.C. Surrounding the San Francisco version of the statue are bronze plaques honoring the Navy, Marine Corps, Coast Guard and Merchant Marine. Each is an exact replica of ones at the memorial in D.C., except the Navy's plaque. It's an original created by local artist Keith Christie.



Lance Cpl. Joshua B. Young

with Marine Heavy Helicopter Squadron 466 fly CH-53 Sea Stallions carrying first responders of the San Francisco Bay Area past Alcatraz on their way to the USS Bonhomme Richard (LHD-6), Oct. 5, 2011. Members of the fire department, fire department and emergency management team visited the USS Bonhomme Richard to view Navy-Marine Corps capabilities in the case of a natural disaster. The ship ported hours later to kick off Fleet Week and to take advantage of the opportunity to interact with the community of San Francisco.



Sgt. Michael S. Cifuentes

serving with 1st Marine Expeditionary Brigade march down Filbert Street during the 143rd Annual Italian Parade, Oct. 9, 2011. Marines and sailors with the expeditionary brigade traveled to San Francisco aboard the USS Bonhomme Richard to participate in Fleet Week to showcase the Navy and Marine Corps' amphibious readiness and ability to respond to disasters.



MCCS Joe Kane

Visitors talk to sailors and Marines while viewing various displays of military equipment aboard the amphibious assault ship USS Bonhomme Richard (LHD-6) during San Francisco Fleet Week 2011. Nearly 4,000 people came aboard on the first day the ship was available for public tours.

Hypnotherapy helps with depot stressors

BY LANCE CPL. CRYSTAL DRUERY
Chevron staff

Military life can be stressful, not only for active duty service members, but for their families as well. Marine Corps Community Services hosted a hypnotherapy class Sept. 28 aboard Marine Corps Recruit Depot San Diego to help people find calmness amid their hectic lives.

The two-hour class was free for Department of Defense employees, their family members and guests, and provided tools necessary to live a more enjoyable, stress-free life.

“This class was intended to identify what their stressors are and empower them to make changes with the tools I provided them,” said Linda Stark, certified clinical hypnotherapist.

At the beginning of class, Stark handed out pamphlets that helped participants identify what triggers their stress. As they filled out the pamphlet, many attendees were surprised at how many stress triggers pertained to them.

Christine M. Blake said she came to the class looking for serenity after having a baby, her husband’s possible deployment and everyday stressors.

After everyone shared stressors they were looking to overcome, either vocally or by submitting it to Stark on paper, she explained how she’d help them achieve peace.

“This is a very natural state, and I’m going to help you get there,” said Stark, referring to hypnosis.

She explained that hypnosis changes the brain waves, makes the participant feel accomplished and gives them a wonderful sense of well-being.

Stark explained hypnosis works on many people, from those trying to cope with

everyday stressors to basketball players hoping to win their next game.

One example she likes to share is based on three basketball teams.

Each team was challenged with improving their game. One team increased their practice to two daily sessions, another kept their normal practice routine and the third didn’t practice at all—instead they went under hypnosis imagining practice. Stark claims out of all of the teams, the hypnotized team improved the most. This shows how hypnosis can work if people allow themselves to focus.

“It gives them a dress rehearsal for what they want to do,” said Stark.

No person can be hypnotized if they don’t want to be, and if someone is hypnotized and doesn’t feel comfortable, they can snap out of it just by opening their eyes, explained Stark.

“I think if they’re open to it, it can be a very useful tool,” said

Andrea Callahan, health promotions.

Hypnosis started with everyone looking up at the ceiling and closing their eyes once they felt comfortable.

“Get in touch with your breathing,” said Stark, “See yourself on a path, going further on the path.”

Shortly into the 30-minute session, heads started to bob and muscles in participants’ faces started to relax. Stark talked the class through their stressors by giving them different scenarios.

They were to first imagine themselves walking down a path meeting up with friends and family to cheer them on. They then encountered a large mountain they had to climb, but with each step they were to let go of a stressor by taking a rock out of their backpack and tossing it. When they reached the top, they were stress-free and had the love and support of their family and friends giving the participants peace of mind.

Stark counted to five to bring the group back from hypnosis. A few participants said their minds wandered too much during the session.

Stark explained their minds would wander less the second time around.

“I felt like I was sleeping for hours, I don’t even know how long it was going on,” said Staff Sgt. John Ciupak, adjutant, 1st Recruit Training Battalion, Recruit Training Regiment.

Ciupak came to the class to get information to help him worry less and left feeling very relaxed.

“I recommend this for others, I was kind of surprised. You don’t know if you can be hypnotized but it worked,” said Ciupak. “It was abnormal for me. She put me into a weird state of mind, kind of like I was asleep until she counted to five.”

After opening her eyes Blake also experienced a sense of relaxation she said.

