



Co. E recruits donate to the Armed Forces Bloodbank

Pg. 4



Exceptional Family Member Program supports Marines families

Pg. 8

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Unique re-up

Sergeant Juan L. Garcia, drill instructor, Receiving Company, Support Battalion (left), prepares to re-enlist while hanging from a rope on the obstacle course at Marine Corps Recruit Depot San Diego, Calif., Monday. After almost 8-years of service. Garcia said he wanted to renew his oath at the top of the rope because he wanted to do something different to motivate other Marines. "It's not all about the 'Aye sir.' It's about enjoying what you do," said Garcia.

Cpl. Kristin Moreno/Chevron

Becoming financially savvy

BY PFC. CRYSTAL DRUERY Chevron staff

The Personnel Financial Fitness Brown Bag Lunch Seminar was held Jan. 19, aboard Marine Corps Recruit Depot San Diego. Several people attended, eager to further their understanding of financial management.

"I came to this class to better prepare myself for the future," said Capt. Glen A. Ankrah, Co. B, Recruit Training Regiment executive officer, 1st Recruit Training Battalion.

The Marine and Family Service Center here hosts classes on personal finances every month. Classes are open to all depot personnel, and their families, and are limited to the first 50 people who register.

Before the class began, attendees received a folder full of financial information and a schedule of future classes from Michael A. McIsaac, personal financial manager, Marine Corps Community Services.

The Marine and Family Service Center began class discussing the services they offer, from seminars to monthly brown bag lunches, or visiting McIsaac for financial advice.

"I've heard a lot of people say good things about the instructor and thought I'd benefit from listening to someone that is retired from the Marine Corps," said Ankrah.

McIsaac retired with 30 years of service, has been the personal financial manager since Feb. 2000 here, teaching many different types of financial classes. The one he taught Jan. 19 was to help attendees understand that regardless of the amount of money people earn, they can still save and plan for the future.

"If there is only one thing people get from attending his class, it's that they should spend no more than their earned paycheck," said McIsaac.

"If you start small and think big, then you will be successful." he said.

The key isn't how much money you save, it's starting a savings account and getting in the habit of saving," he said.

Before one can save, he needs to get out of, and stay out of debt, said McIsaac. After he builds an emergency fund, he should start short-term goals and follow with long-term goals. "Plans make things go smoother," said McIsaac, "Plan for what you want, and work towards it."

"It's good to get a (financial) refresher, and always good to learn more," said 1st Sgt. Darryl Rush, company first sergeant, Special Training Company, Support Bn.

Educating yourself on basic financial information will help people make better decisions, said McIsaac. He cautions that someone can fool a personinto making a purchase that isn't realistic for his income, making him fall into debt just because he was not educated on the basics of being money savvy.

"I hope the class attendees get the motivation to go out and get something started going for themselves," said McIsaac. "The more information you have, the better decisions you can make for yourself and your family. My goal is to motivate, educate, and inform people so they can make the decisions that lead to a better quality of life."

Commission to recommend lifting ban on women in combat

BY DONNA MILES American Forces Press Service

WASHINGTON, Jan. 18, 2011 and retired officers, senior noncommissioned officers and civilians charged with evaluating Defense Department policies to ensure they promote equal opportunity plans to recommend lifting the ban on women in combat.

The nonpartisan Military Leadership Diversity Commission will make 20 recommendations to President Barack Obama and Congress to increase diversity and inclusiveness and develop "a demographically diverse leadership that reflects the forces it leads and the public it services," according to a pre-decisional draft document posted on the commission's website.

The final report is expected in March.

Calling the military a leader in providing opportunities to all service members, regardless of their racial and ethnic background, the group services must remove insticoncluded that it's now time tutional barriers to open to eliminate barriers based on gender.

Current U.S. military policy prohibits women from serving in combat units below the brigade level. And although women make up 14.6 percent of the military, they and minority members still are underrepresented in leadership posts, the commission noted.

"Increasing the racial, ethnic and gender diversity of senior leadership requires eliminating barriers that disproportionately affect the advancement of women and minorities," the draft report said.

This can be done on two levels, the commissioners said, beginning with the education and mentoring required to ensure all service members are equally prepared to manage

their career progression.

"Second, DoD and the traditionally closed doors, especially those related to assignments," the draft report continues. "An important step in this direction, recommended by the commission, is to remove the restrictions that prevent women from engaging in direct ground combat.

Retired Army Lt. Gen. Julius W. Becton, Jr., a commission member, announced at a military professionalism conference that the group had agreed to recommend that women be allowed to serve in combat.

"What we are saying is that women may be assigned to any job they are qualified for," Becton said at the National Defense University's conference, Introspection and Reflection on Basic Tenets and the Way Ahead,

mendation," he said. "We are -- that once they demonstrate saying, 'Let's remove barri- what can be done, the couners.' And I think people are very qualified to do certain jobs, but because of their gender, they are not given the opportunity to do them."

Becton has witnessed a change in equal opportunity in the military. He rose through the ranks from a private serving in a segregated Army during World War II to become commander of 7th Corps during the Cold War, and he helped to pave the way to fully integrate women into the military.

In response to a questioner, Becton said it will be up to the American people to decide if they will support seeing women in combat billets.

"It was the opinion of the 32 members of the commission -- and we listened to quite a few of our women; soldiers who have been in

combat, lost limbs, helicop-"We are making a recom- ter pilots and everything else try will go along with them, he said. "But that is a decision the country must make."

> The Defense Department will review the commission's recommendations when the final report is issued, Pentagon spokesman Marine Corps Col. Dave Lapan told reporters last week.

"We'll see what the nature of the report is when it's done," Lapan said.

Congress repealed the combat exclusion laws in the 1994 National Defense Authorization Act, but requires the services to submit proposed changes to existing assignment policy to Congress for review, he explained.

For example, the Navy was required to inform Congress before changing its new policy to authorize women to serve on submarines, he said.

Around the depot

This week the Chevron asks: "Which is your Super Bowl team?" Why?"



