THE NEXT GENERATION OF SUBMARINES
Meet the Watch That Shook Up Switzerland

A watch that revolutionized timekeeping at a price equally as radical.

In the history of timepieces, few moments are more important than the creation of the world’s first Piezo timepiece. First released to the public in 1969, the watch turned the entire industry on its head, ushering in a new era of timekeeping. It’s this legacy that we’re honoring with the Timemaster Watch, available only through Stauer at a price only we can offer.

Prior to Piezo watches, gravity-driven Swiss watches were the standard bearer of precision timekeeping. But all that changed when the first commercially available Piezo watch came onto the market.

The result of ten years of research and development by some of the world’s top engineers, they discovered that when you squeeze a certain type of crystal, it generates a tiny electric current. And, if you pass electricity through the crystal, it vibrates at a precise frequency—exactly 32,768 times each second. When it came on the market, the Piezo watch was the most dependable timepiece available, accurate to 0.2 seconds per day. Today, it’s still considered a spectacular advance in electrical engineering.

“It was like a magnum bullet shot at the most sensitive spot of the mechanical watch industry... Switzerland was terrified.” —Ariel Adams of A Blog to Watch.

With the Timemaster we’ve set one of the world’s most important mechanical advances inside a decidedly masculine case. A handsome prodigy in rich leather and gold-finished stainless steel. The simplicity of the watch’s case belies an ornately detailed dial, which reflects the prestige of this timepiece.

Call today to secure your own marvel of timekeeping history. Because we work directly with our own craftsman we’re able to offer the Timemaster at a fraction of the price that many Piezo watches cost. But a watch like this doesn’t come along every day. Call today before time runs out and they’re gone.

Your satisfaction is 100% guaranteed. Spend some time with this engineering masterpiece for one month. If you’re not convinced you got excellence for less, simply send it back within 30 days for a refund of the item price. But we’re betting this timekeeping pioneer is a keeper.

Timemaster Piezo Watch $299* Offer Code Price Only $29 + S&P Save $270

1-800-333-2045

Your Insider Offer Code: TPW144-02

You must use the insider offer code to get our special price.

Stauer® 14101 Southcross Drive W., Ste 155, Dept. TPW144-02
Burnsville, Minnesota 55337 www.stauer.com

*Discount is only for customers who use the offer code versus the listed original Stauer.com price.

Stauer... Afford the Extraordinary.
The submarine USS JOHN WARNER (SSN-785) is pictured leaving Newport News Shipbuilding on sea trials as part of its post-shakedown availability. It is the first PSA to be accomplished without having to put the boat into a dry dock for external hull work. Photo by John Whalen/HII.

The Next Generation of Submarines: Virginia-Class Improvements Informing Columbia-Class Design

Virginia-class submarines aim to perform in diverse mission capacities, including surveillance and reconnaissance; anti-submarine, anti-surface and mine warfare; special operations and battle group support; and power projection.

The National WWI Memorial & Museum

“The most striking thing was to see the way in which the Museum is free of a national narrative; it really tries to tackle the subject comparatively, which, on the whole, most national museums fail to do,” said Hew Strachan, Oxford University professor of the History of War.
“The President’s Own”

Everybody knows about the most popular “special day” in the month of July: the fourth of course! Let’s look at another special day listed on the FRA Calendar worth mentioning.

On July 11, 1798, the U.S. Marine Band was established by President John Adams by signing an Act of Congress in the nation’s then-capital of Philadelphia. The 32 drummers and fifers that made up the Marine Band also helped recruit new Marines as well as entertained the locals.

On Aug. 21, 1800, the first public Marine Band concert held in Washington, D.C. took place on a small hill that overlooked the Potomac River. It also happened to be the future site of the Lincoln Memorial. The local settlers—remember this was 1800—descended upon the event in large numbers to hear the “Marines band of music.”

Jan. 1, 1801, was the debut of the Marine Band at the unfinished White House mansion. They performed at a New Year’s Day reception for John Adams and his wife, First Lady Abigail Adams.

On March 3, 1801, the Marine Band performed during Thomas Jefferson’s inaugural event at the request of the president. Thomas Jefferson happened to be an avid music lover and was somewhat of an amateur violinist himself. This was the first time the band played for a presidential inauguration and President Jefferson coined the phrase, “The Band is the President’s Own.” The attribution has stayed in place and the Marine Band has played at every presidential inauguration since.

Inauguration Day includes the swearing-in ceremony and a parade, as well as other festivities throughout the afternoon and evening. The band is arranged next to the inaugural platform for the president’s swearing-in ceremony at the U.S. Capitol and a 99-piece band marches in the parade down Pennsylvania Avenue. The band also performs at inaugural balls following the official ceremony and parade. Celebrations are typically divided by state and held at hotels and in large public spaces throughout Washington, D.C.

The Marine Band is the oldest continually active professional musical organization in the United States. “The President’s Own” continues to be recognized for its role at the White House and the more than 500 exciting public performances it gives each year.

In Loyalty, Protection & Service,
William Stevenson, Editor-in-Chief
We’ve all had nights when we just can’t lie down in bed and sleep, whether it’s from heartburn, cardiac problems, hip or back aches – it could be a variety of reasons. Those are the nights we’d give anything for a comfortable chair to sleep in, one that reclines to exactly the right degree, raises feet and legs to precisely the desired level, supports the head and shoulders properly, operates easily even in the dead of night, and sends a hopeful sleeper right off to dreamland.

Our Perfect Sleep Chair® is just the chair to do it all. It’s a chair, true – the finest of lift chairs – but this chair is so much more! It’s designed to provide total comfort and relaxation not found in other chairs. It can’t be beat for comfortable, long-term sitting, TV viewing, relaxed reclining and – yes! – peaceful sleep. Our chair’s recline technology allows you to pause the chair in an infinite number of positions, including the lay flat position and the zero gravity position where your body experiences a minimum of internal and external stresses. You’ll love the other benefits, too: It helps with correct spinal alignment, promotes back pressure relief, and encourages better posture to prevent back and muscle pain.

And there’s more! The overstuffed, oversized biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. The high and low heat settings along with the multiple massage settings, can provide a soothing relaxation you might get at a spa – just imagine getting all that in a lift chair! It even has a battery backup in case of a power outage. Shipping charge includes white glove delivery. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! You get your choice of bonded stain and water repellent leather or plush microfiber in a variety of colors to fit any decor. Call now!
Memorial Day ceremonies held at Arlington National Cemetery are always special to me, but this year, being the National President of the Fleet Reserve Association made it even more special for me and my wife, Deborah.

FRA National Vice President Donna Jansky was also present for the Memorial Day events. Before the weekend, she spent a few days and made the rounds at the FRA HQ meeting with staff.

During Vice President Mike Pence’s speech, he paid tribute to fallen members of the U.S. Armed Forces, thanking their loved ones in a ceremony at Arlington National Cemetery and acknowledging that for them “every day is Memorial Day.”

Pence placed a wreath at the Tomb of the Unknown Soldier to remember dead service members whose remains haven’t been identified and observed a moment of silence. He also told Gold Star families that he was honored by their presence.

In Loyalty, Protection & Service,
NP Robert Washington Sr.

Bob is the National President of the Fleet Reserve Association.

Photos courtesy of Chris Slawinski.
On May 18, 1980, the once-slumbering Mount St. Helens erupted in the Pacific Northwest. It was the most impressive display of nature’s power in North America’s recorded history. But even more impressive is what emerged from the chaos... a spectacular new creation born of ancient minerals named Helenite. Its lush, vivid color and amazing story instantly captured the attention of jewelry connoisseurs worldwide. You can now have four carats of the world’s newest stone for an absolutely unbelievable price.

Known as America’s emerald, Helenite makes it possible to give her a stone that’s brighter and has more fire than any emerald without paying the exorbitant price. In fact, this many carats of an emerald that looks this perfect and glows this green would cost you upwards of $80,000. Your more beautiful and much more affordable option features a perfect teardrop of Helenite set in gold-covered sterling silver suspended from a chain accented with even more verdant Helenite.

Limited Reserves. As one of the largest gemstone dealers in the world, we buy more carats of Helenite than anyone, which lets us give you a great price. However, this much gorgeous green for this price won’t last long. Don’t miss out. Helenite is only found in one section of Washington State, so call today!

Romance guaranteed or your money back. Experience the scintillating beauty of the Helenite Teardrop Necklace for 30 days and if she isn’t completely in love with it send it back for a full refund of the item price. You can even keep the stud earrings as our thank you for giving us a try.

Helenite Teardrop Necklace (4 ¼ ctw) $299* .... Only $129 +S&P
Helenite Stud Earrings (1 ctw) .................................$129 +S&P
Helenite Set (5 ¼ ctw) $428* ............................Call-in price only $129 +S&P
(Set includes necklace and stud earrings)

Call now and mention the offer code to receive FREE earrings. 1-800-333-2045

Offer Code HEN178-01
You must use the offer code to get our special price.

Stauer® 14101 Southcross Drive W., Ste 155, Dept. HEN178-01, Burnsville, Minnesota 55337 www.stauer.com

* Special price only for customers using the offer code versus the price on Stauer.com without your offer code.

• 4 ¼ ctw of American Helenite and lab-created DiamondAura®
  • Gold-finished .925 sterling silver settings
  • 16" chain with 2" extender and lobster clasp

"I love these pieces... it just glowed... so beautiful!"
— S.S., Salem, OR
New FRA App

Thank you for the great article on the newly designed FRA app. The information provided was clear and easily followed. The app is a virtual office. It’s a phone and email directory, a virtual library consisting of past and present monthly, quarterly and weekly news articles. It’s a private secretary that writes letters to elected government officials on career and retirement issues and it automatically alerts members when an action is needed.

A member’s grandson and high school graduate reportedly found the scholarship section easy to follow when applying for financial assistance. He is now on his way to James Madison University with found money.

Another member’s three granddaughters, living in Florida and southwest Virginia, anxiously await the next Americanism Patriotism Essay contest. The detailed instructions on composition, location of a judging Branch sponsor and examples of winning essays were strong motivational factors.

The FRA app also provides members with convention planning needs. Hotel location, reservations and driving directions are included. These are only a few of the services provided in the FRA app. Thank you for bringing this important tool to the members and prospective members of the FRA and the LA FRA.

A grateful life member of the FRA for more than 50 years.

PRPEC Phil Hanna ETCS USN (Ret.)
Virginia Beach Branch

What is Group 8 All About?

Looks like more underhanded dirty deals from the VA. Two years ago, I was moved from Priority Group 5 (Vietnam Vet) to Priority Group 8 (too much net worth). I was told there was no record of my Vietnam Service, so I was moved. Also, with no “proof” I was removed from the Agent Orange Registry. I had to re-apply and show proof of said service, which took several months. Now, there are new priority groups 1-8 with Group 8 for vets with TOO MUCH INCOME/net worth. Nowhere is there any group for combat vets except Iraq/Afghanistan and would you believe it, World War I? I couldn’t believe [there was a] Group 8 until a Shipmate was denied benefits and Agent Orange Registry. This stinks worse than a dead skunk on the highway.

RM1(SS) William Poison, USN (Ret.)

VA Canteen and ShopVCS

Veterans Canteen Service (VCS) launched ShopVCS.com this past November. It is an online shopping site exclusively available to Veterans and their families.

Veterans enrolled in VA Healthcare are able to shop ShopVCS.com. This new exclusive shopping experience offers deals on thousands of products from hundreds of top brands with the ability to easily and securely shop from any device. The site features an expanded catalog of products to include: Veteran-Owned brands, Made-in-USA items, military items, sportswear, jewelry, health and beauty, home goods, electronics, outdoor gear, travel options, event tickets and much more.

Registration is free and Veterans enrolled in the VA and their family members are eligible to register at ShopVCS.com as authorized customers. Proceeds from your purchases are given back to the Veteran community in support of VA programs such as: National Rehabilitation Adaptive Sports Games, Vets Crisis Suicide Prevention, Fisher House, Women Veteran Programs, National Disaster Relief, Homeless Veterans programs and much more.

Stacy Papachrisanthou,
Director, Marketing & Communications
Veterans Canteen Service. stacyp@va.gov

FRAtoday Armed Guards.

The article “The Unsung Underdogs of WWII: The Navy Armed Guard” was excellent. However, the statement, “Over the course of the war, the Merchant Marine suffered more casualties than any branch of the U.S. armed forces” is not accurate. It should have said, “......suffered the highest rate of casualties” (the percent of casualties out of the total number who served). That can be said to apply to the Armed Guard as well.

Vince Faustina YNC,
Yokosuka Branch 103.

Submit letters to FRAtoday, 125 N. West St. Alexandria, VA 22314, or to fratoday@fra.org. Please include “Shipmate Forum” in the subject line. FRA reserves the right to select and edit letters for publication. Letters published in Shipmate Forum reflect the opinions and views of individual FRA members. They do not necessarily reflect the official position of the FRA as a whole. The FRA is not responsible for the accuracy of letter content.
An Exemplary Way to Show Your Pride in the Navy®

A proud statement of Navy® pride, this striking hoodie is crafted in a dark brown easy-care cotton blend. The front features a fully embroidered Navy® logo in gold-toned thread. The right sleeve has “NAVY” lettering and the left sleeve proudly displays an embroidered American flag patch and an appliqué patch of the Navy® emblem.

There’s plenty of custom detail throughout this apparel exclusive, like a comfortable brushed fleece interior and a beige thermal knit lined hood, generous kangaroo front pockets, knit cuffs and hem, a full front zipper, and bronze-toned metal tippets on the hood drawstrings. Imported.

Exceptional Value...
Satisfaction Guaranteed

With its custom design and quality craftsmanship, this handsome hoodie is a remarkable value at $99.95*, payable in 3 easy installments of $33.32 each. Your purchase is backed by our unconditional, 30-day guarantee. To order yours in 5 men's sizes, M-XXXL, send no money now; just return the Priority Reservation. We may not be able to make this offer again. So don't delay… order today!

*For information on sales tax you may owe to your state, go to bradfordexchange.com/use-tax

bradfordexchange.com/30315

Answer: Yes. Please reserve the “Navy® Pride” Men’s Hoodie for me as described in this announcement in the size indicated below.

Signature

Mrs. Mr. Ms. Name (Please Print Clearly)

Address

City State Zip

E-mail (optional)

9345 Milwaukee Avenue · Niles, IL 60714-1393

©2019 The Bradford Exchange 01-30315-001-BIB

Available in 5 Men's Sizes: M to XXXL
ON & OFF capitol hill
News & Notes from the Fleet Reserve Association’s Legislative Team

Legislative Surge Needs Grassroots Surge

As FRAtoday goes to press, the FRA Legislative Team is closely monitoring the legislative process on Capitol Hill as an expected “surge” of legislative activity begins in earnest to get 12 spending bills and authorization legislation marked up and passed by the Senate and House before the start of the new fiscal year (FY2020) that begins Oct. 1, 2019. There are many issues that have been introduced as legislation and are listed on the FRA Action Center (www.fra.org). Your participation is critical to enhancing the FRA’s legislative agenda. To successfully advocate on your behalf requires members to contact their elected officials to let them know these are important issues. A strong grassroots program complements the FRA’s Legislative Team efforts and has a direct influence on the association’s ability to effectively represent your concerns before Congress and appropriate federal agencies. Using the Action Center is “user friendly.” Members can use one of the already written letters on specific legislation or they can compose their own message. Shipmates are urged to visit the association’s website often for regular updates.