“The class was helpful with

giving tools,” said Blake. “Only time will tell if it helped me to change things.”

Participants received a CD with a hypnotherapy session on it and a handout with suggestions on how to help decrease stress, such as setting limits, not doing too much at once and maintaining an active lifestyle.

According to Callahan, the idea for this class came from a tobacco-cessation hypnotherapy class held aboard the depot.

“The other class is how we got the idea for this,” said Callahan.

There were many successful participants from the other class, so we hope this class leaves feeling relaxed and enjoy themselves.”

Stark hopes to continue giving sessions abroad the depot to help give back to the military and their families.

“My goal is to help people become independent,” said Stark. “Hopefully by giving participants ways to deal with stress, they will be.”



Lance Cpl. Crystal Druery

Linda Stark, a certified clinical hypnotherapist, reads to a stress hypnotherapy class Sept. 28 aboard Marine Corps Recruit Depot San Diego to help people find calmness. The two-hour class provided tools necessary to live a more enjoyable, stress-free life. First participants had to address and identify their stressors. Then Stark talked them through hypnotherapy which was intended to make the participants feel refreshed and calm.

Sgt. Maj. Harrison L. Tanksley

Parade Reviewing Officer

Sgt. Maj. Tanksley enlisted in the Marines Corps in November 1980. In June 1981, he reported to Marine Corps Recruit Depot Parris Island, S.C., for recruit training. After graduating basic warehouseman school at Marine Corps Logistics Base Albany, Ga., he reported to Supply Company, 3rd Supply Battalion, 3rd Force Service Support Group, Okinawa, Japan.

In December 1982, he transferred to 2nd Force Reconnaissance Company, 2nd FSSG, Camp Lejeune, N.C., where he was meritoriously promoted to the rank of sergeant.

In September 1986, he received orders to Drill Instructor School, MCRD Parris Island, S.C. Upon completion of Drill Instructor School, he was assigned to Company D, 2nd Recruit Training Bn.

In November 1988, he was transferred to 2nd Supply Bn., for duty with Supply Company. In December 1988, he was screened and accepted as an instructor with the Noncommissioned Officers Course, 2nd FSSG, Camp Lejeune, N.C.

In January 1990, he was transferred to 2nd Bn., 8th Marine Regiment. The battalion deployed with the 24th Marine Expeditionary Unit to the Mediterranean Sea and participated in Operation Provide Comfort. During June 1992, the battalion deployed to Okinawa for duty as a Unit Deployment Program battalion with the 4th Marine Regiment. In November 1992, Tanksley was promoted to the rank of staff sergeant.

In July 1993, he was transferred to MCRD Parris Island, S.C., for duty with Headquarters and Service Bn., as the noncommissioned officer in charge of recruit issue. He was transferred to 3rd Marine Division and assigned to Combat Assault Battalion as the warehouse chief in November 1995.

After returning from Okinawa he received orders

to Marine Security Guard School. Upon graduating MSG School, he reported to the American Embassy Nicosia, Cyprus for duty as the detachment commander. In September 1997, Tanksley was promoted to the rank of gunnery sergeant. During July 1998, he was transferred to the American Embassy, Brussels, Belgium for duty as the detachment commander. In January 2000, he was transferred to the American Consulate, Jerusalem for duty as the detachment commander.

In July 2001, Tanksley was transferred to Marine Corps Communication School, Twentynine Palms, Ca., as the first sergeant of Company

B. In January 2004, he was transferred to 2nd Bn., 7th Marine Regiment for duty as first sergeant of Company E and deployed to Iraq in support of Operational Iraqi Freedom II. In December 2004, Tanksley was posted as the sergeant major for 3rd Battalion, 4th Marine Regiment. In January 2005, he deployed to Iraq in support of Operational Iraqi Freedom III.

In May 2006, Tanksley reported to Quantico, Va., for duty with Manpower Management Division, Manpower and Reserve Affairs, Headquarters Marine Corps for duty as sergeant major, Manpower Management Support

Branch 30. In July 2008, he was transferred to 1st Marine Logistics Group for duty as sergeant major for Combat Logistics Regiment 15. In February 2010, he assumed duty as the sergeant major of Marine Air Ground Task Force Training Command, Marine Corps Air Ground Combat Center, Twentynine Palms, Ca.

Tanksley’s personal decorations and awards include; Meritorious Service Medal with two gold stars, Navy and Marine Corps Commendation Medal with two gold stars, Navy and Marine Corps Achievement Medal with one gold star, and Combat Action Ribbon.