"Steelers! They showed much better regular-season performance, and Roethlisberger is a much more solid quarterback." Capt. Patrick Mcanany, future operations officer, Operations



"Pittsburgh will definitely win.
They are the more experienced
team. Roethlisberger has seen the
big stage before, so he'll earn his
third ring." Master Sgt. John Nichols,
distribution chief, MCAS Miramar



"Since Detroit didn't make it this year, I have to say Pittsburgh will win. They have a really tough defense." Phil Nalock, cook, Recreation Center, MCRDSD



"My Super Bowl team is the Dallas Cowboys! I grew up in Austin and have been a Dallas fan since I was a kid. But if I had to pick, I would have to say the Packers." Maj. Mike Milburn, operations officer, Wounded Warrior Det., Balboa Naval Medical Center



"I have to go for the Packers, only because the Steelers beat my Jets." Christine Stacey, student, Child and Adolescent Development, Point Loma Nazarene



"I'm supporting Green Bay, because that's my brother-inlaw's favorite team." Maj. Billy DuBose, weapons readiness officer, Pentagon

Golf pros pose with military during appreciation luncheon



Service members pose with PGA golf pros during the 2011 Military Appreciation Luncheon held at the Hilton La Jolla Torrey Pines Grande Ballroom, Jan. 25. The luncheon, sponsored primarily by the San Diego Padres baseball team, was held to show appreciation and remembrance for military service members. Guest speakers were Leo Champagne, Iwo Jima veteran, who communicated via phone due to illness, and Navy Capt. Gerald Coffee, 7-year Vietnam prisoner of war. During the luncheon, the Padres announced the new changes to their uniform to the Marine Corps desert digital camouflage print. The PGA announced free admission for the military to the Farmers Insurance Open, Jan. 24-30, at Torrey Pines Golf Course. Cpl. Kristin Moreno/Chevron

BRIEFS

Battle Color Detachment to perform on depot

The Marine Corps Battle Color Detachment will perform here March 12 at 2:30 p.m., on Shepherd Memorial Drill Field. The Marine Corps Battle Color Detachment from Marine Barracks in Washington, D.C. includes the Commandant's Own United States Marine Corps Drum and Bugle Corps, the Silent Drill Platoon and the Marine Corps Color Guard.

The event is free and open to the public. Guests must enter through Gate 5 at the Washington Street entrance. No pets are allowed except for service animals.

Father/Daughter Dance

A Father/Daughter Dance will be held this evening from 5:30 to 8 p.m., at the Field House (gym). Admission is \$10 for dad and one daughter. Additional daughters are \$5.

Uniform of the day for fathers is the dress uniform; dresses for daughters.

Prizes will be awarded. Tickets can be purchased at Bldg. 6E from 8 a.m. to 4 p.m. For information, call (619) 524-8104.

Volunteer income tax assistance center

The Volunteer Income Tax Assistance Center recently opened in Bldg. 12 at the Legal Services Center. Services are available by appointment only. For appointments and information, call (619) 524-4116.

Super Bowl XLV party

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

Depot Career and Education Fair

The depot's Personal & Professional Development Division, (formerly known as Marine & Family Services) will host a Career and Education Fair on Feb. 9, from 10 a.m. to 1 p.m. The event is free and open to all active duty and reservists, family members, military retirees, DoD civilians, and personnel with access to military installations. For information, call Mina Threat at (619) 524-1283.

Heart Health Contest

Heart disease is the #1 cause of death of men and women in the United States. February is National Women's Heart Month.

Show your support by wearing red every Friday in February. Need something red to wear? Stop by Health Promotions to pick up a red pin or sticker.

Every Friday there will be a chance to win prizes in the Health Promotions contest for the Best Dressed in Red. Send us a picture of you dressed in red. There are three ways to enter:

- Upload a picture to our Facebook at www.facebook.com/mccsmcrdsd.hp
- Email your picture to Andrea Callahan at Callahan AL@usmc-mccs.org
- Stop by our office in Bldg 5W, upper deck and we will take your picture for

Winners will be announced each Friday by 3 p.m.

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.

New MCMAP order allows more Marines belt level advancement

BY SGT. MARCY SANCHEZ

CAMP PENDLETON, Calif. — A New Marine Corps Martial Arts Program order has enabled Marines with I Marine Expeditionary Force, Headquarters Group an opportunity to advance their MCMAP belt level.

The program's newest order, Marine Corps Order 1500.59 includes information on necessary training hours, injury prevention guidelines and reporting requirements, as well as re-emphasis on MCMAP's role in developing a Marine's mental discipline, character discipline and physical discipline to include Primary Military Education, guided discussions and martial culture studies.

The new order also allows MCMAP

instructors to instruct Marines up to their own belt level. This will allow instructors to train more Marines and receive more training hours for their own individual records.

Everybody really wants to upgrade their belt," said Lance Cpl. Joseph McAlpin, a financial management resource analyst with MHG, currently enrolled in the brown belt course. "The availability of the course is the biggest hold up for most people."

Hours have been shortened, making it easier for everybody, said Sgt. David T. Silvers, 29, a training non-commissioned officer with MHG.

The new order reduces the amount of hours spent in the MCMAP brown belt course from 63 integrated training and sustainment hours to 33.5 hours.

Silvers, from Springhill, La., believes

less training hours will allow commands to encourage their Marines to pursue MCMAP advancement and fit MCMAP training into the training schedule more

There are few minor changes to the syllabus, Silvers said. Marines are not spending as much time on remediation and are able to focus more new maneuvers.

Junior Marines can also benefit from the order. The new order allows lance corporals and below to advance up to black belt without requiring a waiver for their rank. However, Marines wishing to do so must meet the prerequisites of commander recommendation and completion of appropriate PME.

"A brown belt is a leadership belt," Silvers said. "I screen all my Marines. I want to make sure that the individual

receiving the training is ready for that belt level and has the proper maturity to be able to apply the force they learned in the course.'

Previously unaware of the new order governing MCMAP, McAlpin enrolled in the brown belt course under the impression he would be able to test out of the course, but not be authorized to wear the belt until he was promoted to

The 25-year-old from Natchitoches, La., was happy to learn the new order authorized him to wear the brown belt immediately after finishing the course.

McAlpin said he hopes to advance to a black belt and ultimately become a MCMAP instructor.

Marines interested in upcoming MCMAP courses should contact their unit's S-3 office.

Weapon techs give coalition forces tactical advantages in southern Afghanistan

BY CPL. DANIEL H. WOODALL 1st Marine Logistics Group (FWD)

CAMP DWYER, Afghanistan — Since October, approximately 15 ordnance Marines with Support Company, Combat Logistics Battalion 3, 1st Marine Logistics Group (Forward) have repaired

and returned more than 500 weapon systems to coalition units operating in Afghanistan's Helmand province.

In Afghanistan, coalition personnel face an unforgiving terrain that can damage their equipment. The primary function of CLB-3's ordnance

Marines is to support infantry and artillery units operating in Helmand province by repairing weapon systems that cannot be fixed at the organizational level and returning them in a timely

Weapons systems deemed "irreparable" at the unit level are sent to Camp Dwyer for higher level repairs from the ordnance Marines from CLB-3, said Staff Sgt. James T. Allbright, 32, staff noncommissioned officer in charge, Armory, Support Company, CLB-3, 1st MLG (FWD). These weapons include the M32 A1 grenade launcher, M2.50-caliber machine gun, M16 A4 and M4 rifles, as well as various optical systems.

