

## VETERAN PROBLEMS

This Section, supported by over one hundred (100) commonly available references (there were a couple duplications), highlights several problems that are not common to the 'normal' civilian population:

- **Medical** – It takes an **OVERWHELMING** number of medical cases and, typically, legal action to get DoD and VA concurrence that a military-peculiar problem exists. This has been the case with Agent Orange, radiation sickness from nuclear testing at the Nevada test site, what is now referred to as PTSD (as many as 45% of Iraq/Afghanistan troops), VA under-staffing from the lack of war planning in the Bush (43) administration, and female sexual PTSD, to more little-known current “problems” (who knows what the future will bear) such as
  - Gulf War syndrome
  - Sarin gas exposure in Saudi Arabia
  - Undefined pain syndromes from Mid-East combat areas
  - Radiation sickness of Navy personnel from clean-up of Fukushima fallout
  - Male sexual PTSD from as far back as Vietnam
  - Radiation effects from used (fragmented) depleted uranium projectiles
  - Continued proximity/exposure to military waste dumps, many now classified as “super” contaminated clean-up sites (the contaminated water situation at Camp Lejeune, NC - a Marine base - being a classic case, Ramey AFB, PR, another)
  - Insect reduction techniques using sprayed DDT and DDT/fuel oil mixtures
- **High homeless rates**
- **High auto accident rates**
- **High jobless rates, due to many factors...**
  - **Adaption from structured military environment to civilian**
  - **Prospective employer’s concerns of ‘hidden PTSD’**
  - **‘relatively inferior’ military tech training**
- **High suicide rates among vets (as well as active-duty)**

- **DD 214 ('service summary') errors that prospective employers decode but which the vet cannot (we address these codes elsewhere on this site)**

===== **References** =====

**1. 10 Hard Truths About War for Veterans Day (and Every Other Day)**

By Nora Eisenberg, AlterNet, November 11, 2010,

<http://www.alternet.org/story/148818/>

Veterans Day, which Americans celebrate on November 11, was originally called Armistice Day, to commemorate the cessation of fighting in the Great War of 1914-1918. In the United States, the idea that this was “the war to end all wars,” (a phrase coined by H.G. Wells in a pamphlet of that name and echoed by Woodrow Wilson with equal earnestness) was challenged by an outspoken and persecuted peace movement, including poor farmers and black Americans conscripted at disproportionate rates.

**2. 20,000 military members, vets faced foreclosure in 2010**

USA TODAY, By Gregg Zoroya, Updated Feb 4, 2011

[http://www.usatoday.com/news/military/2011-02-04-1Avetforeclosures04\\_ST\\_N.htm](http://www.usatoday.com/news/military/2011-02-04-1Avetforeclosures04_ST_N.htm)

More than 20,000 veterans, active-duty troops and reservists who took out special government-backed mortgages lost their homes last year — the highest number since 2003.

The rate of foreclosure filings in 2010 among 163 Zip codes located near military bases rose 32% over 2008, according to RealtyTrac, a foreclosure research firm. This compares with a 2010 increase in foreclosures filings nationally of 23% over 2008.

**3. 22 Military Veterans Commit Suicide Every Day**

February 1, 2013 2:39 PM

<http://washington.cbslocal.com/2013/02/01/study-22-military-veterans-commit-suicide-every-day/>

WASHINGTON (CBSDC) - The results of a new study indicate that suicide rates among veterans in the United States are increasing.

An estimated 22 military veterans take their lives every day in America, according to the study helmed by Robert Bossarte, an epidemiologist and researcher who works with the Department of Veterans Affairs.

“While the percentage of all suicides reported as Veterans has decreased, the number of suicides has increased,” the conclusion of the study stated.

#### **4. 23% of Disability Claims Processed Incorrectly**

May 21, 2011 • Ben Krause

<http://militaryadvantage.military.com/2011/05/va-audit-23-percent-of-disability-claims-incorrectly-processed/?ESRC=airforce.nl>

In a recent audit of the VA Disability Compensation System at 16 Regional Offices, the VA Office of the Inspector General estimates that the rating staff incorrectly processed 23 percent of the 45,000 claims inspected.

The IG investigated offices throughout the US and focused mainly on the handling of the following five types of claims: 1) extra-schedular 100 percent disability evaluations (TDIU), 2) PTSD, 3) TBI, 4) Herbicide Exposure, and 5) Haas (Haas v Nicholson: “blue water” claims from Vietnam Agent Orange exposure).

#### **5. 825,000 veterans await disability payments, inquiry finds**

Martha Rial for PublicSource, September 21, 2012 12:25 am

<http://www.post-gazette.com/stories/local/region/825000-veterans-await-disability-payments-inquiry-finds-654353/>

Pittsburgh region, investigative news group in Western Pennsylvania.

The Post-Gazette is a news partner of PUBLICSOURCE, a nonprofit

Veteran Matt Hannan at Soldiers & Sailors Memorial Hall in Oakland. Mr. Hannan served with the Marines for 15 years and suffers from post-traumatic stress disorder.

#### **6. A Groundbreaking Court Decision for Vets with PTSD**

From the Press, October 21, 2009,

<http://www.nvf.org/blog/item/50>

A jury came back with a verdict this week that could have a significant impact on Iraq and Afghanistan Veterans with PTSD throughout the country, who have been accused of violent crimes.

I have mentioned in a previous blog entry the work that Dr. William “Bud” Brown is doing in Oregon on Veteran defense cases. I just finished working with Bud and his team from The Bunker Project, helping to defend a young Veteran with severe PTSD named Jesse Bratcher, from John Day, Oregon, who was accused of killing a man he believed had raped his girlfriend.

#### **7. A New Generation Of Vets Faces Challenges At Home**

By Quil Lawrence, August 3, 2012

<http://www.source.ly/10QoP#.UB30oqNdDU0>

Homeless veterans of the Vietnam War have been a face of American poverty for decades, and now some veterans of a younger generation are dealing with the same difficult issues.

"I had my apartment up until 2011," says Joshua, a 28-year-old Navy vet, who asked not to give his last name because of the stigma of being homeless. "[I] couldn't keep up with the rent; I did a little couch surfing and then ended up on the street for a while."

## **8. A Revolutionary Approach to Treating PTSD**

By JENEEN INTERLANDIMAY 22, 2014

[http://www.nytimes.com/2014/05/25/magazine/a-revolutionary-approach-to-treating-ptsd.html?emc=edit\\_th\\_20140525&nl=todaysheadlines&nid=65263693](http://www.nytimes.com/2014/05/25/magazine/a-revolutionary-approach-to-treating-ptsd.html?emc=edit_th_20140525&nl=todaysheadlines&nid=65263693)

Bessel van der Kolk sat cross-legged on an oversize pillow in the center of a smallish room overlooking the Pacific Ocean in Big Sur. He wore khaki pants, a blue fleece zip-up and square wire-rimmed glasses. His feet were bare. It was the third day of his workshop, "Trauma Memory and Recovery of the Self," and 30 or so workshop participants — all of them trauma victims or trauma therapists — lined the room's perimeter. They, too, sat barefoot on cushy pillows, eyeing van der Kolk, notebooks in hand.

## **9. A soldier's 65-year fight with the VA**

St. Petersburg Times, By William R. Levesque, Saturday, July 3, 2010

It was 1945 when Tampa native Marty Redding Jr. first asked the Veterans Administration for a pension and treatment for the psychological trauma he suffered fighting in World War II.

He was 20 years old.

On Sunday, Redding will celebrate his 85th birthday — and he's still seeking benefits. "Kind of hard to believe, isn't it?" he says.

In what might be one of the longest-running benefits cases at what is now the Department of Veterans Affairs, Redding has enjoyed some measure of victory in his on-again, off-again battle. After half a century, the VA agreed to pay him a pension for post-traumatic stress starting in 1997. With other ailments, that brings his total monthly pension today to \$2,800.

## **10. Almost Half of New Veterans Seek Disability Compensation**

By Amanda Peterson Beadle, May 30, 2012

<http://www.nationofchange.org/almost-half-new-veterans-seek-disability-compensation-1338304121>

About 45 percent of the 1.6 million veterans from the wars in Iraq and Afghanistan are seeking compensation for service-related injuries — more than double the 21 percent of veterans who filed such claims after the first Gulf War, according to an AP investigation. And new veterans are claiming an average of eight or nine ailments, and in the last year, the average has jumped from 11 to 14. By comparison, Vietnam veterans are receiving compensation for fewer than four injuries on average.

Officials tell the AP that the number of disability claims is increasing because of better treatment for battlefield wounds and more outreach from the Department of Veterans Affairs. And doctors are seeing different types of ailments, including traumatic brain injuries and PTSD:

### **11. Amputations and genital injuries increase sharply among soldiers in Afghanistan**

By David Brown, Washington Post Staff Writer, Friday, March 4, 2011; 8:56 PM

<http://www.washingtonpost.com/wp-dyn/content/article/2011/03/04/AR2011030403258.html?sid=ST2011030504659>

Doctors and nurses treating soldiers injured in Afghanistan have begun speaking of a new "signature wound" - two legs blown off at the knee or higher, accompanied by damage to the genitals and pelvic injuries requiring at least a temporary colostomy.

Twice as many U.S. soldiers wounded in battle last year required limb amputations than in either of the two previous years. Three times as many lost more than one limb, and nearly three times as many suffered severe wounds to their genitals. In most cases, the limbs are severed in the field when a soldier steps on a buried mine.

### **12. An Army Too Near The Edge**

By Gordon Duff, 03 October, 2010

<http://www.countercurrents.org/duff031010.htm>

They always march off to war, fanfare, flags, speeches, parades. There's always an enemy, an evildoer, torpedo boats in the Tonkin Gulf or mystery airplanes and dissolving buildings in Manhattan. The "armchair pundits" and "Monday morning quarterbacks" all assure is the same thing, it will be over in weeks, "the boys will be back for Christmas." This time, Christmas 2001 is looking like "Christmas 2012" or later, maybe never.

### **13. Assisted Living House and VA Benefits**

DirectVALoans.com, Assisted Living

<http://www.military.com/money/partner/home-ownership/assisted-living-housing-and-va-benefits.html?ESRC=mr.nl>

If a home in an assisted living community is what you need, then it's possible that veterans' benefits can help.

Homes in assisted living communities are often for sale rather than rent. VA borrowers with assisted living needs may be able to get a VA-guaranteed mortgage to finance a property located in an assisted living community.

As long as the property meets VA requirements for acceptable use, then it can be considered for VA financing. For instance, condos and townhomes must be on the VA-approved list, and all properties must undergo a VA appraisal and provide safe living conditions.

#### **14. Better Data, Better Rates**

By [Kaustuv Basu](#) November 29, 2011 - 3:00am

<http://www.insidehighered.com/news/2011/11/29/report-suggests-approach-improving-graduation-rates>

Colleges may be able to improve their graduation rates by gaining a better understanding of the students they enroll, according to a report being released today.

The report, from the Higher Education Research Institute at the University of California at Los Angeles, brings together data from the "freshman survey" by UCLA's Cooperative Institutional Research Program and graduation numbers from the National Student Clearinghouse and aims to help colleges determine if they have actually improved retention rates or if they have simply attracted better students.

#### **15. Board for Correction of Military Records Failing Veterans**

BCMR'S SERIOUSLY FAILING THEIR MANDATE TO VETERANS

VA Frustration By Edwin Crosby for Veterans Today

<http://www.veteranstoday.com/2010/09/29/edwin-crosby-bcmrs-failing-veterans/>

As veterans are aware, there is only one place they can turn to correct errors on their DD-214's, or, their military records. Each branch of the military has what is known as a "BOARD FOR CORRECTION OF MILITARY RECORDS". The law governing said BOARDS is TITLE 10, Section 1552.

#### **16. Cops caused fatal stroke by beating CA veteran tired of waiting at VA hospital, suit claims**

By Travis Gettys, Tuesday, May 27, 2014 9:59 EDT

<http://www.rawstory.com/rs/2014/05/27/cops-caused-fatal-stroke-by-beating-ca-veteran-tired-of-waiting-at-va-hospital-suit-claims/>

A California veteran suffered a stroke that eventually killed him nearly three years ago after police beat him up when he tried to leave a Veterans Hospital with a shunt in his arm, according to a lawsuit filed by the man's family.

Jonathan Montano grew impatient May 25, 2011, after waiting four hours for dialysis at the VA hospital in Loma Linda, and he told a nurse he intended to leave with the needle apparatus in his arm so staffers at a VA hospital in Long Beach would not have to insert a new one.

