

Steel Valley Dolphins

April 2015



The official newsletter of the
USS Requin Base of the USSVI
Pittsburgh, Pennsylvania

USSVI Creed:

"To perpetuate the memory of our shipmates who gave their lives in the pursuit of duties while serving their country. That their dedication, deeds, and supreme sacrifice be a constant source of motivation toward greater accomplishments. Pledge loyalty and patriotism to the United States of America and its Constitution."



Meetings held on the second Saturday of the month normally in Leetsdale at the VFW Post and quarterly meetings held around our membership area.

- **Make a difference, get to a meeting!**

----- Pride Runs Deep -----

Next meeting: Saturday May 9th at VFW Leetsdale Pa at 1230.

2015 USS Requin Base Officers

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April

USS PICKEREL (SS 177)
 USS GRENADIER (SS 210)
 USS Gungeon (SS 211)
 USS SNOOK (SS 279)
 USS THRESHER (SSN 593)

April 3, 1943
 April 22, 1943
 April 18, 1944
 April 8, 1945
 April 10, 1963

Binnacle List

Peter Foster,
 Carol Keller,
 Jessica Bookwalter,
 Alnes Franz



Quilts of Valor for Ed Paul Aaron Ellis, Gerry Gaynot, Ed Yoder



USSVI 2015 NATIONAL CONVENTION

September 7 – September 12, 2015

The Westin Convention Center Pittsburgh

1000 Penn Ave, Pittsburgh, Pennsylvania 15222

www.ussviconventionsteelcity2015.org

2015 Convention Registration Form



Name (To be used on name badge, include SVWWII/USSVI Officer Title): _____

Spouse/Guest: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Emergency Contact: _____ Phone: _____

Qual Boat: _____ Hull Number: _____ Qual Year: _____ Base: _____

Date	Event	Cost	Qty	Total
	(visit our website www.ussviconventionsteelcity2015.org for event details)			
	2015 Convention Registration (per person) (add \$10.00 per person after July 1, 2015) NOTE: Registration fees will not be refunded for any reason after August 1, 2015 NOTE: Attendance at any USSVI sponsored activity requires paid 2015 Convention Registration	\$30.00		
	Major Sports Event	TBD		
Tue. 9/8/15	Golf Outing	\$50.00		
	Shanksville-Ligoneer bus tour/luncheon/American heroes production	\$88.00		
	Welcome Aboard Party, Fleet Night	\$30.00		
Wed. 9/9/15	WWII Vet & Holland Club Breakfast Buffet	\$25.00		
	Incline and Aviary Tour	\$40.00		
	Strip District Walking Food Tour	\$30.00		
	Brewery Tour	\$35.00		
Thurs.9/10/15	Men's Luncheon	\$30.00		
	Women's Luncheon	\$30.00		
	Gateway Clipper Dinner Cruise	\$69.00		
Fri. 9/11/15	Carnegie Science Center	\$10.00		
	Memorial and Tolling Of The Boats, Carnegie Science Center	NC		
	Strip District Walking Food Tour	\$30.00		
	Brewery Tour	\$35.00		
	USS Requin Tour	NC		
Sat. 9/12/15	Film Festival	\$10.00		
	USSVI National Awards Banquet	\$55.00		
	Top Sirloin _____ Chicken Marsala _____ English Style Cod _____ Wild Mushroom Ravioli with Alfredo Sauce _____			
RAFFLE	Win one of two 6 night stays at The Westin Convention Center Pittsburgh for use during USSVI 2015 National Convention (9/7/15 thru 9/12/15) Prize: Standard Room (approx \$700 value) Drawing July 1, 2015 Winner to be notified by July 15, 2015	\$5.00 each OR 6 for \$25.00		
Payment by check or money order made payable to: 2015 USSVI CONVENTION PO Box 352 Gibsonia, PA 15044		TOTAL DUE:		

Commanders Column:

There were over fifty (50) shipmates, first mates and invited guests in attendance at our April meeting. Mr. Steve Meredith, from Senator Toomey opened the meeting by informing the members that the Senator's office is offering help for veterans pertaining to military benefits.