“You have earned the distinguished title of United States Marine over the last few months, an accomplishment your families and fellow Marines stand with you today to celebrate. You have joined our Corps while this Nation is engaged in the Global War on Terror, a testament to your devotion to our values of honor, courage and commitment. Your journey is not over now, but just beginning. Remember the proud history of our Corps you have learned over the last thirteen weeks. I’m proud to have you in our ranks and to add to that esteemed history with your brothers graduating with you today. Congratulations, Marines.”



Platoon 1071
COMPANY HONOR MAN
Pfc. J. T. Honeycutt
Flynn, Texas
Recruited by
Staff Sgt. J. Warren Jr.



Platoon 1075
SERIES HONOR MAN
Pfc. N. M. Walsh
Spring, Texas
Recruited by
Sgt. A. Richards



Platoon 1069
PLATOON HONOR MAN
Pfc. A. A. Fisher
Los Angeles
Recruited by
Sgt. R. Mercado



Platoon 1070
PLATOON HONOR MAN
Pfc. M. J. Carter
Overland Park, Kan.
Recruited by
Staff Sgt. C. Sims



Platoon 1073
PLATOON HONOR MAN
Pfc. N. L. Brandt
Battle Creek, Mich.
Recruited by
Staff Sgt. A. Batchellor



Platoon 1074
PLATOON HONOR MAN
Pfc. S. A. Packer
Faribault, Minn.
Recruited by
Sgt. M. Schmotter



Platoon 1076
PLATOON HONOR MAN
Pfc. R. Robles
Pasadena, Calif.
Recruited by
Sgt. P. Darrett



Platoon 1074
HIGH SHOOTER (338)
Pfc. K. J. Tagliareni
Castle Rock, Colo.
Marksmanship Instructor
Sgt. G. G. Gause



Platoon 1070
HIGH PFT (300)
Pfc. C. J. Chernenko
Bakersfield, Calif.
Recruited by
Staff Sgt. K. Campbell



**HONOR
PLATOON**

DELTA COMPANY

1st RECRUIT TRAINING BATTALION

Commanding Officer

Sergeant Major

Battalion Drill Master

Lt. Col. T. G. McCann

Sgt. Maj. J. N. Perry

Staff Sgt. M. A. Saldaña



COMPANY D Commanding Officer Capt. C. M. Anderson Company First Sergeant 1st Sgt. J. R. Sanders	SERIES 1069 Series Commander Capt. S. F. Strieby Chief Drill Instructor Gunnery Sgt. K. M. Avelar	PLATOON 1069 Senior Drill Instructor Staff Sgt. M. C. Choate Drill Instructors Sgt. K. Carter II Sgt. J. J. Fields Sgt. J. Tellez	PLATOON 1070 Senior Drill Instructor Staff Sgt. C. Z. Cajas Drill Instructors Staff Sgt. M. R. Vasquez Sgt. J. P. McGee	PLATOON 1071 Senior Drill Instructor Staff Sgt. W. S. Rauschelbach Drill Instructors Sgt. J. Nunez Sgt. J. Sharpe
SERIES 1073 Series Commander Capt. P. A. Dinardo Chief Drill Instructor Gunnery Sgt. F. Lopez	PLATOON 1073 Senior Drill Instructor Staff Sgt. G. S. Hernandez Drill Instructors Staff Sgt. K. S. Williamson Sgt. C. N. Marcial Sgt. T. R. Jackson	PLATOON 1074 Senior Drill Instructor Staff Sgt. J. Dan Drill Instructors Staff Sgt. D. L. Sallese Staff Sgt. J. E. Bergeron	PLATOON 1075 Senior Drill Instructor Sgt. E. Roacho Drill Instructors Sgt. R. H. Patty Sgt. J. A. Walke	PLATOON 1076 Senior Drill Instructor Gunnery Sgt. J. A. Clark Drill Instructors Gunnery Sgt. J. E. Martinez Staff Sgt. J. D. Niemeyer