### **17. CREW Seeks Relief for VA's Destruction of PTSD Documents**

Matt Jacob 202.408.5565, CREW, February 1, 2010, 1:44 PM

This and similar stories at <http://www.vawatchdog.org/10/nf10/nffeb10/nf020210-4.htm>

WASHINGTON - February 1 - Today, Citizens for Responsibility and Ethics in Washington (CREW) filed a brief seeking discovery after the Department of Veterans Affairs (VA) admitted to destroying documents responsive to CREW's May 2008 Freedom of Information Act (FOIA) request in CREW v. U.S. Dep't of Veterans Affairs (D.D.C.). This lawsuit stems from CREW's FOIA request for documents related to the VA's policy of under-diagnosing post traumatic stress disorder (PTSD), after an email was revealed in which VA employee Norma Perez discussed this policy.

### **18. Crisis at the VA as Benefits Claims Backlog Nearly Tops One Million**

by: Jason Leopold, [truthout](http://www.truthout.org) | Report, Friday 05 June 2009

<http://www.truthout.org/060509A>

During the past four months, the Department of Veterans Affairs (VA) backlog of unfinished disability claims grew by more than 100,000, adding to an already mountainous backlog that is now close to topping one million.

The VA's claims backlog, which includes all benefits claims and all appeals at the Veterans Benefits Administration (VBA) and the Board of Veterans Appeals at VA, was 803,000 on January 5, 2009. The backlog hit 915,000 on May 4, 2009, a staggering 14 percent increase in four months.

### **19. Criticism of Veterans Affairs Secretary Mounts Over Backlog in Claims**

By JAMES DAO, Published: May 18, 2013

[http://www.nytimes.com/2013/05/19/us/shinseki-faces-mounting-criticism-over-backlog-of-benefit-claims.html?nl=todaysheadlines&emc=edit\\_th\\_20130519&r=0](http://www.nytimes.com/2013/05/19/us/shinseki-faces-mounting-criticism-over-backlog-of-benefit-claims.html?nl=todaysheadlines&emc=edit_th_20130519&r=0)

Pool photo by Drew Angerer, President Obama with Veterans Affairs Secretary Eric Shinseki last month.

The 30-second Web video has the edgy quality of a campaign-season attack ad, including ominous music, grainy photos and a closing demand: "It's time for new leadership."

Michael Friberg for The New York Times, A paper system for claims has been blamed for the backlog.

### **20. Dead Army medic's mother claims wife killed 5-year-old son**

## Details

Written by Hank Berger and Donna Quexada

Published: 10 April 2011

<http://www.ufppc.org/local-news-mainmenu-34/10308/>

On Thursday afternoon, the mother of David Stewart claimed that Stewart's wife and mother of his five-year-old son killed their boy "to hurt him where it would hurt him the most," KOMO News said.[1] -- (Stewart took his own life Tuesday morning after a high-speed chase on I-5, apparently after shooting his wife, who was in the car and who died on the way to the hospital.) -- According to his mother, Stewart and his wife, Kristy Sampels, "had a fight on Sunday . . . and David left the home," John Flick reported. --

### **21. Despite backlogs VA disability claims processors get bonuses**

By Mary Shinn, Daniel Moore and Steven Rich, August 25, 2013

[http://www.washingtonpost.com/world/national-security/despite-backlogs-va-disability-claims-processors-get-bonuses/2013/08/25/1be00a28-0cea-11e3-9941-6711ed662e71\\_story.html](http://www.washingtonpost.com/world/national-security/despite-backlogs-va-disability-claims-processors-get-bonuses/2013/08/25/1be00a28-0cea-11e3-9941-6711ed662e71_story.html)

Mary Shinn/News21 - Sean Meade was an Army National Guard soldier who was deployed to Iraq during 2006 and 2007. He filed a disability claim in 2008 for back problems and post-traumatic stress disorder. After his PTSD claim was denied, he appealed in 2009 and is still waiting for a response.

(Jessica Wilde/ News 21 ) - U.S. Army veteran Jerral Hancock drove over an IED in Iraq in 2007. Just 21, he lost his arm and the use of both legs, and now suffers from post-traumatic stress disorder. But his injuries have changed more than just his own life. His mother and stepfather take care of him full time, and his two children, 9 and 6, struggle with their new life.

### **22. Disability claims system 'cannot be fixed'**

VA official: Disability claims system 'cannot be fixed'

By RICK MAZE | Updated: March 18, 2010

<http://www.federaltimes.com/article/20100318/DEPARTMENTS04/3180302/1055/AGENCY>

Baling wire and bandages cannot save the veterans' disability claims process, the Veterans Affairs Department's chief technology officer said Thursday at a roundtable discussion about ways of cutting the growing backlog of claims and improving accuracy.

"In my judgment, it cannot be fixed," said Peter Levin. "We need to build a new system, and that is exactly what we are going to do." Levin's comments came at a meeting organized by the House Veterans' Affairs Committee to toss around ideas for repairing a system that has a backlog of about 1.1 million claims awaiting decisions and an error rate on claims of 17 to 25 percent, depending on who is counting.



### **23. Disabled Soldier Backlog Puts Army at Risk**

Military.com|by Michael Hoffman. March 26, 2012

<http://www.military.com/news/article/disabled-soldier-backlog-puts-army-at-risk.html?col=1186032325324>

The backlog of soldiers too injured to serve is growing so large that it could affect the Army's ability to go to war.

Army leaders plan to reduce the size of the service by 10,000 to 15,000 soldiers each year over the next decade, but that's not counting the 20,500 troops Army doctors have declared unable to serve.

Budget cuts, combined with the end of the Iraq war and drawdown in Afghanistan, have forced the Army to cut end strength by 80,000 soldiers. The 20,500 soldiers tabbed to leave the service because of disabilities, however, still remain on the books.

### **24. Disabled Veterans Face A Faceless Bureaucracy**

NPR, by John McChesney, May 11, 2010

<http://www.npr.org/templates/story/story.php?storyId=126676864>

Right: Paul Sullivan, executive director of Veterans for Common Sense, pictured here in 2007, has been fighting the Department of Veterans Affairs for years for having an unmanageable backlog of disability claims. He says the department's problems are only beginning.

### **25. Disabled Veterans Sample FOIA Letter**

by Ben Krause,

<http://www.disabledveterans.org/2011/01/14/disabled-veterans-sample-foia-letter/>

Here are two Freedom of Information Act (FOIA) letters. The first one I borrowed from a law firm for disabled veterans requesting copies of their disability claim folder (which will contain your Service Medical Records (SMR's)). The second is for disabled veterans requesting a copy of their Vocational Rehabilitation and Employment (VR&E) claim folder. These are two separate folders! The request for the regular SMR will need to go through the regular channels of the VA.

The quickest way to the theVoc Rehab folder is to hand carry the request into the Voc Rehab office. Mix and match whatever language suits you best. If the first one seems too "teethy", then alter the second to request your SMR's.

### **26. Disposable Soldiers**

Joshua Kors | April 8, 2010, Published on The Nation (<http://www.thenation.com>)

<http://www.thenation.com/print/article/disposable-soldiers>

The mortar shell that wrecked Chuck Luther's life exploded at the base of the guard tower.

Luther heard the brief whistling, followed by a flash of fire, a plume of smoke and a deafening

bang that shook the tower and threw him to the floor. The Army sergeant's head slammed against the concrete, and he lay there in the Iraqi heat, his nose leaking clear fluid.

"I remember laying there in a daze, looking around, trying to figure out where I was at," he says. "I was nauseous. My teeth hurt. My shoulder hurt. And my right ear was killing me." Luther picked himself up and finished his shift, then took some ibuprofen to dull the pain. The sergeant was seven months into his deployment at Camp Taji, in the volatile Sunni Triangle, twenty miles north of Baghdad. He was determined, he says, to complete his mission. But the short, muscular frame that had guided him to twenty-two honors--including three Army Achievement Medals and a Combat Action Badge--was basically broken. The shoulder pain persisted, and the hearing in his right ear, which evaporated on impact, never returned, replaced by the maddening hum of tinnitus.

## **27. DoD panel calls for radical retirement overhaul**

By [Andrew Tilghman](#) - Staff writer

Posted : Monday Jul 25, 2011 13:24:26 EDT

<http://www.airforcetimes.com/news/2011/07/military-dod-panel-calls-for-radical-retirement-overhaul-072511/>

A sweeping new plan to overhaul the Pentagon's retirement system would give some benefits to all troops and phase out the 20-year cliff vesting system that has defined military careers for generations.

In a massive change that could affect today's troops, the plan calls for a corporate-style benefits program that would contribute money to troops' retirement savings account rather than the promise of a future monthly pension, according to a new proposal from an influential Pentagon advisory board.

All troops would receive the yearly retirement contributions, regardless of whether they stay for 20 years. Those contributions might amount to about 16.5 percent of a member's annual pay and would be deposited into a mandatory version of the Thrift Savings Plan, the military's existing 401(k)-style account that now does not include government matching contributions.

## **28. Double Payments Bedevil Veterans' Pension System**

By JAMES DAO, September 22, 2012

[http://www.nytimes.com/2012/09/23/us/duplicate-payments-bedevil-va-pension-system-workers-say.html?\\_r=1&nl=todaysheadlines&emc=edit\\_th\\_20120923](http://www.nytimes.com/2012/09/23/us/duplicate-payments-bedevil-va-pension-system-workers-say.html?_r=1&nl=todaysheadlines&emc=edit_th_20120923)

Claim files at an office in Salt Lake City. Michael Friberg for The New York Times

PHILADELPHIA — In July 2010, a Department of Veterans Affairs employee named Kristen Ruell was updating a benefit claim when she noticed something odd. What should have been an

increase of about \$2,000 in a monthly payment to the widow of a veteran showed up on her computer screen as \$21,000.

Ryan Cease, left, Kristen Ruell and Ken Crandall are among the workers who have raised questions about duplicate payments in the Department of Veterans Affairs pension system.

### **29. Everything you need to know about the VA - and the scandals engulfing it**

By Katie Zezima , May 21 at 6:39 pm

<http://www.washingtonpost.com/blogs/the-fix/wp/2014/05/21/a-guide-to-the-va-and-the-scandals-engulfing-it/>

President Obama addressed allegations of long wait times and false record-keeping at the VA for the first time Wednesday, ordering deputies to complete a review of the system within a month and saying that he "will not stand for" veterans receiving substandard care.

"So if these allegations prove to be true, it is dishonorable, it is disgraceful, and I will not tolerate it, period," Obama said. "Once we know the facts, I assure you if there is misconduct it will be punished."

### **30. FEDERAL VA AND NATIONAL BENEFIT UPDATES, p. 15, of Vets News, Oregon Department of Veterans Affairs, 2016 statewide veterans Day edition**

VA PROPOSES RULE TO CONSIDER DISEASES ASSOCIATED WITH WATER SUPPLY AT LEJEUNE

VA has published proposed regulations to establish presumptions for the service connection of eight diseases affecting military members exposed to contaminants in the water supply at Camp Lejeune, North Carolina. The presumptive illnesses apply to active duty, reserve and National Guard members who served for no less than 30 days at Camp Lejeune between August 1, 1953 and December 31, 1987, and are diagnosed with one of the eight conditions. The VA held an open comment period ending October 10, 2016, to consider when drafting its final rule.

<http://www.biogs.va.gov/VAr.taga/30807/vas-proposes-rule-to-consider-certain-diseases-associated-with-exposure-to-contaminants-in-the-water-supply-at-camp-lejeune>

WEBSITE PROVIDES CENTRALIZED RURAL VETERAN INFORMATION TO HELP INCREASE VETERANS' ACCESS TO CARE

In an effort to increase rural veterans' access to care and services, VA's Office of Rural Health (ORH) launched a redesigned website with all new content. Rural providers, researchers and partners are encouraged to visit and link to VA's restructured rural veterans health website at [www, ruraihealth.va.gov](http://www.ruraihealth.va.gov).

### **31. FILING A VA CLAIM**

By Emily Goodin - 04/17/13 06:19 PM ET

<http://thehill.com/capital-living/294643-fighting-for-veterans>

Michelle Obama on Wednesday visited the U.S. Naval Academy as part of her push to find employment for veterans.

The first lady also attended a bill-signing ceremony with Maryland Gov. Martin O'Malley (D), a possible 2016 presidential contender, as part of her Joining Forces initiative, which is celebrating its second anniversary this month.

The bill O'Malley signed will make it easier for veterans to obtain civilian professional licenses for skills they learned in the military.

Speaking to the nation's governors in February, Obama and Dr. Jill Biden, the vice president's wife, pushed for all 50 states to make it easier for veterans to get the necessary licenses and certifications by 2015.