Ms Georgette Temme and her co worker, Betty, from North Pittsburgh, Quilts of Valor were in attendance and gave a brief program on the Quilts of Valor Projects. Everyone was very impressed with her presentation and it was a learning experience. As a surprise, she presented quilts to four of our base hero's - Ed Yoder, Gerry Gaylor, Edward Paul and Aaron Ellis. They were extremely touched and their first mates were misty-eyed. KUDOS Shipmates.

Our submarine meeting room was filled with both shipmates and first mates that made this a great base meeting. Our next convention meeting is scheduled for Sunday, April 26th, out in Rick Esters VFW club in Elizabeth, at 13:00 hours.

The regular base meeting ran HOT-STRAIGHT-NORMAL! The ladies made a great variety of GEE-DUNKS which were short lived with all the shipmates in attendance. Once again, seeing, meeting and talking to everyone makes it more like family, than once - a - month strangers.

I hope that the attendance is always as good and will improve as the meetings progress. Don't forget to bring your guests or family members and especially the Associate Members - come spend a few hours with us and enjoy some great chow. If anyone knows of anyone who wants to come and address the base as a guest speaker - let me know!!!!

I almost forgot the most memorable moment of the meeting. Shipmate Bernie (DBF) Sigler forgot his usual end of meeting chant. Shipmate Gerry Gaylor had to remind him and asked ALL the first mates, and that they all answer in unison - "DIESEL BOATS FOREVER" ----- KUDOS Gerry.

MEMORIAL SERVICE

Our memorial service on board the Requin is scheduled for Sunday, May 24th at 10:00 hours. We have received commitments from the VFW Post 9199 Honor Guard and the Marine Detachment Color Guard to participate. If anyone knows of any other groups or individuals that want to attend, please e-mail me. The Science Center has made some changes in their parking procedures. You will no longer be able to pull into the parking lot and merely say that you are with the Requin Base. There is no parking attendant. You will receive a parking ticket and will have to pay inside.

Immediately afterwards, we will be participating in the Carnegie Veterans parade at 14:00 hours. We will have lunch afterwards at the Post, at the end of the parade.

PARADES

On Memorial Day, we will be participating in two (2) parades. The first one will be in Sewickley, Pa at 10:00 and the second one will be in Coraopolis at 13:30 hours, with refreshments served afterwards at the VFW & American Legion Post. They will provide parking for the Nautilus in front of the post. Please make every attempt to participate so we can have a great showing.....

FISHING DAY

Four (4) shipmates have been invited to the VFW Post 3945 picnic and fishing afternoon at Squaw Run Park in Aspinwal, Pa (off Rt 28! The date is Wednesday, May 13th between the hours of 10:00 and 14:00. They will be sponsoring patients from the Vets Hospital in Aspinwal and Vets from Southwest Veterans Home. The base has donated ten (10) honorary submarine hats and thanks to Mike (Sarge) Allen for donating a bag of socks, pens, puzzle magazines and a bag of candy for the vets and children that will be attending---- KUDOS to SARGE!!!!!! Get in touch if you want to be part of the four (4)..

CANDY PROGRAM

As everyone knows, we have a candy program to support the activities of the base. The box of candy costs \$45.00. Half goes to the candy maker and half goes to the base. The members sell the box of candy to recoup the cost of the candy with no cost to the member.

So we came up with this idea to help the shipmates that are struggling to make ends meet; to help them cover some of their expenses to attend the convention, being held here in Pittsburgh, in 2015.

For every box of candy that a member sells, 1/2(\$22.50) goes to the candy maker, \$5.50 will go to the base, with the remaining

(\$17.00) being credited to your account to help de-fray the expenses of the convention - (Registration Fee, Tours, Luncheons, Dinner Cruise and the Banquet).