* Indicates Meritorious Promotion

PLATOON 1069 Pfc. M. L. Althoff Pvt. J. A. Araiza *Pfc. J. R. Ashebrock Pvt. N. D. Austria Pfc. I. Ballesteros Pvt. J. R. Bauer Pvt. D. S. Benisek Pfc. K. T. Bennett Pvt. J. C. Betancourt Pfc. K. D. Bill Pfc. K. M. Biro Pvt. A. J. Brown Pvt. S. R. Brozowski Pvt. C. J. Burnett Pvt. R. C. Camacho Pvt. R. K. Campbell Pvt. M. E. Campos III Pfc. J. P. Cannon Pfc. J. S. Carroll Pvt. E. Chavez Pvt. H. Chavez-Contreras Pvt. J. M. Christensen Pvt. J. C. Christian Pvt. M. J. Clay-Gilmore Pvt. P. W. Collecchi Pfc. R. Colon Pvt. K. J. Cook Pvt. B. J. Cromeans Pfc. E. B. Dascomb Pvt. C. A. Deramus Pvt. D. L. Detwiler Pvt. D. E. Diaz Pfc. J. C. Dominguez Pfc. A. D. Dubinski Pvt. L. P. Elvik Pvt. B. D. Engelage Pfc. M. A. Espinoza Pfc. A. A. Fisher Pvt. H. H. Foreman Pvt. T. J. Forsythe Pfc. T. C. Fuhrmeister Pvt. T. K. Furlong Pvt. L. R. Gabella Pvt. N. C. Garey *Pfc. R. D. Garr Pfc. J. R. Gilbert Pvt. L. T. Gilmore Pvt. R. C. Gonsior *Pfc. L. Gonzalez *Pfc. P. G. Griffin Pvt. V. A. Guinto Pvt. B. M. Hanson Pvt. S. P. Hatfield Pvt. K. J. Heivilin Pfc. V. W. Hillmann Pvt. D. M. Hobbs Pvt. J. T. Holcomb Pvt. H. W. Holland Pfc. D. J. Hummer Pvt. T. J. Humpfer Pvt. A. L. Janssen Pvt. N. B. Jenkins Pfc. A. A. Jewkes Pvt. R. W. Johanson Pvt. E. M. Johnson Pvt. C. T. Kirsch Pvt. D. D. Klucker Pvt. T. A. Knoll Pvt. P. A. Korpela *Pfc. S. J. Lake Pvt. D. T. Lam	Pvt. J. W. Lamb Pvt. T. W. Lapach Pfc. C. W. Liddell Pfc. M. C. Lim Pvt. J. G. Llamas-Rivera Pvt. H. Solis PLATOON 1070 Pvt. G. H. Allen-Wilson Pvt. V. L. Alvarez Pvt. J. D. Anderson Pfc. J. A. Aquino Pvt. L. E. Arnett Pvt. E. B. Baeza Pvt. J. E. Banks Pvt. B. M. Bartlow Pvt. A. M. Beagley Pvt. T. S. Bennett Pfc. A. E. Boyett Pfc. J. A. Bucklew Pvt. B. A. Bullard Pvt. P. T. Calabaza Pvt. A. A. Cardenas Pvt. G. Cardenas Pfc. M. J. Carter Pvt. M. C. Castaneda *Pfc. C. J. Chernenko Pvt. N. D. Chong *Pfc. C. M. Cocas Pfc. L. J. Coggeshell Pvt. M. A. Cooke Pvt. C. R. Davenport Pvt. M. Diaz Pfc. D. T. Donahue *Pfc. R. Duran Jr. *Pfc. J. F. Eubanks-Vera Pvt. R. A. Felix Pvt. J. G. Flores Pvt. J. J. Ford Pfc. B. D. Frias Pvt. C. J. Frigon Pvt. M. A. Fuentes Jr. Pvt. A. J. Garcia Pfc. R. Gasca Jr. Pvt. B. M. Gummin Pvt. C. M. Hazell Pvt. C. Hem *Pfc. A. Hernandez Pvt. J. T. Hilton Pfc. M. J. Hunter Pvt. G. S. Iguado Pfc. M. T. Ito Pvt. M. E. Ivie Pfc. B. A. Jalove Pfc. M. P. Johnson Pvt. Z. R. Johnson Pvt. N. M. Jordan Pvt. O. Juarez Pvt. R. W. Kaczmarek Pfc. N. O. Kallasorg Pvt. H. Lara-Bracamontes Pvt. N. A. Lirio Pvt. E. J. Lopez Pvt. J. V. Lozano Pvt. A. D. Maiden Pvt. G. A. Medina Pvt. W. F. Meehan Pvt. C. A. Meyer Pvt. A. M. Miles Pfc. S. P. Moynihan Pfc. R. A. Murphy Pvt. R. Nguyen	Pvt. N. Z. Nunes Pvt. N. E. Phillips Pvt. J. D. Poage Pfc. F. Preciado Pvt. K. A. Pulliam Pvt. P. Ramirez *Pfc. B. M. Reittinger Pvt. I. J. Reynolds Pvt. R. E. Rios Pvt. N. A. Robison Pfc. J. D. White Pvt. D. H. Woods Pvt. I. M. Zarate PLATOON 1071 Pvt. W. K. Adams Pfc. F. Aguilar Pvt. N. D. Alejandro Pvt. R. W. Allred Pvt. G. A. Banning Pvt. M. A. Barallardos Pfc. J. Barerra Pfc. M. R. Beck Pvt. R. P. Belcher Pvt. H. Benitez Pvt. R. P. Biddleman Pvt. I. E. Bingaman Pvt. R. D. Borromeo Pvt. C. E. Brooks Pfc. J. D. Burwell Pvt. J. L. Camarena Jr. Pvt. J. M. Cantu Pfc. C. L. Carpenter Pvt. A. A. Cavalier Pvt. J. Cedeno-Herrejon Pfc. T. M. Chesser Pvt. R. D. Clark Pvt. D. R. Cook Pfc. C. A. Cornelison Pfc. M. A. Cortez Pvt. C. F. Daley Jr. Pfc. C. L. Daniels Pvt. D. B. Davis Pvt. L. G. Dehning