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DESERT WARRIOR

Volume 10, Number 2

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June 23, 2011

News to Use Free ACT and SAT prep materials

The eKnowledge group donated SAT and ACT test prep programs to Marine Corps families worldwide.

The SAT and ACT PowerPrep DVDs include more than 11 hours of video instruction and 3,000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, and practice tests. Students select the training they need and can study at their own pace.

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Order online at www.eKnowledge.com/Marines or by telephone: 951-256-4076.

For further information, please contact Lori Caputo, Director, Military Donation Programs, 951-256-4076 or LoriCaputo@eKnowledge.com

TRICARE to remove SSNs from ID cards

TRICARE beneficiaries should make sure they have their Social Security number committed to memory, as it won't be found on new Department of Defense ID cards.

As of June 1, 2011, SSNs are no longer printed on new ID cards issued to members of the Uniformed Services, retirees and family members. The new cards will look basically the same, but will have a unique DoD Identification number in place of the SSN.

Existing ID cards are good until they expire; including retiree cards marked "INDEF."

TRICARE beneficiaries and providers can get more information, see ID card samples and view frequently asked questions at www.tricare.mil/ssn.

Navy MECP available for FY12 Marines, sailors

Lance Cpl. Jolene Bopp
Desert Warrior Staff

Deadlines for Marines and sailors to apply for the fiscal year 2012 Navy Medical Enlisted Commissioning Program and FY12 Navy Medical Service Corps In-service Procurement Program selection boards are quickly approaching.

The MECP provides active duty enlisted Marines and sailors, in any military occupational specialty, a chance to obtain a baccalaureate degree and a commission in the Navy Nurse Corps.

The IPP offers mostly the same opportunities as the MECP, the main difference is participants may obtain any qualifying degree.

Submissions need to be in no later than close of business July 15, 2011.

Eligible Marines and sailors must have:

-A U.S. citizenship

see NAVY page 2

Welcome home Avengers



Photo by Lance Cpl. Jolene Bopp

Top: Mara Patterson gives her husband Cpl. Zachery Patterson a long awaited hug at the Yuma International Airport, June 17. Patterson arrived with fellow Marines from Marine Attack Squadron 211 after a six month deployment on the 31st Marine Expeditionary Unit.

Right: Jason Duncan Jr. eagerly awaits the arrival of his father, Sgt. Jason Duncan, at the Yuma International Airport, June 17. Duncan deployed with Marine Attack Squadron 211 for six months on the 31st Marine Expeditionary Unit.

Lance Cpl. Laura Cardoso
Desert Warrior Staff

Marines from Marine Attack Squadron 211 and Marine Aviation Logistics Squadron 13 recently returned home from a six-month deployment on the 31st Marine Expeditionary Unit.

The Squadron initially operated in Thailand working alongside the Royal Thailand Armed Forces during Cobra Gold 2011, an annual exercise that demonstrates joint and multinational capabilities and improves operations between the United States and Thailand.

They later traveled to Japan in support of Operation Tomodachi, an effort to help repair the damage made by the earthquake and tsunami that recently hit Japan.

"Being in Japan and Thailand I learned a lot about how different our cultures are," said Lance Cpl. Damien Husted, VMA- 211 aviation ordnance

see WELCOME page 4

Station Commander says, "SLOW DOWN!"

Col. Robert C. Kuckuk
Commanding Officer

Hello MCAS Yuma, it's great to be back. As the new station commander I want to take a couple minutes to tell you what's on my mind. This week...in my inaugural article...the topic is base housing traffic.

I like to walk to work from my place in housing. When I do I notice three things: 1. Ya'll are NOT driving 15 MPH, 2. You don't stop at stop signs, and 3. You still talk on your cell phones while driving on base.

On the bright side, you wear your seatbelts and strap your kids in...so thank you for that.

I'm talking to base housing residents right now. Housing residents are the only folks driving through housing. Nobody "cuts through" housing as a shortcut. So this one is on us. If you get stopped by PMO doing any of the three things listed above...you shouldn't be surprised if you get a ticket.

On the other hand, if you get stopped by PMO or other station officials when you are doing what you're supposed to be doing, don't be surprised if you get a couple free movie passes.

