

Boots to books

Veterans taking steps
toward higher education

Heroes for hire

Joining forces in
the workplace

Advancements

in prosthetics
One step at a time

**MEDIA
PLANET**

November 2012

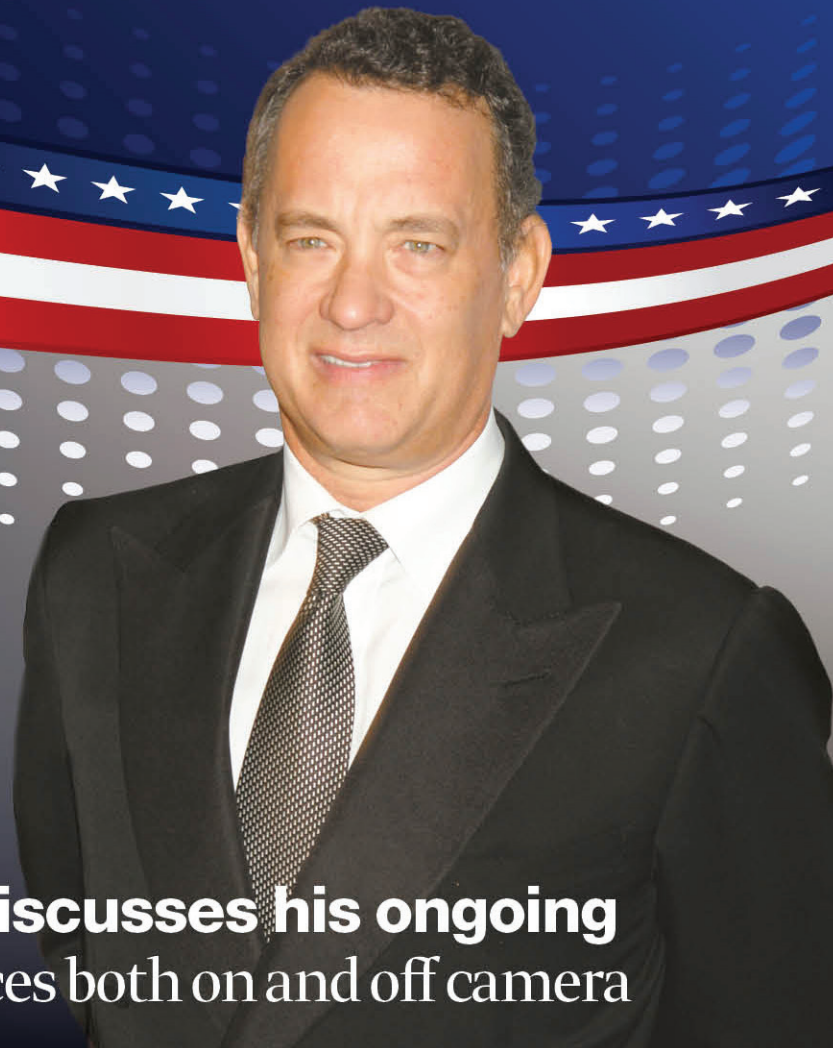
THANKING OUR TROOPS



GIVE THE GIFT
OF YOGA TO A
VETERAN BY LIKING
US ON FACEBOOK

SUPPORTING OUR HEROES

Actor and advocate Tom Hanks discusses his ongoing appreciation for America's armed forces both on and off camera



COMING HOME

From combat to classroom, Towson University serves those who have served.

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CHALLENGES

Reintegration means much more now than ever before. The best ‘thank you’ to give is to get involved in welcoming our troops home.

Uniting our veterans: From past to present

America is blessed with a new generation of men and women—and their families—which has served our country selflessly and honorably during more than a decade of war. Like past generations that returned from Europe and Asia, from Korea and Vietnam, and from the deserts of Kuwait, they bring home a wealth of knowledge, skills and experience.

Just as previous generations transformed our neighborhoods and communities, this new generation is poised to make its own mark.

These men and women display extraordinary strength and resilience. They sacrifice personally for the greater good. They demonstrate remarkable perseverance in the face of adversity to protect the freedoms we, as Americans, enjoy daily. They work with others, often very different from themselves, to accomplish great feats. They show care and compassion

for those in need, sometimes at the risk of their own lives. They live by the core values of duty, honor, and country and in doing so earn our trust.

At a time when our country faces many challenges, we have the opportunity to help these men and women and their families become integral parts of our communities. *It is the smart thing to do.* Can we imagine any situation where we don’t need more people who put service before self, who can bridge differences to accomplish great things, who will persevere even in the face of daunting obstacles, and who we can trust implicitly to choose a harder right rather than an easier wrong?

At a time when so many of these men and women are returning home after 11 years of war and sacrifice, we have the opportunity to show our gratitude by embracing them as they transition to civilian life. *It is the right thing to do.* While saying “thank you for your service” is important, we all have more active roles to play. Of course, business leaders can bring talented veterans into their com-



Sloan Gibson
Chief Executive Officer, USO

TIPS

1

Over the next five years, over one million U.S. service men and women will return home.

2

We can make the transition easier for our veterans by getting involved in community programs.

panies. But we can also welcome these families into our neighborhoods, schools and churches. We still have tens of thousands

of our neighbors serving in harm’s way, and just as many families back home worried about their safe return. National Guardsmen and Reservists and their families live right down the street, and many of them are still deployed. They put life on hold to do their part for the rest of us. They still need our support.

At the USO, we have a long tradition of “standing by their side” wherever they are serving—at forward operating bases in the war zone, at military hospitals, in airports and on bases around the world, and on the tarmac at Dover Air Force Base where many families witness the final return of their loved one.

These Americans have done their part. Now, as many return to communities across the country and others continue to serve, it’s our turn—all of us—to “stand by their side”. Join with one of the fine organizations highlighted in these pages to make a difference for those who have served so honorably.

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WE RECOMMEND

An army nurse anesthetist's perspective

PAGE 6

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INSPIRATION



Q&A

Chris Marvin
Founder,
Got Your Six

■ **What was your motivation for starting Got Your Six?**

➔ We are at a unique time in history, in between the conclusions of two of America’s longest wars. In the next five years, more than one million veterans will return to civilian life. The entertainment industry and the nonprofit sector were poised to come together for a collaborative effort, and the idea of celebrating veterans as leaders and assets was incredibly appealing to everyone involved with Got Your Six.

■ **What is the story behind the organization’s title?**

➔ In the military, ‘got your six’ means “I’ve got your back.” It refers to the six o’clock position — the rear of a military formation. We hope that this sentiment can be an inspiration to all Americans, and that civilians and veterans will watch each other’s backs just like we do in the military.

■ **In what way does military experience affect day-to-day work?**

➔ Veterans have been trained to be leaders, team builders and problem solvers — in the workplace, on campus and in the community, veterans can serve as assets. The Got Your Six website provides many different opportunities for civilians to do their part. We’re all in this together, and this is a call to action for all Americans.