Pvt. E. Diaz-Ramirez Pvt. M. D. Diedrich *Pfc. S. Duran Pvt. J. M. Ellsworth Pvt. A. W. Felts Pvt. E. Fernandez Pvt. J. S. Frahlman Pvt. R. A. Garcia Pvt. W. J. Geary Pfc. J. E. Gerdts Pvt. D. J. Ginder Pvt. M. L. Girard Pfc. C. P. Gonzales Pfc. V. A. Gonzalez-Barron Pfc. A. Gracia Pvt. T. P. Griesel Jr. Pfc. M. G. Halbrook *Pfc. C. P. Hardy-Gritag Pvt. C. E. Harris Pfc. J. R. Holmes Pvt. Z. T. Holmes *Pfc. J. T. Honeycutt Pfc. B. D. Hooper Pvt. B. L. Izeta Pvt. A S. Jones Pfc. K. J. Kiesow Pvt. E. D. Lohn	Pvt. J. L. Lokey Pvt. M. B. Loomis Pfc. C. M. Lynd Pfc. A. L. Maroot Pvt. J. B. Martinez Pvt. D. J. McQueen Pfc. G. C. Mitchell Pfc. J. C. Nardone Jr Pvt. J. J. Rojas-Carapia Pfc. K. J. Southworth Pfc. S. N. Springer Pvt. J. J. Strnad Pfc. D. L. Taylor Pvt. R. J. Thomas Pfc. A. S. Tumino *Pfc. D. J. Vanasdale *Pfc. T. W. Vincent Pfc. W. J. Ward *Pfc. T. J. Whitfill Pvt. D. T. Williams PLATOON 1073 Pvt. J. R. Arbuckle Pvt. R. E. Babcock Pvt. A. C. Bach Pvt. M. L. Baird Pvt. T. J. Barboza Pvt. C. R. Behrman *Pfc. N. L. Brandt Pvt. J. J. Braun Pfc. K. H. Bruner Pvt. J. A. Buford Pfc. N. R. Burrage Pvt. I. Cavalier-Matute Pvt. J. C. Caldera *Pfc. M. L. Canamore Pvt. B. A. Clark Pvt. B. J. Cochran Pvt. D. A. Cruz Pvt. I. Cruz-Camacho Pfc. B. D. Dehne Pvt. C. A. Everidge Pvt. J. B. Fields Pvt. J. A. Fricken-Schmidt Pvt. D. A. Galbreath Pvt. K. C. Gardner *Pfc. E. Gonzalez Pvt. R. J. Gruse Pfc. N. C. Hannah Pvt. D. Harrison Pfc. D. P. Heiber Pvt. G. A. Hernandez Pfc. J. R. Herren Pvt. D. C. Hinson Pfc. J. A. Hoffman Pvt. J. B. Hopkins Jr. Pvt. T. J. Horton Pvt. D. Huizar Pvt. T. A. Johnson Pvt. J. O. Jongekryg Pvt. P. Karoblis Pvt. B. T. Kealey Pvt. S. A. Kippenhan Pvt. M. T. Kulpa Pvt. D. J. Langel Pfc. R. W. LeMay IV Pvt. C. W. Linke Pvt. D. S. Lippert *Pfc. J. J. Lugo *Pfc. R. M. Lusk Pvt. K. W. Mallard Pvt. M. M. Maze	Pvt. B. M. Scott Pvt. A. A. Sepulveda Pvt. A. M. Shelley Pfc. D. N. Smith Pfc. R. T. Snizek Pfc. D. F. Spencer Pfc. N. T. Spencer Pvt. K. M. Steinfest *Pfc. J. D. St. Mary Pvt. C. D. Stonestreet Pfc. D. W. Street Pvt. T. J. Strong Pvt. J. J. Sullivan Pvt. D. R. Taylor Pvt. N. S. Thibault Pfc. K. A. Van Oort Pvt. G. C. Wagner Pvt. N. A. Wilcox Pvt. B. A. Williams Pvt. B. E. Williams *Pfc. D. Williams Pvt. E. K. Wilson Pvt. G. J. Witte Pvt. C. R. Wood Pvt. S. Xiong Pvt. M. A. Yilek Pfc. S. M. Zimmerman PLATOON 1074 Pvt. A. D. Araiza Pfc. C. D. Beckel Pvt. S. P. Benson Pvt. L. M. Bringgold Pvt. L. B. Brouse Pvt. J. C. Cabrera Pvt. A. D. Chatigny Pfc. J. N. Cortez Pvt. G. A. Flores Pfc. M. Garcia-Rabadan *Pfc. E. V. Garnica Pvt. D. L. Gaston Pfc. T. H. Geisert Pvt. R. C. Gilmartin Pfc. C. A. Glines *Pfc. G. Godinez Pvt. B. A. Goodwin Pvt. B. M. Greengo Pvt. B. T. Grimes *Pfc. B. S. Ha Pvt. J. J. Ham Pvt. J. F. Hamad Pvt. B. M. Hernandez Pvt. R. Hernandez Pvt. H. M. Hortillosa Pvt. J. R. Iniguez Pfc. M. A. Lasko Pfc. J. M. Lindsay Pvt. V. L. Davis Jr. Pfc. W. D. Lowe Pfc. R. E. Magadia Pfc. B. R. Majors Pvt. H. H. Manrique Pvt. J. L. Martin Pvt. M. L. Martinez Pvt. D. Masa Pfc. R. E. Medina Pvt. J. E. Mendoza Pvt. M. D. Morales Pvt. R. Morales Pvt. B. L. Moreno Pvt. C. L. Morgan Pvt. J. S. Morrow Pfc. T. J. Moser	Pvt. B. Mota Pvt. J. D. Murillo Pfc. G. W. Nassif Pvt. J. Navarro Pfc. A. R. Naylor Pvt. J. W. Ness Pvt. L. G. Newland Pvt. J. D. Noyes Pfc. S. J. Nunez Pvt. S. J. O'Connel Pfc. E. S. Ortega *Pfc. S. A. Packer Pfc. N. H. Palacios Pvt. J. D. Parafiniuk Pvt. A. Perez-Ramirez Pvt. K. C. Pratt Pvt. C. M. Presson Pfc. C. Ramirez