We are examining the speed limits in housing...But you have to admit the streets are tight enough and there are enough children about that with a couple exceptions the slow speed is appropriate for the area. We are examining the need for all the stop signs. Y

ield signs may well be more appropriate in some cases. As far as cell phones...pry that wallet or purse open with a crowbar and buy a hands free device.

But until then: Slow down, stop at the big red sign and put the cell phone down...pretty please.

DMO storage, shipment in high demand

Lance Cpl. Aaron Diamant
Desert Warrior Staff

The Distribution Management Office urges everyone in receipt of orders and planning a move anytime between June and September, to start the move process immediately.

All personnel in receipt of orders, including a permanent change of station, end of active service or retirement, and planning to move and/or store their household goods with a government contractor, must access the Defense Personal Property System self-counseling program at www.move.mil to create an individual account. Your password will be provided to you via your personal email address.

Once your shipment/storage application is completed and submitted in DPS:

1. Print/sign a DD Form 1299 and DD Form 1797 for EACH shipment/storage application (DPS will prompt you to print forms at end of self-counseling for each shipment).

2. Contact DMO at 928-269-2311 to schedule a date and time to turn-in signed forms and attend a counseling session at DMO.

3. DMO will award the shipment to a transportation service provider and provide all TSP and destination contact information to the personal email address that you provide in DPS.

Also, all personnel in receipt of orders and planning to perform a Personally Procured Move are required to provide a copy of their orders to DMO prior to accessing DPS self-counseling. Upon review of orders and completion of an inventory form, a PPM self-counseling instruction packet will be provided.

DMO will notify you, via personal email address, of the date and time of the PPM Counseling

session and to sign forms (DMO will print the PPM forms for signature).

Counseling sessions are required for all personnel EXCEPT: those in receipt of PCS orders who have previously moved through DMO.

All shipments are awarded based on the date the signed application and counseling are completed. During peak season, that means your requested service dates may not be available as contractors have daily capacity limits. It is recommended that you contact your assigned TSP immediately to confirm requested pack/pick-up dates.

All PPM advance payments require at least 15 days from date signed PPM forms are received by DMO for processing by the Camp Pendleton Disbursing Office.

If you require any assistance with the self-counseling program, please contact our office at 928-269-2311.



Photo by Lance Cpl. Jolene Bopp

Chapel Call

“CONFORMER OR TRANSFORMER”

Lt. Greg Woodard
Station Protestant Chaplain

A couple of weeks ago, I spoke from a Scripture text that says, “Do not be conformed to this world, but be transformed by the renewing of your mind...” (Romans 12:2).

Observant readers of this text will notice two key words, “conformed” and “transformed.” The challenge question that I had for the station’s Protestant community congregation, and that I have for you, is will you be a conformer or a transformer?

To conform is to adopt another’s pattern. It is to desire to be like someone else, to do what they do, to say what they say, to wear what they wear. It is to accept, the ideas, fashions, the way of talking that is popular. A conformer is someone who is afraid to be different and who feels a need to be like everyone else. This sort of conformity is different than the necessary conformity that is important in the military context. The conformity I am writing about is an oversized desire to be like everyone else; the desire to be part of the “in crowd.” The person who conforms in this way finds a significant part of their self-worth based on what others think of them.

There are several dangers in established patterns of conformity. Here are three: it can easily lead you to do things you know are wrong, for example compromising values to get ahead in your career, having sex outside marriage just because everyone else is doing so, viewing pornography while deployed, because, well you know, people have needs. When we all just follow suit, the pressure to conform is great, but once you give in, the next time conformity is easier. Conformity can lead to behaviors that lead

to giving in to the lust of the flesh (immorality); to succumbing to the lust of the eyes (materialism); and yielding to the pride of life (arrogance).

Having seen the possible negatives of conformity, it is important that we answer the question of how do we overcome the pressure to conform? My answer to this question is that we should be transformers and not conformers. A conformer becomes a cheap imitation who lets others do their thinking for them. A transformer is a leader. The Scripture that I quoted above continues with the idea that a transformer is one, who by testing, demonstrates what is good, acceptable and perfect. This is a person who is transforming to their culture by having the courage to say “no” to things that are wrong and whose example helps others fight off the pressures to conform, giving others the strength to say “no” and encouraging others to do what is right. By contrast, a conformer is a simple follower, letting others think for them, and letting others lead them into harm’s way.