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Building a support structure

➔ As a mental health professional, Barbara Van Dahlen, Ph.D. paid close attention to the wars waging in Afghanistan and Iraq and knew a mental health crisis was brewing. The clinical psychologist has her own family connections to the military. Her father, who died in 1986, was a WWII veteran and passed on to her the notion of serving others. “He would give the shirt off his back to help someone,” Van Dahlen said of her father.

Conflicts arise

When the attacks on September 11, 2001 shook the nation and our country went to war shortly thereafter, Van Dahlen knew the conflicts in Afghanistan and Iraq would affect those who serve and their families. She saw what happened to the Vietnam veterans and wanted to ensure that we did a better job caring for this generation.

“I started hearing about homeless veterans from this current war, and I thought, ‘we’re not equipped to take care of those in need,’” Van Dahlen said. She began wondering what she could

do to help. Although the Departments of Defense and Veterans Affairs were certainly not ignoring the issue of mental health care, she thought there was still more work that could be done.

Thinking together

Van Dahlen, who was named



“I started hearing about homeless veterans from this current war, and I thought, ‘we’re not equipped to take care of those in need...’”

Barbara Van Dahlen and General Williams
PHOTO: LLOYD WOLF

one of Time Magazine’s 100 most influential people in 2012, recognized early on that to properly care for those who serve, organizations and agencies must work together. Knowing she wanted to help, Van Dahlen read “Non-profits for Dummies” and moved forward with starting Give an

Hour, a network of mental health professionals whose mission is to donate an hour of their services per week for a year, to members of the military, veterans of Iraq and Afghanistan, their loved ones and communities. Since launching Give an Hour, Van Dahlen has also played a critical role in the development and implementation of two other national initiatives — The Community Blueprint Network and the Got Your Six Campaign.

“Early on, we realized we tapped a huge resource,” Van Dahlen said. “Now, in addition to direct counseling services, our volunteer mental health professionals consult to other organizations, speak at reintegration events and present at conferences.” Many of the volunteers have gone above and beyond the call of duty and help much more than one hour per week. So far Give an Hour’s network of providers have given over 70,000 hours of free care and support valued at approximately \$7 million.

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NEWS

A new show airs

Bands of Brothers launches to rock for those who serve.

A new nonprofit program has launched in the Philadelphia area this year to raise awareness of post-traumatic stress disorder (PTSD) in veterans returning from Iraq and Afghanistan. The effort, Bands of Brothers, is dedicated to removing the stigma for those living with PTSD, and to raising funds for the treatment

of vets suffering from the disorder. According to the Department of Veterans Affairs, PTSD is occurring in approximately 18 percent of vets of Iraq and Afghanistan.

The Bands of Brothers program is using the power of music to unite and inspire around the issue of PTSD. This fall, the program filmed 12 Philadelphia-area veterans in three bands as they prepared to play a major benefit concert at World Café Live on Veterans Day 2012.

“Every day hundreds of thousands of returning veterans have to wake up with the reality

of living their lives with post-traumatic stress disorder (PTSD), but there is no reason they have to face it alone,” said Bands of Brothers Co-Founder Steve Holtzman. “Bands of Brothers puts a unique twist on educating the public about PTSD and generates a broader environment of understanding.”

For additional information on Bands of Brothers visit www.BandsOfBrothers.org.

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INSPIRATION



FACTS

At a glance:
CRNAs in the military

➔ Certified Registered Nurse Anesthetists (CRNAs) are anesthesia professionals who safely administer more than 33 million anesthetics to patients each year in the United States.

➔ Nurse anesthetists have been the main providers of anesthesia care to U.S. military personnel on the front lines since WWI, including current conflicts in the Middle East.

➔ CRNAs practice in every setting in which anesthesia is delivered: traditional hospital surgical suites and obstetrical delivery rooms; ambulatory surgical centers; physicians' offices; and U.S. military, Public Health Services, and Department of Veterans Affairs healthcare facilities.

➔ Numerous nurse anesthetists have received medals for meritorious service. The names of two CRNAs, Jerome Olmsted and Kenneth Shoemaker, are engraved on the Vietnam Memorial having given their lives in service to their country.

➔ A CRNA was the lone anesthesia provider to participate in the rescue mission of U.S. Army Private Jessica Lynch from Saddam Hussein Hospital in Nasiriyah, Iraq, in 2003.

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Anesthesia in action:

The vital role of an army nurse anesthetist



Colonel Schoneboom held two jobs in his deployment to Afghanistan: Commander of a surgical hospital and certified registered nurse anesthetist (CRNA).
PHOTOGRAPHER: DARRELL JESONIS; PHOTO EDITOR: PETER HURST

■ **Question:** What types of injuries did Colonel Bruce Schoneboom treat during his deployment?

■ **Answer:** A variety, including traumatic amputations, blast injuries and gunshot wounds.

Although Army nurse Col. Bruce Schoneboom calls his 27-year military career “remarkable,” it was not without sadness and trauma. During his 2006 deployment to Afghanistan, while about 10 kilometers from the Pakistan border, something inconceivable happened. “One day we came under attack,” says Col. Schoneboom. “They [the Taliban] were shooting rockets at our base.” The rocket landed on the playground of a nearby school, injuring 29 children and their schoolmaster. While Col. Schoneboom and his team were at risk, they operated on patients all day while wearing

“We did our job to take care of patients.”

protective gear. “We did our job to take care of patients,” he says.