Order the candy thru (DBF) Bernie Sigler - (guppy377@windstream.net) and you can pick the candy up, at the next base meeting. You can order boxes of (Milk Chocolate, Peanut Butter, Almond, Crunchy or Carmel). If you want mixed boxes, get in touch with me - hueyfromglenshaw@aol.com .

CONVENTION NEWS

The Base is working extremely hard to bring everything together. We are working on our web-site, to address what is happening at each event. We are getting close on a guest speaker and organizing our convention bags. But just as we all did on our submarines, we will overcome all the obstacles and will be proud of all OUR accomplishments.

Forty percent of the rooms at the Westin have been booked. Now is the time to make your reservations before the majority of conventioners start registering. Also, go on line, registered and then download your form and send to the Requin Base Convention Committee - now is the time so we can plan our activities for all our base members. The earlier that you make arrangements, it will be easier for us to take care of your concerns.

HAVE YOU REGISTERED YET??????????

PIRATE GAME

The Requin Base has been HONORED to receive 150 complimentary tickets to attend the Pirate night game on Thursday, June 25th vs. the Cincinnati Reds, which is **MILITARY APPRECIATION NIGHT**. They will be given out on a first come basis.

Each shipmate is eligible for up to four (4) tickets! If you need more, just let me know. Just as a reminder, our associate members are also eligible to attend the game. On May 9th and June 13 which is our base meetings, the tickets will be distributed. If you can't make it to the meetings, I will put them in the mail and send them to you. If there are any tickets left, I will offer them to our supporters.

The Pirate Organization encourages our group to take photos at the game and make banners and signs to support the team. They will make an effort to look for groups in Pirate/Requin Base gear with signs and banners to include live shots on the ballpark video board between innings. They would appreciate any photos of your experience at the ball park to be shared with them.

Birthdays:

Bookwalter, L.	4/20/53
Brown, H.	4/06/22
Coran, J.	4/13/63
Gaylor, G.	4/15/30
Holzwarth, S.	4/25/56
Ireland, G.	4/19/52
Larson, M.	4/14/44
Lindsay, R.	4/14/33
Mack, J.	4/07/52
Simpson, R.	4/10/45
Guntang, R.	4/04/41
Hunt, P.	4/15/76
Neph, M.	4/29/87

Spouses:

Campbell, Eileen	4/10
Covey, Rosemary	4/09
Dunlop, Sandy	4/16
Goron, Patricia	4/02
Hamil, Liz	4/25
Iden, Helga	4/10
Ireland, Susan	4/23
Kuhn, Jacquelyn	4/12
Schmidt, Barbara	4/17
Schwertfeger, Janie	4/04
Sutherin, Ginny	4/28
Zdarko, Barbara	4/18

Teague, D	4/05/82	Christy, Jennifer	4/11
		Lowengard, Lesli	4/08
		Schwebel, Ed	4/07

ANNIVERSARIES

Bruce, Jon & Connie	4/24	Cochenour, David & Carol	4/08
Farley, Harold & Gail	4/04	Gasparovic, Michael & Kela	4/24
Kuhn, Blain & Jacquelyn	4/13	Nicotra, Frank & Rose	4/07
Stahl, Robert & Dorothy	4/24	Steward, Thomas & Nancy	4/02

Roberts, Johathan & Elizabeth 4/07

Any corrections, additions or deletions, please let me know.....

NEXT BASE MEETING - MAY 9 - VFW Leetsdale, Pa at 12:30 hours - Fair Winds

Requin Base Meeting Minutes

April 11, 2015

Leetsdale, PA

Steve Meredith from Senator Toomey's office informed members about how the senator's office can assist veterans.

Base Commander Huey Dietrich called the meeting to order.