Your answer to the question, “Will I be a conformer or a transformer?” will determine how you will live your life. The way we think determines how we live. Unless there is a renewing of the mind, any change in our lives will be superficial. You will have to work on having a renewed mind. What processes of thinking will you have to change in order to become a transforming influence to those around you?

Too many people become what they think, and much of what they think upon is not transforming! In computer programming, there is a saying: “Garbage in, Garbage out.” Related to our lives, “Our attitudes and behavior are but a reflection of what goes into our minds.”

We have a choice: Either buckle under and be led by those destroying their own bodies, minds and souls, or commit to renewing our minds in the pursuit of transformation for ourselves and others. Our spiritual lives have a significant role to play in how we live our lives. If you are not a part of a local congregation, I encourage you to consider joining us for Sunday worship. There is a Catholic Mass at 0900, and a Protestant Celebration at 1100. Both congregations have programs for children. We also host a Monday evening Bible Study from 1830-2000 as well as a Ladies Bible Study on Tuesdays from 0900-1100 during the school year.

NAVY ... from page 1

- Minimum of three years of obligated service remaining on contract
- Be at least 19 years old
- Have the minimum amount of semester hours of undergraduate courses accepted for transfer towards a degree in the requested program by institutions for which they are applying.
- Grade Point Average of at least 2.4 on a 4.0 scale
- No history of felony or record of drug abuse
- A security clearance

To apply, Marines must submit a request for conditional release or inter service transfer from the Marine Corps to the Navy to their commanding general. After approval from the commanding general, the request is then submitted to Headquarters Marine Corps’ Separations and Retirement (MMSR).

For more information on eligibility or application process, please refer to Marine Administrative Message 335/11.

Dessert celebration



Photo by Lance Cpl. Aaron Diamant

Seaman Andrew Butchart, left, station general duty corpsman, and Senior Chief Petty Officer James Helt, Marine Aircraft Group 13 group aid station senior enlisted leader, cut the cake during the station’s celebration of the 113th birthday of the Navy’s hospital corps. The two, representing the youngest and oldest corpsmen, respectively, were among numerous sailors present at the station’s first celebration of the hospital corps’ birthday.

DESERT WARRIOR

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Commanding Officer

Capt. Staci Reidinger
Public Affairs Director

Gunnery Sgt. Dustin Dunk
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Cpl. Shelby Shields
Press Chief

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LASIK (laser in situ keratomileusis) is an outpatient surgical procedure used to treat nearsightedness, farsightedness, and astigmatism. With LASIK an ophthalmologist uses a laser to reshape the cornea in the front of the eye. This improves the way the eye focuses light rays on to the retina at the back of the eye and subsequently improves your vision.

Does LASIK work?
More than ninety percent of those who have LASIK achieve somewhere between 20/20 and 20/40 vision without glasses or contact lenses. In many cases the need for eye glasses and contacts is reduced significantly or eliminated.

Who is a candidate for LASIK?
Generally speaking a large portion of the adult population can benefit with LASIK. It cannot, however, correct all vision impairments. Before the decision can be made you must have an eligibility exam and consultation. The doctor will ask questions about your medical history and give a

thorough eye exam designed to determine if the procedure is appropriate for your individual case. The doctor will also talk about the benefits, risks, available options, and preparation and recovery associated with the surgery to ensure that your goals and expectations are realistic.

How is LASIK done?
LASIK is an out-patient surgical procedure usually performed in an ophthalmologists surgery suite. After the eye is numbed with a few drops of topical anesthetic a hinged flap of corneal tissue is created using an automated microsurgical device. The surgeon will then use the laser to sculpt the corneal tissue. Upon completion the corneal flap is placed back into position. No stitches are required.

While some patients report some discomfort or pressure on the eye, pain is not associated with this procedure. It is important to remember that the procedure is surgery and you should know the qualifications of the surgeon as well as the technological status of the equipment being used. Like all surgeries, the patient needs advance knowledge.