While most of former service members learned the necessary skills in the military, they don't have the official licenses needed to obtain civilian jobs.

### **32. FILING A VA CLAIM**

From "BENEFIT CORNER" (P. 14 of Vets News, Oregon Department of Veterans Affairs, 2016 statewide veterans Day edition)

Filing a claim for disability benefits through the federal VA is actually a legal process. In order to qualify for benefits and compensation, you must file a claim with the United States proving eligibility through legal, military and medical evidence

Though it is possible to file a claim yourself (just as it is possible to represent yourself in a court of law), it is highly recommended that you seek the free assistance of a veterans service officer (VSO) employed or certified by the Oregon Department of Veterans' Affairs.

Available at the statewide and county level, VSOs represent veterans, their dependents and survivors through each stage of the claims process, including appeals.

For more information about VSOs, or to find the closest Veterans Service Office in your area, visit ODVA's website at <https://www.oregon.gov/ODVA/VSODIRECT/pages/locator.aspx>

### **33. First Evidence of PTSD Dates Back to 1300BC**

UK researchers find texts of soldiers haunted by 'ghosts'

By John Johnson, Newser Staff, Posted Jan 24, 2015 8:41 AM CST

[http://www.newser.com/story/201743/first-evidence-of-ptsd-dates-back-to-1300bc.html?utm\\_source=part&utm\\_medium=inbox&utm\\_campaign=newser](http://www.newser.com/story/201743/first-evidence-of-ptsd-dates-back-to-1300bc.html?utm_source=part&utm_medium=inbox&utm_campaign=newser)

(Newser) – It's not uncommon for modern-day soldiers to return from Iraq suffering from post-traumatic stress disorder. But now it turns out that soldiers who fought there 3,000 years ago did the same, say UK researchers. They've found texts dating back to 1300BC in which warriors in

ancient Mesopotamia describe symptoms that sound very much like PTSD, reports the Telegraph. The earliest previous account of PTSD-like symptoms came from the Greek historian Herodotus in 490BC, which would make this the first description of the problem, says one of the lead researchers from Anglia Ruskin University.

### **34. Forty Years After Vietnam, Blue Water Navy Vets Still Fighting for Agent Orange Compensation**

Sunday, 13 September 2015 00:00 By Charles Ornstein, Terry Parris Jr. and Mike Hixenbaugh, ProPublica | News Analysis

1967: Two bombs fall from a Vietnamese Air Force A-1E Skyraider over a burning Viet Cong hideout near Cantho, South Viet Nam. (Photo via shutterstock.) This story was co-published with The Virginian-Pilot.

To the best of his knowledge, Jim Smith never saw or handled Agent Orange on the Navy ship he served on during the Vietnam War.

"I never sprayed the stuff, never touched the stuff," said Smith, 65, who lives in Virginia Beach.

"I knew later, vets started getting sick from it, but I didn't think it had any impact on me."

It turns out, he might have been drinking it.

The realization came in 2011 - almost 40 years after his one-year tour aboard the ammunition ship Butte - when Smith was diagnosed with prostate cancer and started doing some research.

### **35. GAO: DoD Skirts Rules on Some Discharges**

Stars and Stripes|by Jennifer H. Svan, September 29, 2010

KAISERSLAUTERN, Germany — The military services do not always follow Defense Department regulations when involuntarily separating servicemembers for a personality disorder, a condition that can have similar symptoms to post-traumatic stress disorder and disqualifies individuals for combat-related disability pay, according to a recent Government Accountability Office report.

### **36. GI Bill payments stall, student veterans suffer**

By Greg Zeman, Tania Cervantes and Robert Romano, 10 March 2010

<http://theguardian.com/2010/03/gi-bill-payments-stall-student-veterans-suffer/>

The GI Bill, the United State's promise of support to its returning veterans since World War II, is not serving the needs of all student veterans in a timely fashion.

According to the City College Veteran's Educational Benefits Office, approximately 400 City College students are relying on the Veterans Administration to pay for their education and housing expenses through Chapter 33 of the GI Bill called the "Post 9-11 GI Bill."

### **37. Grassroots effort seeks new vets home**

To convince state, backers must raise \$15 million in matching funds for project

Paul Fattig, Mail Tribune, January 18, 2010

<http://www.mailtribune.com/apps/pbcs.dll/article?AID=/20100118/NEWS/1180315>

A grassroots effort is under way by local veterans and others to bring Oregon's second state-supported veterans' home to the Rogue Valley.

Supporters need to come up with some \$15 million in matching funds to help convince the Oregon Department of Veterans Affairs, which is now looking for a location to build the 250-bed facility. The deadline for making a proposal to the ODVA is Feb. 16.

"The money is the bind," said C.W. Smith, an Air Force veteran and a member of the Jackson County Board of Commissioners, which supports the effort.

"I'm not sure how to come up with the \$15 million," he added. "That's the \$64,000 question, no pun intended."

### **38. Guard&Reserve Early Retirement Benefit Comes Up Short**

Associated Press, March 21, 2011

<http://www.military.com/news/article/early-retirement-benefit-comes-up-short.html?ESRC=airforce.nl>

WASHINGTON -- A law meant to provide early retirement as a reward for National Guard and Reserve members who were deployed to Iraq and Afghanistan is instead leaving many of them perplexed and frustrated.

When Congress wrote the law three years ago, it said Guard and Reserve members called up for 90 days or more for war service or other federal duty would be credited for work "in any fiscal year" toward early retirement for each day they were mobilized. Earning the credit would allow them to retire before age 60 if they had 20 years of service.

### **39. Help for Veterans Twice Betrayed**

Editorial, February 23, 2013

[http://www.nytimes.com/2013/02/24/opinion/sunday/help-for-veterans-twice-betrayed.html?nl=todaysheadlines&emc=edit\\_th\\_20130224&\\_r=0](http://www.nytimes.com/2013/02/24/opinion/sunday/help-for-veterans-twice-betrayed.html?nl=todaysheadlines&emc=edit_th_20130224&_r=0)

This month, Representative ChelliePingree, Democrat of Maine, and Senator Jon Tester, Democrat of Montana, introduced a bill that would make it easier for veterans to receive benefits for disabilities linked to sexual assault in the military. The bill is named for Ruth Moore, a Navy veteran who has been outspoken about what she calls her double betrayal.

The first was being raped, twice, by a supervisor when she was a teenager on her first Navy assignment in the 1980s — assaults that she says have brought her a lifetime's worth of

suffering, including post-traumatic stress disorder, depression, a suicide attempt and homelessness.

#### **40. House members angry over VA's response to whistleblowers**

By Joe Davidson Columnist April 14, 2015

[http://www.washingtonpost.com/politics/federal\\_government/house-members-angry-over-vas-response-to-whistleblowers/2015/04/14/695467ce-e2c5-11e4-81ea-0649268f729e\\_story.html?wpisrc=nl\\_headlines&wpmm=1](http://www.washingtonpost.com/politics/federal_government/house-members-angry-over-vas-response-to-whistleblowers/2015/04/14/695467ce-e2c5-11e4-81ea-0649268f729e_story.html?wpisrc=nl_headlines&wpmm=1)

When Christian Head testified before Congress last year in an effort “to improve the health care provided to our country’s heroes,” his bosses at the Department of Veterans Affairs’ Greater Los Angeles Healthcare System (GLAHS) were not pleased.

Not long after returning to Los Angeles, the head and neck surgeon was moved from an office in the chief of staff’s suite to a former storage room two floors below — “a tiny, dirty, poorly furnished closet-sized” space with a cracked computer monitor, he told another House hearing Monday.

Joe Davidson writes the Federal Diary, a column about the federal workplace that celebrated its 80th birthday in November 2012. [View Archive](#)

#### **47. Hundreds of soldiers with PTSD incorrectly dismissed**

USA Today, August 15, 2010

WASHINGTON (AP) — At the height of the Iraq war, the Army routinely fired hundreds of soldiers for having a personality disorder when they were more likely suffering from the traumatic stresses of war, discharge data suggest.

At right: Army soldiers joke while they fill out an anonymous questionnaire about mental wellness and health last year in New York. New data suggest hundreds of soldiers were dismissed incorrectly for having personality disorders.

Under pressure from Congress and the public, the Army later acknowledged the problem and drastically cut the number of soldiers given the designation.

#### **48. I am pretty much mad enough to commit a felony**

byJilly W, Daily Kos member Tue Dec 16, 2014 at 08:17 PM PST

<http://www.dailykos.com/story/2014/12/16/1352327/-I-am-pretty-much-mad-enough-to-commit-a-felony?detail=email?>

My son is an Iraq War veteran with two tours under his belt. When he signed on to the National Guard as a mechanic, I don't think he ever thought he'd end up in a shooting war. After all, the

National Guard is supposed to protect the home front and help out in case of disasters, not serve as a back door draft.....or at least that's the way it used to be before George W. Bush, Dick Cheney, and Donald Rumsfeld (aka the Asses of Evil) got hold of it.

#### **49. Iraq, Afghanistan veterans struggle to find jobs**

Associated Press, KIMBERLY HEFLING, Updated: Mar 11, 2011 7:27 AM PST

<http://www.wcax.com/Global/story.asp?S=14231309&config=H264>

WASHINGTON (AP) - After almost two years in New York looking for work in law enforcement, Iraq veteran Christopher Kurz just moved back in with his parents in Arizona. His military police work in Iraq and aboard a nuclear aircraft carrier didn't seem to translate into a job.

"The employers out there, they are military-friendly and veteran-friendly, and they love us and thank us and everything, but when you go apply for a job, it's almost like they are scared to take a risk for you. I don't get it. It doesn't make sense," said Kurz, a 28-year-old Navy reservist.

#### **50. Lawmakers troubled by Reserve jobless rates**

By Rick Maze - Staff writer, Posted : Thursday Mar 14, 2013 13:24:33 EDT

<http://www.airforcetimes.com/news/2013/03/military-reserve-unemployment-031413w/>

With an unemployment rate as high as 50 percent for some National Guard and Reserve units returning from deployment, lawmakers are worried that it's not just the troops who are suffering — national security is taking a hit as well.

The unemployment numbers, however, are a matter of some dispute.

#### **51. Leaving the military? Job prospects are better than you think**

November 10, 2011: 12:31 PM ET

[http://management.fortune.cnn.com/2011/11/10/veterans-unemployment-hiring/?iid=SF\\_F\\_River](http://management.fortune.cnn.com/2011/11/10/veterans-unemployment-hiring/?iid=SF_F_River)

All kinds of employers, from Bank of America to Blimpie, are rolling out the red carpet for returning veterans. What's in it for business, besides a tax break? Putting veterans' valuable skills to work.

By Anne Fisher, contributor

FORTUNE -- At first glance, this Veterans' Day might seem to offer military personnel and their families little to celebrate. As our involvement in Iraq winds down, federal budget cuts are scheduled to drain at least \$350 million (and possibly as much as \$1 trillion) from the Pentagon's coffers in the years ahead. Every branch of the military has announced plans for tens of thousands of layoffs.



## **52. Limb from limb - What awaits GIs in Afghanistan**

By Ryan Endicott, [www.MarchForward.org](http://www.MarchForward.org), March 13, 2011

The author is a former Marine corps infantryman who served in Iraq and is a member of March Forward!

Afghanistan's "signature wound"

The war in Afghanistan, now approaching its second decade, is more horrific than ever for U.S. troops.

New data revealed in the March 4 Washington Post (article below) showed a massive increase in injured soldiers—the “signature wound” being the loss of both legs from the knee or higher-up. In addition to having both legs blown off, soldiers are suffering severe injuries to the genitals and pelvic region. The report further states, "Twice as many U.S. soldiers wounded in battle last year required limb amputations than either of the two previous years." As a result, three times as many soldiers lost more than one limb and nearly three times as many suffered severe injuries to their genitals.

The percentage of soldiers losing one limb increased by 60 percent, and those suffering injuries to their genitals increased by 90 percent.

## **53. Little uniformity in military health care**

By Walter Pincus, Published: February 24, 2014

[http://www.washingtonpost.com/world/national-security/little-uniformity-in-military-health-care/2014/02/24/27cb9a52-9b18-11e3-975d-107dfef7b668\\_story.html?wpisrc=nl\\_headlines](http://www.washingtonpost.com/world/national-security/little-uniformity-in-military-health-care/2014/02/24/27cb9a52-9b18-11e3-975d-107dfef7b668_story.html?wpisrc=nl_headlines)

A new series of critical reports highlights the need to speed up unification of the military services’ separate approaches to health care, which is one of the fastest-growing budget items but still lacks common standards for dealing with some medical issues.