Attendees: John & Nancy Algee, Mike Allen, Greg & Maggie Bayne, Lee & Patsy Bookwalter, Clair & Nancy Bouts, Don Bright, Joe Campisi, Robert Davis, Huey & Edie Dietrich, Aaron & Sandy Ellis, Rick Elster, Peter & Stephanie Foster, Gerry & Linda Gaylor, Bill & Donna Greenlee, Ric & Joan Guntang, Lou & Alex Hamill, Frank Nicotra, Ed & Dot Paul, Wes Payne, Chip & Sharon Porter, Bob & Linda Renninger, Bernie & Dot Sigler, Jeff & Eileen Simon, George Stass, John & Lois Stewart, Jack & Genny Sutherin, Carl Stigers, Don & Dolly Taskey, Rob Weltz, Ed & Carolyn Yoder, Ed Zdorko.

Base Commander Huey Dietrich gave the quote of the day: "nothing needs reforming as much as another person's habits"

Requin History: April 28, 1945 commissioned with Commander Slay D. Cutter in command. April 4, 1967, Requin departed for 6th Fleet deployment.

Base Commander Huey Dietrich: Let us at this time, with a moment of silent prayer, remember our Shipmates who made the supreme sacrifice that we may gather here in Peace. We dedicate this meeting to our Shipmates on Eternal Patrol, to perpetuate their memories in our lives and to honor our Shipmates on active duty in the service of the first line of defense of our Nation.

Boats Lost:

Boats Lost:

USS PICKEREL (SS 177)	April 3, 1943
USS SNOOK (SS 279)	April 8, 1945
USS THRESHER (SSN593)	April 10, 1963
USS GUDGEON (SS 211)	April 18, 1944
USS GRENADIER (SS 210)	April 22, 1943

We also remember our departed members of the Requin Base David Helmold and Jack Kordes. Let us also remember the brave submariners who died performing their duties aboard submarines, some individually and some in groups, but where the submarine itself was not lost.

Chaplain Carl Stigers gave the Invocation.

Chief Of The Boat Clyde Porter led the Base in the Pledge of Allegiance.

Members introduced themselves and the boats they qualified on.

Base Secretary Jeff Simon reported that Minutes of the last meeting were published in the SVD. With no objections, the minutes were approved as published.

Treasurer Lee Bookwalter provided an accounting of the base assets, expenditures, and deposits. With no objections, the report was approved.

Other Reports:

Binnacle List includes Carol Keller and Jessica Bookwalter.

Lawrence "Bud" Simon and George Elder went on Eternal Patrol.

Eagle Scouts presentations are ongoing and members are encouraged to participate.

Members can buy small stores and base coins from Joe Campisi. Calendars are still available.

Memorials And Ceremonies:

Memorial Day service aboard the USS Requin on Sunday May 24 at 1000 hours

Carnegie parade on Sunday May 24 at 1400 hours

Sewickley parade on Monday May 25 at 1000 hours

Coraopolis parade on Monday May 25 at 1330 hours

Quilts Of Valor Foundation representative Georgette Timme informed the members about her organization. Their website is www.QOVF.org. Members Aaron Ellis, Gerry Gaylor, Ed Paul, and Ed Yoder were presented with quilts.

Old Business:

Navy re-enlistment was held aboard the USS Requin on Monday March 30, 2015.

CPO's Mess 122nd Birthday celebration was held aboard the USS Requin on Wednesday April 1, 2015.

National USSVI Mid Term meeting was held in Pittsburgh at the Westin hotel on March 30-31, 2015. Requin Convention Committee made a presentation.

New Business:

The Pittsburgh Pirates have donated tickets to their game on June 25 at 1905 hours. Four tickets per shipmate will be passed out on a first come first served basis. Members will be provided details via email and are asked to make a donation for their tickets to support base activities.

A Requin Base website is being developed.

The caterer of our meeting lunch has raised their rates. The board will be determining if our meeting prices must be increased as well.

Convention News:

Several authors of submarine related books will be attending the convention as vendors and will hold question and answer sessions during the convention. The public will be invited to attend these presentations. The authors have also promised donations of their books.