"We have to keep the guns up and running for the Marines in the fight," said Allbright, a native of Whitesboro, N.Y. "In order for the Marines to accomplish their mission, they have to have an operable weapon in their hands - that's why we're

At times, CLB-3's Support Company will send weapon technicians to units in forward areas as a "contact team" in order to expedite the process of repairing tactical equipment, said Sgt. Laura Townley, 26, small-arms repair technician, Support Company, CLB-3, 1st MLG (FWD).

"It's rewarding to be able to work with other units operating in the area," said Townley, a native of Clay, W.Va. "It gives a more 'in depth' look into parts of (the operating forces) that you may not usually see."

Whether the repairs are made onsite with the unit or aboard Camp Dwyer, one thing is certain: the job of the ordnance Marines remains imperative to keep their brothers on the front line equipped and ready.

"The efforts of our welders, machinists and (weapons technicians) keep the weapons and optics serviceable and properly maintained - this is extremely important here," said Townley.



CAMP DWYER, Afghanistan-Sgt. Laura Townley, 26, small arms repair technician, Support Company, Combat Logistics Battalion 3, 1st Marine Logistics Group (Forward), repairs a M32 A1 grenade launcher aboard Camp Dwyer, Afghanistan, Jan. 10. Since October, approximately 15 Marines with CLB-3's Ordnance Platoon have repaired more than 500 weapon systems and tactical equipment for units operating throughout Helmand province.

Cpl. Daniel H. Woodal/1st Marine Logistics Group (FWD)



CAMP DWYER, Afghanistan-Cpl. Joseph Nordone, 21, electrooptical ordnance repairman, Support Company, Combat Logistics Battalion 3, 1st Marine Logistics Group (Forward), inspects a M1A1 Collimator aboard Camp Dwyer, Afghanistan, Jan. 10. The Collimator is a device used to assist artillery units in maintaining accurate fires when firing missions.

Cpl. Daniel H. Woodal/1st Marine Logistics Group (FWD)



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Recruit Oscar Turcias, Platoon 2114, Company E, 2nd Recruit Training Battalion, sips Gatorade while getting his blood drawn by Jazmine Acoba, phlebotomist, Naval Medical Center San Diego, during a blood drive here, Dec. 30. The Gatorade was given as a measure to keep the sugar in the donor's blood high enough so they did not pass out while donating. Lance Cpl. Katalynn Thomas/Chevron



A recruit has his finger pricked to test the levels of iron in his blood. If recruits do not have a high enough level of iron, they are not allowed to give blood. A small drop of blood is collected from the finger and put into a machine to determine the levels.

Lance Cpl. Katalynn Thomas/Chevron

Company E donates blood to military blood bank

BY LANCE CPL. KATALYNN THOMAS Chevron Staff

Even though they have not earned the title of United States Marine yet, the men of Company E, 2nd Recruit Training Battalion have the chance to help out their future brothers and sisters. They can donate blood during the third phase of recruit training aboard Marine Corps Recruit Depot San Diego.

This donation has a special purpose. Most blood drives in the San Diego area are for blood banks or local hospitals. This recruit donation is for the sole purpose of providing whole blood and blood products to help care for military men and women.

"Everything that is collected at these blood drives goes toward the military," said Doreen Rekoski, blood drive recruiter, Naval Medical Center San Diego. "We ship it all for the troops. Every week we have to collect so many units for troops

overseas, and for those at our hospital. This is our primary blood drive."

Before recruits donate blood, they go through several screenings.

All of the recruits go through the initial screening process, said Staff Sgt. Joseph Anciaux, senior drill instructor, Platoon 2109, Co. E, 2nd RTB.

"The screening is a detailed process," said Rekoski. "Recruits give their medical history and answer a few survey questions about their past. Questions such as: have they given blood recently, gotten a tattoo within the last year and if they have lived overseas for a certain period of time."

The answers a recruit gives may disqualify him, which means he is sent back to the barracks to wait for the rest of his platoon. If he is not disqualified, he continues on with the process. Even though many recruits are disqualified, a good number always remain to give, said Rekoski.

Regardless of the size of the companies that come through we usually get a good turn-out, said Rekoski.

When recruits finish the surveys they line up for the next

step.
"They go through a registry to log them into the network," said Rekoski, "and then go to our phlebotomists who take vital signs (heart rate, temperature, etc.) and screen them for blood pressure, blood type, and diseases such as hepatitis. They have to meet requirements to continue.

The next step, according to Rekoski, is to test blood for iron levels. Each recruit has his finger pricked to get a drop of blood which is then dropped into a solution of copper sulfate. If the blood sinks to the bottom within 15 seconds the iron level is satisfactory.

Once it is determined a recruit meets the requirements needed to qualify, he continues to the next station for a confidential interview

where, once again, he maybe disqualified.

Those who pass the confidential interview are issued a blood bag and bucket containing everything needed for a blood donation.

Then it's a matter of waiting until one of the attendants is ready to draw his blood.

"I've never given that much blood before," said Recruit Jeff Palm, Platoon 2114. "I'm nervous around needles, but was excited to give blood. I know it will be used to help someone. Plus I get a pastry at the end."

The recruits are called one by one to get their blood drawn by phlebotomists from the Naval Medical Center.

But some are sent to the medical center to donate platelets.

"When a person is in a hospital, some patients need help from other blood products," said Rekoski. "Platelets help clot blood and stop bleeding. We always need of platelets, and have to constantly collect

them. The medical center has the equipment to separate platelets from whole blood, so we send recruits there for their donation."

When the recruits finish giving blood, they are escorted to a set of chairs near tables with food and beverage. The recruits are then told to sit down for a short period of time, and have something to eat and drink to help make up the volume of blood they have donated.

"I have this phobia of needles," said Recruit James Gomez, Platoon 2110. "I've always been slightly frightened by sharp objects, but I was absolutely excited about giving blood."

After the recovery period, the recruits go back to their barracks, said Anciaux.

They have just given a pint of blood and need some rest.

Marine recruits do their part to help their brothers and sisters in the armed forces who may possibly need blood to keep fighting, said Rekoski.



Recruit Bruce Scott, Platoon 2113, Company E, 2nd Recruit Training Battalion, gets his temperature taken by Kenneth Levist, phlebotomist, Naval Medical Center San Diego. The recruits were given the chance to donate blood to Naval Medical Center San Diego to help the military blood bank there.

