



FOCUS Marines Foundation

Continuing the Commitment

Fall 2020



Celebrating 10 Years

Take a look back at where we've been and, more importantly, see where our Graduates are heading...

This edition is dedicated to all who have been a part of our mission over the past 10 years! You've helped make a difference in the lives of 891 of our nation's veterans. The FOCUS Program empowers them to create the lives they so richly deserve. Our Graduates are our success and we're in awe as to how much they've accomplished!

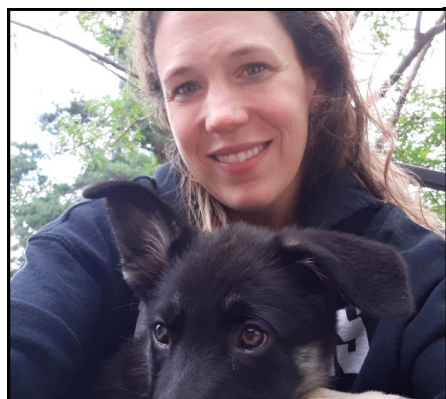
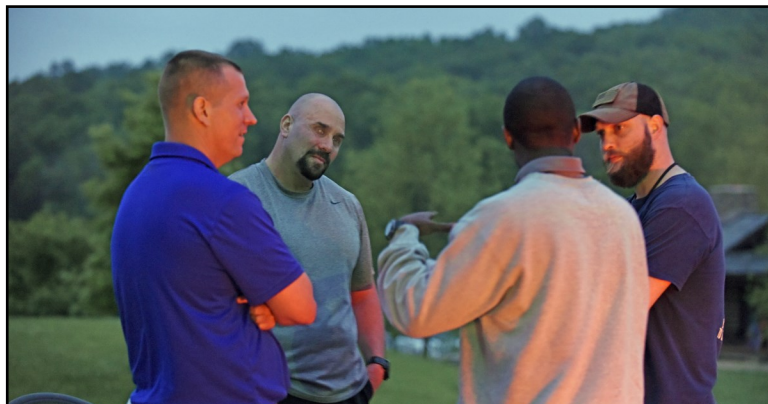
There's more work to do and we look forward to working with you to change lives.



Blue Star goals have become a way of life for me. Working out and refraining from eating and drinking the tasty things in life was definitely out of my comfort zone. My most recent Blue Star was to lose weight and gain strength. I set a goal to lose 50 pounds from a starting weight at 72" and 283 pounds. By cutting out soda, orange juice, nightly ice cream and working out 3-5 times a week, I met my goal and currently sit at 233 pounds. Setting Blue Star goals is not a one time thing. It has become a way to navigate through life in a positive manner.

Semper Fi, Marines

Jacob L. — September 2014 FOCUS Graduate



In the year since FOCUS, I now have a puppy and a Blue Star goal of training her to be a service dog. A lot of things "appeared to stand" in our way. Sometimes frustration, feelings of hopelessness, self-doubt, and false meanings I apply to events have been hurdles in Strata's training. As a team, she and I are still moving forward. Strata makes me get out of my comfort zone in some way, shape or form every day. My goal is pushing me outside my comfort-zone and I am enjoying some of the newfound comforts.

Stephanie B. — September 2019 FOCUS Graduate



I am now a full-time Chaplain with Warrior Family Ministries in Wilmington, NC. Also, my Service Dog, Lady Liberty, has nearly completed all of her required training. Furthermore, I can thank FOCUS for the added motivation which had become "stale" at the time. It is great to meet new Warriors. Stay Tough, Patriots!

George P. — May 2019 FOCUS Graduate



Since my time at FOCUS, I focused on bettering myself personally and professionally. Professionally, I finished my undergrad, completed my contract with the Marines, and then enlisted in the Air National Guard. Which is where I sharpened my skill-set to pursue my career in the IT field. Personally, I took up a healthier lifestyle and mindset.