Baskets are needed for auctions to be held at the convention.

For The Good Of The Order:

Rick Elster is organizing banner presentations on Memorial Day to families of military members killed in action during recent conflicts.

Mike Allen discussed veterans support related activities to be held on May 14, 15, and 16 at VFW Post 3577 Coraopolis, PA.

Chaplain Carl Stigers gave the Benediction and blessing of today's meal.

Adjournment: The meeting was adjourned.

Next meeting: Leetsdale, PA VFW at 1230 hours on May 9, 2015.

For Navy Shipbuilders, It's Invest-Or-Die Time

Sandra I. Erwin, National Defense, Apr 15

Before it won a contract to build the Navy's new hovercraft, Textron poured \$45 million worth of manufacturing robots and other upgrades into its Louisiana shipyard.

"We spent our own funds in order to ensure we put ourselves in a position to win," said Bill Kisiah, vice president of Textron Systems Marine & Land Systems.

This is increasingly how it works in the military shipbuilding industry. To remain viable players in this market, shipyards are expected to assume more financial risks. Although shipbuilders are private corporations, they depend on the Navy for most of their business, and the Navy is demanding that they put more skin in the game.

Textron's investment in its New Orleans yard was probably a safe bet as there is a strong chance the company will continue to build the "ship to shore connectors" that the Navy is buying to replace the fleet of 73 landing craft air cushion vehicles. LCACs shuttle Marines from amphibious warships to the beach.

After a string of massive cost overruns in several ship programs during the past decade, the Navy has shifted to a new business model where the risks are shared by buyers and sellers. This means more private investment, but also a commitment by the Navy to not change ship specs midstream and to curtail admirals' appetite for exquisite technology.

"There is increased focus on involving industry at the beginning of the design," said Rear Adm. David Gale, who oversees a \$76 billion portfolio of six ship programs. With greater insights into the Navy's requirements, he said, shipyards can estimate technical risks and predict costs more accurately.

Gale commended Textron's capital investments. "They'll bring some pretty neat robotic automation to craft production that we didn't have in that world before," Gale told reporters last week. The insertion of robots saves thousands of man-hours. "It's going to bring us a better product at a better price."

Many ship construction contracts now are awarded under fixed-price deals that compel manufacturers to absorb cost overruns. All amphibious and combat logistics ship contracts are now fixed price, Gale said.

As the industry's only customer, the Navy can afford to drive a hard bargain. But only to a certain point, as the industry has shrunk and is now dominated by monopolies. Only eight shipyards build the vast majority of the fleet.

The Navy is now discussing possible shipyard upgrades with Huntington Ingalls Industries, the only yard capable of building nuclear-powered aircraft carriers, and also a key manufacturer of amphibious ships and destroyers. The Defense Department would like to see the company step up investments to lower the cost of the new Ford class aircraft carrier. Even in a sole-source situation, the Navy can motivate suppliers to become more efficient, Pentagon procurement chief Frank Kendall said.

Brian Cuccias, corporate vice president of HII and president of Ingalls Shipbuilding, said the company is planning a number of shipyard improvements that would be jointly funded by the company, the Navy and the state of Mississippi. Among the upgrades will be automation technologies, mechanisms to increase worker efficiency and construction of covered assembly areas so work isn't interrupted by rain. HII also might consider additional investments to accommodate future work on a new submarine that will replace the Ohio class. "We'll go make whatever investments are necessary to support the Navy," Cuccias told reporters April 14 at the Navy League's annual conference.

Marinette Marine Corp., one of the shipyards that is building the Navy's littoral combat ship with Lockheed Martin Corp., spent about \$100 million to upgrade the Wisconsin-based yard so it could assemble two ships a year. Now the Navy plans to arm the LCS with heavy weapons and convert it to a frigate. That could require additional investments in testing facilities, said Jeanine Matthews, Lockheed's director of ship and aviation systems business development.