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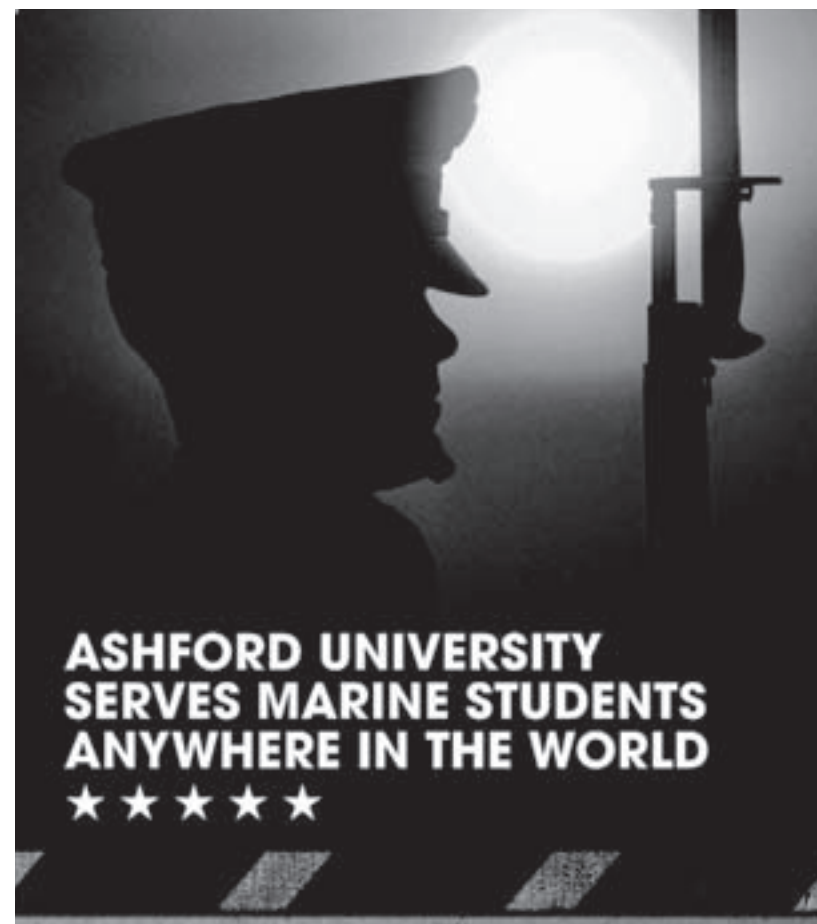
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Base steers Marines on the right path with 'Sex Signals' show

Lance Cpl. Josue Aguirre
Desert Warrior Staff

More than 1,000 station Marines attended a sexual assault prevention presentation at the station theater June 16-17 to increase their awareness about one of the Corps' top concerns today.

"Sex Signals," making its second appearance in Yuma, blends improvisation, comedy and audience interaction to create a unique take on sexual assault awareness that educates and amuses.

Put on by Catharsis Productions, the show has made its way onto Department of Defense installations worldwide, including Iwakuni, Japan and Kaneohe Bay, Hawaii, as well as college campuses.

"When it comes to our approach, we want to encourage discussion," said Kyle Terry, half of the duo that performed in the show. "We don't want the crowd to shut down, which can sometimes happen if they're just being fed information."

For more than an hour, Terry and fellow presenter Judith Lesser improvised scenarios that reflected gender dynamics, stereotypes and social expectations for men and women.

They're better suited to give them information because they make sure the information works for the audience, said Terry.

The presenters quizzed Marines on male and female stereotypes, and also asked for input in how males and females should react to each other in common social situations. They managed to keep the audience entertained and willing to participate the whole time with a sense humor.

One notable sequence had Terry play an aggressive male attempting to seduce Lesser, who played a passive female. Audience

members were told to hold up stop cards if they felt Terry was overstepping appropriate boundaries.

"The show talked about real situations that can easily happen to any Marine," said Lance Cpl. Drew Schreiber, station legal defense clerk. "It was innovative, original and kept our attention the whole time."

Despite the comedic tones of the performance, Terry and Lesser still made sure to emphasize the importance of consent before sexual intercourse.

