



Veterans-*For*-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, January 17, 2016

Volume 7, Issue 03

This-N-That

Amazing how two VA Executives who scammed the system for personal gain, merely get a slap on the wrist and are rewarded by being allowed to remain employed with the VA, no criminal charges, nothing.

Diana Rubens and Kimberly Graves both were caught red handed with their hands in the cookie jar, and finally were simply demoted and allowed to return to work.

What I'd like to know is who in the VA thinks they won't just find another way to scam the VA and keep on their merry way knowing nothing will really happen to them?

Then we have Glenn Alan Bates who signed a plea agreement for embezzling \$280,000.00 from the VA for sex and gambling and will be sentenced to 24-30 months.

So we just pick and choose who charge and who we reward?

Then we have more Veterans claims "misfiled" in St. Petersburg, Florida where 42,000 claims packages were found in a warehouse!

42,000 claims, is this more proof they just don't care about Veterans that these 42,000 claims would be put in a warehouse and forgotten, maybe in the hopes they'd never be found?

And I still see nothing positive from Obama's choice for Secretary of the VA McDonald. What I do see is he is like so many politicians, good at photo op's and spending a lot of taxpayer money traveling around the country and making a lot of promises, but I'm not seeing any of his promises being fulfilled.

And what I do see is what I predicted almost two years ago, the goal line for solving the Homeless Veterans moved again.

Now the new goal is by end of 2016. So now the question is, do they think all these Veterans can wait? Can they endure another sizzling summer or a freezing winter? And some with serious health issues, do they think they can last that long before receiving proper medical care?

Mind you, this is in addition to the ever growing back log which was reduced dramatically, but no evidence how those claims were resolved, but we did hear of thousands of instant denials which is one quick way to lower the backlog numbers, but still doesn't help Veterans who are in desperate need of medical care.

Shifting numbers, moving goal lines, cutting benefits, increasing co-pays is not a solution, at least not a solution for you! It is a solution for reducing the budget which go against all that every single one of you were promised, you earned, and you deserve!

And I am still hearing from Women Veterans who have a special set of needs which still to this day are not being met.

Most facilities do not even have an OB/GYN doctor on staff, some facilities have co-ed dressing rooms, and community exam rooms where a mere drape is used to separate Veterans and offers no privacy and no confidentiality!

Women Veterans struggle to get mammograms, pap smears, and some when they do get proper exams are found to have stage 3 or stage 4 cancers. For them it's too late, when it could have been addressed and caught early on and being allowed to live longer, but no they're lives are cut short due to the lack of concern, lack of compassion, lack of proper medical staff, and just like their male counterparts are treated like a second class citizen.

BUT, the VA has tons of money for VA Gestapo style police! Can allow VA employees to scam the system and are allowed to keep their jobs!

Where is the end, where is the answer, where is the solution?

If we can't take care of our own, then we should not be sending them off to foreign lands to fight wars we're not willing to support to the very end!

On behalf of the Board of Directors and Volunteers nationwide, we wish you and your family good health!

Respectfully,
Jim Davis
Founder & CEO
Jim.Davis@Veterans-For-Change.org

OPERATION MAIL CALL



OUR TROOPS NEED US. NOT EVERY DEPLOYED HERO HEARS HIS OR HER NAME AT MAIL CALL.

We need a caring Patriotic people like you to write a couple of letters or cards we can put in care packages to send out weekly?

Operation Mail Call needs your help! We need cards and letters to send to our troops currently serving on foreign soil.

Doesn't have to be anything special, just words of support and thanking them for their service!

Operation Mail Call has successfully moved into it's new location:

For more information visit: <http://veterans-for-change.org/5439-operation-mail-call-2>

Over 1,000 Valor Awards May Be Up for Review

The Pentagon is expected to consider soon whether more than 1,000 service members should have their valor awards upgraded to higher levels. This is the result of a broad review that also is expected to lead to the creation of new decorations to recognize significant contributions carried out in combat and remotely through unmanned aircraft and other military technology. The Secretary of Defense will also authorize the review of all award nominations for all service members who were recommended for the Silver Star, Distinguished Service Cross, Navy Cross, Air Force Cross and the Medal of Honor. He is also expected to authorize several policy changes to speed up the process by which heroism is recognized. There may also be the creation of a 'C' device to denote meritorious service in combat, which will go to service members who earn awards below the Bronze Star.