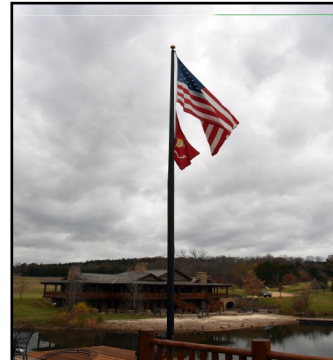
Thacious F. — June 2013 FOCUS Graduate





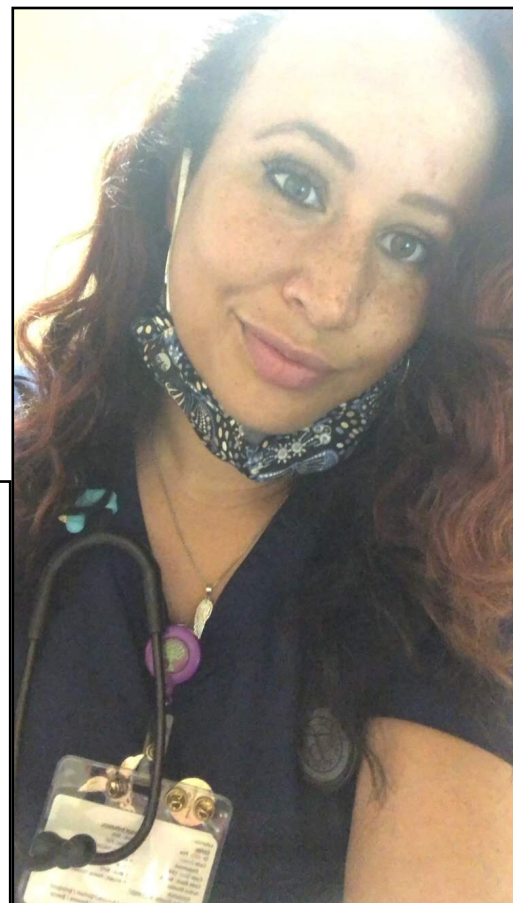
Since attending FOCUS I have had many changes to me and especially my outlook on life. I am currently using my GI Bill at the Professional Golf Career College, studying to get my degree in Golf Management, I have been Sober for 1 year so far, and I have found God in my life. The foundation of FOCUS started me on this path to re-discovery and I am making the best version of me possible. We may struggle alone, but together we can conquer the world. God Bless and Semper Fidelis!

Dick D. — May 2019 FOCUS Graduate



After I finished the program, I returned home and lost my job. Best thing that could have happened to me after FOCUS! I found myself volunteering, working on and getting my benefits, and became a full time student. In community college, I became a leader in veteran's programs and congressionally recognized for academic and community achievements. At my university, I developed, ran, and dedicated a veteran's resource center to a local Medal of Honor recipient. Today, I work for a non-profit organization working with youth and helping them transition from street life to family-oriented young men. It wasn't easy and there were a lot of obstacles along the way. But FOCUS, my brothers, family and Gunny Pop reminded me that I am a ZERO-4 Marine.

Rey R. — March 2014 FOCUS Graduate



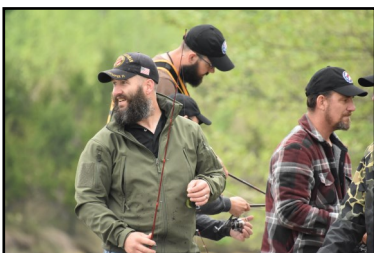
Since FOCUS I got my LPN license and have been working as a Nurse going on two years now. I am currently in the last semester for my RN licensure and I am that much closer to achieving my long term goal of becoming a Trauma Nurse.

Brandy B. —
November 2015
FOCUS Graduate



I am excited to let you guys know that I am attending the Paramedic program through Bakersfield College. I just completed my finals with an "A". I am now starting my clinicals at a Kern Medical Center Trauma II Hospital. Once I have completed with clinicals I will start my internship, and then take my National Registry for my Paramedic Certification. I only need to complete Stats to complete my AS Degree in Paramedicine, this will give me 2 degrees. I am also enrolled in Voc-Rehab & standby to take my Functional Capacity Evaluation...When times are tough, I go back through and look at the video I made for myself to remind me that it's ok and to remain strong and keep pushing forward.

Raymond M. — December 2018 FOCUS Graduate



I graduated with a Bachelor of Science in psychology and a Master's in social work from Washington University in St. Louis. I was the first military veteran since WWII to be admitted to Phi Beta Kappa, graduated with a 4.0 GPA, and was president for the Student Veterans chapter at WashU. I was one of the ten finalists for Student Veteran of the Year for SVA in 2019. I worked with Nathan Laupp and paid off all my bills. I purchased an RV and have been traveling full-time since graduation. Currently, I am one of the subjects of the documentary, [Medicating Normal](#), and touring the country to bring awareness to overmedication and over-pathologizing of combat veterans' very normal reactions to trauma (PTSD). I've participated in over 100 screenings of the film and tough discussions about the current state of our mental health care system for people in distress.

Angela P. — June 2016 FOCUS Graduate



Since attending FOCUS, I have completed my Blue Star goal of writing my memoir, *Angel Blue*. It's been pretty dark, revisiting the horror of my childhood.

Programs like FOCUS and all the ones I went to before it empowered me to rise above my past and be successful. The life I provide for my daughter is, and will always be, my greatest accomplishment.

The road has been long, and it still is. My intention is to be published by one of the big 5. I am determined, patient, and 100% fully committed.

Thank you FOCUS for helping me get this far.

Forrest L. — March 2019 FOCUS Graduate



FOCUS Marines Foundation continues to engage both incoming participants and our FOCUS Graduates. We understand these are trying times for everyone and feel it's imperative to continue, and even increase, our support of our Veterans.

Follow us on Facebook and Twitter for more Graduate updates, resources and fundraising efforts. Semper Fi...and thank you!