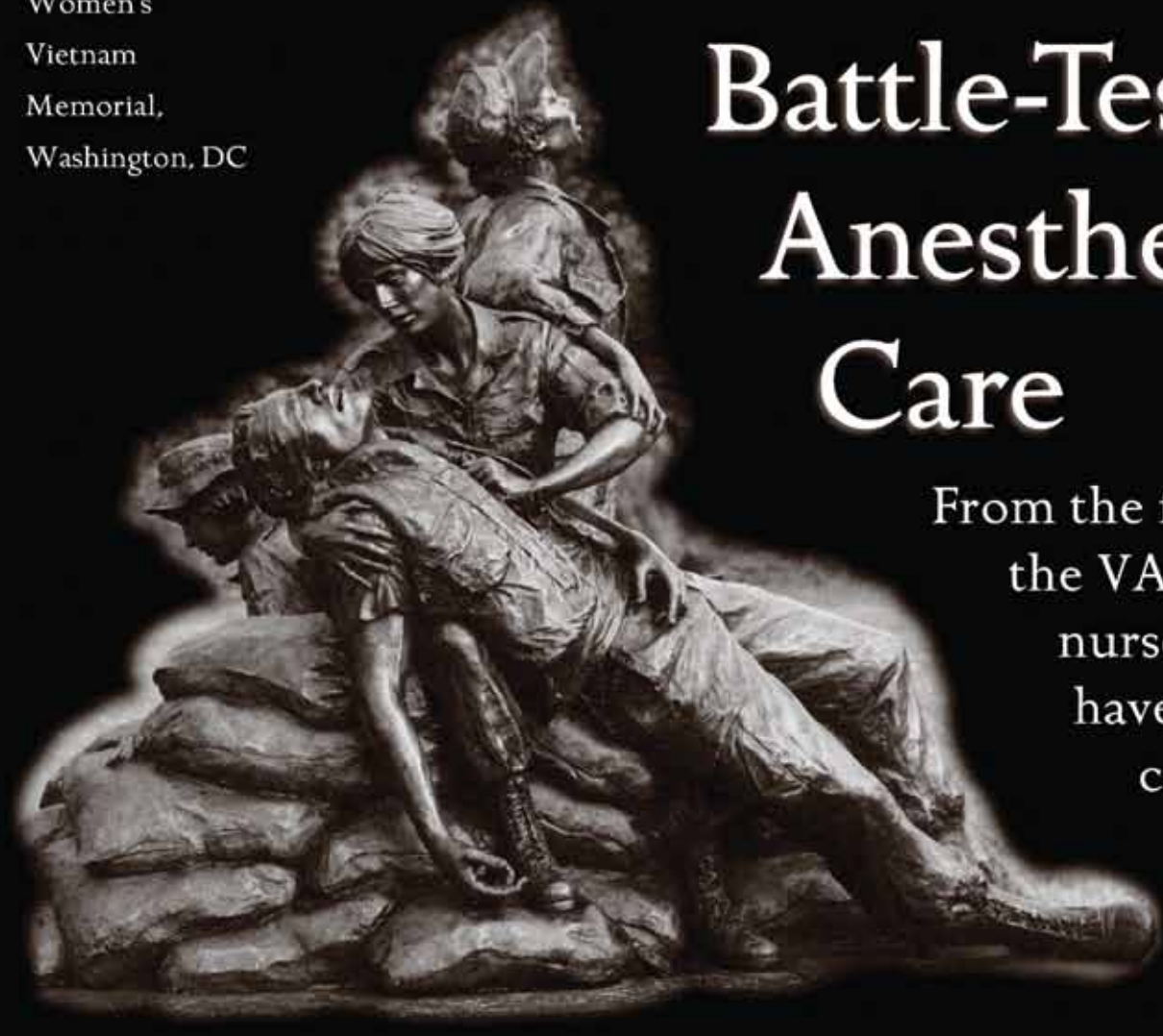
A busy year
During his deployment, the 54-year-old held two jobs: commander of a small surgical hospital, and certified registered nurse anesthetist (CRNA). “It was a pretty busy year,” he says. “I described the days as very long but the weeks as very fast.” His team’s primary job was to care for wounded warriors, treating a variety of war injuries,

including traumatic amputations, blast injuries and gunshot wounds. While they treated U.S. military and friendly forces, they also treated enemy combatants. “It didn’t matter who they were,” he says. “They were patients first, regardless of their status.” Col. Schoneboom’s team also provided humanitarian care for the locals “who were in desperate need of medical care,” he says, mentioning that “a lot of trauma casualties were civilians, as well.”

A new mission
During his career, Col. Schoneboom has seen much advancement in medicine, including safer medicines and fewer side effects, as well as more sophisticated operating room technology. Now, as the commander at the U.S. Army Medical Research Institute of Chemical Defense

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INSPIRATION

YOGA
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LIFE

The Give Back Yoga Foundation helps veterans find peace.

After fighting a war abroad, veterans are returning home to face new and daunting frontiers within themselves. As is seen in the alarmingly high rate of military suicides, the pursuit of internal peace has become a national battle. Yet one of the most unlikely weapons in this battle is the ancient practice of yoga.

When Hugo Patocinio, a former marine who served three deployments in Iraq, heard the word ‘yoga’ in his PTSD group at Camp LeJeune, he was skeptical. But when he woke up at the end of his first yoga class, he realized that for the first time in a long time, he felt rested. “And that was a big turning point for my healing,” Hugo says. “Just that one day I finally got some sleep.” Hugo is now off all his medications, back in school, practicing yoga regularly and traveling around the country to share his story of recovery.



Because of stories like Hugo’s, The Give Back Yoga Foundation (GBYF) is committed to offering free yoga and meditation resources to veterans nationwide. Their sponsors have helped create and distribute empirically-tested multi-media resources to over thirty VA hospital facilities, various Soldier and Family Assistance Centers, and wellness programs for wounded warriors. Their goal is to reach 10,000 veterans.

“When I was told I was going to do yoga, I thought of rolling around on the floor in a leotard,” says Paul, a Vietnam veteran who struggled with PTSD for over 40 years before finally getting help through a residential rehabilitation program in Newington, CT which included mandatory yoga and meditation. Paul completed the program a year and a half ago and now refers to his yoga practice as “the most useful survival skill I know.”

Paul’s first yoga teacher, Suzanne Manafort, with the help of The Give Back Yoga Foundation and co-author Dr. Daniel Libby Ph.D., recently published the book *Mindful Yoga Therapy*



“When I was told I was going to do yoga, I thought of rolling around on the floor in a leotard.”

Yoga is both a way for U.S. Army members to stay in shape and cope with stress.
PHOTO: VETERANS YOGA PROJECT

for *Veterans Coping with Trauma*, a practice guide that includes in depth breathing exercises, yoga postures and meditation.

And while GBYF aims to offer

free mindfulness resources like these to 10,000 veterans, it is the individuals like Paul who are the wind in the foundation’s sails. At a fundraising event last spring, Paul

offered his medal to the program director Rob Schware, telling him, “Yoga saved my life.”