TRICARE Pharmacy Co-Pays Change

Some TRICARE pharmacy copays will change in 2016. On February 1, most copays for prescription drugs at Home Delivery and retail network pharmacies will increase slightly. All drugs at military pharmacies, and generic drugs through Home Delivery, are still available at no cost to beneficiaries. Copays for brand name drugs through Home Delivery increase from \$16 to \$20, for up to a 90-day supply. At retail pharmacies, generic drug copays go from \$8 to \$10, and brand name drug copays go from \$20 to \$24 dollars, for up to a 30-day supply. To see the new TRICARE pharmacy copays, learn more about the TRICARE Pharmacy benefit, or move prescription service to Home Delivery, visit the [TRICARE Pharmacy webpage](#).

Blue Angels Prepare for 2016 Season

The U.S. Navy Flight Demonstration Squadron the Blue Angels made its annual deployment to Naval Air Facility (NAF) El Centro, Calif., to prepare for the upcoming show season. The 10-week winter training concludes in early March, and the team performs its first public flight demonstration of 2016 at NAF El Centro, March 12. The mission of the Blue Angels is to showcase the pride and professionalism of the U.S. Navy and Marine Corps by inspiring a culture of excellence and service to country through flight demonstrations and community outreach. In 2016, the Blue Angels will celebrate their 70th anniversary. Visit the [Blue Angels website](#) to view the 2016 air show season schedule.

Navy App May Help Screen for Autism

Thanks in part to support from the Office of Naval Research (ONR), there is now an app that may screen for autism by reading kids' facial expressions for emotional cues. The app, called "Autism & Beyond," is available for free download from the Apple App Store to families wishing to participate in a related six-month medical research study by Duke University. The app's core technical component - the ONR-sponsored technology - is a complex mathematical algorithm that automatically maps key landmarks on children's faces and assesses emotional responses based on movements of facial muscles. For more about the "Autism & Beyond" study, visit the Duke University [Autism & Beyond webpage](#).

The Legion Offers Disaster Assistance

The American Legion National Disaster Fund is offering help to qualified disaster victims of recent tornadoes and floods and future natural disasters. Qualified American Legion family members may receive up to \$3,000 in National Emergency Fund (NEF) grants, and qualified children of Legion-eligible veterans may receive up to \$2,500 through Temporary Financial Assistance (TFA) relief to help weather the storms. The grants cover expenses such as temporary housing, food, water, clothing and other daily household items. Affected Legion posts may also receive up to \$10,000 through NEF grants. To apply for an NEF grant, qualified applicants may download an application from the [American Legion website](#) or contact their local Legion post. Those wishing to apply for a TFA grant must contact their local Legion post.

Veterans fought for us; we continue to fight for our veterans!

VFC Website Update

If you've not visited our website, maybe you should visit today! Since going on-line on 10/28/12 we have been averaging between 2,100 and 3,000 visitors per day and have had **2,537,125** visitors to date.

Visit today and subscribe, it's 100% **FREE** of charge to all! Just be sure to use a valid E-Mail address so the system can send you an authentication E-Mail. Becoming a subscriber will show you all the various forum's, added libraries, and more.

We have the largest One-Stop-Shop Veterans website available that is user friendly, offers a host of information on many topics, Several forums, Frequently Asked Questions and Answers, a massive Documents Library with more than 12,900 documents, various VA and DoD forms.

www.veterans-for-change.org

- Documents Library with over **140** different libraries and over **14,417+** documents
- FAQ's (**1,567** on-line now) (**Updated 04/05/15**)
- Forums (**with Licensed Mental Health Worker Moderator**)
- Job Postings and Job Fairs (Updated 01/15/16 **38** New Jobs and **1** New Job Fair)
- Memorial Pages (**Updated 01/02/16** added **17**)
- News (Updated almost daily, **5,449** articles on-line)
- Web Links (**1,672** Active Links)(**Updated 01/14/16** added **13** New Links)

The documents library has many different categories and contains more than 55 million pages of information and forms.

There are forums for all Eras of service and one just for Women Veterans, which is locked to use by women only. Another for Men Veterans which is also locked to men only.

In the documents and forums we provide information pertaining to women and the ability speak freely in the forums to other women about the same issues and problems you face.

