**Two Army Programs Help Soldiers And Veterans Receive Compensation For Sacrifices**

(NAPA)—Two programs are further demonstrating the Army’s commitment to caring for our soldiers. Combat-Related Special Compensation and Traumatic Service Members’ Group Life Insurance are helping veterans and traumatically injured soldiers receive the compensation they deserve for their sacrifices to our Nation.

**Combat-Related Special Compensation (CRSC)**

CRSC was enacted by Congress on December 2, 2002. CRSC restores military retired pay (retirees) and VA disability payments (VA Waiver), and the VA disability rating that can be linked to a combat-related event through official documentation. Combat-related injuries are defined as those that result from a firearm-related incident, combat-related event (lance G, 2008), or in a Combat Zone covered retroactively by TRSGLI, regardless of whether they had SGLI at the time of their injury.

The program began on December 1, 2005, and all Soldiers from that point forward who elected SGLI pay an additional $1 for TRSGLI coverage. In addition, Soldiers who incurred qualifying traumatic injuries from October 7, 2001, through November 30, 2005, while on orders overseas in support of Operation Iraqi Freedom or Operation Enduring Freedom or in a Combat Zone are covered retroactively by TRSGLI, regardless of whether they had SGLI at the time of their injury. If you believe you may be eligible for CRSC, visit www.crv.army.mil or call 1-800-237-1356 or e-mail TRSGLI@us.army.mil with any questions.

For more information about TRSGLI, including detailed eligibility requirements and claim submission instructions, you can visit www.tsgli.army.mil; call 1-800-237-1356; or e-mail TSGLI@us.army.mil.

**Traumatic Service Members’ Group Life Insurance (TSGLI)**

TSGLI is a congressionally mandated program that provides financial assistance to eligible injured Soldiers and their Families. Qualifying Soldiers receive a tax-free benefit of $100,000 upon death and $100,000 per traumatic event based on the injury. The TSGLI benefit is not intended to serve as income replacement and will not affect other compensation determinations.

Traumatic injuries covered by TSGLI are defined as severe trauma from an external force that is non-physical in nature. Examples include loss of sight, paralysis, limb salvage, facial reconstruction, severe burns or loss of activities of daily living functions due to traumatic brain injuries or other traumatic injuries, which focus on the Soldier’s need for assistance.

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(NAPA)—According to the Department of Labor, the unemployment rate of people with disabilities is 14.3 percent—compared with 5.5 percent for people without disabilities. Fortunately, with the help of employment tools, people with disabilities are increasingly able to join the workforce.

Keesler Foundation offers the following tips for people with disabilities and their families:

Each state has an office for vocational rehabilitation to help people with disabilities find employment and provide access to training, vocational development and assistive technology.

- Informational interviewing. Arrange to visit someone in a job in which you are interested at his or her workplace. You can learn about the day-to-day tasks, opportunities for advancement and the training and education required. While there, you may also hear about available resources.
- Unpaid internships. Accept an unpaid internship as a way of demonstrating skills, gaining experience and potentially receiving a job offer.
- Local organizations. Each state has an office that handles vocational rehabilitation. These offices work to help people with disabilities find employment and provide access to training, career development and assistive technology.
- The Internet. Certain Web sites specialize in employment for people with disabilities, such as www.accessibleemployment.org, a national job board that was created through a Keesler Foundation grant.

In addition, Keesler’s “Transition to Work” initiative has awarded more than $12 million in grants to promote employment opportunities to programs that train, locate jobs for and provide other employment services to people with disabilities.

To learn more call (973) 324-8362 or visit the Web site at www.keeslerfoundation.org.

**Cooking Corner—Tips To Help You**

(NAPA)—The Centers for Disease Control and Preventive Medicine (CDC) recommends adults and adolescents, 11-64 years of age, especially those in close contact to protect against pertussis, commonly known as whooping cough. Visit www.preventpertussis.com.

The hottest video games from Electronic Arts are in the News. New role playing video games can throw plenty of reasons to fire up their gaming systems. For more information, visit www.ea.com.

You can find plenty of delicious and healthful recipes for sides and salads—from Broccoli Waldorf Salad and Crunchy Asian Salad to Jambalaya Salad and 7 Layer Pasta Salad—at www.20salads30days.com from Lifehouse Kitchen. You can also visit www.fsis.usda.gov or call the Meat and Poultry Hotline at 1-888-674-6854 or ask a food safety question at AskKaren.gov.

At higher elevations, water boils at lower temperatures and food takes longer to cook.

(NAPA)—Instead of the typical kitchen query of “what’s cooking” most often starts by asking “where are you cooking?” with the more specific inquiry of “at what altitude?”

**Top of the world**

At elevations over 2,500 feet above sea level, the air in the western United States is either wholly or partly thinner due to reduced pressure. The atmosphere becomes much drier. The air has less oxygen and the pressure of the air is lower, which means the boiling point of water at higher altitudes is lower. Water boils faster and water needs to be heated to boiling sooner, which means the water you are cooking will dry out quicker.

**Meat and poultry products**

Meat and poultry products are composed of muscle, connective tissues, fat and bone. The muscle protein is approximately 75 percent water, with leaner cuts having a higher water content. As a result, meat and poultry are susceptible to drying out when cooked. Cooking meat if special precautions are not taken. Cooking meat and poultry at a lower temperature for a longer time is recommended adjustments in both time and moisture. Depending on the density and size of the pieces, meats and poultry cooked by most meat methods may take up to one-fourth more cooking time when cooked at 5,000 feet. A food thermometer is the only way to measure whether food has reached a safe internal temperature. In a high-altitude environment, it is easy to overcook meat and poultry or sauté items. To prevent overcooking, meat and poultry should be removed from the pan when the internal temperature is 5°F below the desired internal temperature. The meat product will continue to cook when removed from the heat. Check food with a food thermometer.

**Eggs-act Cooking**

It can take longer to cook eggs at high altitudes especially those boiled in boiling water such as poached and hard-boiled eggs.

Many cooking methods can be used to cook eggs safely, including boiling, poaching, hard cooking, scrambling, frying and baking.

For more information, visit www.fsis.usda.gov or call the USDA Meat and Poultry Hotline at 1-888-674-6854 or ask a food safety question at AskKaren.gov.