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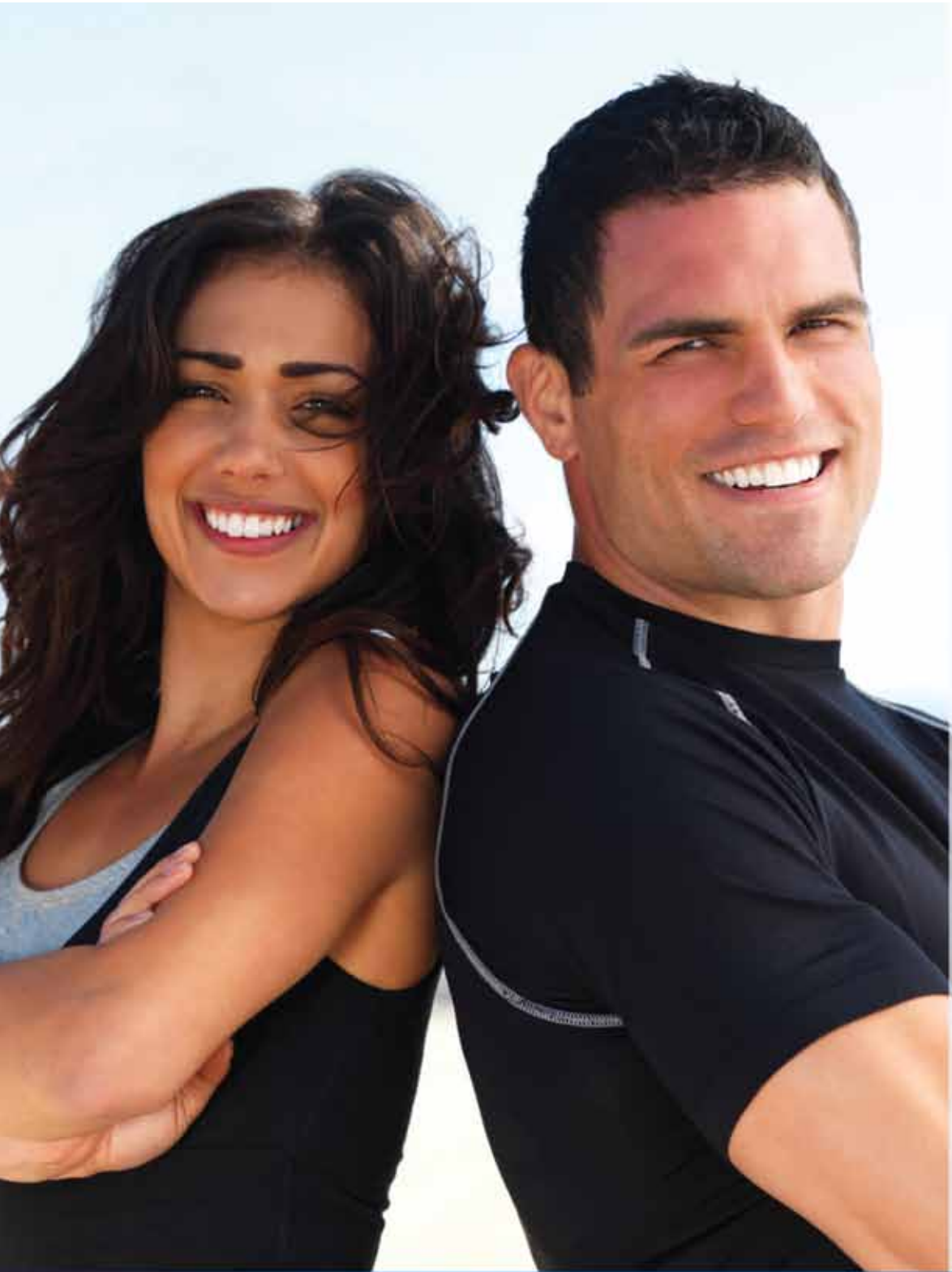
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INSPIRATION

TOM HANKS SPEAKS FROM THE HEART

Playing a United States military member on screen is not the only way Tom Hanks is connected to our armed forces. He is an advocate for our veterans, urging Americans to get involved on a personal level.

■ **Q:** What has motivated you to get so involved with military/veteran advocacy?

■ **A:** Growing up in the Vietnam era — that war and its human cost was a part of everyday life. The work in *Forrest Gump*, then *Saving Private Ryan*, led to making *Band of Brothers* and *The Pacific* so that the stories of the people in war would be in the forefront of the strategic history of the wars. We all pretended to go to war with the aim to make manifest the human toll war takes on the human soul — different for each veteran, but tangible and real and unique no matter the era of the war.

■ **Q:** What advice can you give for people who want to get involved?

■ **A:** There is a veterans organization just a short drive or a phone call away. Let your representatives know that building monuments is great, but taking care of minds and bodies is the true task at hand.

■ **Q:** What was it like to play Captain John Miller in *Saving Private Ryan* — a character that so many service members could relate to?

■ **A:** Captain Miller was haunted

by the idea that he could get his men killed — he could have a failure of training or judgment that would lead to casualties. He suffered the burden of leadership; he worried he would never be the same man he was before the war, but that did not stop him from serving.

■ **Q:** What was the biggest lesson you learned from depicting a service member on screen?

■ **A:** That those in combat fight for each other — to save and protect those they have come to love.

■ **Q:** Do you have any military initiatives planned for the future?

■ **A:** We will be helping initiatives for years to come — from big televised events to small occasions — to help veterans get the time they need to heal each other and help each other.

“There is a veteran organization just a short drive or a phone call away.”

■ **Q:** What was one moment, story or experience that has had the biggest influence on you military advocacy?

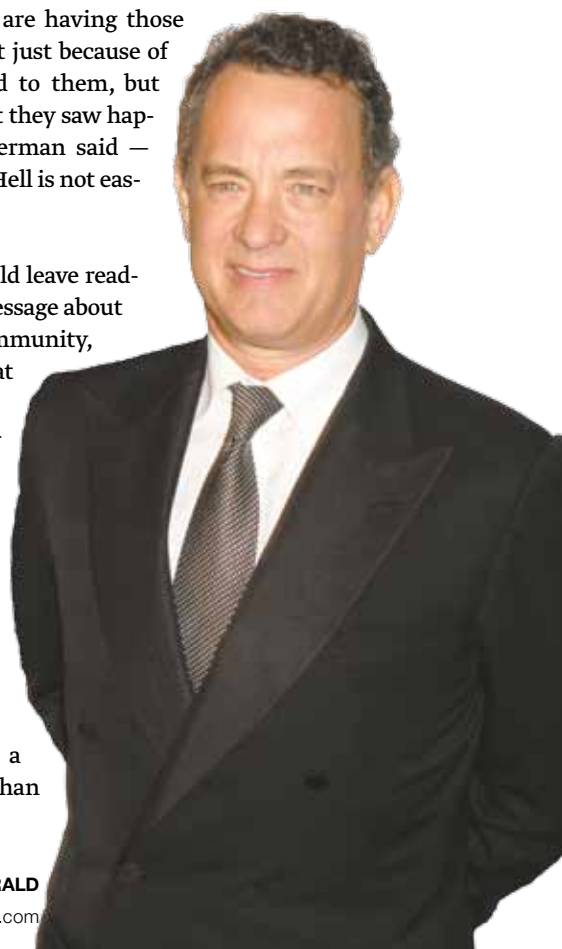
■ **A:** It's the people who say that their father or grandfather screamed in their sleep from nightmares they could not stop. Now their husbands, wives, broth-

ers and sisters are having those nightmares, not just because of what happened to them, but because of what they saw happening. As Sherman said — War is all hell. Hell is not easily shaken off.

■ **Q:** If you could leave readers with one message about the veteran community, what would that message be?

■ **A:** The number of veteran suicides will soon outnumber those who died in the field. What does it say about our society when more soldiers die in a time of peace than died in war?

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INSIGHT

A national opportunity

➔ Over the next five years, as America completes its withdrawal from the conflicts abroad and draws-down of its military, more than two million service members and their families will transition from uniformed service and return back to their communities. While there is no doubt that America cares about its veterans, their families, and their sacrifices, it is now time for a more deliberate effort to support them as they return.