The Military Health System, which provides care to more than 9.7 million active, retired and service-family beneficiaries worldwide, cost \$51.4 billion in fiscal 2012, or 9.7 percent of Pentagon spending. That was up from \$19 billion in fiscal 2001, or 6 percent of spending.

## **54. Local woman to take voices of vets to DC**

War monologues will be performed at the Capitol

By Paul Fattig, (Medford, OR) Mail Tribune, September 29, 2011

<http://www.mailtribune.com/apps/pbcs.dll/article?AID=/20110929/NEWS/109290321/-1/NEWSLETTER100>

The largely silent voices of military families after 10 years of war will be heard loud and clear this fall in Washington, D.C., thanks to the efforts of a Medford woman.

Stacy Bannerman is the producer and director of "Homefront 911: Military Family Monologues," which will be performed beginning at noon Nov. 17 in the United States Capitol Visitors Center Congressional Auditorium.

She is the author of many of the monologues that will be read by military family members.

### **55. Long Walk Home**

Vets, PTSD, Suicide Rates, THE LONG WALK HOME.org

Tue, April 5, 2011

9:26:41 PM

From: Valeria Moran <valeriamoran.keylargo@gmail.com>

### **56. Los Angeles VA Has Made Millions On Rental Deals**

by Ina Jaffe, Sept 10, 2012

<http://www.source.ly/10Rif#.UE4ziFHAHU0>

Nancy Pastor for NPR

Most Los Angeles residents only know the Veterans Affairs medical center in West Los Angeles as something they glimpse from their cars when they're on traffic-choked Wilshire Boulevard.

From the road it looks like a park, but within the grounds is the largest medical facility in the VA's health care system.

### **57. Manhattan VA Hospital helps women**

Alarmed by the number of female veterans who have been sexually assaulted during tours of duty in the military, Dr. Nancy Lutwak has launched a female-only emergency room at the Manhattan VA Hospital to treat their posttraumatic syndrome and help them heal.

By Heidi Evans / NEW YORK DAILY NEWS, Published: Sunday, August 26, 2012

<http://www.nydailynews.com/life-style/health/manhattan-va-hospital-helps-women-article-1.1145089>

Susan Watts/Daily News

Nancy Acevedo Walz, 53, (left), a victim of military assault, hugs Dr. Nancy Lutwak of the Women's Health Emergency Department inside VA hospital in Manhattan.

Dr. Nancy Lutwak is a woman on a mission.

Alarmed by the number of female veterans who have been sexually assaulted during tours of duty in the military, she has launched a female-only emergency room at the Manhattan VA Hospital to treat their posttraumatic syndrome and help them heal.

### **58. Military Battle PTSD With Yoga**

David Wood, david.wood@huffingtonpost.com, Posted: 12/12/2012 2:20 pm EST  
[http://www.huffingtonpost.com/2012/12/12/military-ptsd-yoga\\_n\\_2273524.html](http://www.huffingtonpost.com/2012/12/12/military-ptsd-yoga_n_2273524.html)

For a decade, troops returning from war with mental and physical trauma have been dosed with cocktails of numbing drugs and corralled into talk-therapy sessions, often with civilian clinicians who have no experience in combat and its aftereffects.

But alarmingly high suicide rates among veterans, as well as domestic violence, substance abuse and unemployment, suggested to some military doctors, combat commanders and researchers that conventional treatments aren't always enough.

### **59. Military health-care reform leaves wounded warriors entangled in more red tape**

By Steve Vogel, Published: November 18, 2011

[http://www.washingtonpost.com/politics/2011/11/09/gIQAUMEIZN\\_story.html?wpisrc=nl\\_headlines](http://www.washingtonpost.com/politics/2011/11/09/gIQAUMEIZN_story.html?wpisrc=nl_headlines)

Reforms meant to streamline military health care for severely wounded service members have in many cases worsened the bureaucracy, causing duplication, confusion and turf battles, according to families, congressional overseers and advocates for veterans.

### **60. Military Hospital Care Is Questioned: Next, Reprisals**

By SHARON LaFRANIEREDEC. 20, 2014

[http://www.nytimes.com/2014/12/21/us/military-hospital-care-is-questioned-next-reprisals.html?emc=edit\\_th\\_20141221&nl=todaysheadlines&nid=65263693&\\_r=0](http://www.nytimes.com/2014/12/21/us/military-hospital-care-is-questioned-next-reprisals.html?emc=edit_th_20141221&nl=todaysheadlines&nid=65263693&_r=0)

FAYETTEVILLE, N.C. — Beyond conducting their periodic evaluation of Womack Army Medical Center, one of the military's busiest hospitals, the inspectors who came here to Fort Bragg last March had a special task. A medical technologist had complained of dangerous lapses in the prevention of infections. The inspectors planned to follow up.

But Teresa Gilbert, the technologist, said supervisors excluded her from meetings with the inspectors from the Joint Commission, an independent agency that accredits hospitals. "I was told my opinions were not necessary, nor were they warranted," said Mrs. Gilbert, an infection-control specialist.

### **61. Military's Brain-Testing Program A Debacle**

Daniel Zwerdling, Joaquin Sapien and T. Christian Miller, November 28, 2011

<http://www.source.ly/10Kj4#.TtQwrvKtvKc>

The U.S. military has spent more than \$42 million to test every service member's brain to find out who suffered a traumatic brain injury, or TBI, during the Iraq and Afghanistan wars. But an

investigation by NPR and ProPublica has found that military leaders are refusing to carry out the testing program as Congress ordered. Partly as a result, the program that was supposed to fix things has hardly helped any of the troops.

On a recent morning, four dozen soldiers who were about to be deployed to Afghanistan filed into a squat wooden building at Fort Lewis, in Washington state. For the next 20 minutes they would sit at rows of laptop computers clicking through the automated neural psychological assessment metrics computer program known as ANAM.

Felix Rios, a contractor with the Office of the Surgeon General, helps administer the ANAM test at Ft. Lewis, in Washington state.

## **62. More VA hoops**

-----Original Message-----

From: J Michael Machacek

To: forestmanupnorth

Sent: Tue, Dec 31, 2013 8:11 am

Subject: Re: This one has been notarized!

Don, Happy New Year to you and wishing you continued great health! I just found my dosimeter from back in the day (in a cigar box) any suggestions?

-----Original Message-----

Sent: Mon, Dec 23, 2013 3:17 pm

Subject: Re: This one has been notarized!

Don, thank you for your extra steps, we sure do appreciate your time and efforts! We have encountered a new hoop accompanied by a ring of fire and a pony to boot! The VA is not conceding the spraying of DDT and of course DDT mixture with Diesel Fuel at all! They are saying in "read between the lines" sort of way that more testimonials are needed by former Airmen who were there! My question to you is, Do you keep in contact with any of your old Ramey associates and if so, would they be willing to write a line or two that in fact it was sprayed while they were stationed there? We are not looking for Big Time evidence, just a line or two and the years they were there, 10-4?

Thank you Don....

## **63. Motor vehicle crashes: A little-known risk to returning veterans of Iraq and Afghanistan**

By David Brown, Published: May 5, 2013

[http://www.washingtonpost.com/national/health-science/motor-vehicle-crashes-a-little-known-risk-to-returning-veterans-of-iraq-and-afghanistan/2013/05/05/41da2f6c-a3b1-11e2-82bc-511538ae90a4\\_story.html?wpisrc=nl\\_headlines](http://www.washingtonpost.com/national/health-science/motor-vehicle-crashes-a-little-known-risk-to-returning-veterans-of-iraq-and-afghanistan/2013/05/05/41da2f6c-a3b1-11e2-82bc-511538ae90a4_story.html?wpisrc=nl_headlines)

For men and women who have fought in the country's wars in Iraq and Afghanistan, death behind the wheel is becoming another lethal aftereffect of combat.

After they leave military service, veterans of the two wars have a 75 percent higher rate of fatal motor vehicle accidents than do civilians. Troops still in uniform have a higher risk of crashing their cars in the months immediately after returning from deployment than in the months immediately before. People who have had multiple tours in combat zones are at highest risk for traffic accidents.

#### **64. Mr. Shinseki Takes the Fall**

By THE EDITORIAL BOARD MAY 30, 2014

[http://www.nytimes.com/2014/05/31/opinion/mr-shinseki-takes-the-fall.html?emc=edit\\_th\\_20140531&nl=todaysheadlines&nid=65263693](http://www.nytimes.com/2014/05/31/opinion/mr-shinseki-takes-the-fall.html?emc=edit_th_20140531&nl=todaysheadlines&nid=65263693)

The resignation of Secretary Eric Shinseki from the Veterans Affairs Department was probably unavoidable, under the principle that a leader should accept full responsibility for a great scandal. But the department's problem was not Mr. Shinseki. It has been broken for years. No one should expect his removal to be anything but the beginning of a much-needed process of change.

#### **65. New disability evaluation system has war wounded facing bureaucracy to leave military**

By Associated Press, Updated: Thursday, August 18, 7:34 AM

[http://www.washingtonpost.com/politics/new-disability-evaluation-system-has-war-wounded-](http://www.washingtonpost.com/politics/new-disability-evaluation-system-has-war-wounded-facing-bureaucracy-to-leave-)

[military/2011/08/18/gIQAKtZsMJ\\_story.html?wpisrc=nl\\_headlines](http://www.washingtonpost.com/politics/new-disability-evaluation-system-has-war-wounded-facing-bureaucracy-to-leave-military/2011/08/18/gIQAKtZsMJ_story.html?wpisrc=nl_headlines)

WASHINGTON — Staff Sgt. Nicholas Lanier has entered what he calls the “vast unknown.” A combat veteran and father to four daughters, he can't remain in the military because of a serious back injury earned in Iraq.

But he can't yet accept a civilian job because he doesn't know when the military will discharge him. He has no clue how much the government will pay him in disability compensation related to his injury, so he can't make a future budget. He just waits.

#### **66. New VA Mental Health Hotline Coaches Veterans Families**

Written by Bill Murphy, Monday, 28 March 2011 11:15

VCS (Veterans for Common Sense) FOIA Research Cited in News Article

<http://www.veteransforcommonsense.org/index.php/veterans-category-articles/2237-bill-murphy>  
March 28, 2011 (Stars and Stripes) - The Department of Veterans Affairs is encouraging family members who are concerned about the mental health of a military veteran to call a toll-free number for coaching on how to convince the veteran to seek help.

After a yearlong pilot program, Families at Ease is taking calls at (888) 823-7458, on weekdays between 8 a.m. and 8 p.m. Eastern time. The coaching service, provided by VA psychologists and social workers, is in addition to the VA's separate Veterans Crisis Line, (800) 273-8255. That number is staffed 24 hours a day, seven days a week.

More than half of eligible veterans coming back from Iraq and Afghanistan have sought medical care at the VA, and half of those who become patients are treated for mental health issues, according to a study released this month by the advocacy group Veterans for Common Sense. The group compiled the data from information it received in response to a FOIA request.

**67. Obama Administration Struggling to Tackle Mental Health Crisis Plaguing Military**  
by: Jason Leopold and Mary Susan Littlepage, [truthout](http://truthout.com) | Investigative Report, Tuesday 01 December 2009

<http://www.truthout.org/1202095>

In May 2008, during a campaign stop in Charleston, West Virginia, then-presidential candidate Barack Obama gave a passionate speech about the inadequate care war veterans had received, particularly those suffering from post-traumatic stress disorder, under the Bush administration's tenure in office.

**68. Obamas hail firms' pledge to hire military vets**

Lesley Clark, McClatchy Newspapers, [http://www.source.ly/10JhG#.TqD5trIw\\_x8](http://www.source.ly/10JhG#.TqD5trIw_x8)

Thursday, October 20, 2011, Hampton, Va. --

First lady Michelle Obama and President Obama (lower left) are swarmed by service members in Hampton, Va. Bill Tiernan / AP

Michelle Obama joined President Obama Wednesday on the last day of his three-day bus tour across two politically potent Southern states, announcing a pledge by major U.S. manufacturers to hire 25,000 veterans and military spouses by the end of 2013.

The commitment by the companies - including Tyson Foods, Coca-Cola, Unilever and ConAgra - meets a quarter of the president's challenge to the private sector to hire or train 100,000 post-9/11 veterans or spouses by the end of 2013.

**69. Once-Censored WWII Documentary Shatters Cliches**

By Kelley Vlahos • May 29, 2012, 6:26 PM

<http://www.theamericanconservative.com/once-censored-wwii-documentary-shatters-cliches/>

My father likes to tell a story about the men living on the railroad tracks where he grew up in central Connecticut. When he was boy, he often rode the tracks on his bike and came across what he thought were “hobos” along the way.