Gold Star Family Tax Relief Passes House and Senate

The FRA-supported “Gold Star Family Tax Relief Act” bills, (S.1370/H.R.2481) have each passed their chamber of origin. These bills will fix a 2017 tax law error affecting military families. These proposals, sponsored by Senator Bill Cassidy (La.) and Congresswoman Elaine Luria (Va.) respectively are intended to fix a special tax dating back to 1986 that was intended to stop wealthy parents from sheltering income by shifting it to their children with lower tax rates, which inadvertently caused higher taxes on military survivor benefits. Because of this mistake in the tax code, military families could now be paying a 37 percent tax rate, instead of 12 to 15 percent, on the survivor benefits. The bipartisan legislation removes this provision (aka “Kiddie Tax”) from the special 1986 tax, resolving the unintended tax treatment of survivor benefits.

“This bipartisan legislation helps those who lost a husband or wife, a father or mother, serving in the military to protect us. This legislation fixes an unintended problem and lessens the taxes of the surviving spouse,” said Dr. Cassidy. “The Tax Cut and Jobs Act has helped millions. I thank Democratic colleagues for joining to improve the law and ensure more Americans benefit.”

“Gold Star Families have already paid the ultimate price, so it broke my heart when a surviving spouse from Coastal Virginia alerted me to this injustice,” Congresswoman Luria said. “I knew I had to fight for her in Congress to fix a broken system that should be working for her and her family.”

Members can use the FRA Action Center on the website (www.fra.org/FRA/Web/Content/VotervoiceFullInfo.aspx) to weigh in on this issue.
Agent Orange Bill Approved by the House

The House Veterans Affairs Committee Chairman (HVAC) Rep. Mark Takano (Calif.) and Ranking Member Rep. Phil Roe (Tenn.) are making another attempt to enact the Blue Water Navy Vietnam Veterans Act (H.R.299). The legislation is similar to the legislation that was passed by the House last year and then stalled in the Senate Veterans Affairs Committee. This bill, sponsored by Rep. Takano with 333 co-sponsors, passed the House (410-0). The bill now goes to the Senate for further consideration.

This bill and a similar measure introduced in the Senate (S.1195) would clarify that service members serving off the coast of the Republic of Vietnam during the Vietnam conflict have a presumption for filing disability claims with the Department of Veterans Affairs (VA) for ailments associated with exposure to the Agent Orange herbicide. The bills would also extend the presumption of herbicide exposure to veterans who served on or near the Korean DMZ between Sept. 1, 1967 and Aug. 31, 1971. The legislation would provide health care, vocational training, rehabilitation and a monetary allowance to a child who was born with spina bifida if at least one of the child’s parents served in Thailand between Jan. 9, 1962 and May 7, 1975. The VA would also have to determine that at least one of the parents had been exposed to an herbicide agent during that period. These bills also include changes to the VA Home Loan program.

In January, the U.S. Court of Appeals for the Federal Circuit ruled in Procopia v Wilkie that VA officials have improperly interpreted the law in denying the claims of Blue Water Navy Vietnam veterans. The Department of Justice has until the end of June to decide if they will appeal the decision to the Supreme Court of the United States. The members of the House of Representatives are not waiting for the courts and want to enact legislation addressing this issue.

The FRA believes Congress should recognize these veterans who were exposed to Agent Orange herbicide and authorize presumptive status for VA disability claims associated with this exposure. Now is the time to contact your senators with the FRA Action Center to urge them to support these proposals (H.R.299 & S.1195).

Memorial Day Observances and the Last Rolling Thunder Event Due to Lack of Funds

FRA National President Robert Washington and National Vice President Donna Jansky represented the association during Memorial Day ceremonies at Arlington National Cemetery and laid a wreath at the Tomb of the Unknown Soldier on Monday, May 27, in honor of the men and women who have died in service to their nation. On Saturday and Sunday, May 25 and 26, shipmates and members of the FRA NHQ team staffed an information booth at Rolling Thunder, the annual motorcycle tribute in the nation’s capital to show the country and the world that POWs and MIAs from America’s recent conflicts will never be forgotten. This will be the last Rolling Thunder event, which was formed to raise awareness of POWs from the Vietnam conflict, but now raises awareness of POWs and MIAs from all of America’s recent conflicts. The reasons for ending the event are primarily soaring costs and a lack of new corporate sponsors.
House Approves Veterans Bills

The House passed several bipartisan bills that support veterans’ transition to civilian life, improve veterans’ economic resources and expand veterans’ access to mental health services. The passed legislation includes:

- The Vet Center Eligibility Expansion Act (H.R.1812), sponsored by Rep. Mike Levin (Calif.), would expand the eligibility to receive counseling from VA Vet Centers to members of the National Guard and Reserves or Coast Guard who served during emergency situations.
- The Support for Suicide Prevention Coordinators Act (H.R.2333), sponsored by Rep. Anthony Brindisi (N.Y.), would require the Comptroller General to conduct an assessment of the workload, training and vacancy rates of VA suicide prevention coordinators.
- The Navy SEAL Chief Petty Officer William “Bill” Mulder (Ret.) Transition Improvement Act (H.R.2326), sponsored by Rep. Mike Levin (Calif.), would improve the Transition Assistance Program for service members returning to civilian life.
- The Veterans’ Education, Transition and Opportunity Prioritization Plan Act (H.R.2045), sponsored by Rep. Mike Levin (Calif.), would prioritize veterans’ employment, transition, housing and education benefits at the VA.
- The Veterans’ Compensation Cost-of-Living Adjustment Act (H.R.1200), sponsored by Rep. Elaine Luria (Va.), would provide a COLA increase for FY2020 for various VA benefits.
- The Veterans Care Quality Transparency Act (H.R.2372), sponsored by Rep. Lauren Underwood (III.), would direct the Comptroller General to conduct an assessment of all memoranda of understanding and memoranda of agreement between the VA under secretary of health and non-VA entities relating to suicide prevention and mental health services.
- The FIGHT Veteran Suicides Act (H.R.2340), sponsored by Rep. Max Rose (N.Y.), would direct the VA to provide notice to Congress of any suicide or attempted suicide of a veteran in a VA facility.
- The Whole Veteran Act (H.R.2359) sponsored by Rep. Connor Lamb (Pa.), would direct the VA to submit to Congress a report on the availability and effectiveness of holistic health treatments at VA facilities.

These proposals are now in the Senate for further consideration.

Bill Proposed to Allow Active Duty to Sue Military for Medical Malpractice

Rep. Jackie Speier (Calif.), chair of the House Armed Services Committee’s Military Personnel Subcommittee, has introduced the Sergeant First Class Richard Stayskal Military Medical Accountability Act (H.R.2422), which would allow military service members to sue the Department of Defense for instances of medical malpractice unrelated to their military duties. Currently, the Feres Doctrine prevents service members from having their day in court when malpractices by military health care providers unconnected to combat results in severe injury or even death.

The Feres Doctrine was established in 1950 from Feres v. United States, in which the Supreme Court held that the military is not liable under the Federal Tort Claims Act for injuries to members of the armed forces sustained while on active duty resulting from the negligence of others in the armed forces.

The practical effect is that the Feres Doctrine effectively bars service members from collecting damages from the United States government for personal injuries experienced in the performance of their duties. It also bars families of service members from filing wrongful death actions when a service member is killed or injured. This exclusion does not extend to killed or injured family members, so a spouse or child may still sue the military.

By creating an exemption to the Federal Tort Claims Act to allow service members to sue the military for medical malpractice, the bill would give service members the same right as the fellow citizens they serve and protect. SFC Stayskal developed terminal lung cancer after being misdiagnosed in a military health facility.

“The Feres Doctrine is a travesty,” said Rep. Speier. “It denies service members who put their lives on the line for this country the same access to the justice system enjoyed by service member’s spouses, other federal employees, and even prisoners. Creating an exemption for medical malpractice is long overdue.”

Members can use the FRA Action Center (www.fra.org/FRA/Web/Content/VotervoiceFullInfo.aspx) to weigh in on this issue.
JOHN WAYNE: STANDING TALL
Cold-Cast Bronze Sculpture
A Bradford Exchange Exclusive

★ Dramatic 21-inch tall sculpture
★ The look of fine bronze statuary masterfully captures every bit of Duke’s size and character
★ Superb hand-casting and hand-painting by world-class artisans
★ Hand-crafting captures the look of stone atop classic wood-grained base
★ Hand-numbered, with Certificate of Authenticity

Your satisfaction guaranteed—order now!
Strong demand is likely, so make it yours now, payable in five installments of $49.99 for a total of $249.99*, backed by our unconditional, 365-day money-back guarantee. Don’t miss out—order today!

*For information on sales tax you may owe to your state, go to bradfordexchange.com/use-tax

Shown much smaller than actual size of 21 inches high

RESERVATION APPLICATION
SEND NO MONEY NOW

9345 Milwaukee Avenue · Niles, IL 60714-1393

YES. Please reserve the John Wayne: Standing Tall Cold-Cast Bronze Sculpture for me as described in this announcement.
Limit: one per order. Please Respond Promptly

Signature
Mrs. Mr. Ms.
Name (Please Print Clearly)
Address
City
State Zip

*Plus a total of $27.99 shipping and service; see bradfordexchange.com
Limited edition presentation restricted to 295 casting days. Please allow 4-8 weeks after initial payment for shipment. Sales subject to product availability and order acceptance.

©2018 Licensed Copyright here
©2018 BGE 01-27284-001-B
www.bradfordexchange.com/jwsculpture
FRA Co-Sponsors House Guard and Reserve Caucus Breakfast

As part of its strong support of sea services’ Reserve Component enlisted personnel, the FRA recently joined with other military and veterans’ organizations in co-sponsoring the House Guard and Reserve Caucus Breakfast on Capitol Hill. Rep. Steven Palazzo (Miss.), co-chair of the bipartisan caucus, ran the meeting. USMCR Major Gen. Bradley James told the group that the Marine Reserve appreciates the more predictable budget process and he mentioned that 2,100 Marine Corps reservists are currently deployed. That number includes 754 individual augmentees assigned to other deployed units. USNR Vice Admiral Luke McCullum told the group that 3,000 reserve sailors are currently deployed. He stated that the Navy Reserve has more than 100,000 members and is focused on aviation re-capitalization. The admiral stated that reservists must balance work, family and the Navy. USCGR Rear Admiral Matthew Sibley told the caucus that the Coast Guard Reserve’s top priority is to get to the authorized end strength of 7,500 guardsmen. He also mentioned there will be a new position created, Assistant Commandant for Reserves. Top officials from the Army Reserve, Army National Guard, Air National Guard and Air Force Reserve also provided reports on the status of their organizations.

FRA Salutes Outstanding Sailors

The FRA congratulates the Navy’s 2018 Sailors of the Year (SOY), who were meritoriously promoted to chief petty officers during ceremonies in the D.C. area this past May. At a BBQ event held at the Navy Yard in Washington D.C., National President Robert Washington and National Executive Director Tom Snee presented the participants with an FRA challenge coin, coin board, certificate and two-year complementary FRA membership. The next day there was a ceremony and meritorious promotion at the Navy Memorial. The recipients include:

- U.S. Pacific Fleet Sea Sailor of the Year, ICC (SW/AW) Nicholas W. Natelli.
- U.S. Navy Shore Sailor of the Year, LSC (AW/SW) Sindy M. Johnson.
- U.S. Navy Reserve Sailor of the Year, PSC Angelita E. Baggoo.

The FRA is proud to continue its long-standing tradition of honoring outstanding performance in the enlisted sea services.

Acting Secretary of Defense Nominated

Pat Shanahan, who has served four months as acting secretary of defense (SecDef) and previously served as deputy defense secretary, has been nominated to be the SecDef. The White House said in a statement, “Acting Secretary Shanahan has proven over the last several months that he is beyond qualified to lead the Department of Defense and he will continue to do an excellent job.”

Recently, a DOD Inspector General report cleared Shanahan of allegations that he sought preferential treatment for his former employer, Boeing, at the expense of rival Lockheed Martin. Shanahan has two separate graduate degrees in engineering and business administration from the Massachusetts Institute of Technology (MIT). Previous SecDef James Mattis quit in protest over the president’s decision to withdraw troops from Syria.

The position requires Senate confirmation and it is expected to be a difficult process, with senators skeptical about his lack of military experience and his long career with Boeing, which is a major defense contractor.
Big, bold and full of life. That’s the dream American sculptor James Earle Fraser had for his new U.S. five-cent piece—and boy, did he deliver.

The classic American Buffalo Nickel is incredibly brave in its use of space, taking up nearly the entire face of both sides of the coin. It showcases two icons of the American spirit—an American bison and a composite profile of three Native American chiefs.

The Buffalo Nickel created generations of coin collectors around the world. And now, through this special offer, you can secure a half or full roll of these historic, absolutely authentic coins in Good or better condition at an incredible price!

Hold The Spirit of America in the Palm of Your Hand
Struck between 1920 and 1938, these coins circulated heavily throughout the United States, especially during the Great Depression. Many were worn down until they were unrecognizable, while others have disappeared into private collections. But you’re in luck—the coins offered here have stood the test of time for more than 80 years with their full date and main details intact.

Buy More and Save!
You can secure a 20-coin half-roll of authentic Buffalo Nickels for less than $2.50 per coin, or buy a full 40-coin roll for just $2.00 per coin and SAVE $19.95. Each set comes in a numismatic tube accompanied by a custom storybook and certificate of authenticity. Dates vary.

Call now and use the offer code below to secure your very own roll of classic American Buffalo Nickels!

1920-1938 Buffalo Nickels
Half Roll (20 Coins) - $49.95 + s/h
Full Roll (40 Coins) - $79.95 + s/h SAVE $19.95

FREE SHIPPING on orders over $149
Limited time only. Product total over $149 before taxes (if any). Standard domestic shipping only. Not valid on previous purchases.

Call today toll-free for fastest service
1-866-350-7464
Offer Code BNR311-01
Please mention this code when you call.
SASC Approves NDAA

The Senate Armed Services Committee’s Personnel Subcommittee (in closed session) approved the FY2020 National Defense Authorization Act (NDAA-S.1215). The FRA submitted a written statement listing issues of importance to FRA members, to the subcommittee a week before the hearing. A copy of the statement is available on the website under FRA Advocacy. Since the SASC approved the bill in a closed session, the actual text of the bill was not available at press time. According to staff and press accounts, the provisions in the markup include:

- Cutting military medical staff billets.
- Increasing military end strength by 7,700 (Navy 5,000 and Marines 100).
- Increasing active duty pay (3.1%), which keeps pace with civilian pay increases.
- Providing $40 million in impact aid funding for schools with large military populations.
- Expanding active duty parental leave benefits.
- Beefing up oversight of privatized military housing.
- Providing military justice provisions aimed at better prosecuting sexual assault.
- Increasing military construction spending for military housing and day care centers.
- Increasing employment opportunities for military spouses.

The FRA opposes the proposed drastic cuts in military medical staff. The Defense Department’s FY2020 budget calls for the elimination of about 18,000 military medical positions from the current 130,000. The FRA is concerned that such drastic cuts could impact access and quality of care for retirees, active duty members and their families. These proposed cuts could also impact combat casualty care capabilities. The FRA is also disappointed that there are apparently no provisions addressing concurrent receipt, SBP/DIC offset repeal, or allowing a surviving spouse to retain the final month’s pay of a military retiree for the month in which the member was alive for at least one day, just to name a few.