There is a basic fabric to this generation of service men and women and families: courage, resilience, adaptability, and an entrepreneurial spirit that has yet to be fully tapped into. They've answered the call at home and abroad and are postured to use their unique drive, determination, and skills to excel within their communities.

As a battalion commander serving in the southern area of Helmand province in Afghani-



Colonel Anthony M. Henderson
United States Marine Corps
PHOTO: OFFICIAL DOD PHOTO

stan, I witnessed this courage, resolve, and compassion on a daily basis. When one of my patrols was informed about an injured child, they courageously fought through a Taliban-controlled area to assist an Afghan family they had never met. The patrol of young Marines, most no older

than 20 years old, found a child with third degree burns from a pot of scalding water. They treated the child and ensured his family's safe evacuation.

It was from this simple act of saving a child and several others that the Afghan tribes made the decision to help us as we struggled with our foe. They worked side-by-side with the Afghan people to rebuild their communities. Every day for the average service member was a myriad of new challenges and complex issues to solve. They led, collaborated and resolved. Food was grown, medical services provided, wells of fresh water built, and law enforcement re-established. If young Americans can do such abroad in the most hostile of circumstances, then their potential for our nation has no limit as they return.

As special assistant to the Chairman of the Joint Chiefs of Staff, General Martin Dempsey, and as Director of the Office of Warrior and Family Support, I work to build awareness of the tremendous value of our military family, and to connect and assist communities in developing and supporting collaborative efforts that assist our service members, returning veterans and their families transition and reintegrate back into their communities.

Our military family remains a part of our American family. We have an opportunity to posture this generation to strengthen and build our nation as we did with a previous generation.

COLONEL ANTHONY M.
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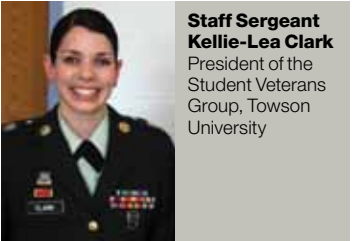


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INSPIRATION

SUPPORT, CAMARADERIE AND EDUCATION: VETERANS RETURN TO SCHOOL



Staff Sergeant Kellie-Lea Clark
President of the Student Veterans Group, Towson University

■ Question: What is the next step for an Army veteran who was deployed and has now finished serving?
■ Answer: Explore the option of education. Both inside the classroom and out, getting a degree is the path many retired service men and women choose.

Army Staff Sergeant Kellie-Lea Clark spent 15 months deployed to Iraq from December 2007 to March 2009, where she was stationed at Camp Taji and served as a military intelligence analyst. When she got home, she was ready for a change. “After my deployment, I realized I wanted to do the Army part time and go back to school,” Clark, age 28, says. In January of 2011, she began attending Towson University in Maryland, where she is now studying computer science.

Veteran support
Transitioning from military service to civilian life was difficult for Clark.



Kellie-Lea Clark served as a military intelligence analyst in Iraq.
PHOTO: KELLIE-LEA CLARK

“It’s a culture shock,” she says. “It’s so different to be totally immersed in this environment where we’re training for our lives and then transitioning to a slower pace life. It’s a little overwhelming

because people don’t know what you’ve been through.” She found support and camaraderie through the university’s Student Veterans Group. “We know we’ll always fit in,”

says Clark, who is the group’s president. “It’s good to have a place where we feel like we belong.” The Student Veterans Group does a lot of community service, including organizing care package drives

for troops overseas. Clark even met her fiancé, Sergeant James Horris, now an inactive Army reservist who is studying political science, through the group.

“We know we’ll always fit in. It’s good to have a place where we feel like we belong.”

noting she and Horris are now parents to an infant daughter, Emilia.

Finding balance
Now that she’s out of the war zone and close to home, Clark, who enlisted in the Army at age 20, is happy she’s “finding a balance” with the military and her family. “Now that I’m in the reserves, I’m in the military but I can continue my education and be with my family.” Next semester, Clark, who’s focused on finishing her degree, will be attending school part time because of her baby. Like many of her fellow veterans, she’s excited to be in school. “We’re very motivated,” she says. “We’re there because we want to get our education.”

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TIPS

Back to school: Using a critical eye

- 1** Find the best benefit package for you. There is no blanket answer that works for all veterans so it is important to ask questions and do research to find out what the best path for you would be.
- 2** Only look at schools that have the highest standard of accreditation. Graduation rate, reasonable tuition and an active role in career services are some of the factors that go into accreditation. Steer clear of non-accredited schools!
- 3** Identify schools with military and veteran specific services. There are different roads you can take, within the classroom and in the distance learning realm. Some schools offer specific programs for military students such as financial services, and seminars on the entrance process and transitioning. If there is a military or veteran center on campus — even better!

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NEWS

→ THE STATS

43%
OF MILITARY
PERSONNEL
ARE PARENTS
TOTALING CLOSE
TO ONE MILLION

34.4% ARE MARRIED
TO A CIVILIAN

6.5% ARE SINGLE
PARENTS

2.1% ARE IN A
DUAL-MILITARY
MARRIAGE

SLOAN WORK AND
FAMILY RESEARCH NETWORK,
BOSTON COLLEGE
editorial@mediaplanet.com

The MYTHS of military life

In April, Dr. Phil ran a show on returning veterans titled “From Heroes to Monsters.” Our Spouse-Buzz.com readership of military spouses, veterans and active duty members roared.

It wasn’t that they denied the existence of PTSD or did not want treatment (many of our readers admitted to how difficult it was to find treatment in their area). They were appalled at being characterized as ‘monsters.’

There are myths about military families abound in a culture in which only one percent of the population serves.

We are not monsters. When people encounter a major traumatic experience, some will expe-

rience Post Traumatic Stress or Post Traumatic Stress Disorder. About five percent of Americans have PTSD. According to statistics from the National Institute of Health, U.S. combat veterans demonstrate only a two- to four-fold increase in prevalence of PTSD compared to U.S. civilians. Most can be treated and will recover.

Military spouses do not go through deployment, slogging mindlessly through empty days. In a 2010 study of Army wives at Fort Hood, researchers found that spouses were less likely to vent or seek escape as a way to cope with deployment. Instead, they were more likely to take on a sea

of troubles — assuming control, actively planning, seeking acceptance and reaching out for social support.

The high unemployment rate for military spouses is a constant theme in the media — estimated to be as high as 26 percent. Yet according to Department of

Our military could not function if they were all as damaged and needy as they seem in the media.”

Defense figures, 42 percent of military spouses report that they are currently employed. Only 15 percent report that they are actively seeking work. A full 45 percent report that they are not employed and not looking for work.

Our military could not function if they were all as damaged and needy as they seem in the media. Yes, our combat service members do need access to care. Yes, spouses appreciate a boost into a new community or a chance at an interview. We just need to work on seeing them for the kind of people they really are.