Lance Cpl. Katalynn Thomas/Chevron



Recruit Eric Chrivia, Platoon 2111, Company E, 2nd Recruit Training Battalion, hands some cookies to Recruit Bruce Scott, Platoon 2113, Company E, 2nd Recruit Training Battalion, during a blood drive. The recruits were given small snacks, water and electrolyte-filled drinks to help restore some of the blood sugar lost during donation. Lance Cpl. Katalynn Thomas/Chevron



Recruit Oscar Turcias, Platoon 2114, Company E, 2nd Recruit Training Battalion, gets his blood pressure and temperature taken by Jessica Fabunan, phlebotomist, Naval Medical Center San Diego, during the blood drive. Taking the vital signs of the recruits is an important part of the donation process. If a recruit does not have the vital signs needed to give blood, he is sent back to the barracks.

Lance Cpl. Katalynn Thomas/Chevron

Texas boxer becomes U.S. Marine

BY LANCE CPL. KATALYNN THOMAS Chevron Staff

When people think of a boxer, Rocky Balboa often comes to mind. A montage of running in place at the top of a set of stairs and pounding heavy weights accompanies that image. Not many would imagine a boxer as a dirt-covered Marine in bootcamp, hauling an empty 5-gallon drum across a simulated mine field.

But one new Marine in Platoon 2114, Company E, 2nd Recruit Training Battalion, although not fitting the stereotypical description of a boxer, has been a distinguished boxer since the tender age of 12.

Private Marco N. Paniagua's drive to become a boxer was not a whim, but was inspired, said the Brownsville, Texas, native.

"I started boxing because of my father," said the 18-year-old. "He was a boxer, and when I was little, he got me into it."

Along with being a boxer, Paniagua's father was also a Marine who served during the Vietnam War.

Paniagua became such a good boxer that he placed high in several Golden Gloves competitions, a boxing tournament that can last one-to-two days.

Many former Golden Gloves amateur boxing

champions have gone on to become outstanding boxers and role models in the community. Former Heavyweight Champion of the World, Joe Louis was a Golden Gloves Champion in 1934. Other champions include Muhammed Ali (1960); Sugar Ray Leonard (1973); who got their start in the Golden Gloves tournaments.

"If you win, you get a nice trophy," said Paniagua.
"You get recognized in the state, and with amateur boxing, you go up in ranking for winning the tournament."

He also participated in the Junior Olympics for boxing, and made it to the finals.

"If you reach the nationals in the Junior Olympics in the boxing division, there are professional coaches there," said Paniagua. "You could potentially get a manager."

Along with boxing during high school, he was also a member of the Army Reserve Officer Training Corps.

According to Paniagua, Army ROTC aided him in getting two full-ride scholarships to colleges in Texas.

"The scholarship was for the Army ROTC." said

"The scholarship was for the Army ROTC," said Paniagua, "but that was not what I wanted to do (with my life)."

Instead of college, he wanted to join the military at the time.

"I knew I was going to join (the Marine Corps) since

I was little," said Paniagua. "My dad always talked about it."

His parents were proud that he joined the Marines, and his little brother looks up to him and wants to follow in his footsteps, he said.

Paniagua chose the military occupational specialty of a reconnaissance Marine because they are the best of the best at what they do, he said.

Paniagua enlisted as a reservist who will later be stationed in San Antonio, but he plans to change to active duty.

He said he wants to continue boxing while in the Marine Corps because the basic skills that the Corps teaches can be applied to boxing.

The courage to stay in the fight and the commitment to keep training every day, and to give 100 percent, is what Paniagua believes will help him in the Corps.

"I'm glad I chose this path," said Paniagua. "I feel like I've accomplished more than I have in my life both by myself and with my fellow Marines. I've pushed myself to become a Marine."

He hopes to later become a professional boxer and a good citizen through the skills, experience and professional character he said he has gained in the Marine Corps.



Private Marco N. Paniagua, Platoon 2114, Company E, 2nd Recruit Training Battalion, makes his way over the top of a simulated mine field obstacle during the 12-Stall portion of the Crucible, Jan. 19. Paniagua had to help his fellow Marines get an empty 5-gallon drum across this simulated mine field without touching any red paint or losing their gear. Lance Cpl. Katalynn Thomas/Chevron

Col. Anton H. Nerad II

Parade Reviewing Officer

Colonel Anton H. "Ripper" Nerad II graduated from the University of Minnesota in 1986 with a Bachelor of Arts in international relations. He was commissioned a second lieutenant in the Marine Corps after completing The Basic School and reported to Naval Air Station Pensacola, Fla., to Naval Air Training Command. He was designated a naval aviator in December 1988, in Beeville, Texas.

Upon completing his initial qualification for the Marine Corps AV-8B Harrier II at Marine Corps Air Station Cherry Point, N.C., Nerad joined the "Aces of Spades" of Marine Attack Squadron 231. He deployed to the western pacific on the Unit Deployment Program, and later to the Kingdom of Saudi Arabia in support of Operations Desert Shield and Desert Storm.

In 1992 Nerad attended Marine Aviation Weapons and Tactics Squadron-1 and was designated a weapons and tactics instructor

weapons and tactics instructor. He subsequently deployed as an AV-8B pilot with the "Black Knights" of Marine Medium Helicopter Squadron 264 (Rein), 26 Marine Expeditionary Unit (Special Operations Capable) aboard the USS Saipan, participating in Operations Deny Flight, Sharp Guard, and Provide Promise from the Adriatic Sea.

Returning from deployment, Nerad was assigned as an exchange officer with the United States Air Force at Moody Air Force Base, Ga. Flying F-16Cs, he served as a mission commander deploying twice in support of Operation Southern Watch, first with the "Stingers" of the 307th Fighter Squadron out of Dhahran, Saudi Arabia, and with the "Werewolves" of the 69th Fighter Squadron as part of the 1st Aerospace Expeditionary Force, Shaikh Isa Air Base, Bahrain.

In 1996, Nerad returned to MCAS Cherry Point, joining the "Tigers" of VMA-542 where he served as operations officer, maintenance officer, and executive officer.

Upon completion of this tour in 1999, he was reassigned to Commander, United States Naval Air Forces, Atlantic Fleet where he served as the attack class desk officer and earned a Master of Science in management.

In 2002, Nerad transferred to MCAS Yuma, Ariz., to serve as executive officer with the "Wake Island Avengers" of VMA-211. There he participated in Operation Iraqi Freedom from the USS Bonhomme-Richard in the Persian Gulf.

Following a brief sojourn on the Marine Aircraft Group-13 staff, Nerad assumed command of VMA-211 where he served until November 2005.

After squadron command, he deployed to Al Asad, Iraq to participate in Operation Iraqi Freedom II, where he served as a 3rd Marine Aircraft Wing (Forward) Tactical Air Command Center battle captain.

In July 2006, Nerad attended the United States Army War College, Carlisle Barracks, Penn., earning a masters degree in strategic studies. In the summer of 2007, he was assigned to the 1st MAW, where he was promoted to his present rank and served as the deputy for logistics and as plans officer. In June 2009, he assumed command of MAG-13.