He was surprised when my grandfather, a World War II Army veteran of the Battle of the Bulge, ruefully told him they were veterans. In essence, they never came home from the war, he told his son, a child of the New Frontier who had grown up on John Wayne celluloid depictions of the war, snug in the can-do image of boom and fortitude reflected in the monochromatic images provided by Hollywood and Madison Avenue. There was no room for misfits or traumatized veterans in this American Dream. So they were easily marginalized and forgotten by society, at least in our town, there on the tracks.

### **70. our soldiers are falling apart.**

The Prozac, Paxil, Zoloft, Wellbutrin, Celexa, Effexor, Valium, Klonopin, Ativan, Restoril, Xanax, Adderall, Ritalin, Haldol, Risperdal, Seroquel, Ambien, Lunesta, Elavil, Trazodone War As it approaches its tenth year, our nation’s longest war is showing signs of waning. Meanwhile, our soldiers are falling apart.

New York Times Magazine, Jennifer Senior, Published Feb 6, 2011, <http://nymag.com/news/features/71277/>

The first time I meet David Booth, a 39-year-old former medic and surgeon’s assistant who retired this past spring after nineteen years in the active Army Reserve, I make the awkward mistake of proposing we go out to lunch. It seems a natural suggestion. The weather is still warm, and he has told me to meet him in the lobby of his office downtown, so I assume he wants to go out, not back to his desk, when I show up around noon. But it turns out that in the six months he has been at his job, Booth has never left his office in the middle of the day, except to run across the street, and he is simply too polite to say so. From the moment we step outside, it’s clear how unusual this

### **71. An Overview of VA Home Loans**

[http://www.military.com/finance/homebuying/an-overview-of-va-home-loans.html?  
ESRC=airforce.nl](http://www.military.com/finance/homebuying/an-overview-of-va-home-loans.html?ESRC=airforce.nl)

For veterans and active duty military personnel, a VA loan can be the most flexible home financing option available. Zero down payments, no private mortgage insurance, relaxed qualifying standards, and low interest rates are some of the benefits enjoyed by VA mortgage holders. ...A VA loan is made by a VA-approved mortgage lender with a portion backed by the good faith and credit of the U.S. Government...

### **72. Panetta and Shinseki acknowledge frustration in streamlining military health care**

Published: July 26, 2012

[http://www.washingtonpost.com/local/dc-politics/panetta-shinseki-acknowledge-frustration-in-streamlining-military-health-care/2012/07/25/gJQAtjp5AX\\_story.html?wpisrc=nl\\_headlines](http://www.washingtonpost.com/local/dc-politics/panetta-shinseki-acknowledge-frustration-in-streamlining-military-health-care/2012/07/25/gJQAtjp5AX_story.html?wpisrc=nl_headlines)

Secretary of Defense Leon E. Panetta and Secretary of Veterans Affairs Eric K. Shinseki acknowledged Wednesday that they have been frustrated by departmental bureaucracy in their attempts to streamline military health care for severely wounded service members.

At a rare joint appearance before the House Armed Services and House Veterans Affairs committees, the secretaries pointed to what they called unprecedented cooperation between their two departments in battling some of their most pressing problems, including the high rate of military suicide and the huge backlog of disability claims.

### **73. Professionals Serving Veterans Conference**

May 14, 2010, OSO Student Union

(In a preliminary aside with Peter Buckley, I introduced myself as a member of the Oregon Coalition for Student Privacy. He mentioned the new Maryland law and agreed that something definitely was needed in Oregon.)

Lynn Van Male, PhD. Keynote Speaker

The PTSD research boom began in the '80s with the "delayed" onset from Vietnam vets. (I would postulate that this "delayed onset" was also a delayed admission from the VA, similar to nuclear explosion effects, agent orange, DU effects, anthrax inoculation effects, etc. – Don)

(look up) Meloy's Modes of Violence – predator vs. affective

(look up) Ticks' "War and the Soul"

"You get the idea that violence is the answer to the problem"

15-20% of soldiers today are women.

National Guard 2010 deployment: Army – 12,482; Air – 5010

Oregon does not have an active duty base (one of very few states that doesn't), all military are Reserves or Guard, yet Oregon is now #1 in the nation for VA patients.

### **74. Psyching Soldiers to Get Past Their Guilt - The Battle Over PTSD**

By JOHN GRANT, Weekend Edition, April 15 - 17, 2011

<http://www.counterpunch.org/grant04152011.html>

"The battle over the meaning of a traumatic experience is fought in the arena of political discourse, popular culture and scholarly debate. The outcome of this battle shapes the rhetoric of the dominant culture and influences future political action." Kali Tal, Worlds Of Hurt: Reading the Literature of Trauma

There's a major struggle for meaning going on in America now that centers on war trauma among returning soldiers and veterans of our wars in Iraq, Afghanistan and, now, Libya.



Post Traumatic Stress Disorder (PTSD) is the current official term for what has plagued soldiers throughout history as they returned from wars to civilian society. PTSD became an sanctioned term in the Diagnostic and Statistical Manual of Mental Disorders (DSM) published by the American Psychiatric Association in 1980, following a period of struggle among psychiatric authorities and activists that focused on the experiences of Vietnam veterans. The DSM is regularly revised and updated [crucially for the edification of the insurance industry, AC/JSC].

### **75. PTSD: New War on An Old Foe**

Big changes underway at the VA could mean better treatment for thousands of vets. A bureaucracy in transition.

By Jamie Reno | Newsweek Web Exclusive, Oct 1, 2009

Find this article at <http://www.newsweek.com/id/216534>

They are the invisible wounds of war, the battered minds and bruised spirits we have come to recognize as posttraumatic stress disorder, or PTSD. By one estimate, more than 300,000 of the nearly 2 million U.S. servicemen and -women deployed since 9/11 suffer from the often-debilitating condition, with symptoms that include flashbacks and nightmares, emotional numbness, relationship problems, trouble sleeping, sudden anger, and drug and alcohol abuse. The number of cases is expected to climb as the war in Afghanistan continues, and could ultimately exceed 500,000, according to a new study by researchers at Stanford University. Mental-health experts say PTSD is the primary reason suicides in the military are at an all-time high; 256 soldiers took their own lives in 2008, the highest number since that data was first tracked, in 1980.

### **76. PTSD Rates Rising**

Veterans of Foreign Wars Magazine, June 23, 2009

<http://www.military.com/news/article/ptsd-rates-rising.html>

Nearly 45% of Iraq and Afghanistan war veterans who sought care with VA through September 2008 had been diagnosed with possible psychological disorders, according to a January 2009 VA report.

Between fiscal years 2002-2008, VA reported that 400,304 Iraq and Afghanistan vets - or about 24% of the total troops who had served in the two conflicts - had gone to VA for treatment. Some 178,483 vets (45%) were diagnosed with possible mental disorders.

### **77. PTSD Ruling Returns Benefits to Thousands of Vets**

Military.com|by Michael Hoffman, February 07, 2012

<http://www.military.com/news/article/ptsd-ruling-returns-benefits-to-thousands-of-vets.html?ESRC=airforce.nl>

Former airman Aimee Sherrod stopped going to the therapy sessions, even though she couldn't get visions of exploding mortars out of her head.

Military officials told her in one breath that she couldn't do her job because she was diagnosed with post-traumatic stress, but in the next breath said she was fine.

Sherrod received a 10 percent disability rating from the military and the Department of Veterans Affairs in 2005, after the service medically discharged her. The senior airman had completed deployments to Pakistan, Jordan and Iraq in her four-year career. She left without even a military ID. Even worse, she left questioning if there was anything wrong with her at all.

### **78. PTSD Vets Win Retirement Deal**

Tom Philpott | January 28, 2010

PTSD Vets Discharged Since 2002 Win Retirement Deal

More than 4300 Iraq and Afghanistan war veterans who were diagnosed in service as suffering from Post-Traumatic Stress Disorder, but got low military disability ratings, have won an agreement with the Department of Defense to upgrade those ratings retroactively to 50 percent. The higher rating will represent an important win for this group of veterans mentally scarred by war. It will mean, from date of discharge, eligibility for disability retirement and access to TRICARE, the military's triple health insurance option, for the veterans, spouses and dependent children.

Any out-of-pocket medical costs since discharge also could be paid retroactively, and these soon-to-be-designated disabled "retirees" will gain access to discounted shopping and recreational services on base.

### **79. Recent Veterans Find Higher Jobless Rates On Return**

by Yuki Noguchi, December 1, 2011,

<http://www.source.ly/10KnJ#.TtfA9vKtvKc>

Sen. Sherrod Brown, D-Ohio, speaks on Capitol Hill about the Hire Heroes Act, which gives tax breaks to businesses that hire unemployed veterans. Vets that have served since 2001 face a higher unemployment rate than the population overall.

The jobless rate has declined a bit in the last year, but among veterans who served in conflict since 2003, it is increasing. The unemployment rate for vets serving since the Iraq war began has risen 1.5 percentage points to more than 12 percent in the past year.

Many veterans say they face a tougher job market than civilians. Tom Tarantino spent a decade in the military, where he served in Iraq and led a platoon. But when he separated from the military in 2007, he spent nearly a year looking for a job.

### **80. Returning military members allege job discrimination — by federal government**

By Steve Vogel, Published: February 19, 2012

[http://www.washingtonpost.com/world/national-security/returning-military-members-allege-job-discrimination--by-federal-government/2012/01/31/gIQAXvYvNR\\_story.html?wpisrc=nl\\_headlines](http://www.washingtonpost.com/world/national-security/returning-military-members-allege-job-discrimination--by-federal-government/2012/01/31/gIQAXvYvNR_story.html?wpisrc=nl_headlines)

Every year, more than a thousand National Guard, reserve and active-duty troops coming back from Iraq, Afghanistan or other military duties complain of being denied jobs or otherwise being penalized by employers because of their military obligations.

The biggest offender: the federal government.

It is against federal law for employers to penalize service members because of their military service. And yet, in some cases, the U.S. government has withdrawn job offers to service members unable to get released from active duty fast enough; in others, service members have been fired after absences.

In fiscal 2011, more than 18 percent of the 1,548 complaints of violations of that law involved federal agencies, according to figures obtained under the Freedom of Information Act.

### **81. Soldier's misfortune**

Sgt. 1st Class Scott Irving has served his country for 21 years, but now he can't walk without assistance. He also suffers from seizures. And he's supposed to report for duty Monday morning. Mail Tribune, Paul Fattig, March 14, 2010

<http://www.mailtribune.com/apps/pbcs.dll/article?AID=/20100314/NEWS/3140323>

Right: Sgt. 1st Class Scott Irving becomes emotional as he talks about his experiences from a bed at Medford Rehabilitation and Healthcare Center.

Left: Irving with his wife, Jennifer.

Right: Sgt. 1st Class Scott Irving becomes emotional as he talks about his experiences from a bed at Medford Rehabilitation and Healthcare Center.

If he had his way, Sgt. 1st Class Scott Irving said he would report for duty Monday morning.

The 6-foot-plus soldier with a "high and dry" military-style crewcut imagines answering the call as an acting infantry first sergeant for the Oregon Army National Guard's 1st Battalion of the 186th Infantry, headquartered in Ashland.

### **82. Soldier's misfortune (repeat of # 81)**

### **83. Some of the internal problems that led to VA health system scandal**

By SandhyaSomashékhar, Published: May 30, 2014

[http://www.washingtonpost.com/national/health-science/some-of-the-internal-problems-that-led-to-va-health-system-scandal/2014/05/30/399095b4-e81e-11e3-8f90-73e071f3d637\\_story.html?wpisrc=nl\\_headlines](http://www.washingtonpost.com/national/health-science/some-of-the-internal-problems-that-led-to-va-health-system-scandal/2014/05/30/399095b4-e81e-11e3-8f90-73e071f3d637_story.html?wpisrc=nl_headlines)

The scandal that led to Veterans Affairs Secretary Eric K. Shinseki's resignation Friday centers on wait times for appointments at hospitals and clinics that are part of the Veterans Health Administration. Here is a primer on the agency and some of the internal problems that fed the scandal.

Vietnam War veterans are looking for answers about the alleged cover-up of a backlog at a Veterans Affairs hospital in Phoenix.

How a backlogged VA determines the true cost of war.

What is the Veterans Health Administration?

The Veteran's Health Administration is part of the Department of Veterans Affairs. It is an enormous, government-run network of 1,700 hospitals, clinics, counseling centers and nursing homes across the country.