Pvt. C. D. Ramos Pvt. R. Rivera Pvt. C. K. Robello Pvt. C. M. Ryan Pvt. M. A. Sampey Pvt. D. G. Siekawitch Pvt. A. A. Skon Pvt. J. A. Smith Pvt. T. K. Smith Pfc. J. R. Soliz Pfc. S. B. Spolar Pvt. A. R. Strand *Pfc. K. J. Tagliareni Pvt. S. G. Tomsen Pvt. L. F. Valdez Pvt. H. A. Wells Pfc. J. L. Wielinski Pvt. S. S. Xiong Pvt. P. Yang Pvt. W. J. Zielinski PLATOON 1075 Pvt. J. W. Banasaik Pvt. B. S. Banke Pvt. R. A. Blount Pvt. M. S. Bridenstine Pfc. A. N. Cameron Pfc. A. A. Carrillo Pvt. C. A. Casanova-Robles Pvt. D. A. Clement Pfc. A. Clements-Medeios Pvt. B. D. Conner Pvt. C. N. Conrad Pvt. C. A. Cook Pvt. K. J. Coon Pfc. D. J. Cripe Pvt. R. A. Curry Pvt. V. L. Davis Jr. Pvt. C. L. Davis Pvt. A. G. Delao *Pfc. A. A. Diaz Pvt. S. I. Donellan *Pfc. J. S. Emmerson Pfc. J. C. Erickson Pfc. A. T. Fink Pfc. B. J. Garrison Pvt. K. L. Gascon Pvt. F. Gil Jr. Pvt. R. J. Gonzales Pvt. O. Gonzales-Renteria *Pfc. L. E. Hamerlsey Pvt. T. L. Hardy	*Pfc. T. H. Helmberger Pvt. J. R. Hollibaugh Pvt. A. L. Hott Pvt. K. J. Imper Pfc. N. P. Jensen Pfc. A. A. Kloulubak Jr. Pvt. C. J. Kramer Pfc. J. E. Kunin Pvt. M. G. Laurinitis Pvt. G. W. Lego Jr. Pvt. R. E. Loftis Pvt. F. Lopez-Aldana Pfc. C. A. Major Pvt. L. A. Mauga Pvt. A. Medina II Pvt. R. J. Miller Pfc. M. U. Mondal Pvt. M. R. Mullins Pvt. T. R. Neely Pvt. A. C. Newmark Pvt. M. K. Ngirmeriil Pvt. D. A. Noblin Pvt. C. M. Ofiesh Pvt. J. Olivares Pvt. F. L. Orabuena Pvt. C. G. Pepper Pvt. M. L. Prudente Pvt. S. B. Ruse Pfc. T. C. Rowe Pvt. S. D. Sanders Pvt. S. M. Shambaugh Pvt. P. M. Siebring Pvt. G. Solano Pfc. S. S. Spiars Pvt. J. P. Stephens Pvt. D. R. Stice Pvt. A. F. Tafuya Pvt. Z. K. Tener Pvt. K. Tista Pvt. A. Townsend-Whitfield Pfc. M. D. Tran Pvt. A. R. Tristion Pfc. N. J. Troseth Pvt. J. K. Tsosie Pvt. J. F. Velasquez Pvt. J. M. Vigil Pfc. G. Villaseñor Pfc. N. M. Walsh Pfc. K. E. Welch Pvt. M. J. Wiesley Pvt. I. B. Williams Pvt. L. A. Wolf Pfc. J. H. Zimmerman Jr. PLATOON 1076 Pfc. C. J. Guerrero Pfc. C. R. Jones Pvt. N. A. Jones Pvt. J. M. Jones Pvt. J. D. Keele Pvt. P. A. McDermott Pvt. T. J. McLeod Pfc. T. J. McNair Pvt. J. A. Mendoza Pvt. N. C. Meyer Pvt. K. L. Mitchell Pvt. A. A. Molina Pvt. J. L. Montano Pfc. M. D. Moore Pvt. P. B. Moser Pfc. J. S. Murray *Pfc. C. R. Mynhier	*Pfc. T. J. Nicholson Pvt. J. J. Nixon Pvt. T. L. Nunally Jr. Pvt. R. Olivares Pvt. T. J. Olynick Pfc. F. Z. Ortiz Pvt. J. D. Owings Pvt. Z. A. Palmer Pfc. T. D. Paxton Pvt. R. J. Peters Pvt. J. C. Peterson Pvt. R. B. Phillips Pfc. P. A. Pich *Pfc. M. Pinon Pfc. T. M. Piotrowski Pvt. Z. A. Pipkin Pfc. J. D. Portugal Pvt. B. J. Prasun Pvt. A. A. Proasanta-Cruz Pfc. P. Pulido Pvt. D. W. Qualls Pvt. R. A. Ramirez Pvt. T. L. Redmond Pvt. S. L. Reed Pvt. J. T. Reeves Pvt. T. P. Reeves *Pfc. K. J. Ressler Pfc. T. A. Rettig Pvt. E. E. Reyes-Galvan Pfc. D. A. Richard Pvt. J. L. Rios Pvt. P. W. Ritter Pvt. L. M. Robinson Pfc. R. Robles *Pfc. E. R. Rocha-Flores Pfc. G. T. Rogers *Pfc. A. A. Romero Pvt. C. Romero Pfc. J. A. Romero Pfc. C. L. Rompell Pfc. D. W. Rosales Pvt. B. J. Rothenberger Pvt. J. G. Roux Pvt. S. C. Sacro Pvt. C. J. Saechao Pfc. A. R. Salazar-Jackman Pvt. M. A. Samsa Pfc. F. R. Sanchez Pvt. I. Sanchez Pvt. J. L. Sanchez Pfc. M. T. Sayers Pfc. J. E. Schier Pfc. C. E. Schmidt Pfc. D. J. Schneidt Pvt. D. L. Seeley Pvt. C. H. Servin-Velasquez Pfc. K. A. Smith Pfc. E. M. Solarzano-Medrano Pvt. Z. A. Spicer Pvt. A. M. Swed
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Semper Fit participants work abs, get hard core