As FRAtoday goes to press, the bill is on the Senate floor for further consideration and a vote for passage. The FRA is working to get floor amendments filed, debated and approved. The House Armed Services Committee will begin its markup of the NDAA in June.

Once both chambers of Congress approve their legislation, a conference committee will be appointed to resolve the differences between the two bills. This final version will then be voted on by both chambers of Congress and if approved, will be sent to the president to be signed into law or vetoed.

Members are urged to use the FRA Action Center (www.fra.org/FRA/Web/Content/VotervoiceFullInfo.aspx) to ask their legislators to delay and closely review the proposed cuts of nearly 18,000 military medical billets.

Senate Calls for “Military Retiree Appreciation Day”

FRA Director of Legislative Programs John Davis and representatives from several other veteran and military service organizations met with Speaker of the House Nancy Pelosi and other key legislators to discuss issues of mutual concern. Key legislators in attendance included: HVAC Chairman Mark Takano (Calif.), HASC Personnel Subcommittee Chairwoman Jackie Speier (Calif.), and House Budget Committee Chairman John Yarmuth (Ky.).

Rep. Yarmuth started the hearing by warning the group about the need to lift sequestration spending caps. These spending caps would require an 11 percent cut in the defense budget. He also expressed concern about the proposed drastic cuts to military medical staff. These planned cuts could impact access to and quality of care for retirees, active duty members and their families. They could also impact combat casualty care capabilities.

The FRA and other groups thanked HVAC Chairman Mark Takano for approving the Agent Orange reform bill (see story on page nine for more details), and recommended funding for additional claim adjudicators at the VA to handle the expected increase in disability claims by Blue Water Vietnam veterans. Other issues discussed included: concurrent receipt expansion, SBP/DIC offset repeal, adequate funding to implement the VA MISSION Act and concerns about changes to the Defense Resale Program.

Members can weigh in on many of these issues by going to the FRA Action Center (www.fra.org/FRA/Web/Content/VotervoiceFullInfo.aspx) online. FRA
Call today and receive a FREE SHOWER PACKAGE!
FOR A LIMITED TIME ONLY
Call Toll-Free 1-888-772-9434

Now you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing. Introducing Safe Step Walk-In Tub’s exclusive NEW Shower Package!

✓ First and only walk-in tub available with a customizable shower
✓ Fixed rainfall shower head is adjustable for your height and pivots to offer a seated shower option
✓ Durable frameless tempered glass enclosure available
✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
✓ Top-of-the-line installation and service, all included at one low, affordable price

Now you can have the best of both worlds—there isn’t a better, more affordable walk-in tub!

Call Today for Your Free Shower Package

1-888-772-9434

FINANCING AVAILABLE WITH APPROVED CREDIT

Arthritis Foundation Ease of Use™
LIFETIME LIMITED WARRANTY

NORTH AMERICA’S #1 Selling Walk-In Tub
Featuring our New Exclusive Shower Package

Call Today for Your Free Shower Package

NORTH AMERICA’S #1 Selling Walk-In Tub
Featuring our New Exclusive Shower Package
The U.S. Navy’s newest submarines are Virginia-class fast attack submarines, which began replacing Cold War-era Los Angeles-class submarines in 2004. These ships have been well-received, with the projected acquisition of 48 to 57 hulls far outpacing the original plans to build 30 ships for the class. Block V, the most updated version of the ship, will begin construction later this year.

Virginia-class submarines are vital to fleet operations in their own right, but they are also the proving grounds for many of the cutting-edge technologies that will be used in the anxiously awaited Columbia-class ballistic missile submarines, which will begin construction in 2021. Columbia-class submarines will replace Ohio-class submarines, which are scheduled to retire at a rate of one hull per year from 2027 to 2040. As the most survivable branch of the future nuclear triad, the Columbia-class submarine has been the top priority program of the U.S. Navy for the past six years.

But what makes the Virginia- and Columbia-class submarines a step above their predecessors? Let’s take a look under the hull.
Virginia-Class Submarines: More Space and Flexibility

Space has always been a fast-attack submarine’s most precious commodity, and the Los Angeles-class was no exception.

“They had very limited storage,” says Dan Pardoe, who served on two Los Angeles-class submarines during his 20 years in the Navy. To store canned food, he says, “you just lined the deck with those #10 cans, and you literally ate your way to the floor.”

“There’s been countless times where I’m literally trying to work on a component completely blind, just by the feel of my hands,” says Luke Boes, who currently serves on a Los Angeles-class submarine. “From what I understand with the new fleet of submarines that are coming out, they’re already ameliorating a lot of that.”

The Virginia-class submarines are indeed significantly larger than their Los Angeles-class predecessors, measuring 16 feet longer and one foot wider. The Virginia-class submarines also carry 12 fewer sailors, for a total crew size of 147.

While some of this extra space has been used for amenities such as a dedicated gym area, much of it is devoted to mission flexibility. Virginia-class submarines aim to perform in diverse mission capacities, including surveillance and reconnaissance; anti-submarine, anti-surface and mine warfare; special operations and battle group support; and power projection. The Virginia-class was designed with an emphasis on littoral mission performance, with improvements such as “fly-by-wire” steering that enhance ship maneuverability in shallow coastal waters. Additionally, the Virginia-class’s torpedo room can be reconfigured to hold special forces personnel and equipment. Also, its integral lock-out chamber and dry deck shelter allow special operations divers and watercraft to enter and leave the ship.

For anti-submarine and anti-surface warfare, Virginia-class submarines are equipped with Mark 48 torpedoes and Tomahawk IV cruise missiles. The latest Virginia-class submarines have replaced the 12-tube Vertical Launch System with two Virginia Payload Tubes, which can each fire six missiles simultaneously. Future Virginia-class submarines will include a Virginia Payload Module, a 25-meter additional hull section housing four missile tubes, each capable of launching seven Tomahawk missiles.

The Columbia-Class Submarine: Inspired by Its Predecessors

To reduce development and manufacturing costs, the 12 scheduled Columbia-class submarines will borrow many technologies already in use on Ohio- and Virginia-class submarines. Like the Virginia-classes, Columbia-class submarines will be equipped with a nuclear reactor that will last the full 42-year life span of the ship, avoiding the years-long refueling process that the Ohio-classes have had to undergo. Columbia-class submarines will equip 16 of the Trident II/D5 ballistic missiles currently aboard Ohio-class submarines, but will be constructed with Common Missile Compartments for the potentially larger weapons of the future. The Columbia-class design will also be modular to facilitate cheaper construction and targeted upgrades later in its lifetime.
The Columbia-class will also borrow the electric-drive propulsion system being used on Zumwalt-class destroyers, which will produce less noise than the mechanical-drive systems currently in use on submarines. Additionally, an X-shaped stern will further quiet the vessel while improving maneuverability and simplifying engine room layout.

Although the Columbia-class’s design is still being finalized and many details are not yet available, there has been significant press about two major advances that will forever change the sights and smells of submarine life.

**The Stench of Nostalgia**
No matter how long it has been since they last went down the hatch, every submariner can remember the smell of that descent.

“The first time you step over the hatch, you get the smell,” recalls Gerald Richardson, who served on submarines for 20 years. “It smells like amine and diesel. Some people have said that you could leave your clothes outside for a month and never get the smell out, and I agree.”

“Coming home from going out to sea, you’ll have to take two hour showers, literally cycling hot and cold water just to open and close your pores to get all of it off,” says Boes. “One guy that I served with said that every time he would come back, he would just throw out all of his t-shirts and buy new ones.”

This memorable stench is the result of a chemical called amine, which is used in a submarine’s air purification system to remove CO₂. But it may be a smell of the past.

The Pacific Northwest National Laboratory has been working for the last decade on a material called Self-Assembled Monolayers on Mesoporous Supports, or SAMMS.

SAMMS is produced by coating pore-filled specks of silica in a layer of molecules that have been nano-engineered to bind with a specific molecule—in this case, carbon dioxide. The result is a white, sand-like substance that absorbs CO₂ directly from the air, eliminating the need for hazardous waste storage tanks and avoiding pervasive amine corrosion. Furthermore, SAMMS releases its absorbed carbon dioxide when heated, making it reusable deployment after deployment.

In 2017, the Public Affairs Office of Naval Sea Systems Command’s Program Executive Offices on Submarines wrote that an “Advanced CO₂ Removal Unit,” or ACRU,
in development would utilize SAMMS technology to produce “a 40 percent higher CO₂ removal rate using the same footprint as the legacy CO₂ removal system.”

“Due to the difficulty of removing and replacing existing CO₂ removal systems, the ACRU technology will first be incorporated into the design of future COLUMBIA submarines as they join the fleet,” PEO Submarines wrote. “Research is underway exploring the possibility of deploying this technology in existing OHIO, SEAWOLF, LOS ANGELES and VIRGINIA-Class submarines.”

**Not Your Grandfather’s Periscope**

Submariners’ days of peering into a tube for information about the outside world are numbered. Virginia-class submarines have replaced the traditional periscope with two photonic masts, and Columbia-class submarines are scheduled to do the same. The high-resolution camera feed can be accessed by any computer on the ship at any time. This not only provides sailors with greater flexibility in their work spaces, but it also gave the Virginia-class’s designers greater freedom in laying out the ship’s limited space.

According to the Navy’s website, “With the removal of the barrel periscopes, the ship’s control room has been moved down one deck and away from the hull’s curvature, affording it more room and an improved layout.”

The controls for these photonic masts are equally unconventional. Although the masts were originally controlled by a helicopter-style joystick, sailors complained that the controls were unwieldy. Not only that, but the joysticks were also so specialized that they were time-consuming to acquire if broken at sea, and cost the Navy $38,000 to replace.

After two years of testing, the Navy replaced the joysticks with Xbox 360 controllers, which cost about $30 each, and can be found at stores worldwide. In their testing, the Navy found that most sailors—who grew up playing video games on similar controllers—mastered the new controller within minutes, in contrast to the hours of training necessary for joystick proficiency. The **USS COLORADO** was the first Virginia-class submarine to be commissioned with the
Texas Grandmother with Leg and Feet Problems Goes from Near Cripple to Walking Her Dog Daily

You don’t have to suffer anymore. Doctors never tell you about these 7 natural herbs, yet millions of people in China have used them for relief of leg and feet problems for 3,000 years. In fact, they are guaranteed to relieve your problems and provide soothing comfort - or you pay nothing.

By Michael Plane — National Health Press

Mary Lentz of Plano, Texas suffered for over twenty years from leg and feet problems. Doctors prescribed one prescription drug after another. Then electrical stimulation. Then surgery. But after all these treatments - her legs and feet actually felt worse.

Mary was fed up with suffering. She took matters into her own hands. At wit’s end, she discovered the best herbs for natural relief. She took them, and within just days, her leg and feet problems began to disappear. Now she walks her Golden Retriever Max every day (which she couldn’t do before), works in her garden and regularly plays tennis with friends.

“If I kept listening to my doctors, I’d be a cripple today. I’d be in a wheelchair or in a nursing home. I am so thankful for these remarkable herbs.”

Leg and feet problems could have been almost like a death sentence for Mary – and a shame for her suffering family. It is a terrible way to live out what should be the best year of your life.

Neuropathy is like a wildfire. It starts with a small flame, but then quickly turns into a raging fire in your feet that never stops. Left alone or treated in a way that doesn’t work, it can lead to constant suffering – or even one of the 86,000 Americans who need a limb amputated each year according to the National Institutes of Health.

“I had so much pain from burning nerves in my feet I could barely move...but this makes it calm down so I can walk and sleep. I really love this stuff. Other pills didn’t work. It stops the nerves from hurting so bad. It is amazing. NeuroFlo lets me move and sleep pain-free. It is wonderful.”

- Katerina King-Mccausland, Murrieta, CA

At Last – You Don’t Have To Suffer Anymore

Here’s why you have these problems:

Your arteries have weakened. Your arteries can’t carry enough blood, nutrients and oxygen down to your legs and feet. This damages your nerves and causes your burning, tingling and numbness.

The 7 herbs in the pill NeuroFlo strengthen your arteries that carry blood, nutrients and oxygen to your feet and legs. It improves your circulation so oxygenated blood goes to the nerves and repairs them. This makes your nerves grow stronger so your pain fades away and your legs and feet feel much younger again.

Until now, scientists could not combine all these herbs into one pill without losing their full potency, but finally, they have succeeded.

Dr. Ryan Shelton, M.D. says “This is new and different. It works for people who’ve tried many other things before. It is natural with no side effects. Don’t give up hope for your leg and feet pain, burning, tingling and numbness. This pill is working for countless people after other treatments have failed them.” From word-of-mouth, over 30,000 people after other treatments have failed them.

Instead of letting their doctors control their health with no real relief, people are taking this natural approach. They are staying active and independent as they age – and creating a bright future they are excited about, instead of fearing. Now you too can enjoy your best years yet.

Conventional Treatments All Wrong

In America, drugs and other OTC formulas try to superfluously suppress the symptoms. This may be going after the problem completely wrong. Traditional Chinese Medicine (TCM) believes nerve problems are largely caused by stagnant blood circulation. This causes your legs and feet NOT to get enough oxygen-rich, nutrient-rich blood they need to heal. The ingredients in NeuroFlo get this crucial blood flowing to your legs and feet like a fast-running river stream so they can feel better fast.

Want proof? To show how important oxygenated blood flow is, hold your breath. Hold it too long and you’ll pass out. This is what’s happening to your feet and legs now -- they are not getting the oxygenated blood flow they need to feel healthy.

Now you can get a good night’s sleep - peaceful, restful sleep – with no pain, tingling, zinging, itching or zapping. Improve your balance and coordination. No side effects – safe to take with other medications. Enjoy your favorite activities and hobbies again. Be more active, have more fun, enjoy life more. Don’t risk irreversible damage to your feet and hands. Don’t get worse and wind up in the hospital or a nursing home.

Neuroflo is GUARANTEED to work great for you – or you PAY NOTHING with a 90-day unconditional money-back guarantee. It is NOT sold in stores or online. No prescription or doctor visit is required.

Special Offer For Our Readers

This is the official nationwide release of NeuroFlo in the United States. And so, the company is offering a special discount supply.

A Regional Order Hotline has been set up for local readers to call. This gives everyone an equal chance to try NeuroFlo. Starting at 7:00am today, the order hotline will be open. All you have to do is call TOLL-FREE 1-888-376-1173 and provide the operator with the special discount approval code: NEF158. The company will do the rest.

Important: Due to NeuroFlo’s recent media exposure phone lines are often busy. If you call, and do not immediately get through, please be patient and call back.

Proven Fast Natural Relief For:
☑ Blood Sugar Problems
☑ Varicose Veins
☑ Swollen Legs
☑ Spider Veins
☑ Aches & Weakness
☑ Many other leg & feet problems

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Results based upon averages. Models are used in all photos to protect privacy.
new controllers in March 2018, and the Navy has stated that it will retrofit the controllers to previously constructed Virginia-class submarines. If the transition goes well, it is likely that the Xbox controllers will also be integrated into the Columbia-class design.