#### **84. Some VA whistleblowers get relief from retaliation**

By Joe Davidson Columnist January 20 at 7:34 PM

Bit by bit, examples of the disreputable treatment of Department of Veterans Affairs whistleblowers continue to drop.

The Office of Special Counsel (OSC), the independent agency that protects whistleblowers, says it has secured "over 25 corrective actions for whistleblowers who have disclosed wrongdoing at the VA" since April.

Joe Davidson writes the Federal Diary, a column about the federal workplace that celebrated its 80th birthday in November 2012. [View Archive](#)

But that's just a fraction of the workers who have been the target of retaliatory action from managers after the staffers exposed problems. The OSC has about 120 pending reprisal cases involving health and safety disclosures by VA whistleblowers.

#### **85. Some vets get pink slips instead of tickertape**

Prolonged wars, poor economy create tough situation for returning soldiers

By Eve Tahmincioglu, msnbc.com contributor msnbc.com contributor, Oct 11, 2010

<http://www.msnbc.msn.com/id/39557518/ns/business-careers/>

#### **86. Common disabilities that can qualify for SSI benefits:**

[http://apply.ssdissabilityapplication.com/oregon\\_social\\_security\\_disability.html](http://apply.ssdissabilityapplication.com/oregon_social_security_disability.html)

Aids and HIV, anemia, angina, anxiety, arthritis, asthma, autism, back pain, bipolar disorder, blindness, bradycardia, bronchitis, cancer (breast cancer, skin cancer, leukemia, brain tumor, cervical cancer, colon cancer, esophogalcance, eye cancer, lung cancer, liver cancer, melanoma, bone cancer, ovarian cancer, pancreatic cancer, prostate cancer, stomach cancer, throat cancer, leukemia), cardiomyopathy, carpal tunnel syndrome, cerebral palsy, cfids, chest pain, chronic

fatigue, chronic pain, cirrhosis, congestive heart failure, congestive or chronic heart failure, coronary artery disease, crohn's disease, cystic fibrosis, deafness, degenerative disc disease, depression, deep depression and other mood disorders, diabetes, diabetic neuropathy, disc herniation, dizziness, down's syndrome, dysthymia, emphysema, epilepsy, esrd or end stage renal disease, fatigue, fibromyalgia, fms, gerd (gastroesophageal reflux disease), head trauma, loss of hearing, heart attack, heart disease, heart problems, hepatitis, high blood pressure (hypertension), hip pain, broken hip, bad neck, hurt shoulder, joint problems, hiv, inflammatory bowel disease, irritable bowel syndrome, joint dysfunction, kidney failure, knee problems, liver disease, low back pain, low IQ, lung problems, lupus, lyme disease, manic depression, memory loss, meniere's, mental problems, mental retardation, mood disorder, multiple sclerosis, muscular dystrophy, neck pain, ocd, osteoarthritis, osteoarthritis of the knee and/or hip, pancreatitis, panic disorder, peripheral field problems, farsighted, nearsighted and other vision loss, peripheral vascular disease, personality disorder, reflux, rsd and reflex sympathetic dystrophy, rsi or repetitive stress injury, sarcoidosis, schizophrenia, seizure disorder, severe allergies, sickle cell, sleep disorder, spine problems, spinal stenosis, statutory blindness, stomach problems, stroke, tachycardia, hypothyroidism, hyperthyroidism, type 1 (I) diabetes or type 2 (II) diabetes, ulcerative colitis

**87. Study: Wind blew deadly gas to U.S. troops in Gulf War**

Kelly Kennedy, USA TODAY 3:49a.m. EST December 14, 2012

<http://www.usatoday.com/story/news/world/2012/12/13/sarin-gas-gulf-war-veterans/1766835/>

Troops were told chemical alarms that went off at U.S. bases in Saudi Arabia during the Gulf War were false alarms, but a new study indicates that sarin gas traveled hundreds of miles.

Story Highlights

**88. From: "Jennifer " ----->**

To: "Don Chapin"<xxxxxxxxxxxxxt> Date: 10/27/2014 01:52:54 EDT

Subject: WWII GI's about PTSD

<http://www.youtube.com/watch?v=ZDA5hVpAptQ>

Since I've turned off newspapers and the T.V., I had no idea who Michael Savage was, but Googling his name, came up with this site, explaining a LOT!: :-)

<http://mediamatters.org/blog/2014/10/26/the-junk-science-behind-michael-savages-attacks/201313>

A LOT is coming out about the military and our various wars, such as the revelations (since, I believe, from an audit of a Little Rock VA hospital), that MST (Military Sexual Trauma) involves both women AND men (because MEN from 'Nam were coming to the VA with classic MST

symptoms), changed how that is viewed within the VA. (Something FINALLY got through to VA bureaucrats!)

### **89. Three takeaways from Wednesday's VA hearing after the "troubling report"**

By Josh Hicks , May 29 at 6:00 am

[http://www.washingtonpost.com/blogs/federal-eye/wp/2014/05/29/three-takeaways-from-thursdays-va-hearing-after-the-troubling-report/?wpisrc=nl\\_headlines&clsrld](http://www.washingtonpost.com/blogs/federal-eye/wp/2014/05/29/three-takeaways-from-thursdays-va-hearing-after-the-troubling-report/?wpisrc=nl_headlines&clsrld)

Three Department of Veterans Affairs officials testified before a House panel on Wednesday about the destruction of scheduling records at a Phoenix VA hospital.

The hearing came hours after the VA inspector general's office released a report saying the department's health clinics have falsified their records to hide treatment delays, calling the issue a "systemic problem nationwide."

The White House has described the findings as "troubling," adding that the VA must address the improper practices "immediately and aggressively."

### **90. Trailblazer Allison Hickey faces her toughest battle: Veterans Affairs**

By Emily Wax-Thibodeaux March 15 at 9:55 PM

[http://www.washingtonpost.com/politics/trailblazer-allison-hickey-faces-her-toughest-battle-veterans-affairs/2015/03/15/906ac978-c1c0-11e4-9ec2-b418f57a4a99\\_story.html?wpisrc=nl\\_headlines&wpmm=1](http://www.washingtonpost.com/politics/trailblazer-allison-hickey-faces-her-toughest-battle-veterans-affairs/2015/03/15/906ac978-c1c0-11e4-9ec2-b418f57a4a99_story.html?wpisrc=nl_headlines&wpmm=1)

VA Under Secretary for Benefits Allison Hickey listens to concerns from an employee working mandatory overtime on February 28, 2015 at the Denver VA Department. (Michael Ciaglo/For The Washington Post)

COLORADO SPRINGS — Driving along the winding roads of the U.S. Air Force Academy, Allison Hickey looks out at the snowy forested mountains of the campus, a place she first came to by bus as a teenager almost 40 years ago, and admits it still haunts her.

Hickey, 57, now a retired brigadier general and one of the highest-ranking women at the Department of Veterans Affairs, was in the first class of female cadets to graduate in 1980. They endured frequent threats from male classmates, she recalled. She was once cornered by a male cadet yelling: "If I could take you behind a barn right now and beat the you-know-what out of you, I would."

### **91. Military Tricare costs could increase**

By Steve Vogel and Eric Yoder, Published: September 19, 2011

[http://www.washingtonpost.com/politics/2011/09/19/gIQAdjifgK\\_story.html?wpisrc=nl\\_headlines](http://www.washingtonpost.com/politics/2011/09/19/gIQAdjifgK_story.html?wpisrc=nl_headlines)

The deficit reduction plan put forth by President Obama on Monday would increase pharmacy co-payments for military beneficiaries and establish a first-ever annual fee in the military's Tricare for Life health benefits for Medicare-eligible retirees.

But while describing the military retirement system as "out of line" with most other government or private retirement plans, the White House balked at making any immediate major changes. Instead, it announced plans to establish a board similar to the base realignment commission (BRAC) to make long-term reforms to the military retirement system.

Graphic breaks down President Obama's plan to find more than \$3 trillion in budget savings over a decade.

### **92. U.S. Government to America's Vets: Drop Dead**

Progressive Radio Network, Gary Null PhD and Richard Gale, July 19, 2010, 20 July 2010

<http://vactruth.com/2010/07/20/u-s-government-to-america%E2%80%99s-vets-drop-dead/>

This documentary and original investigative report exposes a 19 year secret US government program whose consequence resulted in the needless suffering and deaths of our brave gulf war veterans. Total dead since 1991 — over 75,000. Does anyone care? Could your father, husband, son or daughter be among those our government considers expendable?

U.S. Government to America's Vets: Drop Dead

### **93. Unemployment for Young Vets: 30%, and Rising**

Posted by: Dan Beucke on November 11, 2011 at 3:45 PM

[http://www.businessweek.com/finance/occupy-wall-street/archives/2011/11/the\\_vets\\_job\\_crisis\\_is\\_worse\\_than\\_you\\_think.html](http://www.businessweek.com/finance/occupy-wall-street/archives/2011/11/the_vets_job_crisis_is_worse_than_you_think.html)

On Veterans Day in America, it's sobering to realize just how badly the job market has turned against the men and women who fought in Iraq and Afghanistan. Their rate of unemployment was 12.1 percent in October, vs. 9 percent for the U.S. overall. But that only scratches the surface of the employment picture for vets.

Dig deeper into the pages of U.S. Bureau of Labor Statistics employment data and it becomes apparent that while the job market is slowly improving for most Americans, it's moving in the opposite direction for Gulf War II vets (defined by the BLS as those on active duty since 2001). The youngest of veterans, aged 18 to 24, had a 30.4 percent jobless rate in October, way up from 18.4 percent a year earlier. Non-veterans of the same age improved, to 15.3 percent from 16.9 percent. For some groups, the numbers can look a good deal worse: for black veterans aged 18-24, the unemployment rate is a striking 48 percent.

### **94. US Troops Suffer More Stress Than Britons, Study Says (repeat of item 95)**

so far.

**95. US Troops Suffer More Stress Than Britons, Study Says**

NY Times, By BENEDICT CAREY, Published: May 16, 2010

<http://www.nytimes.com/2010/05/17/world/17trauma.html>

British troops who have fought in Iraq or Afghanistan suffer far lower rates of post-traumatic stress than Americans do, according to the most rigorous psychiatric study of Britain's military so far.

Notes from Afghanistan, Pakistan, Iraq and other areas of conflict in the post-9/11 era.

While estimated rates of the condition in troops returning to the United States range from 10 to 15 percent, the new study found a rate of just 4 percent among Britons — even though they and the Americans have seen equal amounts of combat in recent years.

**96. VA Officials Subpoenaed for Inquiry Into Wait List**

By RICHARD A. OPPEL Jr.MAY 8, 2014

[http://www.nytimes.com/2014/05/09/us/politics/house-committee-subpoenas-veterans-affairs-secretary.html?emc=edit\\_th\\_20140509&nl=todaysheadlines&nid=65263693](http://www.nytimes.com/2014/05/09/us/politics/house-committee-subpoenas-veterans-affairs-secretary.html?emc=edit_th_20140509&nl=todaysheadlines&nid=65263693)

A House committee voted Thursday to subpoena the head of the Department of Veterans Affairs, Eric Shinseki, and other top department officials, stepping up scrutiny of the agency amid allegations that secret waiting lists were used to cover up long delays for doctors' appointments. The subpoena from the Committee on Veterans' Affairs covers all emails and other correspondence related to the "destruction or disappearance of an alternate or interim wait list" at the department's Phoenix medical center. It asked for all emails from April 9 to May 8 sent to or from Mr. Shinseki; Dr. Robert A. Petzel, the department's under secretary for health; Will A. Gunn, the department's general counsel; and five other senior officials.

**97. V.A. Punished Critics on Staff, Doctors Assert**

By ERIC LICHTBLAUJUNE 15, 2014

[http://www.nytimes.com/2014/06/16/us/va-punished-critics-on-staff-doctors-assert.html?emc=edit\\_th\\_20140616&nl=todaysheadlines&nid=65263693](http://www.nytimes.com/2014/06/16/us/va-punished-critics-on-staff-doctors-assert.html?emc=edit_th_20140616&nl=todaysheadlines&nid=65263693)

Dr. Victor Yu and Dr. Janet Stout said they were forced out after making complaints in 2006. WASHINGTON — Staff members at dozens of Department of Veterans Affairs hospitals across the country have objected for years to falsified patient appointment schedules and other improper practices, only to be rebuffed, disciplined or even fired after speaking up, according to interviews with current and former staff members and internal documents.

**98. VA: Higher Suicide Rates for Male Vets**

By AP / KIMBERLY HEFLING Tuesday, Jan. 12, 2010



<http://www.time.com/time/nation/article/0,8599,1953058,00.html#ixzz0cR99VQHZ>

(WASHINGTON) — Home from war and out of the military, young male veterans appear to be committing suicide at a higher rate.