BY LANCE CPL. CRYSTAL DRUERY
Chevron staff

Physical fitness is an important part of being in the military. To help service members aboard Marine Corps Recruit Depot San Diego develop a strong core, Semper Fit offers an abs class Monday through Thursday.

The abs class is meant to help participants tone their abdominal muscles while strengthening and stretching the body's core.

The instructor, Gene Calantoc, leads the participants through a variety of abdominal exercises using different equipment, targeting different core muscles.

The class consists of basic crunches with leg lifts on a medicine ball, planks with weights and other exercises with a bosu or pilates ball.

Though Calantoc says the class is intense, it's not meant for just one fitness level. If participants can't perform all the exercises or as many repetitions as others, they will still benefit from the class. With time and practice, they will gain strength in their abdominal muscles, making it easier to perform the exercises, and gain health benefits as well.

"I came to this class to help myself stay healthy and fit," said Crystle Rustia, market place sales clerk.

Rustia says she doesn't find a lot of time to exercise or maintain the healthiest diet

since she works two jobs.

"I started gaining weight and feeling insecure. To help myself feel more confident, I started taking this class," said Rustia.

Having a class lead by an instructor makes it easier for some people to achieve their fitness goals. Not everyone knows how to target areas they need or want to work out. Having a personal trainer plan a workout can help more people stay physically fit.

"All the things we do in this class really burn my abs," said Rustia.