The Memorial Pages are open, and if you have a loved one or a buddy you've lost and would like for them to be added to our Memorial Pages, please send a photo, First and Last Name, Rank, Branch of Service, DOB and DOD, and allow us 2-3 days to install on the proper page. (Send to: Jim.Davis@veterans-for-change.org)

You also have the ability to comment and rate all NEWS articles which would be very helpful for us so we know the types of information you'd like to see on our website.

Forest Service Program Trains Vets

The staff of the Hoosier National Forest in Indiana is working with a program called VetsWork to hire three seasonal interns for the Forest. The program was developed by the non-profit Mt. Adams Institute, as a career training program for military veterans. The program entails 45 weeks of hands-on training in which participants will learn while supporting natural resource, recreation, community engagement and volunteer coordination projects on the national forests. The experience and training in the VetsWork program is designed to encourage participants to explore potential career options with the U.S. Forest Service. The program begins on February 22, 2016. For more information, and to see other similar positions to be filled, visit the [Mt. Adams Institute website](#).

CalVet Applauds New Laws Assisting Veterans

Seven Laws Took Effect on New Year's Day 2016

Sacramento – Seven laws took effect on January 1, 2016, with the goal of improving the lives of California's Veterans, service members, and their families.

"I thank our Governor and legislature for collaborating with CalVet on behalf of our 1.8 million Veterans living in California." said Dr. Vito Imbasciani, Secretary, California Department of Veterans Affairs (CalVet).

The first new law assists surviving family members with continuing the operations of a Disabled Veteran Business Enterprise (DVBE) after the death or permanent medical disability of a Veteran. Governor Brown signed Assembly Bill 413 (Chapter 513, statutes of 2015), by Assemblymember Rocky Chavez (R – Oceanside).

The new law allows survivors to fully operate the DVBE for up to three years after the disabled Veteran's death or certification of permanent medical disability. The law allows survivor-owned DVBEs to enter into new contracts under the DVBE certification if the contracts can be completed within those three years. This gives survivors the time and flexibility to manage the business in a way that best suits their needs. CalVet holds the position of statewide DVBE advocate, and works in tandem with Department of General Services (DGS) to supply outreach, recruitment, and support to DVBEs.

The second new law assists disabled Veterans who are new state employees. Governor Brown signed Senate Bill 221 (Chapter 794, statutes of 2015), authored by Senator Hannah-Beth Jackson (D - Santa Barbara). The law benefits new state employees who are Veterans with a service-connected disability certified by the U.S. Department of Veterans Affairs. The law allows up to 96 hours of sick leave during the Veterans first year in the state workforce to attend medical appointments during work hours without having to take unpaid leave.

Governor Brown signed five additional Veteran-related bills into law that took effect January 1, 2016:

- Assembly Bill 388 (Chapter 692, statutes of 2015), authored by Assemblymember Ling Ling Chang (R - Diamond Bar): Requires the evaluation of programs relating to the Veterans Housing and Homeless Prevention Act to include information relating to the effectiveness in helping Veterans occupying supportive housing or transitional housing developments.
- Assembly Bill 778 (Chapter 84, statutes of 2015), authored by Assemblymember Brian Maienschein (R - San Diego): Allows Veterans to request military documents from the county recorder's office with a digital request to promote easier access to Veteran's services.
- Assembly Bill 1401 (Chapter 254, statutes of 2015), authored by Assemblymember Catherine Baker (R - San Ramon): Provides Veterans of the California National Guard, the State Military Reserve, and the Naval Militia with greater access to student financial aid services.
- Senate Bill 386 (Chapter 246, statutes of 2015), authored by Senator Benjamin Allen (D - Santa Monica): Protects Veterans from pension scams and makes illegal the act of advertising the pension poaching scams.
- Senate Bill 685 (Chapter 423, statutes of 2015), authored by Senator Mike McGuire (D - Healdsburg): Authorizes licensed Veterans' clubs to sell and serve alcoholic beverages to members of other Veterans' organizations, active duty or reserve service members, or Veterans, and to members of their own organization and their guests.