Nerad has accumulated more than 3,200 hours of tactical flight time. His personal decorations include the Bronze Star Medal; Air Medal with Combat "V"; Meritorious Service Medal with gold

star in lieu of third award; Air Medal with numeral "9" strike device; Aerial Achievement Medal with oak leaf cluster; Navy and Marine Corps Commendation Medal; Navy and Marine Corps Achievement Medal; as well as numerous campaign and service awards.





COMPANY HONOR MAN Pfc. A. M. Langer Eau Claire, Wis. Recruited by Sgt.C. Stauner

SERIES HONOR MAN Pfc. K. M. McGrath Jr. Seattle Recruited by Staff Sgt. J. Young

Platoon 2110 PLATOON HONOR MAN Pfc. K. D. Johnson Sacramento, Calif. Recruited by Staff Sat. M. Smith

Platoon 2111 PLATOON HONOR MAN Pfc. K. A. Bond Placerville, Calif. Recruited by Sgt. J. J. Reber

PLATOON HONOR MAN Pfc. R. S. Gallegos Poway, Calif. Recruited by Sqt. Z. Thorton

Platoon 2113

PLATOON HONOR MAN Pfc. J. R. Taylor Salinas, Calif Recruited by Sqt. D. Crespo

Platoon 2115

HIGH SHOOTER (342) Pvt. I. L. Gonzalez-Lopez Los Angeles Marksmanship Instructor Sat. A. Chavez

Platoon 2110

Platoon 2 HIGH PFT (300) Pfc. N. R. Flaskegaard Blanyon, Utah Recruited by Staff Sgt. T. Anger

ECHO COMPAN

2ND RECRUIT TRAINING BATTALION

Commanding Officer Lt. Col. R. L. Hairston Sergeant Major 1st Sgt. R. L. Garrett Battalion Drill Master Staff Sgt. K. J. Consiglio Chaplain Lt. Cmdr. G. B. Younger

COMPANY E

Commanding Officer Capt. B. C. Schexnayder Company First Sergeant Gunnery Sgt. T. W. Fairfield

SERIES 2109

Series Commander Capt. M. A. Lamb Chief Drill Instructor Staff Sgt. E. S. Hernandez

PLATOON 2109

Senior Drill Instructor Staff Sqt. J. J. Anciaux Drill Instructors Sgt. G. L. Borjon Sgt. J. B. Ferguson Sqt. F. Garcia

Pvt. M. A. Allen Pvt. G. E. Banks Pvt. M. D. Barela Pvt. H. Bellu Pvt. J. A. Bistany Pfc. S. H. Boles Pfc. D. M. Bouchee Pvt. A. T. Boyer Pvt. S. F. Breining Pfc. T. J. Brennan Li *Pfc. K. H. Brewer Pfc. L. W. Brundage Jr. Pvt. M. R. Carrillo Pvt. M. T. Carroll Pfc. C. Castanon Pvt. L. R. Cavitt III Pvt. J. P. Centeno Pfc. K. Chang Pvt. R. P. Churchward-Black Pvt. C. J. Cooper Pvt. C. D. Corley Pvt. J. L. Cummings Pvt. J. M. Daglis Pvt. J. L. Davis Pvt. R. Del Gadillo Pvt. C. M. Dougherty Pvt. T. A. Edwards *Pfc. B. M. Erickson Pvt. J. W. Estey Pfc. E. I. Figueroa Pfc. T. 1. Fink Pfc. M. C. Finnell Pvt. J. A. Floretta Pvt. M. A. Floyd Pvt. N. T. Fowler Pvt. L. J. Francuz *Pfc. C. A. Frazee *Pfc. C. T. Fredlund Pvt. C. J. Fuiten Pvt. C. F. Garcia Pvt. E. A. Garcia Pfc. J. D. Giles Pfc. C. G. Gomez-Chavez Pvt. R. I. Gonzales Pvt. E. V. Gonzalez Pvt. E. Gonzalez Pvt. V. S. Gonzalez Pvt. B. N. Grasso-Underwood Pvt. J. J. Greely Pvt. D. V. Guano Pvt. S. A. Guiterrez Pvt. D. J. Herndrick Pfc. L. J. Herzog Pvt. J. R. Hinkle

Pvt. T. A. Hoang

Pvt. J. R. Ihnen

Pfc. J. M. Irwin

Pvt. B. T. Jones

Pvt. L. A. Jones

Pvt. Z. L. Jones

Pfc. C. W. Kaich

Pvt. C. R. Kendziora

Pvt. V. P. Kudelka

*Pfc. A. M. Langer

Pvt. R. L. Jackson

Pvt. 1. R. Larson Pfc. C. J. Lewis Pvt. O. M. Lizaola Pvt. C. W. Lloyd Pfc. A. Martinez Pvt. M. T. Martinez Pvt. M. J. Maxev Pfc. C. S. McFadden Pvt. S. J. McGowan Pfc. G. P. Moreno Pvt. C. W. Wright Pfc. B. M. Ybarra

PLATOON 2110

Pfc. S. M. Young

Senior Drill Instructor Staff Sgt. J. D. Halverson Drill Instructors Sat. 1. B. Fuentes Sgt. J. C. Lopez

Sgt. J. D. Reaves Pvt. A. J. Andrews Pvt. O. D. Arellano Pvt. E. R. Avila Pvt. T. W. Baskerville II Pvt. T. R. Bennett Pfc. S. A. Bias Pfc. V. Borunda Pvt. C. W. Brady Pvt. J. L. Broach Pvt. T. M. Brown Pvt. G. L. Burns Pfc. C. V. Carlson Pvt. M. A. Carrera Pvt. A. E. Castro Pfc. P. A. Chace Pfc. G. L. Chesny Pvt. T. R. Childers Pvt. R. S. Clark *Pfc. C. J. Cook Pfc. L. J. Cooksey Pvt. Z. M. Cunningham Pfc. B. J. Davenport Pvt. N. L. Davies Pvt. D. Deltoro Jr. Pfc. W. Z. Doughty Pvt. N. L. Dunklin Pvt. K. D. Esquuerra Pfc. K. T. Evans Pfc. S. R. Feusi Pvt. A. Figueroa *Pfc. A. W. Flores Pvt. A. L. Folgar Pvt. M. A. Fugman Pvt. J. S. Ganzer Pvt. P. D. Garcia Pfc. J. D. Gibson Pvt. L. J. Gomez

Pvt. I. L. Gonzalez-Lopez Pvt. S. J. Gregorius Pfc. M. Guzman Pvt. C. R. Hamilton Pfc. B. D. Hankins Pvt. P. C. Harris Pvt. J. T. Hasting II Pvt. C. T. Heard III Pvt. D. J. Helget Pvt. T. J. Higgason Pvt. R. K. Hobbs Pvt. A. D. Horton