JACEY ECKHART,
NAVY WIFE AND AUTHOR
editorial@mediaplanet.com

ADVERTISEMENT

THANKING VETERANS FROM THE GREATEST GENERATION TO THE LATEST GENERATION

Seven years ago, HISTORY® developed a national outreach initiative called Take a Veteran to School Day to connect veterans with students in our schools and communities. Veterans from all ages and backgrounds are invited into schools to share their stories and receive heartfelt thanks for their service. The program is flexible—some schools plan all-school assemblies, while others focus on a single classroom visit. But the common thread throughout these events is the opportunity for students to learn about the sacrifice our veterans make. This program also gives veterans a chance to hear a resounding “thank you” from their community, often for the first time.

Building off the momentum of the Take a Veteran to School Day program, Thank a Veteran at Work was created by HISTORY to encourage employers to thank the veterans in their companies and organizations. Stickers, posters, and a simple “How To” guide help make it easy for companies to honor their veterans. Many veterans continue their commitment to service in the workplace. Thank a Veteran at Work is a way for companies and organizations to honor the service of these men and women,



and communities to actively honor veterans by giving back through service. For example, the Blue Star Families organization leads an excellent program called Operation Honor Cards in which young people pledge time through service projects in honor of these who have served or are still serving in the military. This program, inspired by the Joining Forces White House initiative, carries on a tradition of service and gives students a way to become more engaged citizens.

Together, these programs show our veterans our support, and they also help inspire a sense of community spirit that is important to keep alive even during the busiest times of the year. Visit the sites below to find out how you can get involved!

“Giving our veterans a heartfelt ‘thank you’ for their service is easy and important to do, during the Veterans Day season and throughout the year.”

both in the past and today.

Social media provides another great medium to show our veterans that we support them. HISTORY has developed a special

website to “Thank a Vet” through Twitter. Two short video vignettes set the tone for the Twitter campaign as Americans of many ages thank veterans in their lives. The “Thank a Vet” page has a central theme—“It’s Never Too Late to Thank a Vet.” This theme is a great reminder that even if you do not know the details of where and when someone served, if you know they are a veteran it is easy and important to acknowledge and thank them.

In addition to these programs, there are many ways for students

Read more on the web

Take a Veteran to School Day & Thank a Veteran at Work Day:
<http://www.veterans.com>
Thank a Vet Twitter campaign:
<http://www.history.com/interactives/thank-a-vet>

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NEWS

Filling the voids: Bringing veterans and communities together

■ **Question:** How can veterans reintegrate when they come home from war?

■ **Answer:** They can benefit from education, gainful employment and access to healthcare.

During his 2006 to 2007 deployment to Iraq, Colonel David Sutherland commanded several thousand service members. He felt guilty coming home when others didn't.

"I came home from that deployment and felt disconnected," says Col. Sutherland, who retired last July from the U.S. Army after a 29-year military career, which included serving as Special Assistant to the Chairman of the Joint Chiefs of Staff, focusing on Warrior and Family Support.

"The bonds that exist on the

battlefield are unlike any bonds most people can even imagine," he says. "You come home and those bonds are ripped apart. Those voids are filled by connecting and feeling part of a community."

Helping out

Over 2.6 million service members have served in the wars in Iraq and Afghanistan. While he says veterans "don't ask for help," Col. Sutherland explains, "They just need a little assistance during transition and reintegration and they will thrive."

Community connections

Col. Sutherland now serves as the Executive Director of the Dixon Center, which is partnered with Easter Seals, a nonprofit that helps service members, veterans and their families with resources such

as employment and child care.

He found a community connection as the solution to enabling our returning service members, veterans and their families to achieve their full potential.

Quality of life

Col. Sutherland is focused on enabling veterans and their families through a "whole of society approach" that includes education, meaningful employment and access to healthcare.

In the past two and a half years, he's traveled to 336 communities across the country, cultivating a network of over 20,000 organizations, including Easter Seals, to enable service members and their families. Col. Sutherland is coordinating an initiative to align the myriad of support organizations and agencies — governmen-



"They just need a little assistance during transition and reintegration..."

Colonel David Sutherland
PHOTO: POINTS OF LIGHT INSTITUTE

tal, philanthropic and nonprofit, faith based business, health and higher education—in a consolidated effort to assist "our people and families where they live." Communities are eager to assist veterans and service members.

"There is a desire by the Ameri-

can people to want to assist," says Col. Sutherland. "They embrace because they want this generation of veterans, like all generations of veterans, to thrive."

KRISTEN CASTILLO

editorial@mediaplanet.com



Photo courtesy of Department of Defense

Easter Seals

Offering help, hope and answers to support our military service members, veterans, their families and families of the fallen.

easterseals.com
866.423.4981





NEWS

Payback time: Veteran loans

Veterans have access to what's arguably the safest and most powerful loan program in today's tight lending environment.

The VA Loan Guaranty program has helped more than 18 million veterans since 1944. Military borrowers have flocked to its flexible credit and underwriting requirements and key benefits—including no down payment and no private mortgage insurance — as lenders have ratcheted up their standards.

In fact, VA loan volume has soared an incredible 304 percent since 2007.

Millions of veterans are eligible to participate in the program. Prospective borrowers are generally eligible if they meet one of the following:

■ Served at least 90 consecutive days on active duty during wartime.

■ Served at least 181 consecutive days on active duty during peacetime.

■ Served at least six years in the National Guard or Reserves.

Even some surviving spouses of service members may be eligible. But it's important to remember that eligibility doesn't mean you're guaranteed a loan. Veterans and

active military members must have the credit, income and steady employment necessary to satisfy both the VA, which basically insures a portion of each loan, and its approved lenders, who ultimately issue the mortgage.

Right now, VA lenders are generally looking for a credit score of at least 620, which is on the lower end of the lending spectrum. By com-

 **Nine in 10
VA loans
come with no
money down...**

parison, half of all loans in August went to borrowers with credit scores above 740, according to the National Association of Realtors.

Veterans can use this program to purchase or build a new home, refinance an existing mortgage and even extract cash from their equity. These loans also continue to exhibit the lowest foreclosure rate of any major lending option, according to the Mortgage Bankers Association.

To be sure, this program isn't a fit for every veteran. Borrowers with excellent credit and the desire to make a sizable down payment may be better off with a conventional

loan. But that's rarely the story for the average military member.

Nine in 10 VA loans come with no money down, and the average VA borrower has just under \$7,000 in assets.

The reality is this long-cherished loan program has become a lifeline for those who have proudly served our country. With home prices and interest rates still low, the VA loan program is in many ways more important than ever.

CHRIS BIRK

editorial@mediaplanet.com

Getting a VA home loan has never been easier

Are you a veteran looking to buy a home?