Government Accountability Office (GAO) Reports

Health Care Workforce: Comprehensive Planning by HHS Needed to Meet National Needs. <http://www.gao.gov/products/GAO-16-17>

Overseas Private Investment Corporation: Additional Actions Could Help Improve Monitoring Processes. <http://www.gao.gov/products/GAO-16-64>

U.S. Coins: Implications of Changing Metal Compositions. <http://www.gao.gov/products/GAO-16-177>

Firearms Trafficking: U.S. Efforts to Combat Firearms Trafficking to Mexico Have Improved, but Some Collaboration Challenges Remain. <http://www.gao.gov/products/GAO-16-223>

National Security Cutter: Enhanced Oversight Needed to Ensure Problems Discovered during Testing and Operations Are Addressed. <http://www.gao.gov/products/GAO-16-148>

Defense Infrastructure: DOD Efforts Regarding Net Zero Goals. <http://www.gao.gov/products/GAO-16-153R>

Veterans Benefits Management System: Ongoing Efforts Can Be Improved; Goals Are Needed to Promote Increased User Satisfaction, by Valerie C. Melvin, director, information technology, before the House Committee on Veterans' Affairs. <http://www.gao.gov/products/GAO-16-227T>

IRS Return Selection: Wage and Investment Division Should Define Audit Objectives and Refine Other Internal Controls. <http://www.gao.gov/products/GAO-16-102>

IRS Return Selection: Certain Internal Controls for Audits in the Small Business and Self-Employed Division Should Be Strengthened. <http://www.gao.gov/products/GAO-16-103>

Federal Real Property: GSA Could Decrease Leasing Costs by Encouraging Competition and Reducing Unneeded Fees. <http://www.gao.gov/products/GAO-16-188>

Iranian Commercial Activities: Update on Foreign Firms Reported to Have Engaged in Iran's Energy or Communications Sectors. <http://www.gao.gov/products/GAO-16-247R>

Emerging Animal Diseases: Actions Needed to Better Position USDA to Address Future Risks. <http://www.gao.gov/products/GAO-16-132>

Federally Leased Vehicles: Agencies Should Strengthen Assessment Processes to Reduce Underutilized Vehicles. <http://www.gao.gov/products/GAO-16-136>

National Park Service: Revenues from Fees and Donations Increased, but Some Enhancements Are Needed to Continue This Trend. <http://www.gao.gov/products/GAO-16-166>

Drug Safety: FDA Expedites Many Applications, But Data for Postapproval Oversight Need Improvement. <http://www.gao.gov/products/GAO-16-192>

2015 Tax Filing Season: Deteriorating Taxpayer Service Underscores Need for a Comprehensive Strategy and Process Efficiencies. <http://www.gao.gov/products/GAO-16-151>

IRS Form 1095 available on myPay

All active-duty, Guard, Reserve, retired and civilian service members will need proof of health care coverage when filing their federal tax returns for 2015.

Under the Affordable Care Act, U.S. citizens and legal residents are required to obtain and maintain a minimum standard of healthcare insurance, called minimum essential coverage. The proof of minimum essential coverage is provided by the Department of Treasury Internal Revenue Service Form 1095. NAUS fought to assure that TRICARE qualifies for this coverage.

In January 2016, Defense Finance and Accounting Service is required to provide the IRS Form 1095 for the 2015 tax year. The form is available electronically through myPay under the taxes section.

Source: NAUS

Follow Veterans-For-Change on Twitter



<https://twitter.com/Veterans4Change>

***Proposed Rulemaking for State Veteran Cemeteries Monuments and Memorials
(Adopt CCR §462)***

NOTICE IS HEREBY GIVEN that the California Department of Veterans Affairs (CalVet) proposes to adopt regulations described in the Notice of Public Rulemaking available on the CalVet website at the link below. This notice is to make known that changes were made to the regulations posted on the CalVet website at the link below, and CalVet is accepting public comments.

NOTICE IS ALSO GIVEN that any interested person, or his or her duly authorized representative, may submit written comments relevant to the proposed regulatory action to:

California Department of Veterans Affairs
Northern California Veterans Cemetery
Attention: Mark George
11800 Gas Point Road
Igo, CA 96047
Telephone: (530) 396-2429
Fax: (530) 396-2523

Comments may also be submitted by e-mail to mark.george@calvet.ca.gov.

Comments must be received by 5:00 p.m. on January 28, 2016. CalVet will only consider comments received at the CalVet offices by that time.

The Public Notice and proposed rulemaking package are also available for viewing in the California Department of Veterans Affairs lobby at 1227 O Street, Sacramento, CA 95814 and online with the at <https://www.calvet.ca.gov/VetServices/Pages/Proposed-Rulemaking.aspx>.