*Pfc. K. D. Johnson Pfc. S. Juarez Pvt. K. S. Kahlon Pvt. K. J. Kane Pvt. T. L. Kean Pvt. C. W. Kisthart Pvt. E. B. Kroll

Pfc. T. B. Hunt

Pvt. J. A. Janovich

Pfc. N. K. Kumming Pvt. J. A. Lee Pvt. V. J. Lopez *Pfc. J. Lopez-Ayala Pfc. J. E. Maschino

Pvt. A. L. Mathis Pfc. S. G. Mavros Pvt. C. M. McAdams Pfc. R. P. Mize Pfc. J. X. Navarrette

Pvt. B. S. Nevala Pfc. L. R. Ortega Pfc. A. F. Page

Pvt. L. F. Ramirez Pvt. H. D. Scott Capt. C. F. Hernandez Pvt. X. A. Sigala

Pfc, T. E. Sparks Pfc. T. W. Spurgeon Pfc. D. A. Webber Pvt. J. D. Zunker

PLATOON 2111

Senior Drill Instructor Staff Sgt. G. P. Gonzales Drill Instructors Staff Sgt. R. G. Lomeli Sat. I. R. Castellanos Sgt. S. C. Jackman

Pvt. E. D. Chrivia

Pfc. E. B. Holt

Pvt. C. Huante-Arriaga

Pvt. G. L. Arriaga Pvt. C. C. Ashbacker Pvt. J. A. Aulet Pvt. D. Bacome *Pfc. J. Bishop Pvt. D. A. Bogrett Pfc. K. A. Bond Pvt. R. D. Boulis Pvt. B. R. Bretney *Pfc. A. M. Brown Pfc. B. E. Buff Pvt. Z. R. Burke Pvt. D. P. Calles Pvt. A. J. Cavazos Pfc. R. A. Chainauskas Pvt. A. G. Chapa Pvt. J. G. Cheatham

Pfc. A. Cocone-Rangel Pfc. E. J. Cornejo Pvt. R. M. Cortez Pfc. Z. B. Gibson Pvt. B. H. Crain Pvt. D. A. Deemer Pfc. R. M. Delgado Pfc. N. M. Depaulo *Pfc. J. Drum Pfc. T. L. Hardin Pfc. K. L. Edwards Pvt. S. R. Elmstrom Pfc. R. Garcia-Diaz Pvt. M. D. Gehrke Pvt. M. L. Jones Pvt. J. J. Gomez

Pvt. F. Gonzales Pfc. C. Gracia Pvt. I. Laris Pvt. J. G. Gutierrez-Diaz Pvt. C. B. Hagen Pvt. S. O. Hall II Pvt. M. A. Happs Pvt. P. J. Harger Pfc. N. A. Harvey Pvt. T. J. Hensley

Pvt. J. C. Johnson Pfc. C. E. Kitner Pvt. C. Pak Pvt. T. L. Paul Pvt. C. L. Korn *Pfc. D. Lambaren Pfc. J. A. Perea Pfc. C. M. Liebl Pvt. S. Lizarraga Pfc. R. P. Lucich Pfc. A. E. Rudert Pvt. J. D. Lyon Pfc. D. J. Scales

Pvt. D. J. Magaard Pvt. J. A. Marozik W. Scott Pvt. T. S. Martin Pvt. G. A. Martinez *Pfc. J. M. Mauricio *Pfc. Z. Z. Stone Pfc. J. A. McMeekin Pfc. E. C. Melby Pfc. N. D. Stovall IV Pvt. L. A. Mendoza Pvt. M. D. Strong Pvt. J. M. Miranda

Pvt. N. P. Mitchell Pfc. J. A. Montoya Pvt. C. L. Morgan Pfc. E. M. Navarro Pvt. J. Navarro Pvt. E. Navejar Pvt. C. Vega Pvt. D. D. Pratco

Pfc. K. E. Russell Pfc. N. W. Sigman Pvt. J. E. Stacy Pvt. D. J. Stang Pvt. G. A. Vallas

Pfc. J. C. Vega Pvt. J. M. Verlander Pvt. J. A. Villicana Pvt. W. J. Weeks Pfc. E. R. Whisman

SERIES 2113 Series Commander

Pfc. C. J. Wirth

Chief Drill Instructor Gunnery Sgt. D. J. Farmer

PLATOON 2113

Senior Drill Instructor Staff Sgt. R. R. Ramirez **Drill Instructors** Staff Sgt. P. D. Galindo Staff Sgt. S. W. Kephart Sgt. L. A. Alicea

Pfc. G. Alvarez Pvt. S. Arreazola Jr. Pvt. T. W. Baker Pvt. R. D. Blancolind Pvt. S. B. Boggs Pvt. K. A. Bowen Pvt. M. A. Bradlev Pfc. J. J. Brzuskiewicz Pfc. J. A. Carrillo Pvt. M. A. Cary Pvt. J. E. Castellano Pvt. C. P. Climer *Pfc. A. B. Colvin Pfc. D. J. Davis Pvt. R. N. Deeg Pvt. Z. M. Ellis Pvt. L. M. Faucett Pvt. J. R. Flores

Pvt. J. P. Frye Pvt. A. J. Gadison Pvt M A Galan Pfc. R. S. Gallegos Pfc. A. Gomez Jr. Pvt. D. Gomezcana Pvt. M. S. Gonzalez *Pfc. S. W. Gutzmer Pvt. M. C. Hendrick Pvt. T. G. Howkinson

Pvt. T. L. Johnson Pvt. C. Juarez Pvt. K. T. Kuersteiner Pfc. L. B. Lassiter Pvt. J. A. March Pvt. C. G. Martin Pvt. A. T. Mason

Pvt. N. S. McCaughey Pfc. C. J. Mendoza Pfc. J. M. Mendoza Pfc. Z. I. Mink Pvt. C. J. Mitchell Pvt. W. N. Mourufas

Pfc. W. N. Roberts *Pfc. A. M. Rodriguez

Pvt. J. K. Schade Pfc. C. L. Schroeder Pvt. S. A. Sievers Pvt. P. H. Soto Jr. Pfc. J. D. Stanley

Pfc. D. R. Taylor Pvt. J. K. Tyler V Pvt. R. Valdovinos Jr. Pvt. F. G. Vandyk Jr. Pfc. E. M. Vanek Pvt. B. C. Vega

Pvt. C. J. Verstrate Pvt. N. M. Villnow Pvt. S. R. Williams Pvt. C. A. Winger Pfc. T. P. Wooten

*Pfc. J. B. Wortman Pvt. B. J. Wulf Pvt. L. W. Zeus Pvt. A. S. Zmuda Pvt. P. J. Zuniga

PLATOON 2114

Senior Drill Instructor Staff Sgt. A. Glenn II Drill Instructors Staff Sgt. Z. D. Curran

Sqt. A. J. Butler Sat. R. Melendez

Pvt. W. C. Abraham Pvt. J. G. Anderson Pvt. L. D. Becerra Pvt. J. R. Bennett Pvt. X. D. Burnette

Pfc. T. L. Cruise *Pfc. Z. D. Cruz Pfc. M. W. Dooley Pvt. B. S. Edmiston

Pfc. A. E. Evallar Pfc. N. R. Flaskegaard Pvt. E. Garcia Pvt. F. A. Garcia Jr.

