

Veterans' Salutes

FOR IMMEDIATE RELEASE
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New Law Authorizes Veterans' Salutes during National Anthem

WASHINGTON -- Veterans and active-duty military not in uniform can now render the military-style hand salute during the playing of the national anthem, thanks to changes in federal law that took effect this month.

"The military salute is a unique gesture of respect that marks those who have served in our nation's armed forces," said Secretary of Veterans Affairs Dr. James B. Peake. "This provision allows the application of that honor in all events involving our nation's flag."

The new provision improves upon a little known change in federal law last year that authorized veterans to render the military-style hand salute during the raising, lowering or passing of the flag, but it did not address salutes during the national anthem. Last year's provision also applied to members of the armed forces while not in uniform.

Traditionally, members of the nation's veterans service organizations have rendered the hand-salute during the national anthem and at events involving the national flag while wearing their organization's official head-gear.

The most recent change, authorizing hand-salutes during the national anthem by veterans and out-of-uniform military personnel, was sponsored by Sen. Jim Inhofe of Oklahoma, an Army veteran. It was included in the Defense Authorization Act of 2009, which President Bush signed on Oct. 14.

The earlier provision authorizing hand-salutes for veterans and out-of-uniform military personnel during the raising, lowering or passing of the flag, was contained in the National Defense Authorization Act of 2008, which took effect Jan. 28, 2008.

Veterans Health

The Great American Smoke out is on November 20. On this day there are events providing information about the harmful effects of cigarette smoking. Smokers are encouraged to quit for the day. In keeping with this event, here are information and strategies for smokers to stop smoking for the day, and hopefully to quit smoking for good.

PTSD

Post traumatic Stress Disorder can occur following a life-threatening event like military combat, natural disasters, terrorist incidents, serious accidents, or violent personal assaults like rape. Most survivors of trauma return to normal given a little time. However, some people have stress reactions that don't go away on their own, or may even get worse over time. These individuals may develop PTSD.

People who suffer from PTSD often suffer from nightmares, flashbacks, difficulty sleeping, and feeling emotionally numb. These symptoms can significantly impair a person's daily life.

PTSD is marked by clear physical and psychological symptoms. It often has symptoms like depression, substance abuse, problems of memory and cognition, and other physical and mental health problems. The disorder is also associated with difficulties in social or family life, including occupational instability, marital problems, family discord, and difficulties in parenting.

If you are suffering from PTSD, please seek help!

Engineer Battalion 7

Freedom Bracelets

Andrew Prak, one of our members (A Company 68 -69), had a vision of helping veterans and promoting freedom. From his vision he created the Freedom Bracelet. Similar to the POW-MIA bracelets that many of us wore to remember those who remained in captivity.

Andrew created these bracelets, sought out and received a patent on them.

The Freedom Bracelet cost is \$47.96 for a Silver one and \$58.23 for the Gold one. The prices do include shipping and handling. Andrew is donating \$3.00 from each bracelet sale to the *Wounded Warrior Project*.

But, that's not all that happens when you purchase a bracelet. Andrew is in the process of producing a book entitled, *America's Unsung Heroes*. If you purchase a bracelet, you will be given a chance to write up to 2000 words that will be included in the book. Now, each book that gets sold, will also have a donation made to the *Wounded Warriors Project*.

I have one of Andrews bracelet and it is a quality made bracelet, and looks spectacular.

It's obvious to me that Andrew has put a lot of work into this project. A labor of love.



Freedom Bracelets (continued)

Andrew does not (at the time of this writing) have his web site ready. However, if you would like to purchase a bracelet, and help Andrew with this huge project, here's how to do it.

Send a money order in the correct amount to:

J&J Freedom Bracelets
PO Box 207
1222A Woodside Avenue
Lakeside California 92040

Let's try and help Andrew help our veterans that are in need.