Are you seeking employment? Been looking forever and not found the right job?

Well Veterans-For-Change is working very hard to bring you more information on Job Fairs and Job Postings available across the country.

Click on the link below, and find all the jobs available, Job Fairs coming up, locations, details, etc.

<http://veterans-for-change.org/documents-library/category/167-job-fairs-job-postings>

If you have a job position open, and are willing to hire a Veteran, please send an E-Mail to: JIM.DAVIS@VETERANS-FOR-CHANGE.ORG there is never any fee involved, this is a 100% free service in order to help thousands of Veterans nationwide to gain full time employment.

Updated 01/15/16

TRICARE: State of Emergency in Several States

The governors of Missouri, Alabama, New Mexico, and Texas have declared a State of Emergency for all four states (the entire states) due to Storm Goliath. Emergency prescription refill procedures are in place through January 27, 2016. To get an emergency refill, take your prescription bottle to any TRICARE retail network pharmacy. To find a network pharmacy, call Express Scripts at 1-877-363-1303, or search the [network pharmacy locator](#). If possible, visit the pharmacy where the prescription was filled. If you use a retail chain, you can fill your prescription at another store in that

chain. If your provider is available, he or she may call in a new prescription to any network pharmacy. You can request assistance at another pharmacy, but it is at that pharmacy's discretion to help you.

Links to other Stories

- 1) [AFGE Outlines Progress, Needed Improvements, to Veterans Benefits Management System in Congressional Testimony](#)
- 2) [Boise property manager opens doors for homeless Veterans](#)
- 3) [Coat giveaway, job fair planned to help homeless Veterans](#)
- 4) [Concerned VA Employees Sound the Alarm on Critical Staff Shortages in San Francisco VA Health Care System](#)
- 5) [Former VA employee pleads guilty to embezzling money he spent on sex, gambling](#)
- 6) [McCain To VA Secretary: Why Are Suspended Phoenix VA Execs Returning To Work?](#)
- 7) [Report says VA mishandled thousands of Veterans' documents sent to benefits office](#)
- 8) [Troy Police Department helps homeless Veterans](#)
- 9) [VA Execs Demoted For Scam, Finally](#)
- 10) [VA owes Florida hospitals \\$134 million for unpaid bills](#)

You can help Veterans-For-Change by reading the articles posted, and comment at the bottom and rank the article. If you don't have an account, sign-up today, it's **FREE**. Your comments and rankings help us to better determine the type of information you'd like most to see.

Check us out today: www.veterans-for-change.org

VA Regulation Could Help Up to 15K Lejeune Vets

The Department of Veterans Affairs expects up to 15,000 seriously ill veterans who served at Camp Lejeune, N.C., before 1988, when base drinking water was contaminated, to be helped by a [faster-track compensation process proposed last month](#). But the promised acceleration in VA disability awards can't begin until the proposed regulation becomes final, which could take at least another year to complete, VA officials said in a phone interview Tuesday. In this case, time is money. Every month that passes before a final regulation takes effect is a month of compensation lost to ailing veterans of an older generation, most of them Marines.

To Contact your Members of Congress

To Call your Representative:	202-225-2305
To call your Senator:	202-224-3841 or 202-224-3553
To call different members of Congress:	202-224-3121
Toll FREE Number:	866-272-6622

TRICARE Cataract Coverage Explained

TRICARE covers cataract surgery and related supplies and services. More specifically, TRICARE covers the standard intraocular lens (IOL), a fixed lens designed to target vision at a single focal point. During cataract surgery, the natural clouded lens is removed and then replaced by an IOL to become a permanent part of your eye. If you would like a non-standard IOL instead of a standard monofocal IOL, you will be responsible for the difference in the charges. TRICARE also covers one pair of eyeglasses or contact lenses as a prosthetic device after each medically necessary cataract surgery where an IOL is inserted. For more information about your covered vision services, contact your [regional contractor](#) or visit the [Eye Surgery and Treatment](#) page on the TRICARE website.