**The Enduring Nature of Submarine Life**

While it may seem like the underway experience has changed substantially over the years, no amount of technology can change the close working quarters and tight-knit camaraderie that are inherent in the submarine lifestyle.

“Whether it’s 50 years ago or yesterday, you’re isolated in a tin can, it’s just you have cooler software to work with,” says Pardoe. “You can’t go anywhere, so you B.S. a lot and talk about home a lot and stuff like that, so you get to know the crew fairly well.”

Richardson notes that this camaraderie did not always blossom without some effort.

“If you don’t get along with somebody, you’re going to have a bad trip,” he says. “The only thing you can do is bite your lip, go find that person and hope that you can work out a way to get along. If not, you just work together the best that you can.”

When asked what he would want to know before stepping aboard a Virginia-class submarine, Boes says, “It wouldn’t really be about the ship itself, it would be more about the crew, honestly. … It’s the work ethic in that job environment that you really want to know more about, it’s not really the work itself.”

Whether the submarine is electric-drive or mechanical drive, or whatever the Navy thinks up next, it is the dedication and camaraderie of submariners who are willing to go without showers, perform watches in socks and leave family behind at a moment’s notice that keep these ships moving forward. FRA
Introducing
the future of personal transportation.

It’s not a Wheelchair...

It’s not a Power Chair...

It’s a Zinger Chair!

More and more Americans are reaching the age where mobility is an everyday concern. Whether from an injury or from the aches and pains that come from getting older—getting around isn’t as easy as it used to be. You may have tried a power chair or a scooter. The Zinger is NOT a power chair or a scooter! The Zinger is quick and nimble, yet it is not prone to tipping like many scooters. Best of all, it weighs only 47.2 pounds and folds and unfolds with ease. You can take it almost anywhere, providing you with independence and freedom.

Years of work by innovative engineers have resulted in a mobility device that’s truly unique. They created a battery that provides powerful energy at a fraction of the weight of most batteries. The Zinger features two steering levers, one on either side of the seat. The user pushes both levers down to go forward, pulls them both up to brake, and pushes one while pulling the other to turn to either side. This enables great mobility, the ability to turn on a dime and to pull right up to tables or desks. The controls are right on the steering lever so it’s simple to operate and its exclusive footrest swings out of the way when you stand up or sit down. With its rugged yet lightweight aluminum frame, the Zinger is sturdy and durable yet convenient and comfortable! What’s more, it easily folds up for storage in a car seat or trunk—you can even gate-check it at the airport like a stroller. Think about it, you can take your Zinger almost anywhere, so you don’t have to let mobility issues rule your life. It folds in seconds without tools and is safe and reliable. It holds up to 275 pounds, and it goes up to 6 mph and operates for up to 8 hours on a single charge.

Why spend another day letting mobility issues hamper your independence and quality of life?

Zinger Chair®
Call now and receive a utility basket absolutely FREE with your order.

1-888-633-8108
Please mention code 111671 when ordering.

Just think of the places you can go: • Shopping • Air Travel • Bus Tours
• Restaurants—ride right up to the table! • Around town or just around your house

Zinger is not a wheelchair or medical device and is not covered by Medicare or Medicaid.

© 2019 firstSTREET for Boomers and Beyond, Inc.
The National WWI Memorial & Museum

By Ann Norvell Gray
In June of 1914, the Archduke Franz Ferdinand of Austria arrived in Sarajevo with his wife Sophie to inspect the imperial troops in Bosnia and Herzegovina, which had been annexed by the Austro-Hungarian Empire six years earlier. Serbian outrage at the annexation had fomented a growing nationalist movement, and tensions were high. A fired-up young Bosnian Serb named Gavrilo Princip was standing on a side street with a pistol in his coat when a wrong turn drove the imperial couple right toward him. He sprang forward and shot them both to death.

The assassination was all it took to set the heavily armed rival alliances already jostling for supremacy in Europe on an irreversible course to war. The four years of unimaginable suffering and devastation that followed engulfed most of Europe and tore apart its political and cultural fabric. American ground troops arrived at the front in the conflict’s last year. The scope and savagery of that war left the world destabilized, exhausted and longing for peace.

In the Aftermath, Kansas City Responds
In 1919, Kansas City’s leadership responded to local public sentiment with plans for a Liberty Memorial dedicated to all who served in the conflict. The city set out to raise $2.5 million ($34 million in today’s dollars) for the project. It took them 10 days.

An architectural competition was organized, and an elegant Egyptian Revival design chosen. In November of 1921, the site was dedicated in front of 100,000 people in a ceremony attended by the Allied commanders of the United States, Britain, Belgium, France and Italy. It was the first time all five had been together. President Calvin Coolidge dedicated the finished memorial in November of 1926.
The Liberty Memorial

The Liberty Memorial was first conceived not as a museum, but as a public, sculptural symbol honoring the sacrifices of every person who served and died as a result of the conflict. It expressed not a defiant posture of victory, but the worldwide yearning for liberty and peace. A passage combined from three books of the Old Testament is inscribed in bronze beneath a monumental mural over the doors to the Exhibit Hall. It reads, in part, “Only take heed … lest thou forget the things which thine eyes have seen … teach them to thy sons and thy sons’ sons … And they shall beat their swords into plowshares, and their spears into pruning hooks: Nation shall not lift up sword against nation, neither shall they learn war any more.”

Throughout the 20th century, whenever age or shifting priorities took a toll on the monument’s structures and facilities, the citizens of Kansas City stepped up to repair, restore and expand their

The Chronology Wall illustrates the activities of the war through dated events, photographs, objects, documents and period silent movies. Each panel contains first-person passages from the writings of actual participants. Photos courtesy of National WWI Museum and Memorial.
**NEW** Rechargeable Digital Hearing Aid Technology Only $229!*  
(*Each when you buy a pair)

The new more powerful HearClear™ HCR3 rechargeable hearing aid combines advanced technology with a low price to provide you with outstanding value.

**5 Star Reviews! ★★★★★**

Outstanding Product! “This product is outstanding. Dad loves it, my mom loves it, and I am grateful! Don’t believe that you have to spend a lot of money to get a quality hearing aid”

- Gilmore B.

**HCR3 Features!**

- Digital sound processing chip provides **clear sound and makes speech easier to understand** with less feedback than old analog technology
- Don’t worry about replacing batteries! **Full Charge Gives 16 Hours of Use!** (Charger included)
- Easy On / Off Button
- Automatic Noise Reduction and Feedback Cancellation
- **100% Money Back Guarantee**
- **4 Programs** for different listening situations
- Helps most **moderate to significant hearing losses** (call us if you need more power)

**Even Better In Pairs!**

Your brain is designed to use both ears working together. In fact, studies show that you may be able to **hear up to 3 times better** in noisy situations when using two hearing aids. Buy a pair for the best results and maximum savings!

**Simple. Affordable.**

**Rechargeable Digital Hearing Aid - For Only $229!***

The new HearClear™ HCR3 Rechargeable Digital Hearing Aids are now available to you for an unbelievably affordable price! The HCR3 is packed with the same key technologies that all high end digital hearing aids share while leaving out the extra bells and whistles that increase cost and require expensive adjustments. This helps you **hear better, while saving you a lot of money.**

Your new HearClear HCR3 hearing aids work at a fraction of the cost of name-brand hearing aids, and you won’t have to keep changing the batteries! You will love the discreet, comfortable, lightweight Open-fit design. The HCR3 is pre-programmed for most moderate to significant hearing losses, so you won’t need professional appointments to make costly adjustments. **It is shipped directly to you and will help you hear better right out of the box!**

You can spend thousands for an expensive hearing aid, or you can spend just $249 for a hearing aid that is great for most hearing losses (only $229 each when you buy a pair – **hear up to 3 times better than wearing just one**). We are so sure you will love your hearing aids that we offer a **100% Money Back Guarantee - Risk Free** if you are not satisfied for any reason.

**MONEY SAVING OFFER!**

Use Coupon Code: **FR97**

**1-888-770-6736**

*Only $229 Each When You Buy A Pair!*

(Coupon Code & Price Valid For A Limited Time Only)

beloved landmark. Now, a hundred years after its conception, the memorial’s original Assyrian sphinxes and temple-like halls flanking a soaring 217-foot tower remain standing as an architectural gem in the Kansas City skyline. The 148-foot-long Great Frieze symbolizing mankind’s progress from war to peace, carved in 1935 by a veteran of the Great War, graces the northern wall.

In the 1990s, the decision was made to revitalize the memorial and make use of its growing collections by installing a comprehensive museum and learning center dedicated to the global war in new space underneath the existing memorial. The resulting expansion presents the story of the conflict by, in its own words, “remembering, interpreting and understanding the Great War and its enduring impact on the global community.”

In recognition of the success of the project, the expanded facility is now the official National World War I Museum and Memorial, and a National Historic Landmark.

IN FLANDERS FIELDS
In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands, we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

— Lt. Col. John McCrae
Composed at the battlefront on May 3, 1915,
following the Second Battle of Ypres, Belgium

The Museum
Visitors enter the Main Gallery by a transparent bridge over a field of nine thousand poppies, the flowers that covered Flanders Field before the fierce battles that were fought there. Each of these poppies, the symbol of remembrance of the war’s casualties, represents 1000 of the nine million lives lost in the cataclysm. Inside, an introductory film in the Orientation Theater describes the conditions and events leading up to the outbreak of war in Europe.

Beginning to your left as you exit the theater, the long circular gallery leads you through the war’s events in the order in which they happened. Hospitable, well-informed docents are available to give you any assistance or explanations you might want. Descriptive panels illustrating events and a detailed Chronology Wall curving along one side of the walkway focus on unfolding history. The story is enriched by meticulously assembled displays of photographs, weaponry and artifacts from all of the belligerent nations.
Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

Clinical studies show breakthrough acid reflux treatment also helps maintain vital health and helps protect users from the serious conditions that accompany aging such as fatigue and poor cardiovascular health.

by David Waxman
Seattle Washington:

A clinical study on a leading acid reflux pill shows that its key ingredient relieves digestive symptoms while suppressing the inflammation that contributes to premature aging in men and women.

And, if consumer sales are any indication of a product’s effectiveness, this ‘acid reflux pill turned anti-aging phenomenon’ is nothing short of a miracle.

Sold under the brand name AloeCure, it was already backed by clinical data documenting its ability to provide all day and night relief from heartburn, acid reflux, constipation, irritable bowel, gas, bloating, and more.

But soon doctors started reporting some incredible results…

“With AloeCure, my patients started reporting less joint pain, more energy, better sleep, stronger immune systems… even less stress and better skin, hair, and nails” explains Dr. Liza Leal; a leading integrative health specialist and company spokesperson.

AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach.

Scientists now believe that this acid imbalance is what contributes to painful inflammation throughout the rest of the body.

The daily allowance of AloeCure has shown to calm this inflammation which is why AloeCure is so effective.

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, constipation, diarrhea, heartburn, and nausea.

Now, backed with new clinical studies, AloeCure is being recommended by doctors everywhere to help improve digestion, calm painful inflammation, soothe joint pain, and even reduce the appearance of wrinkles – helping patients to look and feel decades younger.

**FIX YOUR GUT & FIGHT INFLAMMATION**

Since hitting the market, sales for AloeCure have taken off and there are some very good reasons why.

To start, the clinical studies have been impressive. Participants taking the active ingredient in AloeCure saw a stunning 100% improvement in digestive symptoms, which includes fast and lasting relief from reflux.

Users also experienced higher energy levels and endurance, relief from chronic discomfort and better sleep. Some even reported healthier looking skin, hair, and nails.

A healthy gut is the key to a reducing swelling and inflammation that can wreak havoc on the human body. Doctors say this is why AloeCure works on so many aspects of your health.

AloeCure’s active ingredient is made from the healing compound found in Aloe vera. It is both safe and healthy. There are also no known side effects.

Scientists believe that it helps improve digestive and immune health by acting as a natural acid-buffer that improves the pH balance of your stomach.

Research has shown that this acid imbalance contributes to painful inflammation throughout your entire body and is why AloeCure seems to be so effective.

**EXCITING RESULTS FROM PATIENTS**

To date over 5 million bottles of AloeCure have been sold, and the community seeking non-pharma therapy for their GI health continues to grow.

According to Dr. Leal, her patients are absolutely thrilled with their results and are often shocked by how fast it works.

“For the first time in years, they are free from concerns about their digestion and almost every other aspect of their health,” says Dr. Leal, “and I recommend it to everyone who wants to improve GI health without resorting to drugs, surgery, or OTC medications.”

“I was always in ‘indigestion hell.’ Doctors put me on all sorts of antacid remedies. Nothing worked. Dr. Leal recommended I try AloeCure. And something remarkable happened… Not only were all the issues I had with my stomach gone - completely gone – but I felt less joint pain and I was able to actually sleep through the night.”

With so much positive feedback, it’s easy to see why the community of believers is growing and sales for the new pill are soaring.

**THE SCIENCE BEHIND ALOECURE**

AloeCure is a pill that’s taken just once daily. The pill is small. Easy to swallow. There are no harmful side effects and it does not require a prescription.

The active ingredient is a rare Aloe Vera component known as acemannan.

Made from 100% organic Aloe Vera, AloeCure uses a proprietory process that results in the highest quality, most bio-available levels of acemannan known to exist.

According to Dr. Leal and several of her colleagues, improving the pH balance of your stomach and restoring gut health is the key to revitalizing your entire body.

When your digestive system isn’t healthy, it causes unwanted stress on your immune system, which results in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health, and calm painful inflammation without side effects or drugs.

This would explain why so many users are experiencing impressive results so quickly.

**REVITALIZE YOUR ENTIRE BODY**

With daily use, AloeCure helps users look and feel decades younger and defend against some of the painful inflammation that accompanies aging and can make life hard.

By buffering stomach acid and restoring gut health, AloeCure calms painful inflammation and will help improve digestion… soothe aching joints… reduce the appearance of wrinkles and help restore hair and nails … manage cholesterol and oxidative stress… and improve sleep and brain function… without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age or current level of health.

One AloeCure Capsule Daily
• Helps End Digestion Nightmares
• Helps Calm Painful Inflammation
• Soothes Stiff & Aching Joints
• Reduces appearance of Wrinkles & Increases Elasticity
• Manages Cholesterol & Oxidative Stress
• Supports Healthy Immune System
• Improves Sleep & Brain Function

**HOW TO GET ALOECURE**

Due to the enormous interest consumers have shown in AloeCure, the company has decided to extend their nationwide savings event for a little while longer. Here’s how it works:

Call the AloeCure number and speak to a live person in the US. Callers will be greeted by a knowledgeable and friendly person approved to offer up to 3 FREE bottles of AloeCure with your order. AloeCure’s Toll-Free number is 1-800-578-6012. Only a limited discounted supply of AloeCure is currently available.

Consumers who miss out on the current product inventory will have to wait until more becomes available and that could take weeks. They will also not be guaranteed any additional savings. The company advises not to wait. Call 1-800-578-6012 today.
Glass display cases are furnished to show particular aspects up close. Midway through the gallery, a film in the Horizon Theater explains the path to America’s involvement late in the conflict. The big screen is mounted over a realistic replica of a “no man’s land” populated by a British patrol.