See “Suicide in the Recruiters' Ranks”

<http://www.time.com/time/photogallery/0,29307,1889200,00.html>

The Veterans Affairs Department said Monday that preliminary data reflects that the suicide rate among 18- to 29-year-old male veterans has increased significantly. It said the rate went up 26 percent from 2005 to 2007. VA officials said they assume that most of the veterans in this age group served in Iraq or Afghanistan.

### **99. VA Concedes Whistleblower’s Allegations Were True, Including That It Ignored Veterans' Suicidal Tendencies**

By Jamie Reno, February 19 2014 3:42 PM

<http://www.ibtimes.com/va-concedes-whistleblowers-allegations-were-true-including-it-ignored-veterans-suicidal-tendencies>

War veterans salute as flag bearers walk past during a Veterans Day ceremony at Arlington Cemetery in Virginia, on Nov. 11, 2011. Reuters

Henry Armstead, 63, walks past The Midnight Mission shelter on skid row before a Veterans Day observance for homeless veterans in Los Angeles on Nov. 11, 2013. Many homeless veterans suffer from co-occurring disorders, including substance abuse, mental illness and post-traumatic stress disorder (PTSD), as well as chronic medical problems. Reuters/Lucy Nicholson

### **100. VA Disability Claims Backlogged, Again**

April 9, 2011 • Ben Krause

<http://militaryadvantage.military.com/2011/04/va-disability-claims-backlogged-again/?ESRC=airforce.nl>

By 2015, can the VA really ensure “veterans [will] wait no more than 125 days for a decision on a claim, with a 98 percent accuracy rate”? I won’t hold my breath.

Ooops, they did it again... Veterans and Congress are again disappointed by the Department of Veterans Affairs failure to prepare for the increase in disability claims it predicted. Two years ago, VA Secretary Eric Shinseki knew there would be a large increase in the number of new disability claims from Agent Orange victims and veterans returning from the wars in the Middle East. Despite last minute attempts to prepare, the VA has still fallen dramatically behind schedule, with the claims backlog almost doubling in just one year to 756,000.

### **101. VCS Update for May 16, 2011**

Heavy News Coverage Continues for Veterans' Historic Legal Victory, 2011

May 11, 2011 (VCS) - Yesterday, the U.S. Court of Appeals for the Ninth Circuit ruled VA's mental health care system and disability claims system remain badly broken, and veterans face long delays to see doctors and obtain benefits.

The Court of Appeals ordered VA to fix what it described "egregious problems." VCS believes now is the time for our President, VA Secretary, and Congress to fix VA. The lengthy bureaucratic delays our veterans face must end now.

In a blistering 104-page attack on VA's long delays for healthcare and benefits, the Court of Appeals ruled, "We hold that the VA's failure to provide adequate procedures for veterans facing prejudicial delays in the delivery of mental health care violates the Due Process Clause of the Fifth Amendment [of our Constitution]."

### **102. VA Functioning**

**To: Michael Anaya, Director**

**Nov. 11, 2012**

Jesse Brown VA Medical Center  
820 S. Damen Avenue  
Chicago, IL 60612 US

Subject: Veterans deserve the highest quality care

As an example of VA problems that are not limited to the Jesse Brown facility, many veterans attempting to obtain care at the White City, OR, facility are also saying "I don't need this," when they AREN'T treated with respect, or even as a person by "medical" staff. There are VERY FEW exceptions to this general statement about White City and some veterans are even foregoing any attempts at treatment there, because of these situations.

### **103. VA Health Care Eligibility**

Military.com, as of Oct 1, 2012, <http://www.military.com/benefits/veterans-health-care/va-health-care-eligibility.html?ESRC=mrvt.nl>

Eligibility for VA health care is dependent upon a number of variables, which may influence the final determination of the services for which you qualify. These factors include the nature of a veteran's discharge from military service (e.g., honorable, other than honorable, dishonorable), length of service, VA adjudicated disabilities (commonly referred to as service-connected disabilities), income level, and available VA resources among others.

### **104. VA Is Broken: Death, Medical Mistreatment, Claims Backlogs And Neglect At Veterans Affairs Hospitals And Clinics [EXCLUSIVE]**

Jamie Reno on November 27 2013 11:01 AM

<http://www.ibtimes.com/va-broken-death-medical-mistreatment-claims-backlogs-neglect-veterans-affairs-hospitals-clinics>

A pileup of claims at the Department of Veterans Affairs facility in Roanoke, Va., is shown in this undated handout photo. According to VA's Monday Morning Workload Report, the backlog of new and reopened disability claims stands at 711,775 -- down from a peak of nearly 1 million this Spring. Reuters/Government Handout

In May, 2008, 75-year-old Jim Workman, a retired Air Force colonel, entered an emergency room at a Department of Veterans Affairs (VA) hospital in Biloxi, Miss., complaining of shortness of breath, coughing and fever.

### **105. VA testing whether meditation can help treat PTSD**

By Steve Vogel, Published: May 3, 2012

[http://www.washingtonpost.com/politics/va-testing-whether-meditation-can-help-treat-ptsd/2012/05/03/gIQAL940zT\\_story.html?wpisrc=nl\\_headlines](http://www.washingtonpost.com/politics/va-testing-whether-meditation-can-help-treat-ptsd/2012/05/03/gIQAL940zT_story.html?wpisrc=nl_headlines)

Seeking new ways to treat post-traumatic stress, the Department of Veterans Affairs is studying the use of transcendental meditation to help returning veterans of Iraq and Afghanistan. Veterans Affairs' \$5.9 billion system for mental-health care is under sharp criticism, particularly after the release of an inspector general's report last month that found that the department has greatly overstated how quickly it treats veterans seeking mental-health care.

### **106. VA whistleblowers describe in detail a culture of retaliation**

By Melinda Henneberger July 9, 2014, at 8:58 PM

[http://www.washingtonpost.com/world/national-security/va-whistleblowers-describe-in-detail-a-culture-of-retaliation/2014/07/09/25d2458c-078f-11e4-8a6a-19355c7e870a\\_story.html?wpisrc=nl\\_headlines](http://www.washingtonpost.com/world/national-security/va-whistleblowers-describe-in-detail-a-culture-of-retaliation/2014/07/09/25d2458c-078f-11e4-8a6a-19355c7e870a_story.html?wpisrc=nl_headlines)

You know those four Veterans Affairs whistleblowers who testified that they'd been harassed, humiliated, reassigned, investigated and painted as unstable? They don't even have stories that are out of the ordinary, according to Rep. Jeff Miller (R-Fla.), chairman of the House Committee on Veterans' Affairs.

On the contrary, Miller called the four seated before him at a Tuesday night hearing that went on past midnight "a representative sample of the hundreds of VA whistleblowers who've contacted our committee" in recent months to report retaliation against agency employees who exposed long wait times, falsified records and other problems so serious that veterans may have died as a result.

### **107. VA whistleblowers, punished for revealing excessive opiate use and infestation, are finally exonerated**

By Lisa Rein July 24, 2015

[http://www.washingtonpost.com/blogs/federal-eye/wp/2015/07/24/these-v-a-whistleblowers-punished-for-reporting-problems-were-finally-exonerated/?wpisrc=nl\\_headlines&wpmm=1](http://www.washingtonpost.com/blogs/federal-eye/wp/2015/07/24/these-v-a-whistleblowers-punished-for-reporting-problems-were-finally-exonerated/?wpisrc=nl_headlines&wpmm=1)

WASHINGTON, D.C. -The United States Department of Veterans Affairs headquarters in Washington, DC. (Photo by Matt McClain/ The Washington Post)

fter he reported a fly and pest infestation in the kitchen of a veterans hospital in Philadelphia, Troy Thompson was assigned to janitorial work and investigated for stealing stale sandwiches. Joseph Colon Christensen was told he was being fired after he notified Washington that the director of a dozen medical centers in Puerto Rico and the Virgin Islands was arrested.

### **108.VCS / VUFT Lawsuit in New York Times**

Written by NYTimes, Sunday, 21 August 2011 22:46

More Excuses and Delays From the V.A.

[http://www.nytimes.com/2011/08/22/opinion/more-excuses-and-delays-from-the-va.html?\\_r=1](http://www.nytimes.com/2011/08/22/opinion/more-excuses-and-delays-from-the-va.html?_r=1)

<http://veteransforcommonsense.org/index.php/veterans-category-articles/2485-nytimes>

August 21, 2011 (New York Times Editorial Board) - It has been more than three months since a panel of the United States Court of Appeals for the Ninth Circuit accused the Department of Veterans Affairs of “unchecked incompetence” and unconscionable delays in caring for veterans with mental health problems.

Instead of working with the plaintiffs to address the court’s concerns, the V.A. is appealing the ruling.

The 2-to-1 decision in a lawsuit brought by two nonprofit groups, Veterans United for Truth and Veterans for Common Sense, found that the V.A. bureaucracy was so extremely slow and unresponsive that veterans were being denied their constitutional right to mental health care and to the timely adjudication of disability claims. It cited as evidence the high veteran suicide rate — an estimated 18 a day among the nation’s 25 million veterans, and four to five a day among those being served by the V.A.

### **109.Veteran unemployment up slightly in 2011**

By Steve Vogel, Published: March 21 | Updated: Sunday, March 11, 9:00 PM

[http://www.washingtonpost.com/politics/veteran-unemployment-up-slightly-in-2011/2012/03/20/gIQAxJxkSS\\_story.html](http://www.washingtonpost.com/politics/veteran-unemployment-up-slightly-in-2011/2012/03/20/gIQAxJxkSS_story.html)

Unemployment among Iraq- and Afghanistan-era veterans stood at 12.1 percent in 2011, a slight increase over the previous year, according to a report issued Tuesday by the U.S. Bureau of Labor Statistics.

By comparison, the unemployment rate for non-veterans decreased from 9.4 percent to 8.7 percent over the same period.

The jobless rate for all veterans was 8.3 percent in 2011, down slightly from 2010, according to the BLS annual report.

The report found that unemployment continues to be particularly high among young male veterans of Iraq and Afghanistan in the 18- to 24-year-old age group. The figure stood at 29.1 percent in 2011, compared with 17.6 for their non-veteran counterparts.

### **110.Veterans Affairs purged thousands of medical tests to game its backlog stats**

By Mark Flatten | FEBRUARY 25, 2014 AT 11:02 AM

<http://washingtonexaminer.com/veterans-affairs-purged-thousands-of-medical-tests-to-game-its-backlog-stats/article/2544580>

Thousands of orders for diagnostic medical tests have been purged en masse by the Department of Veterans Affairs to make it appear its decade-long backlog is being eliminated, according to documents obtained by the *Washington Examiner*.

About 40,000 appointments were “administratively closed” in Los Angeles, and another 13,000 were cancelled in Dallas in 2012.

That means the patients did not receive the tests or treatment that had been ordered, but rather the orders for the follow-up procedures were simply deleted from the agency’s records.

### **Veterans Arrive at Standing Rock to Act as 'Human Shields' for Water Protectors**

"I signed up to serve my country and my people."

By Nika Knight, staff writer

<http://commondreams.org/news/2016/12/02/veterans-arrive-standing-rock-act-human-shields-water-protectors>

Water protectors on horseback at the OcetiSakowin camp. (Photo: Reuters)

“After over 20 years of military ‘service’ from electronics technician on nuclear/thermonuclear weapons, to being an R&D eapt., USAF, Rewt’ngineer that developed hardware that saved aircraft and human lives, I can honestly say that I never felt any level of pride in being a “veteran’ until these stories came out” quote from Don Chapin, Capt., USAF, Ret’d

### **111. Veterans Day: why 22 percent of young vets are unemployed**

Veteran's Day is drawing attention to the unemployment rate for veterans of the Iraq and Afghanistan wars, which outstrips the national average. But efforts to help are growing.

By Anna Mulrine, Staff writer / November 11, 2011

<http://www.csmonitor.com/USA/2011/1111/Veteran-s-Day-why-22-percent-of-young-vets-are-unemployed>

Sgt. Mark Chambers served in the US military for 24 years before he decided to retire and make his transition into full-time civilian life.

That was in December 2009. For 18 months the Army National Guard veteran searched and searched for a job as his bank account began to dwindle. “I started dipping into my savings, draining that – house payments, car payments, repairs, trying to help my mother...”

He found himself unprepared for the job hunt of the civilian world, he says – as well as the target of scammers preying on Sergeant Chambers and other recent veterans during a vulnerable time in their lives.