Calantoc explains it's beneficial to keep the core in shape because no matter what people's daily activities are, they always have to use their abs. Besides the health benefits of staying physically fit, keeping strong abdominals can also prevent different injuries.

"If your core is strong, you're more likely to not get a lower back problem," said Calantoc. "When you have a strong core it helps your whole body so you don't get injured as easily."

Many people develop lower back problems, especially when they get older. This can be pain-

ful and can limit one's physical activity. To help prevent that, Calantoc encourages people to participate in classes like his.

Chief Petty Officer La Dala, who works at Naval Base San Diego, comes to the depot to enjoy the variety of classes Semper Fit has to offer. She attended the abs class to learn how to strengthen her core because she believes it's the key to getting a person in shape.

"The core is the main point of your body and if you want to be physically fit that's where it starts," said Dala.

Rustia suggests people who

want to get fit and try something new under the supervision of a knowledgeable instructor should try the abs class.

"I recommend other people come to this class. It keeps me fit and healthy while having fun and releasing stress at the same time," said Rustia.

To promote health and strength Semper Fit offers a variety of free classes Monday through Saturday, from abs to spin classes. A calendar of classes can be found inside the gym or online at <http://mcc-smcrd.com/SemperFit/Fitness-Center/index.html>.



Lance Cpl. Crystal Druery

Gene Calantoc, Semper Fit personal trainer, performs basic crunches during an abs class at the Marine Corps Recruit Depot San Diego Semper Fit Center. Calantoc leads participants through a variety of abdominal exercises using different equipment, targeting different core muscles Monday through Thursday. Having a knowledgeable instructor can make it easier for some people to achieve their fitness goals.

Wallyball season begins, teams get familiar with unique sport

BY LANCE CPL. KATALYNN RODGERS
Chevron Staff

Ten teams kicked-off this year's Commanding General's Cup wallyball season at Marine Corps Recruit Depot San Diego's racquetball court Oct. 5.

Wallyball is an indoor sport that uses the same concept as volleyball, except players can bounce the ball off walls or launch themselves from the walls to help score a point. It's played with four to 12 players on a racquetball court.

"We thought it would be fun to

incorporate (wallyball) into (the CG's Cup) several years ago," said Rachel Dickinson, intramural sports coordinator, Semper Fit. "It is one of our best events on the calendar – we always get a good turn out."

Dickinson added that this year they had the most participation they've seen in awhile, with a total of ten teams participating.

"Wallyball is fun because of the randomness of never knowing where the ball is going," said Lance Cpl. Nathan Steele, Team Finance. "It's an exciting sport that anyone can pick up pretty easily."

CG's Cup wallyball matches consist of

two games. If there is a tie, a third game will be played to determine the winner. A team wins when they reach 21 points.

Teams play by the United States Wallyball Federation Rules. Many strategies used in volleyball can be applied to wallyball, but there are several unique rules.

When the ball is served it may hit one wall on either side of the net, but it can't hit the back wall or two walls in a row. The ball can't hit the ceiling when it's crossing the net. Each team gets three hits to get the ball back over the net. During those three hits the ball can make contact with any number of walls

including the back and ceiling.

"The best part about playing wallyball is working together to get a great spike down," Lance Cpl. Taylor Sams, Team Finance. "I expect us to all have a lot of fun and work as a team to win."

Many players were getting familiar with the game rules and strategies during the opening matches.

"For opening day I think a lot of teams were just getting their feet wet, as we have quite a few new teams," said Dickinson.

While some teams were new to the sport, others had the upper hand because they were veterans to the sport.

"We would play it for office (physical training) sometimes," said Steele. "So we already knew how to play it."

Finance and Armory faced-off in one of their first games of the season. Finance squeaked by, winning both games 21-17, 21-18.

"I play wallyball to help support Finance's ever-growing trophy collection," said Steele. "It's a fun sport; it can get pretty intense at times."

Wallyball play-offs are slated to kick off Nov. 2.

"I think that Finance will win the wallyball play-offs," said Sams. "Once we get all of our starting four players we will be unstoppable."

The next sports coming up in the CG's Cup include racquetball and a three-on-three basketball tournament; both are scheduled to begin in November.

The Commanding General's Cup is an annual intramural sports program that incorporates leagues and one-day events. It's open to all active duty Marines, coast guardsmen, sailors and Department of Defense employees aboard the depot.

People interested in learning more about the intramural sports program or signing up should contact Rachel Dickinson at (619) 524-0548 or e-mail dickinsonr@usmc-mccs.org.



Lance Cpl. Katalynn Rodgers

Team G-3 defends their court during a wallyball match against team G-1 A Oct. 5 at Marine Corps Recruit Depot San Diego's racquetball courts. Team G-1 A dominated the match with both games scoring 21-6 and 21-2.