Throughout the experience of this place, its interactive displays and firsthand stories keep the suffering of those who served and the civilians whose lives were lost or irrevocably changed firmly in the forefront. To bring home conditions in the battlefields, a series of detailed, full-scale trenches use typical objects and recorded sounds to illustrate the experience at the front. The disastrous effects on the landscape and life in the path of battle are brought home by a crater simulating the splintered remnants of a French farmhouse blown up by a 432 mm howitzer.

The last stop in the gallery presents a film discussing the Treaty of Versailles and setting the stage for WWII. One visitor remarked that this film “lay[s] bare the common misconception that they were two independent wars.” Time spent here drives home the complexity of international relationships, the relationship between diplomacy and hostility, and the human cost of a war that escalates into a global calamity.

Because a driving idea behind the museum is education, these carefully curated installations are first and foremost teaching tools. An emphasis is placed on inclusion, recognizing the sacrifices of those who served from every belligerent nation. The presentation of the conflict’s history is meant to increase understanding of why the First World War happened, and how the attempts to prevent another catastrophe failed just 20 years after the signing of the Treaty of Versailles.

Hew Strachan, Oxford University professor of the History of War, had this to say about his visit: “The most striking thing was to see the way in which the Museum is free of a national narrative; it really tries to tackle the subject comparatively, which, on the whole, most national museums fail to do.”

**Temporary Exhibits**

The two buildings that make up the original memorial and exhibition halls are worth visiting for their elegant interior architecture, and the extraordinary murals that
Did you know that 18% or almost twice as many men with military service experience urinary incontinence? If you’re a veteran looking for urinary incontinence solutions for daily leaks or as a result of an injury while serving our country, Men’s Liberty can help you get out of absorbent products, condom catheters or pads and start living your life without letting incontinence get in your way.

MEN’S LIBERTY IS COVERED BY MEDICARE!

“I can keep doing what I want to do, without having to worry about running to the bathroom or changing my clothes. It’s a Godsend.” – John in Michigan

Regain your freedom, mobility, and confidence.
Men’s Liberty is a life-changing solution. One unit keeps you dry up to 24 hours. This patented and proprietary external collection device for men ends dependency on adult absorbent briefs, pads and condom catheters — making embarrassing accidents a thing of the past!

Comfortable - non-invasive and time saving.
Men’s Liberty is external, fits most anatomy and non-invasive. It keeps you dry and comfortable day and night.

Dependable - stay clean, dry, and free from infection.
Until Men’s Liberty, men with urinary incontinence faced only uncomfortable choices. With more than 5 million used, there has never been a confirmed UTI or serious skin injury caused by Men’s Liberty.

Affordable - available to most for little to no out-of-pocket cost.
Adult diapers can cost up to $300 a month when used regularly. Men’s Liberty is covered by Medicare, VA/Tricare and over 3,000 insurance plans. We take care of contacting your doctor and the paperwork for your insurance. If you’re ready to save thousands of dollars a year, get your insurance card and give us a call today.

CALL TODAY AND RECEIVE A FREE WEEK’S SUPPLY WITH YOUR ORDER!*  

1-833-501-7584  PROMO CODE: FRA0719

*30 days supply or more ** Standard co-pays and deductibles apply

Hablamos Español

www.MensLibertyLifestyle.com
are installed along the upper walls. The style of these monumental paintings is characteristic of the era, and their classical compositional approach to the subject of the war is both grand and moving.

As of this writing, four temporary installations are mounted in the original memorial and exhibition halls. “1919: Peace?” describes the disruptions, power struggles, and violence that continued to plague Europe as the power structures collapsed. “We’re Home – Now What?” examines the difficulties faced by returning service personnel and their families after a war unprecedented in its scope and describes services offered by the government, including booklets and posters meant to encourage service to the community as a way of regaining footing at home.

“Devastated Lands” describes what the fighting did to the landscape. Even now, ordinance is still found in the soil. Belgian farmers must still learn to differentiate between potatoes and German “egg” grenades. Lastly, “Color of Memory” features works on fabric from Australia, Belgium, France, Germany, the United Kingdom, Russia and the United States, and includes flags, tapestries, banners, maps and souvenir handkerchiefs.

The response of artists and craftspeople to towering events and the determination of communities to make a lasting memorial to their fellow humans offer much to see, to learn, and to admire here. If your interest lies primarily in history, weaponry, or old photographs and maps, the Main Gallery is a treasure trove of detail. Whether you are particularly intrigued by the political manipulations of imperialist powers or moved by individual stories of courage and resilience, the National World War I Museum and Memorial’s absorbing analytical presentations and personal documents will engage you. The citizens of Kansas City are justifiably proud of this landmark of architecture and compassion in the city known as the Heart of America. **FRA**
According to the Centers for Disease Control and Prevention, more than 54 million Americans are suffering from joint discomfort. This epidemic rise in aching joints has led to a search for alternative treatments—many sufferers want relief without the harmful side effects of conventional "solutions."

Leading the way from nature’s pharmacy is the new "King of Oils" that pioneering Florida MD and anti-aging specialist Dr. Al Sears calls “the most significant breakthrough I’ve ever found for easing joint discomfort.”

"Significant breakthrough I’ve ever found for easing joint discomfort." Our extensive research shows that this powerful natural remedy can work so well because it powerfully deactivates NF-Kappa B. This journal (Journal of Food Lipids) reports that Indian Frankincense is safe for one of the main inflammatory genes called COX-2.

But the truth is, there are hundreds of agony-causing genes like COX-2, 5-LOX, iNOS, TNK, Interleukin 1,6,8 and many more—and stopping just one of them won’t give you all the relief you need.

Doctors and scientists now confirm the "King of Oils"—Indian Frankincense—deactivates not one but 400 agony-causing genes. It does so by shutting down the inflammation command center called Nuclear Factor Kappa Beta.

NK-Kappa B is like a switch that can turn 400 inflammatory genes "on" or "off." A study in Journal of Food Lipids reports that Indian Frankincense powerfully deactivates NF-Kappa B. This journal adds that Indian Frankincense is "so powerful it shuts down the pathway triggering aching joints."

Relief That’s 10 Times Faster… and In Just 5 Days

Many joint sufferers prefer natural solutions but say they work too slowly. Take the best-seller glucosamine. Good as it is, the National Institutes of Health reports that glucosamine takes as long as eight weeks to work.

Yet in a study published in the International Journal of Medical Sciences, 60 patients with stiff knees took 100 mg of Indian Frankincense or a placebo daily for 30 days. Remarkably, Indian Frankincense "significantly improved joint function and relieved discomfort as early as five days." That’s relief that 10 times faster than glucosamine.

78% Better Relief Than the Most Popular Joint Solution

In another study, people suffering from discomfort took a formula containing Indian Frankincense and another natural substance or a popular man-made joint solution every day for 12 weeks.

The results? Stunning! At the end of the study, 64% of those taking the Indian Frankincense formula saw their joint discomfort go from moderate or severe to mild or no discomfort. Only 28% of those taking the placebo to the relief they wanted. So Indian Frankincense delivered relief at a 78% better clip than the popular man-made formula.

In addition, in a randomized, double blind, placebo controlled study, patients suffering from knee discomfort took Indian Frankincense or a placebo daily for eight weeks. Then the groups switched and got the opposite intervention. Every one of the patients taking Indian Frankincense got relief. That’s a 100% success rate—numbers unseen in by typical solutions.

In addition, BMI (formerly the British Medical Journal) reports that Indian Frankincense is safe for joint relief — so safe and natural you can take it every day.

Because of clinically proven results like this, Dr. Sears has made Indian Frankincense the centerpiece of a new natural joint relief formula called Mobilify.

Great Results for Knees, Hips, Shoulders and Joints

Joni D. says, “Mobilify really helps with soreness, stiffness and mild temporary pain. The day after taking it, I was completely back to normal—so fast.” Shirley M. adds, “Two weeks after taking Mobilify, I had no knee discomfort and could go up and down the staircase.”

Larry M. says, “After a week and a half of taking Mobilify, the discomfort, stiffness and minor aches went away… it’s almost like being reborn.” And avid golfer Dennis H. says, “I can attest to Mobilify easing discomfort to enable me to pursue my golfing days. Definitely one pill that works for me out of the many I have tried.”

How to Get Mobilify

Right now, the only way to get this powerful, unique formula that clobbers creaking joints in five days without clobbering you is with Dr. Sears’ breakthrough Mobilify formula. It is not available in stores.

To secure bottle of this breakthrough natural joint discomfort reliever, buyers should call with Sears Health Hotline at 1-866-683-5416 within the next 48 hours. “The Hotline allows us to ship the product directly to customers.”

Dr. Sears believes in this product so much, he offers a 100% money-back guarantee on ever order. “Just call me to pursue my golfing days. Definitely one pill that works for me out of the many I have tried.”

How to Get Mobilify

Mobilify formula. It is not available in stores.

To secure bottle of this breakthrough natural joint discomfort reliever, buyers should call with Sears Health Hotline at 1-866-683-5416 within the next 48 hours. “The Hotline allows us to ship the product directly to customers.”

Dr. Sears believes in this product so much, he offers a 100% money-back guarantee on ever order. “Just send me back the bottle and any unused product within 90 days, and I’ll send you your money back,” he says.

The Hotline will be open for the next 48 hours. After that, the phone number will be shut down to allow them to restock. Call 1-866-683-5416 to secure your limited supply of Mobilify. You don’t need a prescription, and those who call in the first 24 hours quality for a significant discount. Use promo code FRAT0719MB when you call.
Freedom of speech is the liberty to speak and write without fear of government restraint. In the United States, this right is guaranteed by the First Amendment, which states, “Congress shall make no law ...abridging the freedom of speech.” However, I believe that with this freedom comes responsibility; these are two sides of the same coin. The right to speak publicly must be accompanied by a personal duty to be honest, informed, and thoughtful.

A thriving democracy depends on knowledgeable citizens and it is through the free exchange of words that issues are debated, falsehoods are exposed, consensus is formed, and public officials are held accountable. Open dialogue means that ill-constructed policies, hidden agendas, and social injustices are challenged, which ultimately serves to strengthen our society.

Free speech is a powerful tool, but it must be used prudently. While our legal system recognizes certain limits, particularly when freedom of expression conflicts with other rights, it is not possible to legislate common sense. Consequently, the First Amendment also protects malevolent acts such as a bigot blogging racist comments or a protestor disrespecting the American flag.

We must not attempt to censor all communication that may be considered offensive because important issues are often controversial. However, along with the right to free public expression comes the personal obligation to be sensible. For example, disrespecting the American flag is deeply offensive to many citizens, especially to those in our military community, some of whom have lost loved ones protecting the very freedom our flag symbolizes. Rather than dishonor the American flag in protest, which provokes outrage and division, a more responsible and effective approach is to utilize shrewdly chosen words to identify the relevant issue and to propose a solution. It is better to make a point with facts and reason than with loathsome displays of insolence.

The First Amendment protects our right to speak freely. When exercised judiciously, this liberty promotes the flow of information and open debate that are the lifeblood of our thriving democracy. To me, freedom of speech is a tremendous privilege as well as a formidable responsibility.

Congratulations to the 2018–2019 FRA Americanism Essay Contest Winners!
The overall winner was Luke Duthie, Branch 146, Northeast/New England Region

Grade 7 Winners
1st Place: Luke Hall, Branch 316, North Central Region
2nd Place: Michelle Chung, Branch 302, Southwest Region
3rd Place: Sawyer Ehrlich, Branch 172, East Coast Region

Grade 8 Winners
1st Place: Megan Fibelkorn, Branch 44, Southeast Region
2nd Place: Ryan Chan, Branch 101, West Coast Region
3rd Place: Lorelei McIntyre-Brewer, Branch 106, Northeast/New England Region

Grade 9 Winners
1st Place: Isabel Catalina Odewald, Branch 99, East Coast Region
2nd Place: Jonathan Lustig, Branch 226, Northeast/New England Region
3rd Place: Simon Le, Branch 18, Northwest Region

Grade 10 Winners
1st Place: Luke Duthie, Branch 146, Northeast/New England Region
2nd Place: Annalynn Mueller, Branch 137, West Coast Region
3rd Place: Samuel Clemenson, Branch 245, Northwest Region

Grade 11 Winners
1st Place: Miranda Yu, Branch 182, East Coast Region
2nd Place: Jessica Scannell, Branch 269, Southeast Region
3rd Place: Payton Tapp, Branch 11, South Central Region

Grade 12 Winners
1st Place: James Meng, Branch 242, North Central Region
2nd Place: Heather Eichman, Branch 40, East Coast Region
3rd Place: Sheila Scott, Branch 251, South Central Region
**Break Free from Neuropathy with a New Supportive Care Cream**

A patented relief cream stands to help millions of Americans crippled from the side effects of neuropathy by increasing sensation and blood flow wherever it’s applied.

**BOSTON, MA** – A recent breakthrough stands to help millions of Americans plagued by burning, tingling and numb legs and feet.

But this time it comes in the form of a cream, not a pill, suggesting the medical community may have been going about the problem all wrong.

The breakthrough, called *Diabasens*, is a new relief cream developed for managing the relentless discomfort caused by neuropathy.

When applied directly to the legs and feet, it causes arteries and blood vessels to expand, increasing the flow of warm, nutrient rich blood to damaged tissue.

However, what’s most remarkable about the cream...and what makes it so brilliant...is that it contains one of the only natural substances known to activate a special sensory pathway right below the surface of the skin.

This pathway is called TRPA1 and it controls the sensitivity of nerves. In laymen terms, it determines whether you feel pins and needles or soothing relief.

Studies show that symptoms of neuropathy arise when the nerves in your legs deteriorate and blood flow is lost to the areas which surround them.

As the nerves begin to die, sensation is lost. This lack of sensation is what causes the feelings of burning, tingling and numbness.

This is why the makers of *Diabasens* say their cream has performed so well in a recent clinical use survey trial: it increases sensation and blood flow wherever it's applied.

**No Pills, No Prescriptions, No Agony**

Until now, many doctors have failed to consider a topical cream as an effective way to manage neuropathy. *Diabasens* is proving it may be the only way going forward.

“Most of today’s treatment methods have focused on minimizing discomfort instead of attacking its underlying cause. That’s why millions of adults are still in excruciating pain every single day, and are constantly dealing with side effects” explains Dr. Esber, the creator of *Diabasens*.

“*Diabasens* is different. Since the most commonly reported symptoms – burning, tingling and numb legs and feet – are caused by a lack of sensation of the nerves, we’ve designed the formula increase their sensitivity.

And since these nerves are located right below the skin, we’ve chosen to formulate it as a cream. This allows for the ingredients to get to them faster and without any drug like side effects” he adds.

**Study Finds Restoring Sensation the Key To Effective, Long Lasting Relief**

With the conclusion of their latest human clinical use survey trial, Dr. Esber and his team are now offering *Diabasens* nationwide. And regardless of the market, its sales are exploding.

Men and women from all over the country are eager to get their hands on the new cream and, according to the results initial users reported, they should be.

In the trial above, as compared to baseline, participants taking *Diabasens* saw a staggering 51% increase sensitivity in just one week. This resulted in significant relief from burning, tingling and numbness throughout their legs.

Many participants taking *Diabasens* described feeling much more balanced and comfortable throughout the day. They also noticed that after applying, there was a pleasant warming sensation that was remarkably soothing.

**Diabasens**

Users Demand More

Many of *Diabasens* users say their legs have never felt better. For the first time in years, they are able to walk free from the symptoms which have made life hard.