Through the powerful VA home loan program qualifying veterans and military service members can purchase a home with:

 **No private mortgage insurance**

 **No down payment**

 **Low interest rates**

**Refinance
today for
record low
rates!**


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www.veteransunited.com



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INSPIRATION



TIPS

In addition to technical skills, many organizations seek and value the unique traits that veterans bring to the civilian workforce. When navigating the job search:

- **Connect** with veterans who successfully transitioned into the civilian workforce.
- **Expand your network** by attending job fairs, joining associations and connecting with your local DOL VETS resource.
- **Seek feedback** on how well your resume reflects your transferable skills from credible sources with hiring knowledge.

Resume building tips:

- Include **leadership** experience regardless of rank.
- Highlight ability to prioritize and **execute** complex projects in a fast-paced environment.
- **Translate** military-specific terminology into relevant terms that can be understood by a civilian audience.

SHELTON GUINN,
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HIRING OUR HEROES:

One vet at a time

➔ Over the course of his 8-year military career, 27 year-old Edgar deployed to Iraq and served in Germany helping to manage the complex supply chain to conflict areas. He was also part of the U.S. military mission to Haiti dedicated to the massive earthquake relief effort that devastated the country's infrastructure. Edgar left active duty in March and, just a few months later, he participated in a Hiring Our Heroes job fair near his home base of Richmond, Virginia. Today, the

problem solving skills essential to Edgar's role in the military are being put to use back home as he transitions from Army Quartermaster



WORKING TOGETHER
After attending a veteran job fair, Edgar was hired at Capital One where he now works as a customer service representative.
PHOTO: MARK ANDREWS AT CAPITAL ONE

master to the customer service team at Capital One.

After more than a decade of war, hundreds of thousands of proud American service members who have been deployed across the country and around the world are returning home and to the workforce. While Edgar's is a success story, for many, looking for work can prove to be a new kind of battle. The unemployment rate for veterans age 24 and younger is nearly two times the rate of their civilian counterparts.

Companies have partnered

with the U.S. Chamber of Commerce and its Hiring Our Heroes campaign, understanding that there is a deep pool of talent among these returning vets and military spouses.

It's a simple business commitment at a critical moment in time: Hiring Our Heroes — one vet at a time.

KEVIN SCHMIEGEL, LT. COL. (RET),
EXECUTIVE DIRECTOR,
HIRING OUR HEROS,
U.S. CHAMBER OF COMMERCE
editorial@mediaplanet.com



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HIRING 500,000 HEROES

After a decade of war, servicemembers from across the country are returning home and to the civilian workforce. We are proud to support their transition and help companies leverage their talents and the unique value of military service.

Join the U.S. Chamber of Commerce's National Chamber Foundation and Capital One® in "Hiring 500,000 Heroes," a campaign to secure commitments from businesses across America to hire veterans and military spouses.

This is an unprecedented opportunity for us to help American business get the kind of talent they need to build and grow. Together, we are committed to making a difference.

WWW.HIRINGOURHEROES.ORG

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 Hiring Our Heroes

INSIGHT

COMMUNITY TIP

Tom Kennedy
President IDS,
Raytheon
Company,
US Air force
1977-1983

Our duty as citizens

■ It is critical that we help our military men and women make the often challenging transition to civilian careers. They have been heroes and role models for us, showing us through training, determination and personal integrity what it means for individuals and teams to perform at their full potential. They need to feel that same sense of empowerment and accomplishment as they join the civilian work force. After all they have given, our duty as citizens is to thank them by making sure the resources are available to help them succeed when they come home.

editorial@mediaplanet.com

A NEW BEGINNING: When service ends

Military service ends for everyone at some point. Regardless of how rewarding and enjoyable it has been, regardless of rank attained or awards earned, eventually it's time to start the next chapter and transition to a civilian career.

For me, the time came at the 20-year mark. I spent the majority of my time in uniform stationed at an air base in Virginia Beach attached to various F-14 squadrons. When I received orders to teach at the Naval Academy in Annapolis I knew my flying days were most likely over, so I considered what life on the outside might look like once I became retirement eligible.

Because I'd been a Naval Flight Officer — a backseater — and not a pilot, the airlines weren't an option. My bachelor's degree in political science was pretty useless in terms of determining a viable civilian career field.

Although for decades I had assumed that there would be all



Ward Carroll served as a Flight Officer in the U.S. Navy. He is now editor of Military.com.

kinds of jobs waiting to be blessed by my presence when I elected to get out, only when I started looking for one did I realize my options were limited. And by "limited" I'm not necessarily speaking in terms of income potential. I'm talking about limited in terms of job satisfaction potential.

As I traded my flight suit for khakis and a golf shirt I was thrust

I was more lost (and depressed) than I ever thought I would be.

Fortunately by the end of the first year of my transition, I'd found my footing, job-wise. In time I was a trusted member of a team again. And that job ultimately gave me the confidence and experience to make the move to the private sector into a role that fully leverages my military career and creativity.

Change is hard; transitioning out of the military is harder. Part of making it easier is thorough prep work research and being networking wise. The rest is understanding that it won't be easy and fighting the notion that the best years are behind you. Sometimes you might need patience. Sometimes you might need to go after it in a hurry. But the same elements that made you an effective war fighter will ultimately serve you well during the civilian chapter of your working life.

WARD CARROLL
editorial@mediaplanet.com

THEIR TURN TO BE TAKEN CARE OF

Let's honor our service members by sustaining the benefits they have earned.

Service and sacrifice are hallmarks of military men and women, their families and our nation's veterans. They venture into harm's way, leaving their families behind for months on end. Some return with visible and invisible wounds of war, but all are forever changed by the experience. They earn their compensa-

tion and benefits the hard way: they pre-pay steep premiums with decades of service and sacrifice.

Earning care

Over nine million members of our currently serving and retired military families, including the National Guard and Reserve, earn



Vice Adm. Norbert R. Ryan, Jr.,
President, Military Officers Association
of America (MOAA)

the military's TRICARE health coverage. But 21 million other veterans may not know they are eligible for VA medical care.

Keep in mind

At a time when everyone in our country will be asked to accept a fair share of national sacrifice in reducing the deficit, we must acknowledge how much currently serving and retired service-members and veterans already have sacrificed for America.

We at MOAA are honored to represent our military personnel and their families. We support a strong national defense by ensur-

ing the nation fulfills its compensation and health care commitments to those who have borne the brunt of hot- and cold-war sacrifices of previous decades.

On this Veterans Day, one of the most important ways we can honor those who serve and have served in uniform is by sustaining the essential health and other benefits they earned by defending our freedoms.

VICE ADM. NORBERT R. RYAN, JR.
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MISSION:
HONOR THOSE WHO DEFINE HONOR

Raytheon salutes the men and women of the armed services whose character and commitment are invaluable to our nation's security and freedom. You are selfless in your service to our country. For that, we are honored to serve you.

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INSPIRATION



AFTER AMPUTATION

For veterans:

1

Maintain a positive attitude.