Vet Crisis Line in Tampa

Every day, around the clock, veterans and members of their families in a five-county area in and around Tampa who dial 1-844-MYFLVET (693-5838) can get connected with the Florida Veterans Support Line, a service provided by The Crisis Center of Tampa Bay. The program is available in Pasco, Hillsborough, Pinellas, Polk and Manatee counties in Florida. Monday through Friday, 7 a.m. To 7 p.m., callers can talk with a veteran who has transitioned from military duties to civilian life. For information on volunteering as a veterans peer counselor for the Crisis Center of Tampa Bay, visit the [Crisis Center of Tampa Bay website](#) or call (813) 969-4996 or (813) 964-1964. Follow the Florida Veterans Support Line on [Facebook](#).

~ We Proudly Support Our Military Personnel & Families ~

If you received this Newsletter as a forward or as a Courtesy Copy and would like to continue to receive this FREE weekly newsletter, click on link below:

<https://app.expressemailmarketing.com/survey.aspx?sfid=121170>

Complete all information, and select the appropriate box at the bottom of the form. You will then receive an automated authentication E-Mail, follow the instructions and you will then be added to the weekly distribution list.

Our mailing list is never sold, traded or shared with anyone ever, and is held in the strictest of confidence.

VA Fails to Spend All Money Designated for Non-VA Care

The Military Times reports that the Department of Veterans Affairs failed to spend \$1.9 billion – or 40 percent – of the \$4.8 billion designated for non-VA care in fiscal 2013.

The new Veterans Affairs Office of Inspector General report also revealed that from Oct. 1, 2013, through March 31, 2015, medical center administrators overestimated the funds they needed to pay for outside care for veterans by \$543 million, making the funds unavailable for patient care.

The VA IG report said the failure occurred because VA administrators have not provided medical directors with the tools they need to estimate costs and that medical center staff were not required to adjust estimated costs routinely to reflect actual costs.

"We recommended that the Under Secretary for Health improve cost estimation tools, update system software to ensure unused funds can be 'de-obligated,' require facilities to adjust cost estimates ... and monitor VA medical facility obligation estimates," wrote Gary Abe, acting assistant general for audits and evaluations.

Last year, VA Secretary Robert McDonald asked Congress to allow the department to shift money from the Veterans Choice program to other VA programs, saying administrators needed flexibility in spending money on VA and private or community health care.

Congress agreed to allow VA to use about \$3.3 billion in Choice program funds to cover other account shortfalls.

Rep. Jeff Miller (R-FL), chairman of the House Veterans Affairs Committee said the audit indicates that the department has a management problem, not a money problem. "If VA's job was mismanaging money, it would have a near-perfect record of achievement," Miller said. "Yet despite this and other high-profile budgetary failures, all too often the department's knee-jerk response to challenges is to ask taxpayers for more money."

In a response to the audit, Under Secretary for Health Dr. David Shulkin said he concurred with the recommendations made by the auditors and attached a plan of action.

Source: NAUS

Arkansas Opens New Veterans Regional Office

The Arkansas Department of Veterans Affairs opened one of eight planned regional offices in Fort Smith on Jan. 6, 2016.

The regionalization is part of an initiative under the agency's first-ever long-term strategic plan that was approved by Gov. Asa Hutchinson in June. The Fort Smith office is the fifth of eight new district offices to open that will bring agency veteran service officers closer to the veterans and counties they serve.

Before the plan was implemented, veterans from across the state seeking assistance from a state veteran service officer had to travel to North Little Rock. Part of the agency's long-term strategic plan is to strengthen the overall effectiveness in the veteran service officer network. Beyond additional offices, the plan also provide staff with training, accreditation to gain access to the federal Veterans Affairs system and provide day-to-day support.

Established in 1923, the agency's purpose is to serve Arkansas' veterans and their eligible dependents through advocacy and education to access federal and state benefits, high-quality long-term nursing care and burial honors, according to information provided by the agency.

Source: NAUS



Veterans-For-Change Newsletter is a once weekly publication deadline for submission is 5:00 PM PST on Thursday!



America is another name for opportunity. Our whole history appears like a last effort of divine providence on behalf of the human race.

~Ralph Waldo Emerson~

Veterans-For-Change, Inc.

Riverside County, CA

Visit our website today
www.veterans-for-change.org

Serving those who served!

Please pass to all your Veteran friends and family!

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Courtesy Copies:	3,500
Dept of VA	11,384

DoD	3,770
Face Book Pages:	3,098
Los Angeles	98,521
New York	108,249
Other Social Media:	15,724
San Francisco	55,962
Twitter:	27
U.S. House of Reps & Staff	802
U.S. Senators & Staff	81
University of So. CA	1,442
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