“I have been using the cream now for about ten days. It has given me such relief.

I’ve had very bad foot pain from injuries and overuse of my feet for years which have contributed to severe itching/tingling and pain for some time. (My father also suffered from this pain and itching. I wish I would have had this for him.)

The first time I used the cream, I felt an almost immediate relief from this.

I now use it at least twice a day: once in the morning before work and once at night before I sleep.

I am so delighted with this. It has helped my walking, also. It has helped generate feeling again in my feet,” raves Marsha A. from Texas.

**Diabasens** is shown to provide relief from:

- Burning
- Swelling
- Tingling
- Heaviness
- Numbness
- Cold extremities

**Diabasens** targets nerve damage right below the skin’s surface.

A cream that is to be applied to your legs and feet twice a day for the first two weeks then once a day after. It does not require a prescription.

Studies show that neuropathy is caused when the peripheral nerves breakdown and blood is unable to circulate into your legs and feet.

As these nerves deteriorate, sensation is lost. This is why you may not feel hot or cold and your legs and feet may burn, tingle and go numb.

Additionally, without proper blood flow, tissues and cells in these areas start to die, causing unbearable pain.

An ingredient called cinnamaldehyde in *Diabasens* is one of the only compounds in existence that can activate TRPA1, a special sensory pathway that runs through your entire body.

According to research, activating this pathway (which can only be done with a cream) increases the sensitivity of nerves, relieving feelings of tingling and numbness in your legs and feet.

Supporting ingredients boost blood flow, supplying the nerves with the nutrients they need for increased sensation.

**How to Get Diabasens**

In order to get the word out about *Diabasens*, the company is offering special introductory discounts to all who call. Discounts will automatically be applied to all callers, but don’t wait. This offer may not last forever. **Call toll-free:** 1-800-580-8371.

**Topical Cream Offers Sufferers a Safer, More Effective Avenue of Relief: Diabasens increases sensation and blood flow wherever it’s applied. It’s now being used to relieve painful legs and feet.**

**Targets Nerve Damage Right Below the Skin’s Surface**

*Diabasens* is a topical cream that is to be applied to your legs and feet twice a day for the first two weeks then once a day after. It does not require a prescription.

Studies show that neuropathy is caused when the peripheral nerves breakdown and blood is unable to circulate into your legs and feet.

As these nerves deteriorate, sensation is lost. This is why you may not feel hot or cold and your legs and feet may burn, tingle and go numb.

Additionally, without proper blood flow, tissues and cells in these areas start to die, causing unbearable pain.

An ingredient called cinnamaldehyde in *Diabasens* is one of the only compounds in existence that can activate TRPA1, a special sensory pathway that runs through your entire body.

According to research, activating this pathway (which can only be done with a cream) increases the sensitivity of nerves, relieving feelings of tingling and numbness in your legs and feet.

Supporting ingredients boost blood flow, supplying the nerves with the nutrients they need for increased sensation.

**How to Get Diabasens**

In order to get the word out about *Diabasens*, the company is offering special introductory discounts to all who call. Discounts will automatically be applied to all callers, but don’t wait. This offer may not last forever. **Call toll-free:** 1-800-580-8371.
FRA Conventions Are for Everyone!

Recently, I had the privilege of participating in two FRA Regional Conventions. I attended the Northeast/New England Mid-Year Meeting in New Jersey and then traveled to Shreveport, Louisiana to meet with the South Central Region Branches. These were excellent meetings and really showed me the critical value the FRA brings to its members in different parts of the country. If you have not been to a meeting or regional convention recently, I recommend you attend one. There are many great people having important discussions.

I was asked to attend these conferences in order to present updated information about tools the national headquarters has produced that enable more engagement while empowering Shipmates. We have our mobile app available for both Android and iPhone platforms and we have made several changes to the FRA.org website—particularly the ability for Shipmates to review and update their membership records. We are also in the process of introducing updated tools and I shared what we have in the works. I presented tutorials of the tools and discussed other programs and statistics that are indicative of where we currently are and what we need to achieve.

What was made clear to me while attending the two regional conventions, was how much those Shipmates who participated in the meetings enjoyed each other’s company. There was always some healthy ribbing that came from a shared experience, like being in the sea services. It highlighted the importance of member participation in defining the character and ambition of each Branch or region.

There are 182 FRA Branches across the U.S., the Philippines and Japan, and they are divided into eight Regions. Each Branch has a unique culture and atmosphere. To say that no two Branches are alike is an understatement, both in terms of their character and the size of their membership. Some have Branch homes and host meetings or events, while others use facilities provided by other veterans organizations or local venues. Most follow the same basic FRA structure when they hold their meetings.

My conversations with Shipmates were the best part of my travels. Their overall concern was the decrease in membership and the decrease in participation at meetings. I asked them to share what the FRA was like when they first joined, why they joined and why they stayed active. For many, it was being part of their community and taking pride in giving back.

The Branches with the most active membership seem to have a focus on camaraderie and shared social activities, with an understanding that some time needs to be spent on administrative tasks. A successful Branch is not contingent on its size, but on its impact in the community. I would like to hear from you: What works in your community? Tell me what it is about the organization you are active in and engaged with that drives your desire to participate.

The FRA’s diverse membership is a reflection of America and what we all know defines the success of an all-volunteer military. People want to serve. They sign up because they feel a higher calling, even if they don’t know what their future holds on the day they show up for training. The FRA is no different; we can’t guarantee a specific outcome as a result of any one Shipmate’s membership, but we work hard to ensure the conversations they will have are good. The more Shipmates join the FRA, the greater our members’ chances of rediscovering former colleagues and making meaningful new connections. Just call into HQ and let the Membership Services staff help you re-connect with a Shipmate. My role at the FRA is to be your liaison.

I look forward to visiting more regional conventions in the months to come and hope to meet as many of you in person, as possible. I also want to extend an invitation to all unaffiliated members, whom we refer to as Members at Large, to join us at the Regional and National Conventions. Thank you for being so welcoming!

Yours in Loyalty, Protection, and Service,
Christina Hitchcock

Christina is the FRA’s Director of Membership. She can be reached at ChristinaH@fra.org or 703-683-1400 (Ext. 123)
Recruit 3 Program
Any FRA or Auxiliary member who recruits/sponsors three new or reinstated FRA members will be eligible to receive the red/white/blue collectible pin.

Recruit 32 Program
Any FRA member who recruits/sponsors 32 new or reinstated members during the recruiting year will be eligible to receive a life membership or $100 cash award if already a Life Member. For each subsequent 32 members recruited, a Shipmate will be eligible to receive an additional award of $100.

Submit completed applications to:
FRA, 125 N. West St., Alexandria, VA 22314-2754.
Remember to include payment and your full name and membership number in the “Sponsored by” section of the application.

Recruit 5 Initiative
Any FRA or Auxiliary member who recruits/sponsors five new or reinstated members will receive a “RECRUIT FIVE” collectible pin and a one-year extension of his/her existing membership, valued at $40. If the recruiter is already a Life Member, a special gift valued at $40 will be awarded in lieu of paying for one year of membership dues. The recruiter is eligible to recruit only one set of five new or reinstated members during the recruiting year and receive the special incentive awards.

Retain 5 Initiative
To strengthen retention, we will randomly draw a total of 20 names of new or rejoined FRA members with one or two years of membership who are eligible for renewal. This drawing will be held quarterly to select five names each in July, October, December and April. Winners’ memberships will be extended for one year, valued at $40.
1. BRANCH 242, DAVENPORT, IOWA
(L to R) Branch Secretary/Treasurer Bill Craig and Branch President Don Devore present North Central Region 12th grade 1st place Essay winner James Meng his certificate, trophy and check, along with Branch Vice President Larry Hartman.

2. BRANCH 118, CAPE CORAL, FLA.
Branch President Hans Seebo presents the 2nd place award for the Patriotism Essay Contest to Angelia Greenwell, a sophomore at Ida S. Baker High School in Cape Coral. Greenwell received a $50 check and certificate.

3. BRANCH 229, NEWBURGH, N.Y.
(L to R) LCPL John C. Keegan, MM1(SS) James E. Farinelli, MR2 Fran Bestenheider and MTC (SS) Matthew G. Schmitz present Secretary/Treasurer MN1 Norman M. Sivertsen Jr. his 60-year membership certificate, along with EN2 Robert M. Ibe.

4. BRANCH 207, DALE CITY, VA.
On April 6, CWO Clark received his 50-year continuous membership certificate along with his Vietnam lapel pin. (L to R) PNP Sweeney, Branch President John Milliken, CWO Clark and PNP Jeff Gilmartin.

5. BRANCH 276, OMAHA, NEB.
(L to R) Shipmate Don Watkins presents Shipmate Richard “Dick” Kennon his 50-year continuous membership certificate and pin.

6. BRANCH 244, GRAND JUNCTION, COLO.
(L to R) Branch Essay Contest Chairman Richard Reno along with Branch Essay Contest winners Shyann Dahl, Tessa Berry, Jackson Barnett, Jack Flower and Alacrity Combs. Branch 1st place winner Berry also received 1st place at the West Coast Regional level. Photo by Branch Secretary Chuck Watkins.

Submit a photo for Shipmate News by email as an attachment in to FRAtoday@fra.org. Please include a brief description and the names of those pictured. Images should be 4 inches wide at 300 pixels or very large in dimension at 72 pixels.
7. **BRANCH 126, JACKSONVILLE, FLA.**

8. **BRANCH 59, CHEYENNE, WYO.**
Senator Mike Enzi (L) presents Senior Companion and Shipmate Lou Lopez (R) with the Presidential Lifetime Achievement Award for Volunteerism from the Senior Corps, the network of national service programs for Americans 55 years and older. Senior Companions provide assistance and friendship to those who have difficulty with daily living tasks.

9. **BRANCH 99, VIRGINIA BEACH, VA.**
The Branch presents a letter of appreciation to Virginia Department of Veterans Services Secretary Carlos Hopkins for his support of all veterans in the Commonwealth. (L to R) Secretary Carlos Hopkins, Brandy Disbennett-Albrecht, Branch Past President Martin Wood, Bill Ashton and ECRVP Sha’iron (Marty) Martin and Gordon Adkins.

10. **BRANCH 161, KANSAS CITY, KAN.**
The 3rd place winner in the Americanism Essay contest for 12th Grade, Morgan Wilcox, receives her certificate from Mo-Kan Branch Shipmate Ed De La Fuente. Wilcox attends Maranatha Christian Academy in Shawnee, Kansas.

11. **BRANCH 162, NEW ORLEANS, LA.**
(L to R) Shipmate Jerry Dupre presents NJROTC cadet Trey Dupre from Brother Martin High School in New Orleans his NJROTC medal, certificate and gift cards from the Navy Federal Credit Union & Branch 162 during his Awards Day & Change of Command along with PRPSC Dave Field.

12. **BRANCH 01, PHILADELPHIA, PA.**
(L to R) Tom Groeber, Pat LaRose and Branch President Frank Dillon staff an FRA table on April 27 during a Military Retired Appreciation Day at Fort Dix, in Lakehurst, New Jersey.
In Memoriam

The following list starts with the remaining names from the June issue of FRAtoday.

<table>
<thead>
<tr>
<th>Name</th>
<th>Rating</th>
<th>Branch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Martocci, John</td>
<td>POC</td>
<td>USN</td>
</tr>
<tr>
<td>Massa, Emidio</td>
<td>CAPT</td>
<td>USN</td>
</tr>
<tr>
<td>McDaniel, John O.</td>
<td>CW04</td>
<td>USN</td>
</tr>
<tr>
<td>McGalligan, Robert J.</td>
<td>OSCM</td>
<td>USN</td>
</tr>
<tr>
<td>McKay, Stanley A.</td>
<td>PNC</td>
<td>USN</td>
</tr>
<tr>
<td>Meester, Dennis R.</td>
<td>YNCM</td>
<td>USN</td>
</tr>
<tr>
<td>Mierop, Robert A.</td>
<td>AECS</td>
<td>USN</td>
</tr>
<tr>
<td>Morris, James T.</td>
<td>DCSR</td>
<td>USN</td>
</tr>
<tr>
<td>Moss, Gary W.</td>
<td>MMC</td>
<td>USN</td>
</tr>
<tr>
<td>Murphy, Terence M.</td>
<td>YNCS(S)</td>
<td>USN</td>
</tr>
<tr>
<td>Murphy, James N.</td>
<td>HMCS</td>
<td>USN</td>
</tr>
<tr>
<td>Myers, George L.</td>
<td>YNC</td>
<td>USN</td>
</tr>
<tr>
<td>Myler, Frank A.</td>
<td>YNC</td>
<td>USN</td>
</tr>
<tr>
<td>Nelson, Carl V.</td>
<td>MSGT</td>
<td>USN</td>
</tr>
<tr>
<td>Nygaard, David A.</td>
<td>CMC</td>
<td>USN</td>
</tr>
<tr>
<td>O'Callaghan, Neal M.</td>
<td>CW03</td>
<td>USN</td>
</tr>
<tr>
<td>Orband, Dominick</td>
<td>CSC</td>
<td>USN</td>
</tr>
<tr>
<td>Pangburn, Harry L.</td>
<td>POC</td>
<td>USN</td>
</tr>
<tr>
<td>Pantelides, Nicos S.</td>
<td>LT</td>
<td>USN</td>
</tr>
<tr>
<td>Parks, Lyndle E.</td>
<td>AMCS</td>
<td>USN</td>
</tr>
<tr>
<td>Parlati, John L.</td>
<td>AE1</td>
<td>USN</td>
</tr>
<tr>
<td>Patten, Gerry J.</td>
<td>LCDR</td>
<td>USN</td>
</tr>
<tr>
<td>Penter, Frank V.</td>
<td>BMC/DV</td>
<td>USN</td>
</tr>
<tr>
<td>Phillips, William D.</td>
<td>AKC</td>
<td>USN</td>
</tr>
<tr>
<td>Pobleto, Albert V.</td>
<td>SKCM(SS)</td>
<td>USN</td>
</tr>
<tr>
<td>Pollard, Robert C.</td>
<td>Btcs</td>
<td>USN</td>
</tr>
<tr>
<td>Powers, Albert G.</td>
<td>DkC</td>
<td>USN</td>
</tr>
<tr>
<td>Price, James T.</td>
<td>ADJC</td>
<td>USN</td>
</tr>
<tr>
<td>Rayfield, William R.</td>
<td>ETC</td>
<td>USN</td>
</tr>
<tr>
<td>Raynor, Frank B.</td>
<td>AD1</td>
<td>USN</td>
</tr>
<tr>
<td>Rees, William A.</td>
<td>PO1</td>
<td>USN</td>
</tr>
<tr>
<td>Richard, Robert J.</td>
<td>USN</td>
<td></td>
</tr>
<tr>
<td>Richardson, Roland O.</td>
<td>HTC</td>
<td>USN</td>
</tr>
<tr>
<td>Rickerts, Ronald A.</td>
<td>CTOCS</td>
<td>USN</td>
</tr>
<tr>
<td>Rinereh, Wendell E.</td>
<td>RMC</td>
<td>USN</td>
</tr>
<tr>
<td>Risley, Waine L.</td>
<td>ENC(S)</td>
<td>USN</td>
</tr>
<tr>
<td>Robinson, Martha C.</td>
<td>NCC</td>
<td>USN</td>
</tr>
<tr>
<td>Schuh, Roderick T.</td>
<td>ATCS</td>
<td>USN</td>
</tr>
<tr>
<td>Seals, James E.</td>
<td>AMHC</td>
<td>USN</td>
</tr>
<tr>
<td>Sharp, Robert W.</td>
<td>PH1</td>
<td>USN</td>
</tr>
<tr>
<td>Skipchak, Steven A.</td>
<td>Mscs</td>
<td>USN</td>
</tr>
<tr>
<td>Smallwood, James V.</td>
<td>Lcdr</td>
<td>USN</td>
</tr>
<tr>
<td>Sommers, Samuel L.</td>
<td>POC</td>
<td>USN</td>
</tr>
<tr>
<td>Starling, Marcus A.</td>
<td>AVCm</td>
<td>USN</td>
</tr>
<tr>
<td>Stein, Earl E.</td>
<td>SMC</td>
<td>USN</td>
</tr>
<tr>
<td>Stern, Leon O.</td>
<td>MScs(S)</td>
<td>USN</td>
</tr>
<tr>
<td>Stooaks, Edmond D.</td>
<td>SM1</td>
<td>USN</td>
</tr>
<tr>
<td>Sumrall, Robert</td>
<td>HTC</td>
<td>USN</td>
</tr>
<tr>
<td>Swagel, Ronald T.</td>
<td>AKCS</td>
<td>USN</td>
</tr>
<tr>
<td>Thomas, Frederick J.</td>
<td>Lcdr</td>
<td>USN</td>
</tr>
<tr>
<td>Todd, George C.</td>
<td>SH1</td>
<td>USN</td>
</tr>
<tr>
<td>Toth, Kenneth D.</td>
<td>DPC</td>
<td>USN</td>
</tr>
<tr>
<td>Vandenbergrouck, Frank R.</td>
<td>Spcm</td>
<td>USN</td>
</tr>
<tr>
<td>Walker, Walter A.</td>
<td>HTC</td>
<td>USN</td>
</tr>
<tr>
<td>Wallace, William J.</td>
<td>MSGT</td>
<td>USN</td>
</tr>
<tr>
<td>West, Jon L., MMC</td>
<td>USN</td>
<td>MAL</td>
</tr>
<tr>
<td>White, Thomas C.</td>
<td>USN</td>
<td>MAL</td>
</tr>
<tr>
<td>Whitney, Gilbert H.</td>
<td>SM1</td>
<td>USN</td>
</tr>
<tr>
<td>Willard, Harold L.</td>
<td>CWO3</td>
<td>USN</td>
</tr>
<tr>
<td>Williams, James A.</td>
<td>ETCM</td>
<td>USN</td>
</tr>
<tr>
<td>Williamson, Robert E.</td>
<td>YNc(S)</td>
<td>USN</td>
</tr>
<tr>
<td>Wolfe, Charles E.</td>
<td>MRC</td>
<td>USN</td>
</tr>
</tbody>
</table>