Pvt. J. A. Gillingham Pvt. V. M. Guillen *Pfc. R. C. Guillermo Pfc. A. T. Harvey

Pvt. C. A. Hasty Pfc. C. Howell Pvt. D. W. Johnson

Pvt. C. A. Karper Pfc. M. J. Kelly Pvt. B. S. Knudtson

Pvt. D. L. Kramschuster Pvt. C. T. Land Pvt. D. J. Lee

Pvt. B. E. Lowry Pfc. B. M. Ludwig Pvt. S. J. Lundahl Pvt. C. S. Masters

Pfc. L. S. Manglona Pvt. S. R. Mann Pfc. K. M. McGrath Jr.

Pvt. J. A. Monterrosa Pvt. J. K. Moore

Pvt. R. C. Nauta *Pfc. J. L. Nieves Pfc. V. A. Olivares

Pvt. T. A. Olsen Pvt. E. S. Ortiz Pvt. I. Palacios Pvt. J. J. Palm

Pfc. M. A. Paniagua Pvt. Z. P. Parker Pfc. P. N. Perdelwitz

Pvt. M. A. Peters Pvt. V. Pineda Pfc. J. S. Ramer II

*Pfc. C. A. Ramirez Pvt. R. M. Reese Pfc. R. Renteria Jr.

Pvt. B. Reyna III Pvt. D. A. Rios Pvt. E. Rojas

Pvt. A. L. Rudolph Pvt. M. A. Salmeron Pvt. J. C. Sandmel

Pvt. D. A. Santos Pvt. J. W. Sautter Pvt. R. W. Schafhirt

Pvt. T. G. Schimelfenig Pvt. K. M. Schmidt Pfc. C. A. Seematter

Pvt. B. M. St. Peter Pvt. C. L. Stanley Pvt. L. J. Strouse Pvt. C. A. Sturm

Pvt. W. J. Taylor Pvt. N. H. Tekampe Pvt. N. Torres

Pfc. E. E. Toscano Pfc. B. U. Trim *Pfc. R. D. Tuff

Pvt. O. A. Turcios Pvt. Q. Vang Pvt. A. J. Van Houtan

Pvt. J. L. Vedder Pfc. D. J. Wagoner Pvt. V. J. Walker

PLATOON 2115

Senior Drill Instructor Staff Sgt. J. F. Richard **Drill Instructors** Staff Sgt. J. I. Abdulqadir Staff Sgt. A. Gomez-Fletes Staff Sgt. J. E. Orozco-Colorado

Pvt. R. E. Burke Pfc. R. J. Elliott Pvt. T. R. Fredrickson Pvt. G. Q. Gardiner Pfc. V. N. Lopez

Pvt. K. R. Miller Pvt. A. M. Mondejar Pfc. Z. A. Moore Pvt. J. C. Moreno Pfc. N. J. Mortensen *Pfc. J. E. Musick Pvt. A. L. Navarro Pfc. J. M. Nevarez Pvt. J. C. Nelson Pvt. S. A. O'Brien Pvt. H. N. Olivas Pvt. D. Q. O'Neil Pvt. S. A. Overson Pvt. D. B. Parks Pfc. V. R. Perez Pvt. V. S. Person Pvt. D. P. Pishny *Pfc. L. S. Pluss Pfc. J. R. Porter Pfc. E. N. Ramirez Pvt. J. Ramirez Pfc. I. M. Respeto-Irizarry Pvt. A. J. Ridlen Pvt. Z. S. Rilea Pvt. W. I. Rios Pvt. C. A. Robbins Pvt. E. Robledo-Oceguera Pfc. K. S. Rockowitz Pvt. A. J. Rodriguez Pfc. J. M. Rodriguez Pvt. S. S. Rogers Pvt. N. A. Romero Pvt. M. A. Ruela Pvt. T. T. Russell Pvt. S. S. Rutherford Pfc. C. A. Sanchez Pvt. N. Sanchez Pfc. S. R. Sanchez-Candia Pvt. J. C. Schacht Pvt. K. P. Seifert Pvt. M. J. Servin Pfc. E. W. Shipp Pvt. C. W. Simpson Pvt. C. J. Smith Pvt. S. P. Smith Pfc. S. E. Sorenson Pfc. A. L. Soto Pvt. J. W. Spendlove Pvt. S. S. Stubblefield Pvt. A. R. Styles Pfc. M. P. Sublette Pfc. S. W. Suttles *Pfc. J. M. Sweeney Pvt. M. K. Swenson *Pfc. M. A. Taranto Pvt. J. F. Tate *Pfc. J. R. Taylor Pvt. T. D. Taylor Pvt. L. M. Thornton Pvt. N. C. Towner Pvt. R. D. Trainham Pvt. E. S. Velazquez-Mendoza Pvt. S. Villanueva Pvt. J. C. Vosberg

* Indicates meritorious promotion

Pvt. B. T. Vu

Pfc. W. E. Ward

Pvt. C. D. Wesley

Pvt. S. K. Whitelow

Pvt. J. R. Williams

Pvt. B. A. Wintch

Pvt. J. D. Woosley

Pvt. S. Wu

Pvt. R. Zepeda

Pvt. W. J. Weiesnbach

Exceptional families get exceptional support

BY CPL. KRISTIN E. MORENO Chevron staff

Many military families with special needs dependents do not have to suffer alone. There is a resource available to help support families and ensure thay have what they need to take care of their loved ones.

Gunnery Sgt. Armando Rivero, 12th Marine Corps District headquarters, and his wife, Sandra Rivero, have two of their four children enrolled in the Exceptional Family Member Program. Through the EFMP, they said they have received the support and guidance they needed to have a successful marriage and career.

The EFMP is a mandatoryenrollment program, per Marine Corps Order P1754.4B. It was established in 1987 to assist military families with finding the care and support needed for their exceptional family member. An EFM can be a spouse, child, stepchild, adopted child, foster child or dependent parent who may require special physical, intellectual or emotional care based on a diagnosed medical or educational need.