"It's a theatrical way of informing service members about sexual assault," said Dinorah Couvillon, station sexual assault prevention and response coordinator.

According to an article on the Defense Video & Imagery Distribution System website, data collected from Naval Criminal Investigative Services shows that 1.1 percent per every 1,000 people reported a sexual assault in the Marine Corps during fiscal year 2010.

There are nearly 203,000 Marines, which turns that 1.1 percent into nearly 2,233 reports.

A company averages 150 to 200 Marines. That means that in 2010, the number of Marines that reported sexual assault would be enough to create more than 14 companies, or nearly five battalions, the article states.

These are also only the reported incidents.

"The Department of Defense says that approximately only 20 percent of incidents are reported," said Marie Brodie, the Sexual Assault and Prevention Response program manager of Marine Corps Base Camp Lejeune. "So even if you look at our numbers, they don't actually [compare]."

For more information on sexual assault prevention, visit <http://www.yuma.usmc.mil/services/sapr/index.html> on the web or call (928) 941-3650 for the sexual assault response hotline.

WELCOME ... from page 1



Photo by Lance Cpl. Laura Cardoso

Lance Cpl. Damien Husted, Marine Attack Squadron 211 aviation ordnance technician, kisses his 7-month-old daughter Sophia at the Yuma International Airport May 16. VMA-211 and Marine Aviation Logistics Squadron 13 Marines were welcomed home after serving a six-month-deployment with the 31st Marine Expeditionary Unit. "Being in Japan and Thailand I learned a lot about how different our cultures are," said Husted. "It was a bit of a culture shock. I've only been to two other countries before this and never the North Pacific. It was a very different experience that taught me a lot." The Marines traveled to the Far East conducting operations with the Royal Thailand Armed Forces during Cobra Gold 2011 and helped the Japanese people recover from the devastation of the earthquake and tsunami.

technician. "It was a bit of a culture shock. I've only been to two other countries before this and never the North Pacific. It was a very different experience that taught me a lot."

The 31st MEU delivered more than 164,000 pounds of supplies and 7,430 gallons of water to devastated areas in northeast Japan.

Because of their efforts, the MEU was recog-

nized by Japan Foreign Minister Takeaki Matsumoto for its help during Operation Tomodachi.

Marines returned home to their families with a far greater understanding of other cultures.

"It was a really worthwhile experience," said Matthew Martinez, VMA-211 logistics and communications officer, in a Yuma Sun Article. "We had really valuable training and had a good time."

TriWest goes green

Lance Cpl. Jolene Bopp
Desert Warrior Staff

TriWest military families who switched from paper to electronic statements the last three months raised \$85,000 for four military charities.

During the three month period, TriWest gave \$5 to one of four military charities for every 17,000 military households that chose to "go green."

Charities included the Armed Services YMCA, Operation Homefront, Tragedy Assistance Program for Survivors and United Service Organization.

"It's great to know that by simply choosing paperless options our customers were able to help these four outstanding organizations, and ultimately provide support to the men, women and children who do so much for our country," said TriWest President and CEO David J. McIntyre, Jr.

To opt for electronic statements visit www.triwest.com/GoGreen.



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Lunch: 11 a.m. to 1 p.m.
Dinner: 4 - 6 p.m.
Midrats: 11 p.m. to 12:45 a.m.
*Submarine Bar: 6 - 9 p.m.

Weekends

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*Submarine Bar open Mon-Thu only