■ Believing you can, leads you to the inspiration for doing.

2

Learning to walk again can draw more on mental strength, than physical.

■ The strength you get from within, will give you the courage to do.

3

Seek out other amputees. Find resources.

■ You do not have to go through this alone. We are here, ready willing and able to help.

For loved ones:

4

Let me try and do it before you rush to help.

■ Trust me to find the way to deal independently with daily living.

5

Treat me like I'm a regular person.

■ I may have lost a limb, but I am still me.

SOURCE: THE NATIONAL AMPUTATION FOUNDATION
editorial@mediaplanet.com



The eleventh hour: In the eyes of an amputee

➔ For 11 long, excruciating hours, from the time he was shot to the time he finally got to the operating room, retired Army Sergeant Bill Dunham, 42, vividly remembers what was going through his head. “Luckily not a bullet,” he jokes. But in reality, his military medical

training had manifested; he knew he was badly injured, but that most importantly, he couldn’t let himself go into shock or else he could lose his life. “It seemed like an eternity,” Dunham remembers. Thankfully, Dunham’s life was well within grasp. What he did lose, however, was something

most of us take for granted: physical stability. Dunham was shot and his leg was seriously injured.

On December 20th, 1989, Sgt. Dunham was assigned to a mission with his U.S. Army Special Operations Command to parachute into the Panamanian Defense Force’s 6th Infantry Company at Rio Hato, secure the airfield, and apprehend Manuel Noriega. “We jumped out at about 500 ft. altitude,” says Dunham.

But over the next six hours, as the dangers of the mission heightened, four U.S. soldiers, Dunham among them, were hit. “I got shot by an American Helicopter, so it was a friendly fire.” But the damage was done. “Two were killed and three were severely injured,” he says.

Dunham’s injury caused stress to his leg and lower back, and when he finally made it to the operating room, he was faced with the decision that would change his life. “I remember just praying that I would see my family and friends again,” says Dunham. After eight days in the hospital, when doctors asked him to choose whether to amputate his wounded leg or continue trying to revive it, his faith in technology decided for him.

“I made the decision to amputate, thinking the technology would be really good,” recalls

“Get in there, work together, rehab and get better.”

Dunham. “But then I found out it wasn’t as good as I thought. It was a letdown.”

Over 20 years later, Dunham now has much more mobility and stability than he did as a new amputee. With advancements in prosthetics, including a computer-powered knee that reads the sensory nerves sent from the foot and ankle, Dunham says he has so much more function in life. “I can walk down to the boat and go sailing.”

Regardless of how amputation occurs, losing a limb is a challenge. “The war has produced a lot of amputees, but the positive thing is that technology has really risen and it’s helping a lot of people — not just veterans, but civilians, too,” Dunham states. “A lot of technology probably would not have advanced if it wasn’t for the Veteran Administration and the Military.”

Dunham, a veteran of the military and of amputee life, provides peer-to-peer support for people facing an amputation or who have undergone an amputation. “I’m grateful that they have such a great support network today.” His advice to new amputees: “Get in there, work together, rehab and get better.”

ALEEN FITZGERALD
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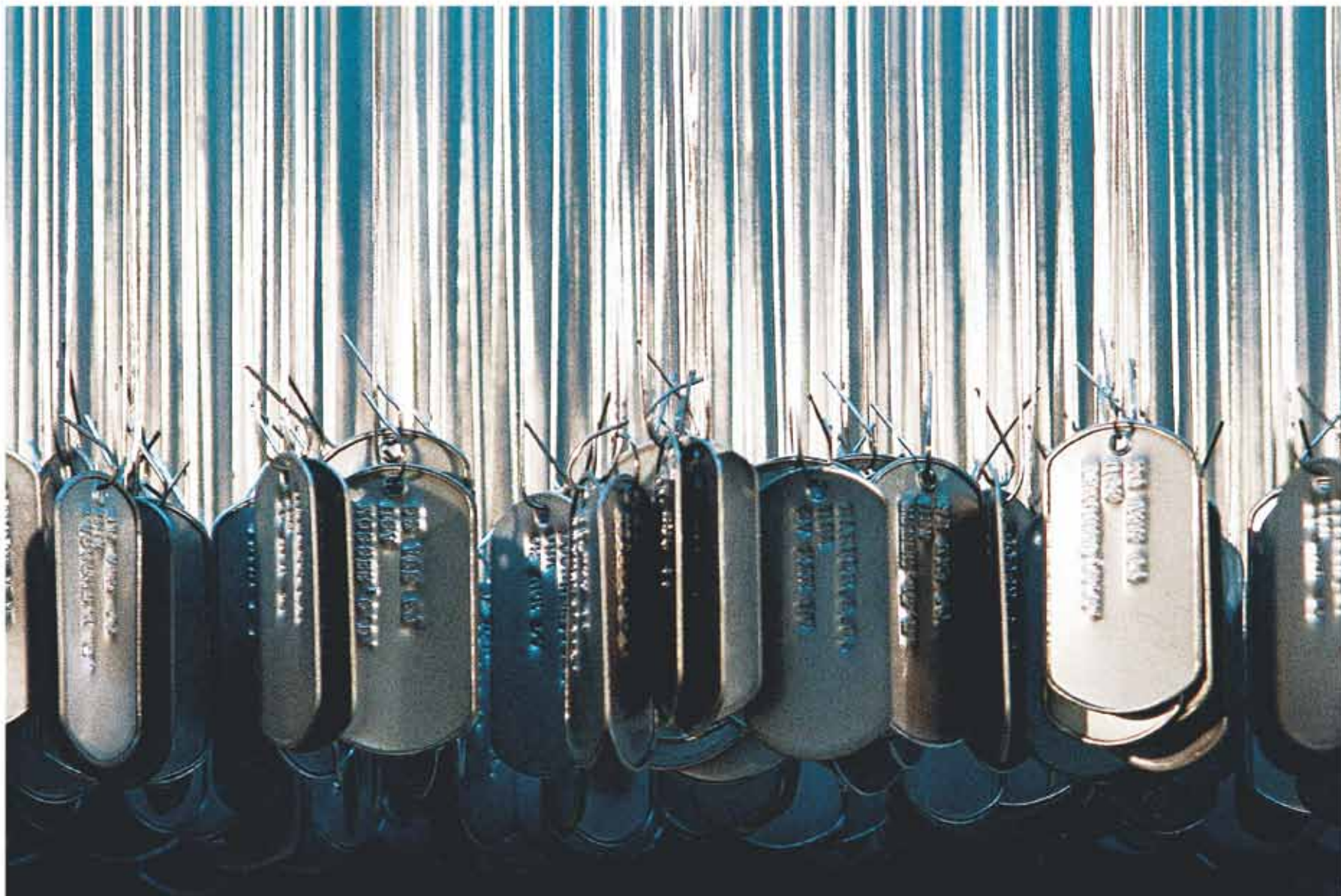
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