"The program has helped give us stability and get our family in one location where their care is being provided, their medical physicians and specialties," said Rivero.

Enrollment in the program ensures the needs of the family are being met while allowing the service member to focus on his job and mission readiness.

"Not enrolling in the program affects the Marine Corps all the way down the line," said Jan King, EFMP manager, Marine Corps Recruit Depot San Diego. "Family readiness and mission readiness can be impacted if a Marine is in a location where the family member's needs are not being met."

While enrollment in the program doesn't prevent deployment or world-wide assignment, it ensures exceptional families will not be relocated to an area where they cannot receive the care they need.

King said there was a case where a Marine moved to a new duty station in a cold, damp climate. His daughter had asthma, but he never enrolled in the EFMP.

Due to the new environment, his daughter developed severe respiratory problems and was hospitalized numerous times.

King said that if the Marine had enrolled in the program,

EFMP assignment coordinators would have researched that location and determined if it was suitable.

If a service member is slated for deployment, the EFMP can provide support and resources, and help the family set up a plan beforehand so the service member can have peace of mind and know his family is taken care of while he's away, she added.

Support groups are held regularly on the depot to bring families together to talk about their situations and exchange information. If a member lives in a remote location and a support group is unavailable, the EFMP will help connect them with an exceptional family close to them.

The program also offers specialized training for exceptional families to help educate and alleviate stress. Through the workshops, families are educated about specific topics, what their rights are, and new resources available to them.

"We want to educate and empower parents so they can be the best advocates for their children," said King.

Another way the EFMP helps to alleviate stress is through the installation-reimbursed Respite Care Program, a service that provides temporary care of a family member with special needs so their regular care giver can have some time off.

"The respite care gives me (and my husband) time to share together without worrying about taking care of the kids," said Rivero. "Taking care of my daughter is a 24 hour job, and sometimes it's hard to get a break, so it's nice to have that window to cool off and know she's in good care."

Respite Care will reimburse up to 40 hours a month of care per family. The coverage includes the care of siblings 12 and under of children enrolled in the EFMP. Reimbursement rates are based on the level of need of the exceptional family member as determined by the EFMP medical screeners at Headquarters Marine Corps. The rates are intended as a subsidy to the cost of using the services of a respite care provider and may not cover all costs expended.

As an additional resource the EFMP has three dedicated attorneys located at HQMC, Washington, D.C.; Marine Corps Recruit Depot Parris Island, S.C.; and Marine Corps Base Camp Pendleton, Calif. The attorneys are very knowledgeable about the system and can provide legal advice and representation free of charge, said King.

"Exceptional military families face challenges that others who have never been in their shoes cannot possibly understand," said King. "(The Exceptional Family Member Program) makes them feel like someone cares and that they are supported.

If the dependent hasn't yet been medically diagnosed but there is a concern for the individual, the EFMP is available to discuss the proper steps for diagnosis or if enrollment would be beneficial.

"We can guide, but we can't refer specific doctors or hospitals over others," said Elizabeth Wright, MCRD San Diego EFMP family case worker. "I just tell them all of their options, let them know the care provider they chose must be TRICARE authorized and let them make the decisions."

To enroll in the EFMP, ensure the family member is enrolled in the Defense Eligibility Enrollments Reporting System. Fill out DD Form 2792 Medical Summary and DD Form 2792-1 Special Education/Early Intervention Summary; and contact the local EFMP office for assistance and information at (619) 524-6078.

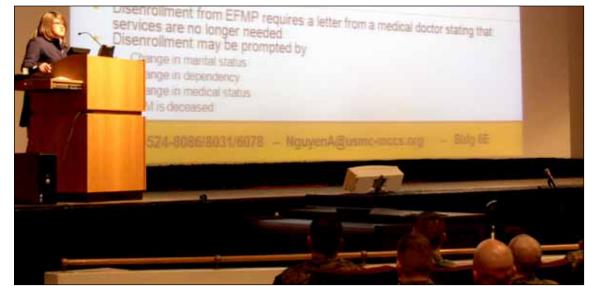
Upcoming Events:

- The second half of the Exceptional Family Member Marriage Series is scheduled for Feb. 17 from 6 to 8 p.m., at the Orleck Heights Community Center conference room in Murphy Canyon.
- Part 1: Making the Marriage "Extra" Special will discuss the myths, realities and successes of marriages.
- Part 2: Keeping the
 Love "Extra" Special will
 talk about the five love
 languages and helpful
 techniques for successful
 marriages. Reservations
 are required by calling
 (858) 577-4668 or e-mailing carletta.vicain@usmc.
 mil. Food and childcare
 will be provided.
- Healthcare briefs on the TRICARE Extended Care Health Option and dental care for children with special needs is scheduled for 9:30 to 11:30 a.m., Jan. 31 at the Building 6E Family Readiness classroom.
- The 4th Annual Activity and Resource Expo is scheduled for Feb. 26 from 11 a.m., to 2 p.m., at the Fieldhouse here. More than 40 agencies from local and national organizations will be present to provide infor-

- mation and resources. There will be a raffle and lunch hosted by Lincoln Military Housing. Lunch reservations are required by Feb. 18.
- A Section 504 Accommodations brief is scheduled for March 29 from 9:30 to 11:30 a.m., at the Building 6E Family Readiness classroom. The brief will cover Section 504 of the Vocational Rehabilitation Act and tell how the system can be effective for students who may not qualify for an individual education program but may need accommodations to enhance their learning environment.
- The Attention Deficit Hyperactive Disorder Training Series is scheduled for March 9, April 13 and May 11. It will be held from 9:30 to 11:30 a.m., at the depot or 5:30 to 7:30 p.m., at Marine Corps Air Station Miramar.
- All workshops require registration at least one week prior. To register or for additional information, contact the Exceptional Family Member Program by calling (619) 524-8086, visiting www. mccsmcrd.com/efmp or stop by Building 6E.



Gunnery Sgt. Armando Rivero, 12th Marine Corps District supply chief, and his wife, Sandra Rivero, pose with their four children on the depot Sept. 22. Two of their children are enrolled in the Exceptional Family Member Program, a mandatory-enrollment program established to assist military families with finding the care and support needed for their exceptional family member. Sandra said their success in caring for their family is in part thanks to the EFMP. She said she encourages all families to enroll in the program, if eligible. Photo courtesy of Family Services



Anna Nguyen, training and education outreach specialist for the Exceptional Family Member Program aboard Marine Corps Recruit Depot San Diego, Calif., briefs the Marines attending Recruiters School at the theatre aboard MCRD San Diego about the EFMP. She said the importance of the program is mission readiness of all service members. She also explained that enrollment in the program can ensure they aren't sent to a location where their family member can't receive adequate care. Cpl. Kristin E. Moreno/Chevron