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Fri	LUNCH: Clam Chowder Fried Fish Fried Shrimp Pork Chop Suey Potatoes Au Gratin Steamed Rice	DINNER: Clam Chowder Braised Beef and Noodles Cajun Lightning Chicken Scalloped Potatoes Southern Style Greens Mixed Vegetables
Sat	BRUNCH: Eggs Hot & Cold Cereals Ham & Bacon Breakfast Pizza Hash Brown Potatoes and more...	DINNER: Steak Ranchero Roast Turkey Mashed Potatoes Southwestern Rice Broccoli Glazed Carrots
Sun	BRUNCH: Navy Bean Soup EGgs & Omelets Farina & Cold Cereals Baked Sausage Patties Cottage Fried potatoes and more...	DINNER: Navy Bean Soup Grilled Steak Vegetable Lasagna Baked Potato Southern Style Greens Vegetable Stir Fry
Mon	LUNCH: Minestrone Soup Roast Beef Fried Chicken Steam Rice Parsley Buttered Potatoes Brown Gravy	DINNER: Minestrone Soup Turkey Ala King Jerk Pork Loin Buttered Egg Noodles Islanders Rice Broccoli
Tue	LUNCH: Cream of Broccoli Chili Macaroni Fish Vera Cruz Grilled Cheese Sandwich Spanish Rice Tangy Spinach	DINNER: Cream of Broccoli Beef Pot Pie Bayou Chicken Orange Rice Cauliflower Combo Louisiana Style Squash
Wed	LUNCH: Bean Soup Parmesan Basil Chicken Pasta Toscano Italian Roasted Potatoes Cream Style Corn French Style Green Beans	DINNER: Bean Meatloaf Chalupa Steamed Rice Oven Brown Potatoes Mixed Vegetables

Midsummer Knight's read



Photo by Lance Cpl. Laura Cardoso

Kristen Armbruster, station library technician, reads "The Dream Catcher" to several military children during A Midsummer Knight's Read program on Monday. The course is a Department of Defense based summer reading program meant to promote sustainment of education and keep children's reading level high over the summer. "It's great to have them participate in something like this because it's a continuation of their knowledge," said Armbruster. "It keeps their skills level up and gives them an opportunity to learn something they might not otherwise have learned elsewhere." Although the program started last week, sign ups are open until July 25. Events are grouped by ages 5-8 and 9-12. Activities such as story time, arts and crafts, games and other fun educational activities are held Mondays at the station library from 8:30-9:30 a.m. During the month of July, the station youth center will make the program available to the older children. Headquarters Marine Corps, which overlooks the program, will randomly select two children who finished the program for a free trip for four to any of the 48 continental states and a weeks stay at any Delta Vacations destination. For more information, contact Kristen Armbruster at 928-269-2785.

Thursday Soul Surfer (PG) 7 p.m.	Friday Something Borrowed (PG-13) 6 p.m. Thor (PG-13) 9 p.m.	Saturday Prom (PG) 4 p.m. Thor (PG-13) 7 p.m.
Sunday Rio (G) 5 p.m.	Monday & Tuesday CLOSED	Wednesday Madea's Big Happy Family (PG-13)

MOVIES ARE SUBJECT TO CHANGE Call 928-269-2358 or visit <http://www.yuma.usmc-mccs.org/theater.htm>

In Theaters

Tell us your opinion: Hang up, drive

Lance Cpl. Aaron Diamant
Desert Warrior Staff

Everywhere I go, I see people with their eyes glued to their cell phone screen while they text, e-mail, or update their choice social media account. They seem to be paying more attention to their cell phone than to whom they are in a room with, in conversation with, while they walk, or even worse, while they are driving.

This addiction to the instant gratification of knowing someone is paying attention to their every whimsical thought has led people to become dangerously addicted to their mobile devices.

All else is put on hold when the buzzer, ringer, or clip of the latest radio hit emits from their pocket or purse.

I have been in mid-conversation with people when their cell phone alerts them to a text message, to which they immediately pull out their phone, read the message, type a reply, return to the conversation and not remember what they were talking about.

So, theoretically, could someone respond to a text message and forget they were driving? You may laugh, but it seems to happen millions of times daily across our nation.

"Any distraction would hinder your ability to operate a motor vehicle safely," said Capt. Steve Harrison, Arizona Department of Public Safety public affairs officer. "Texting and driving has almost become second nature to people, and they don't realize that it's like playing with a loaded gun."

Driving a car is 90 percent mental, and any distraction from driving can prove to be fatal, added Harrison.

In 2009, more than 20 percent of injury crashes were reported to have involved distracted driving. Drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves, according to the U.S. Department of Transportation.

These statistics only take into account what was actually reported. Many states don't even account for distracted driving in accident reports.

"I equate driving while texting to operating a vehicle while under the influence," said Harrison. "Twenty to thirty years ago, it was almost socially acceptable to drink and drive and it took a lot of terrible tragedies to really open people's eyes to the dangers of it."