Patten, Gerry J. | LCDR, USN | MAL
Penter, Frank V. | BMC/DV, USN | 289
Phillips, William D. | AKC, USN | 022
Pobleto, Albert V. | SKCM(SS), USN | 084
Pollard, Robert C. | Btcs, USN | MAL
Powers, Albert G. | DkC, USN | MAL
Price, James T. | ADJC, USN | 011
Rayfield, William R. | ETC, USN | 117
Raynor, Frank B. | AD1, USN | 091
Rees, William A. | PO1, USN | MAL
Richard, Robert J. | USN | 230
Richardson, Roland O. | HTC, USN | 060
Rickerts, Ronald A. | CTOCS, USN | MAL
Rinereh, Wendell E. | RMC, USN | 017
Risley, Waine L. | ENC(S), USN | MAL
Robinson, Martha C. | NCC, USN | MAL
Schuh, Roderick T. | ATCS, USN | 014
Seals, James E. | AMHC, USN | 126
Sharp, Robert W. | PH1, USN | MAL
Skipchak, Steven A. | Mscs, USN | 238
Smallwood, James V. | Lcdr, USN | 163
Sommers, Samuel L. | POC, USN | MAL
Starling, Marcus A. | AVCm, USN | MAL
Stein, Earl E. | SMC, USN | 115
Stern, Leon O. | MScs(S), USN | 115
Stooaks, Edmond D. | SM1, USN | MAL
Sumrall, Robert | HTC, USN | 024
Swagel, Ronald T. | AKCS, USN | MAL
Thomas, Frederick J. | Lcdr, USN | 254
Todd, George C. | SH1, USN | 294
Toth, Kenneth D. | DPC, USN | 070
Vandenbergrouck, Frank R. | Spcm, USN | 282
Walker, Walter A. | HTC, USN | MAL
Wallace, William J. | MSGT, USMC | 161
West, Jon L., MMC | USN | MAL
White, Thomas C. | USN | 268
Whitney, Gilbert H. | SM1, USN | 099
Willard, Harold L. | CWO3, USN | 093
Williams, James A. | ETCM, USN | MAL
Williamson, Robert E. | YNc(S), USN | 020
Wolfe, Charles E. | MRC, USN | 130
Wood, Oren M. | EMC, USN | 040
Wood, Owen | CDR, USN | MAL
Word, Claud A. | RMCm, USN | MAL
Yancey, Andrew W. | AVCm, USN | 086

The following list is the list for the month of July.

<table>
<thead>
<tr>
<th>Name</th>
<th>Rating</th>
<th>Branch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abrams, Robert</td>
<td>CPO</td>
<td>USN</td>
</tr>
<tr>
<td>Amato, Theodore</td>
<td>HM1</td>
<td>USN</td>
</tr>
<tr>
<td>Armentrout, Roy D.</td>
<td>AKC</td>
<td>USN</td>
</tr>
<tr>
<td>Bartow, Michael R.</td>
<td>AD1</td>
<td>USN</td>
</tr>
<tr>
<td>Bass, Richard</td>
<td>USN</td>
<td></td>
</tr>
<tr>
<td>Beal, Howard F.</td>
<td>HMC, USN</td>
<td>MAL</td>
</tr>
<tr>
<td>Beecham, Herbert L.</td>
<td>ADRC</td>
<td>USN</td>
</tr>
<tr>
<td>Bender, Robert L.</td>
<td>AZC</td>
<td>USN</td>
</tr>
<tr>
<td>PRPNW, Bessey, C. T. (Bud)</td>
<td>HTC, USN</td>
<td>328</td>
</tr>
</tbody>
</table>

Black, Gary W. | BMC, USN | 161
Blevins, William R. | SSgt, USMC | MAL
Bonnell, Jerry R. | PH1, USN | 101
Bowers, Gerald R. | EAD3, USN | 137
Brady, Edward J. | EMC, USN | 006
Brooks, Don B. | GMGC, USN | 183
Bruce, Joseph M. | ENCm, USN | 024
Bryant, Gervace C. | Pocm, USN | MAL
Burden, Norman R. | CTR1, USN | 358
Burnham, Carl P. | YN1, USN | 276
Byrd, Jerry E. | EMCM, USN | MAL
Carter, Irving R. | MM2, USN | MAL
Cathey, Darrel J. | PO1, USN | MAL
Champagne, Edward F. | Ync, USN | MAL
Christopherson, Ivan L. | AMC, USN | 070
Clark, Roger | AG1, USN | 022
Clemens, Arnold A. | PocS, USN | 051
Cliff, Lloyd F. | ADSc, USN | 023
Connors, Charles R. | CW03, USN | MAL
Cooper, Gerald | Mmcs, USN | MAL
Cortes, Benny L. | Skcs, USN | MAL
Cross, Willard E. | Mscm, USN | MAL
Cummings, Robert | Lcdr, USN | MAL
Curtin, Edward J. | Accs, USN | MAL
Cutts, Stephen | DPC, USN | 161
Davenport, David L. | Prca(Jw), USN | MAL
Davis, Wayne L. | OsCm, USN | MAL
De ocampo, Eliseo | SD1, USN | 289
Duckworth, James W. | OsCm(Sw), USN | MAL

Names in red indicate 50 year continuous members. Any names in bold indicate past national officers. To report a Shipmate death, please email: mserfra@fra.org or telephone at 703-683-1400 ext 1.
In Memoriam

Duncan, Franklin P. HTCM, USN 029
Edgar, Leroy J. CSCM, USN 049
Elmore, Jack GMCS, USN MAL
Ensslin, Fred V. GM1, USN 018
Fain, Harold PHM3, USN 024
Filosi, Thomas F. AFCM, USN 091
Fisher, James C. AGCS, USN MAL
Fortiere, David L. OSC, USN 024
Frederick, Charles E. MSCS(SS), USN MAL
Goad, William G. SSGT, USMC MAL
Habrat, William J. BMC, USN MAL
Hale, Allen MMC 346
Hamerlinck, Olga W. PNCS, USN 175
Hamm, Lonnie NCC, USN 023
Held, William L. ABCS, USN 113
Helfer, Kenneth E. AK1, USN MAL
Helgeson, Wayne H. MMCS(SP), USN 061
Hoffman, Francis J. ADRC, USN 136
Hoffman, Joseph E. BTC, USN 057
Hofstetter, George J. LCPL, USN 183
Huddleston, John L. ADRC, USN MAL
Huml, Ronald J. SKC, USN 358
Hurley, Benjamin A. ADRC, USN MAL
Ingrim, Everett L. YNC, USN MAL
Janulis, John C. RMC, USN MAL
Johnson, Hugh R. AMCS, USN 022
Johnson, Raymond L. TMC, USN 123
Jones, Johnny T. GYSGT, USMC MAL
Kahwasinski, Alfred E. DCC(SW), USNR 060
Kelly, Marvin CS2, USN MAL
Knott, Wayne K. SGTMAJ, USMCMAL
Kotas, Leland D. MUCS, USN 289
Krejci, Emil A. YNC, USN 289
Kulman, Manley J. ADRC, USN 022
Lacy, Gerald PO1, USN 210
Lamastus, James W. BCTM, USN MAL
Lambert, Lee B. YN1 S, USN 183
Lee, Albert W. PO1 MAL
Lindberg, Clayton R. HMC, USN MAL
Lindberg, John H. CAPT, USNR MAL
Lindem, Everett A. RMCS, USN 061
Long, Bobby E. PNCM, USN 289
Long, Jerry C. CTOC, USN MAL
Lueck, Wallace Roy LT, USN 273
Luna, Lyl Clarence MACS, USN 276
Luu, Quyen M. DC3, USN MAL
Maggard, William W. EOC, USN 311
Mannie, Albert J. DCC(SW), USN 276
Martin, Robert D. YNC, USN MAL
Matienzo, Ariel S. OTCS, USN 060
McClore, Ben H. CMC, USN MAL
McCullough, Edson C. AMSC, USN 008
PRPSC, Merten, Terry D. MMCM, USN 159
Mick, William R. TMCS, USN MAL
Mocabee, Melvin C. MGYSGT, USMCMAL
Montgomery, Carlos D. PNCM, USN 029
Moore, David N. PHCS, USN MAL
Morgan, Calvin E. ATC, USN 156
Morgan, Stephen ADC, USN MAL
Morris, William J. FTCM(SS), USN MAL
Mosier, Harbin R. MMCM(SS), USN MAL
Moysin, Louis ADRC, USN MAL
Murphy, James F. ENC, USN 085
Noe, Ulysses S. CE1, USN MAL
O’Keefe, John W. MSCS, USN 163
O’Neal, Thomas G. SH1, USN 024
Oberlander, Richard T. CT1, USN MAL
Onoroski, Stanley J. BCTM, USN 061
Osburn, Richard B. BCTM, USN MAL
Parian, Amado O. PO1, USN 289
Patterson, Boby G. MM1, USN 113
Payne, H. B. AEC, USN 089
Payne, Julian E. BCTM, USN MAL
Pierce, Lawrence T. ETCS, USN MAL
Piro, John EOC, USN MAL
Redmon, Iasiah G. PO1, USN 292
Reid, Priscilla C. CDR, USN 289
Rhodes, James L. LCMR, USN 217
Rigges, James T. AFCM, USN 097
Riggs, John J. SKC, USN MAL
Rittner, Gilbert L. MCP0, USN MAL
Romero, Adam S. TMC, USN 047
Ross, Robert L. QMC(SS), USN MAL
Rye, Wilton L. PN1, USN 044
Sattler, Stephen E. CWO3, USCG MAL
Schreiber, Robert W. AVMC, USN 289
Selle, Olav E. CMCS, USN MAL
Sheppard, John P. CMC, USN 097
Smith, Gordon F. LTCOL, USMCMAL
Spaulding, Robert P. MCP0, USN 156
Stafford, Eugene W. MR1, USN 260
Stewart, Billie PO2, USN MAL
Stoll, Harold D. CS1, USN MAL
Swanson, Matthew C. CDR, USN MAL
Swenson, John T. MS3, USN MAL
Themes, Steven P. PHM2/C, USN 031
Thompson, James A. TMC(MS), USN 147
Thompson, Patrick R. CTC, USN MAL
Tobben, Anthony G. BMC, USN 072
Torres, Paul AK1, USN MAL
Trias, Emiliano A. SD1, USN 084
Valenti, Pete N. SK1, USN 112
Ventenilla, Adriano G. ICC, USN MAL
Vinas, Ricardo Villa CW04, USN MAL
Washington, Charles MGYSGT, USMCMAL
Weringer, Richard B. ECMC, USN MAL
Whightsil, Van John CPL MAL
Wright Roger A. AE1, USN MAL
You helped secure our nation’s future. Let us do the same for your family.

Attention FRA members with MEDICARE & TRICARE

If you need more than what Medicare or TRICARE covers, you may either pay for it yourself — or go without.

The FRA-endorsed Hospital Income and Short Term Recovery Insurance Plan can help put you in charge, with CASH BENEFITS for Hospital AND At-Home Recovery Care.

You’ve earned the right to quality health care. It’s what you deserve, and it shouldn’t fall apart when you leave the hospital. This plan can help you pay for the recovery care you want.

- Guaranteed acceptance* — you cannot be turned down
- Affordable FRA-negotiated group rates for members
- Cash benefits paid directly to you or anyone you choose, in addition to any other coverage
- Use the money any way you want, no restrictions

WHO PAYS for the costly “recovery care” services you need at home, after you’re discharged from the hospital? Medicare? TRICARE For Life? You?

GET THE FACTS — NOW!

★ FACT #1 ★

MEDICARE limits the home health care it will pay for.

★ FACT #2 ★

TRICARE has strict criteria to qualify and does not cover home health aide, homemaker or companion services at all.

KNOW YOUR OPTIONS!

To request more information, call toll-free: 1-800-424-1120 or go online: www.frainsure.com

*This policy is guaranteed acceptance, but it does contain a Pre-Existing Conditions Limitation. Please call or go online for more information on exclusions and limitations, such as Pre-Existing Conditions.

Program Administered by Mercer Health & Benefits Administration LLC
AR Insurance License #100102691 • CA Insurance License #0G39709 • In CA d/b/a Mercer Health & Benefits Insurance Services LLC

Underwritten by Hartford Life and Accident Insurance Company, Hartford, CT 06155. The Hartford® is The Hartford Financial Services Group, Inc., and its subsidiaries, including issuing company Hartford Life and Accident Insurance Company.