### **112. Veterans deserve better than a claims backlog**

By R. James Nicholson and Thomas G. Bowman, Published: November 11, 2012

[http://www.washingtonpost.com/opinions/veterans-deserve-better-than-a-claims-backlog/2012/11/11/ad3c0c54-193b-11e2-bd10-5ff056538b7c\\_story.html?wpisrc=nl\\_headlines](http://www.washingtonpost.com/opinions/veterans-deserve-better-than-a-claims-backlog/2012/11/11/ad3c0c54-193b-11e2-bd10-5ff056538b7c_story.html?wpisrc=nl_headlines)

*R. James Nicholson was secretary of veterans affairs from 2005 to 2007. Thomas G. Bowman was chief of staff of the VA from 2005 to 2008.*

Hundreds of thousands of veterans are experiencing excessive delays as they await decisions on their disability claims. These veterans, as the New York Times reported last month, are being asked by the Department of Veterans Affairs to be patient while the VA attempts to transform its claims processes. The department is putting in place new processes and technology that it hopes will break the backlog of claims by 2015.

Our veterans deserve better than this. As of Sept. 22, the VA had nearly 900,000 claims awaiting decisions, with close to 600,000 — two-thirds — of them having exceeded the department's own modest goals of timeliness.

### **113. Veterans' program coming to an end**

\$8,000 home-buyer tax credit expires June 30

Mail Tribune, By Paul Fattig, March 07, 2011

<http://www.mailtribune.com/apps/pbcs.dll/article?AID=/20110307/NEWS/103070323/-1/NEWSLETTER100>

If you're a veteran who served overseas in the past two years, you're likely eligible for a \$8,000 tax credit when purchasing a home.

But the clock is ticking on the Veteran's Home Buyer Tax Credit program.

"The program was extended for veterans who were overseas but it is about to go away," said David DuBeau, mortgage loan officer for Sterling Savings Bank's home loan division in Medford.

### **114. Veterans still fighting for survival in tough job market**

By Angela Johnson @ANJ0817 July 8, 2013: 6:15 AM ET

<http://money.cnn.com/2013/07/08/pf/veterans-jobs/>

Rebecca Newman attended two job fairs before getting hired at Verizon Wireless.

The transition from soldier to civilian is rough. It is even more difficult in a tough job market.

The unemployment rate for veterans who served since the 9/11 attacks peaked at a troubling 15.2% in January 2011. Since then, as the economy has improved and outreach efforts have taken hold, it has fallen by more than half to 7.2%.

### **115. Veterans Wait for Benefits as Claims Pile Up**

By JAMES DAO, September 27, 2012

[http://www.nytimes.com/2012/09/28/us/veterans-wait-for-us-aid-amid-growing-backlog-of-claims.html?nl=todaysheadlines&emc=edit\\_th\\_20120928&r=0](http://www.nytimes.com/2012/09/28/us/veterans-wait-for-us-aid-amid-growing-backlog-of-claims.html?nl=todaysheadlines&emc=edit_th_20120928&r=0)

For Dennis Selsky, a Vietnam-era veteran with multiple sclerosis, it was lost documents. It seemed that every time he sent records to the Department of Veterans Affairs, they disappeared into the ether.

For Mickel Withers, an Iraq war veteran with severe post-traumatic stress disorder, it was a bureaucratic foul-up. The department said he received National Guard pay in 2009, though he had left the Guard the previous year, and cut his disability compensation by \$3,000. He filed for bankruptcy to protect himself from creditors.

### **116. Vets can enroll for benefits locally**

MT, June 01, 2011

<http://www.mailtribune.com/apps/pbcs.dll/article?AID=/20110601/NEWS/106010332/-1/NEWSLETTER100>

The Department of Veterans Affairs (will be) signing up Southern Oregon veterans for a new online benefits website. Two sessions will be held in the Rogue Valley on Wednesday, June 8, the first from 9 to 11 a.m. in the Anne Basker Auditorium, 604 N.W. Sixth St., Grants Pass, followed by a 2 to 5 p.m. session at the Higher Education Center, 101 S. Bartlett St., Medford. Veterans who use the eBenefits website will have immediate access to their service records and be able to apply for VA benefits online, track their claim or appeal status, view payment history, request information from state and federal benefits agencies, determine eligibility for health care and home loan programs and more.

### **117. Vets push VA to do more for caregivers in new plan**

The Associated Press, KIMBERLY HEFLING, 2/9/2011 9:52:04 PM ET, <http://www.msnbc.msn.com/id/41499285>

Barack Obama, Ted Wade, Sarah Wade

FILE - In this May 5, 2010, file photo, President Barack Obama, center, gives Sarah Wade, right, wife of Army Sgt. Ted Wade, left, who was wounded in Iraq, a kiss on the cheek, in the State Dining Room of the White House in Washington, before he signed the Caregivers and Veterans Omnibus Health Services Act. A long-awaited plan to give caregivers of severely wounded Iraq and Afghanistan veterans some extra help was unveiled Wednesday, Feb. 9, 2011, by the Veterans Affairs Department with few specifics about when it would be fully implemented and potentially fewer families reaping the benefit than expected. Sarah Wade is among those wondering whether she will qualify for the extra support.

### **118. Vets Suffer as DD214 Errors Increase**

Buffalo News | By Lou Michel | February 25, 2008

<http://www.military.com/NewsContent/0,13319,162682,00.html>

Christopher M. Simmance helped keep the peace as an American Soldier in the Middle East, but when he returned home and later suffered a breakdown, he was turned away from the VA hospital because the government didn't acknowledge his overseas duty.

Dana Cushing as a Marine served two tours of duty in Iraq and a third in east Africa, but when she returned home, she found herself labeled a "conscientious objector" and also was denied medical care by the government.

### **119. Weight Of War: Soldiers' Heavy Gear Packs On Pain**

NPR, Published: March 12, 2011, by Patricia Murphy

[http://m.npr.org/story/134421473?url=/2011/03/12/134421473/weight-of-war-soldiers-heavy-gear-packs-on-](http://m.npr.org/story/134421473?url=/2011/03/12/134421473/weight-of-war-soldiers-heavy-gear-packs-on-pain&ft=1&f=1001%E2%89%BB=tw&utm_source=twitterfeed&utm_medium=twitter)

[pain&ft=1&f=1001%E2%89%BB=tw&utm\\_source=twitterfeed&utm\\_medium=twitter](http://m.npr.org/story/134421473?url=/2011/03/12/134421473/weight-of-war-soldiers-heavy-gear-packs-on-pain&ft=1&f=1001%E2%89%BB=tw&utm_source=twitterfeed&utm_medium=twitter)

Soldiers and Marines in Iraq and Afghanistan routinely carry between 60 and 100 pounds of gear including body armor, weapons and batteries.

The heavy loads shouldered over months of duty contribute to the chronic pain suffered by soldiers like Spc. Joseph Chroniger, who deployed to Iraq in 2007.

Twenty-five years old, he has debilitating pain from a form of degenerative arthritis and bone spurs. "I mean my neck hurts every day. Every day," he says. "You can't concentrate on anything but that because it hurts that bad."

### **120. Wounded Vet Care Shortcomings Draw Senators' Ire**

Stars and Stripes | by Leo Shane III May 26, 2011

<http://www.military.com/news/article/wounded-vet-care-shortcomings-draw-senators-ire.html?ESRC=airforce.nl>

WASHINGTON -- Retired Spc. Steve Bohn, who was severely injured in an ambush in Afghanistan three years ago, is sinking deeper into debt every day while he waits for Veterans Affairs officials to process his disability claim.

"I get \$699 a month from my retirement pay, and my rent is \$700 a month," the 24-year-old veteran said. "I can't pay my electric bill. I can't pay any of my other bills.

"I used to work as a roofer and a chef, but I can't do either of those anymore, because of the pain. I'm struggling."

The money problems are just the latest ordeal for Bohn, who told lawmakers Wednesday that he already has weathered multiple surgeries, apathetic care specialists and frustrating incompetence from military physicians. Twice he was sent to the wrong base while awaiting surgeries. For the last seven months, his pleas to speed up the claims process have been ignored.

### **121. Mental scars of battle ask more of VA than ever**

In 2009, mental illness made up 35 percent of disability spending

By TIM JONES and JASON GROTTTO



CHICAGO — Corey Gibson's right leg bounces when he sits. At 29 he sleeps fitfully, with an AR-15 semi-automatic rifle mounted above his bed. "That's my sense of security," he says. Laurie Emmer, a 47-year-old mother of four, shuns crowds and strangers. She always sits facing the restaurant door when she goes out to eat and, before sitting down, makes sure to identify the quickest route out.

And Eric Johnson, 62, who revisits Vietnam nearly every night in his head, escapes the demons who rob him of sleep by patrolling the streets of his South Side neighborhood with his yellow Labrador retriever, Che.

### **More veterans struggle with pain syndrome**

... from the burning pain and can no longer work or care for his 2-year-old son. "It's hard to do anything. That's why they call it the silent suffering."

Shear has joined a campaign to raise public awareness and push for the VA to update its coded list of disabilities. An Air Force Reserve colonel suffering from the syndrome has led the charge in seeking compensation for hundreds of other military personnel returning from service. Many complain they have found little support from a federal agency already besieged with head injuries and post traumatic stress syndrome.

The VA compensates veterans for injuries related to complex regional pain syndrome, said Thomas Pamperin, the agency's deputy undersecretary for disability assistance, based in Washington, D.C.

### **122. Table A-5. Employment status of the civilian population 18 years and over by veteran status, period of service, and sex, not seasonally adjusted**

Table A-5. Employment status of the civilian population 18 years and over by veteran status, period of service, and sex, not seasonally adjusted [Numbers in thousands] - Last Modified Date: December 03, 2010.

### **123. Where can I get help filling out the form and if I have questions?**

Section V - Financial Disclosure: ONLY NSC and 0% NONCOMPENSABLE SERVICE-CONNECTED VETERANS MUST COMPLETE THIS SECTION TO DETERMINE ELIGIBILITY AND COPAY RESPONSIBILITIES IF THEY ARE NOT:

**These are the final briefing slides as approved by the Defense Business Board in their public meeting held July 21, 2011. The full DBB report, expected in August 2011,** will contain more detailed text which will reflect the totality of the points discussed and modifications adopted by the Board during their deliberations.

Task Group Overview: In order to support the Secretary of Defense's efficiency initiatives, review the current structure and function of the military retirement system. Begin with a review of the current reform thinking on military retirement benefits. This research and analysis will

help to provide recommendations for optimizing the Department's military retirement system.

**124.**<http://FreeDD214.com>

INSTRUCTION SHEET

DD Form 214 – Do It Yourself

Dear Client,

Thank you for visiting our site! We truly appreciate the opportunity to offer you our services. Most veterans and their next-of-kin can obtain free copies of their DD Form 214 (Report of Separation) and other military and medical records from the Government. The Government can take several weeks to months to process mail or faxed-in requests. If you have no immediate need for your DD 214, this method may be your best option.

**125.AFTER HOMELESS MAN'S DEATH**

OREGON SHELTERS SPRING UP, By ASSOCIATED PRESS

EUGENE, Ore. (AP) \_ Veteran Tom Egan's cold and lonely death two years ago in Eugene inspired the creation of overnight shelters where homeless people can escape rigid, life-threatening weather.

**126.More veterans struggle with pain syndrome**

*Illness isn't formally recognized by VA.*

**By LISA BLACK, McClatchy News Service**

CHICAGO — When Kevin Shear falls asleep, the pain barrels into his dreams, sometimes as an animal ravaging his right leg or shattered glass tearing at the limb.

**127.DEPARTMENT OF VETERANS AFFAIRS**

November 9, 2015

**128.900 Second Street, NE, Suite 216 \* Washington, DC 20013 \* (202) 558-4553**

[www.VeteransForCommonSense.org](http://www.VeteransForCommonSense.org) \* [Contact@VeteransForCommonSense.org](mailto:Contact@VeteransForCommonSense.org)

VA: Consequences of Iraq and Afghanistan Wars

Updated March 8, 2011

625,384 U.S. Veteran Patients Treated by VA

537,550 U.S. Veteran Disability Claims Filed Against VA

Chart #1, U.S. Troops Deployed to Iraq and Afghanistan War Zones 1

**129.US Troops Suffer More Stress Than Britons, Study Says**

NY Times, By BENEDICT CAREY, Published: May 16, 2010

<http://www.nytimes.com/2010/05/17/world/17trauma.html>

British troops who have fought in Iraq or Afghanistan suffer far lower rates of post-traumatic stress than Americans do, according to the most rigorous psychiatric study of Britain's military so far.