I sincerely hope that this does not become the case with distracted driving, as the death of anyone is a terrible tragedy,

to have it happen in a way that was completely avoidable is a pure travesty.

Studies by the University of Utah and the National Highway Traffic Safety Administration have shown that using a cell phone while driving, whether it's hand-held or hands-free, delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08 percent.

So why is it still legal in many states to drive while on a cell phone?

Only eight U.S. states have made talking on a cell phone while driving a car illegal, while 32 have made texting and driving illegal.

However, 34 states gather information on cell phone use for accident reports, so obviously, law enforcement officers have noticed the correlation of cell phone use and traffic collisions, so why don't the lawmakers catch on and make the laws?

Arizona is not one of the states where driving while using your cell phone is illegal.

But just because something isn't against the law, doesn't necessarily make it a good idea to actually do it.

Station orders forbid the use of cell phones while driving, but that goes out the window at the front gate, and often people ignore the signs warning them of the violations on station.

The military policemen of the provost marshal's office can, and do, pull people over and issue traffic citations for the offenses, but the problem persists.

I enjoy driving my car. Every time I'm on the road out in town, I look around at the people I share the road with, and what are they doing?

They're parked at a green light or swerving into another lane because the text message they just received is more important than paying attention to the 2,000 pound weapon they are in control of.

Hang up and drive. Put the phone down for a minute, and pay attention to something that can save your life.

I would like to encourage everyone to shut their cell phones off for one day, just one. Don't worry, the world won't end, the zombies won't take over, and you can even do it on a weekend if it makes you feel better. I guarantee most people will appreciate being able to enjoy their daily commute without getting stuck behind you as you swerve all over the road at 10 mph under the speed limit.

"It's like playing with a loaded gun"

Myth busted

Service members pay for nonessential cosmetic surgery

Lance Cpl. Jolene Bopp
Desert Warrior Staff

Although military surgeons are putting more focus on those wounded in combat, they are also maintaining and improving their skills by performing non-combat related cosmetic surgeries.

Elective cosmetic surgeries are done because the surgeons use the same skill sets needed to operate on those wounded in combat situations, said Navy Capt. Craig Salt, military plastic surgeon at Naval Medical Center San Diego. Service members who want, but don't need cosmetic surgery are required to pay for the surgery.

To help determine whether or not a cosmetic surgery is needed or wanted, patients must first see a health care provider. The provider will then submit a referral to Project Comprehensive Aesthetic Restorative Effort section at NMCS.

"Since 2005, all nonessential cosmetic services have costs," said Lt. Cmdr. Marie Manuel, the Project C.A.R.E. coordinator. "Cosmetic surgery can be done upon availability of the surgeons. In light of the frequent deployments, cosmetic surgery has not been the focus."

Project C.A.R.E. was created in 2010 to help wounded warriors both physically and mentally by putting together a team of different specialty surgeons.

Frequent deployments have increased the need for specialty surgeons to treat injuries and even cosmetic damage to wounded warriors. Fees do

not apply to service members wounded in combat.

"Project C.A.R.E. collaborates with the Comprehensive Combat and Complex Casualty Care program," said Salt, Project C.A.R.E. developer. "C5 focuses on prosthetics, physical therapy, occupational therapy and rehabilitation."

The project focuses on several different procedures. Practices include reconstructive surgery, laser treatment for skin discoloration and mental health support.

Cosmetic surgeries don't just help physically, they also help emotionally.

"We created the program to help military members get back to their daily lives," said Salt. "Not with just the surgical reconstruction, but helping with their mental health as well."

Some patients are not ready emotionally to begin the process right away. C.A.R.E. also allows surgeons to keep track of military members who need or may want a procedure done, added Salt.

Currently, the program is only available at the NMCS. Salt and Manuel are in the process of making the project nationwide for all military branches. They plan on meeting with representatives from the Army, Air Force, Marine Corps and Navy to discuss the future of the program.

Active duty service members interested in cosmetic surgery may speak to any health care provider to refer them to Project C.A.R.E., said Salt.

For more information on cosmetic surgeries, email Manuel at marie.manuel@med.navy.mil or call 619-531-1468.

Submit your opinion to YumaPAO@usmc.mil

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