Plan information includes costs, exclusions, limitations, reduction of benefits and terms of coverage. Coverage may not be issued in some states. All benefits are subject to the terms and conditions of the policy. Policies underwritten by Hartford Life and Accident Insurance Company detail exclusions, limitations, reduction of benefits and terms under which the policies may be continued in force or discontinued. Benefits reduce at age 80.

This is a Hospital Confinement Indemnity Policy. The policy provides limited benefits. This limited benefit plan (1) does not constitute major medical coverage, and (2) does not satisfy the individual mandate of the Affordable Care Act (ACA) because the coverage does not meet the requirements of minimum essential coverage.

This policy provides limited benefits health insurance only. It does NOT provide basic hospital, basic medical or major medical insurance as defined by the New York State Department of Financial Services.
REUNIONS

Guantanamo Bay Association
9/22/2019-9/27/2019
Buffalo, N.Y.
Contact: George Kennedy
Telephone: 716-517-1383
Email: diverdog1129@hotmail.com

Antarctic Development Squadron Six (VXE-6)
New Orleans, La.
Contact: Bob McCauley
Telephone: 702-338-4383
Email: Bobmccauley2@cox.net

USS Sea Cat (SS-399)
9/30/2019-10/4/2019
Pigeon Forge, Tenn.
Contact: Edwin Hymer
Telephone: 515-981-3006
Email: edmme@msn.com

USS Trumpetfish (SS-425)
10/22/2019-10/28/2019
Kings Bay, Ga.
Contact: Terry Trump
Telephone: 843-873-9563
Email: ss425tfish@gmail.com

USS Nicholas (DD-449/DDE-449) & USS Nicholas (FFG-47)
10/23/2019-10/26/2019
Charleston, S.C.
Contact: Bill Linn
Telephone: 928-246-7927
Email: Bill.margie@yahoo.com

Opticalman-Instrumentman Association
Pensacola, Fla.
Contact: John Bryan
Telephone: 706-339-5905
Email: Bigjohn767@yahoo.com

USS ROBERT H. McCord (DD-822)
Tampa, Fla.
Contact: Dennis Replogle
Telephone: 262-290-7855
Email: dreplogle_McCard@yahoo.com

FRA 2019 NATIONAL CONVENTION
Memphis, Tenn.
Crowne Plaza Memphis East
Contact: Reunions@fra.org

LOOKING FOR...

I am looking for PNC Dee Walton, USNR(Ret.) last known duty station was Naval Reserve Headquarters New Orleans in 1990. Please contact PNC Kevin McCoy, USN (Ret.) at: kmccoy5546@aol.com.

Trying to locate YNCM Mike Roach, Ret. Command Master Chief at the Amphibious Base at Little Creek, Virginia. Any assistance is welcome. Please contact Christina Hitchcock at: ChristinaH@fra.org.

A list of Reunions is at: www.fra.org/Reunions. All Reunions/LookingFor… must be submitted online, via email to reunions@fra.org or in writing to FRA Reunions/LookingFor…at 125 N. West St. Alexandria, VA 22314. Include your Member ID and a daytime telephone number. For help, contact FRA Member Services at 800-FRA-1924.

The FRA would like to extend an invitation to reunion organizers to join us at the FRA National Convention from Sept. 26-28. In conjunction with the FRA National Convention, the FRA director of membership will be holding a roundtable to discuss how the FRA can support your reunion goals. If you would like to hold a reunion and have not yet selected a location, or date, the FRA may have additional meeting space for both day and evening events for groups under 45.
At USAA, the same values that guide our military inspire us to go above and beyond for our members. Your lifetime membership is a lifelong bond.

JOIN USAA TODAY.

CALL 877-FRA-USAA (372-8722) OR VISIT USAA.COM/FRA

USAA means United Services Automobile Association and its affiliates. Use of the term “member” or “membership” refers to membership in USAA Membership Services and does not convey any legal or ownership rights in USAA. Restrictions apply and are subject to change. Fleet Reserve Association receives financial support from USAA for this sponsorship. © 2019 USAA. 257612-0119-FRA

I SERVED FOR Honor
Message from Northeast/New England Regional President

I would like to thank the members of the Northeast/New England Region for selecting me as the regional president. In 2013, the merger of the Northeast and New England Regions became official. Despite the fact that this new Region has a few strikes against it, such as; an aging population, limited resources to recruit new members and many miles separating the five units, there has always been a bond between us. We are striving to keep this region alive and well. As with any new adventure, we have had our “bumps in the road” throughout the past five years, but we are doing okay.

It always amazes me what our members can accomplish with just a few people. They band together and help the community, as well as each other. If someone is having a problem, the various Unit members put their heads together and find a solution. If we need to raise funds, members put on their aprons (men and women) to cook, bake for a bake sale, or to host a breakfast. If someone is sick or loses a family member, they are there to provide whatever comfort they can.

One great example is Claire Payne, formerly of Unit 66 South Shore, who has volunteered at the Brockton, Massachusetts VA and was recently recognized for her many years and hours of service. Hats off to all our Auxiliary members across the country.


The 2019 National Convention committee, along with the FRA and LA FRA National Presidents and some of the FRA Headquarters staff, visited the Crowne Plaza Memphis East, our National Conventions’ hotel. The convention dates are Sept. 22 through 29, 2019. You can make your reservations by calling 844-750-1135. The room rates are: $99 without breakfast, or $109.00 with breakfast, plus a 17.5% tax. The deadline for this room rate is Sept. 1, 2019. The Convention Newsletter #2 is posted online at: www.la-fra.org and also on the FRA website at: www.fra.org.

Once again, I strongly urge everyone to visit the FRA Action Center on the FRA website (www.fra.org/FRA/Web/Content/VotervoiceFullInfo.aspx). You will find information about the many bills before Congress and you will be able to communicate with your elected officers from your area and express your feelings. Remember, the FRA works tirelessly to assure that your benefits are preserved and we should all do our part. You also can access other helpful information and articles online.

Please check out the Facebook page: Fleet Reserve Association NE/NEng Region, hosted by FRA NVP Donna Jansky. It is open to anyone and is very informative. The information is not only about this region, but also other Branches and Units. There is some very interesting and helpful information available.

In Loyalty, Protection and Service,
PNP Cindy Rodham Tuck

Cindy is the LA FRA’s Regional President for the Northeast/New England Region, as well as an LA FRA PNP.
Member benefits include:
- A legislative team fighting for your pay and benefits on Capitol Hill
- Use of the Action Center at www.fra.org to share your opinions directly with Congress
- Eligibility for you and your family to apply for the FRA education scholarships
- Access to expert staff to answer your legislative questions
- Representation on disability or other VA claims
- Discounts on products and services
- Camaraderie with other service members

Your dues include a subscription to the association magazine. FRAtoday is your most reliable source of association information. Topics covered are: military pay, health care, and benefits. Some great association information and items of interest to you and your family are included.

In addition to the magazine, please choose to receive any or all of the following member benefits:

- NewsBytes: the weekly email newsletter update of legislative and association activities

I certify I meet the FRA eligibility requirements of being a current or former enlisted member of the Navy, Marine Corps or Coast Guard.

Service:   USN    USMC    USCG
Status:    Active    Reserve    Retired    Veteran

NAME

RATE / RANK

STREET ADDRESS

SUITE / SPACE / LOT

CITY

STATE    ZIP CODE

PHONE

DATE OF BIRTH (MM/DD/YY)    SSN (optional)

SPOUSE’S NAME

MEMBERSHIP OPTIONS
All memberships includes a subscription to FRAtoday magazine, a $40 value.

☐ 1 Year / $40.00

☐ 2 Years / $64.00 SPECIAL OFFER FIRST TIME MEMBERS!

☐ 2 Years / $75.00 (for renewing or reinstating FRA members)

☐ 5 Years / $180.00

PAYMENT OPTIONS

☐ Master Card    ☐ Visa    ☐ Discover

☐ American Express    ☐ Check-enclosed

CREDIT CARD NO.    EXP. DATE

SIGNATURE    DATE

SPONSORED BY

NAME

MEMBER NO.    BRANCH NO.

LIFE MEMBERSHIP RATES
Active Duty .......... $400
Age 40 & younger... $450
Ages 41 to 50 ....... $425
Ages 51 to 60 ....... $390
Ages 61 to 70 ....... $340
Ages 71 to 80 ....... $260
Ages 81 to 99 ....... $200
Ages 100 and older FREE

JULY 2019
Consider a Simple Investment Strategy to Help Reduce Guesswork

For most investors, the key to success is simple: Buy low and sell high. But how often have you seen this scenario played out? (You may have done it yourself.)

- When the market is up, an investor feels good and buys stocks.
- When the market is down, that same investor gets scared and sells.

Although reacting like this may feel instinctively right at the time, buying high and selling low is unlikely to result in a profit.

Why do investors do this? The reason may have a lot to do with us making investment choices the same way we do many important decisions: using both our heads and our hearts (i.e., logic and emotion). When there’s market volatility—including both market highs and market lows—our emotions tend to take over and we may make illogical choices going against our best interests.

Rather than falling victim to the potential perils of emotional investing, you may want to be completely logical: get into the market when it’s down and out when it’s up. This is known as “market timing.” While this approach sounds rational, the problem is it’s extremely difficult, even for experienced investors, to do consistently. There’s an old saying: “No one rings a bell” when the market reaches the top of a peak or the bottom of a trough. Translated, that means anyone attempting to time the market finds it difficult to know exactly when to make their move.

One example would be, if you think the market has reached a peak and get out and then share prices keep rising, you will miss out on the additional profits you could have made by waiting. And after you get out, how do you know when to get back in? If you act too quickly, you will forego better bargains as prices continue to fall. If you wait too long, you may sacrifice the chance to fully benefit from a market rally.

### Give Dollar Cost Averaging a Look

To avoid the potential problems of emotional investing and market timing, consider a strategy called “dollar cost averaging.”

Dollar cost averaging is the practice of putting a set amount into a particular investment on a regular basis (weekly, monthly, quarterly, etc.) no matter what’s going on in the market. For example, you could invest $500 each month. In a fluctuating market, this practice lets you purchase:

- Additional shares at a bargain when prices are low.
- Fewer expensive shares when prices increase.

As shown in the table above, if the price is $24 per share, you’d buy 20.83 shares (keep in mind mutual funds let you purchase fractional shares). If it rises to $30, you would buy only 16.67 shares.

In a fluctuating market, dollar cost averaging will result in an average cost per share that’s less than the average market price per share. The average market price per share in the table (the sum of the market prices [$317] divided by the number of purchases [12]) is $26.42. However, the average price per share (the total invested [$6,000] divided by the number of shares purchased

---

**USING DOLLAR COST AVERAGING IN A FLUCTUATING MARKET**

Investing $500 per month over one year

<table>
<thead>
<tr>
<th>Month</th>
<th>Price Per Share</th>
<th>Shares Purchased</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>$24</td>
<td>20.83</td>
</tr>
<tr>
<td>February</td>
<td>$25</td>
<td>20.00</td>
</tr>
<tr>
<td>March</td>
<td>$28</td>
<td>17.86</td>
</tr>
<tr>
<td>April</td>
<td>$30</td>
<td>16.67</td>
</tr>
<tr>
<td>May</td>
<td>$27</td>
<td>18.52</td>
</tr>
<tr>
<td>June</td>
<td>$22</td>
<td>22.73</td>
</tr>
<tr>
<td>July</td>
<td>$24</td>
<td>20.83</td>
</tr>
<tr>
<td>August</td>
<td>$27</td>
<td>18.52</td>
</tr>
<tr>
<td>September</td>
<td>$26</td>
<td>19.23</td>
</tr>
<tr>
<td>October</td>
<td>$29</td>
<td>17.24</td>
</tr>
<tr>
<td>November</td>
<td>$28</td>
<td>17.86</td>
</tr>
<tr>
<td>December</td>
<td>$27</td>
<td>18.52</td>
</tr>
</tbody>
</table>
While you’re mulling dollar cost averaging’s potential merits, consider this: You may well be using the strategy already. If you participate in an employer-sponsored retirement plan, such as a 401(k) or 403(b), and contribute the same amount each payday, you’re using dollar cost averaging.

**Get Help for When the Going Gets Tough**

One of dollar cost averaging’s challenges is you have to stick with the strategy even when the market declines, and that can be difficult (see our previous discussion about emotional investing). However, during times like these, dollar cost averaging can be most useful by letting you purchase shares at bargain prices.

Because dollar cost averaging can be simultaneously more difficult and advantageous when the going gets toughest, consider turning to a professional financial advisor for help. He or she should offer a voice of reason during these periods as you grapple with whether or not to adhere to the strategy.

**Like any investment strategy, dollar cost averaging doesn’t guarantee a profit or protect against loss in a declining market. Because dollar cost averaging requires continuous investment regardless of fluctuating prices, you should consider your financial and emotional ability to continue the program through both rising and declining markets.**

This article was written by/for Wells Fargo Advisors and provided courtesy of Carl M. Trevisan, Managing Director-Investments and Stephen M. Bearce, First Vice President- Investments in Alexandria, Va. at 800-247-8602.

Investments in securities and insurance products are: NOT FDIC-INSURED/NOT BANK-GUARANTEED/MAY LOSE VALUE

Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC, a registered broker-dealer and non-bank affiliate of Wells Fargo & Company.

© 2019 Wells Fargo Clearing Services, LLC. All rights reserved.
American Standard
Walk-In Tubs

FREE!
An In-Home Evaluation Will Be Scheduled At Your Earliest Convenience

FREE!
Savings Include an American Standard Right Height Toilet FREE! ($500 Value)

Free American Standard Cadet Toilet with full installation of a Liberation Walk-In Bath, Liberation Shower, or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first time purchaser. All offers subject to change prior to purchase. See www.AmericanStandardBathtubs.com for other restrictions and for licensing, warranty, and company information. * CSLB B982796; Suffolk NY:5543IH; NYC:HC#202274B-DCA. Safety Tubs Co. LLC does not sell in Nassau NY, Westchester NY, Putnam NY, Rockland NY.
Introducing Affinity Cellular

Save Money On Your Cell Phone Service!

• Bring Your Existing Phone Number
• No Contracts • Never Any Termination Fees
• All Affinity Cellular plans run on the nation’s most reliable 4G network to help you stay connected.

<table>
<thead>
<tr>
<th>Voice &amp; Text Plans</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Minutes</td>
<td>350</td>
<td>Unlimited</td>
<td>Unlimited</td>
</tr>
<tr>
<td>Text</td>
<td>0</td>
<td>0</td>
<td>Unlimited</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Voice, Text and Data Plans</th>
<th>$20</th>
<th>$25</th>
<th>$28</th>
<th>$35</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minutes</td>
<td>1500</td>
<td>Unlimited</td>
<td>Unlimited</td>
<td>Unlimited</td>
</tr>
<tr>
<td>Text</td>
<td>Unlimited</td>
<td>Unlimited</td>
<td>Unlimited</td>
<td>Unlimited</td>
</tr>
<tr>
<td>Data</td>
<td>1GB</td>
<td>1GB</td>
<td>2GB</td>
<td>5GB</td>
</tr>
</tbody>
</table>

Call Now To Order Or Visit Us Online! 855-893-2889

See Website For Other Phone Options www.AffinityCellular.com