The pressure on shipyards to stay competitive is exacerbated by the fact that each yard specializes in one or two types of ships, which exposes them to big gaps in production as the Navy buys only eight to nine ships a year. "I believe specialization in the shipbuilding industry has made it more fragile and drives inefficient procurement choices by the Navy," said naval analyst Bryan Clark, of the Center for Strategic and Budgetary Assessments. "Instead of buying a large number of platforms in a short time the Navy has to stretch out purchases to keep yards operating continuously."

Under a new acquisition strategy, the Navy plans to bundle the procurement of the LHA-8 big-deck amphibious ships, the design of a new amphibious ship called LX-R, and construction of the T-AO (X) logistics ship under a single solicitation. The Navy would divvy up the work between General Dynamics' NASSCO – a traditional support ship builder – and HII, which specializes in amphibious ships. The intent is to make sure both stay in business, officials said. The contract would guarantee each yard a similar amount of work, regardless of who wins which parts of the contracts.

Clark said this approach could help to address the specialization problem by giving NASSCO the amphibious ship construction contract and Ingalls the supply ship construction contract. "That would be good for the Navy by making the industrial base more resilient," he said.

The Navy should worry about the health of the industry, Clark added. "Shipbuilders used to cross over into different types of ships. Today they just build one type of ships. So the Navy gives them barely enough work to stay in business. Instead of buying four destroyers a year, they buy two a year and stretch it out."

In this environment, yards have to invest in "design affordability," Clark said. The Navy expects industry to spend big on improvements. The concern for privately funded yards is that shareholders will demand assurances that the investment will pay off.

Shipyards are willing to commit corporate funds to Navy programs, but there is a limit, said Textron's Kisiah. "That works well in some instances as long as the pendulum doesn't swing so far to the right that they want industry to do everything on our own nickel," he told National Defense. "As long there's enough engagement upfront, it works just fine."

Brain Injury ► Awareness TRICARE Coverage

The Military Health System continues to emphasize Brain Injury Awareness this month. Learning about brain injury can not only help prevent unnecessary injury, but can help you understand different types of injuries and how you can help someone who has experienced a brain trauma. Brain injuries affect millions of Americans each year. Just as no two people are exactly alike, no two brain injuries are exactly alike. After an impact to the head, a person with a brain injury can experience a variety of symptoms. Brain injuries can be classified as acquired or traumatic.

An acquired brain injury is an injury to the brain, which is not hereditary, genetic, progressive, or initiated by birth trauma.

While a traumatic brain injury (TBI) can be considered an acquired brain injury, traumatic brain injuries are caused by an external force.

A concussion is the most common type of traumatic brain injury. A concussion can be caused by direct blows to the head, gunshot wounds, violent shaking of the head, or force from a whiplash type injury. This type of injury occurs because the brain receives an impact or a sudden momentum or movement change. A person with a concussion may or may not experience a brief loss of consciousness. A concussion may or may not show up on a diagnostic imaging test, such as a CAT scan so it is

important to know the symptoms of a brain injury and watch the person who has experienced any trauma to their head. You can get a contusion from a direct blow to the head; the contusion is specifically, the bruise (bleeding) on the brain.

Many think that getting a brain injury is hard to do, but the opposite is true. According to the Centers for Disease Control and Prevention (CDC), the leading cause of traumatic brain injury is falls. The brain is not a hard, fixed substance. It is soft and jello-like in consistency, composed of millions of fine nerve fibers, and "floats" in cerebral-spinal fluid within our skull. When the head is struck suddenly, strikes a stationary object, or is shaken violently, this force is transmitted to the brain causing injury like concussions, contusions or any number of injuries.

Cognitive rehabilitation therapy (CRT) is an umbrella term that refers to a collection of therapy techniques that may be used to help improve an individual's cognitive (i.e. thinking) abilities after a brain injury, including TBI. TRICARE does not cover CRT as a stand-alone therapy because some of the treatments have not met TRICARE Standards of coverage as fully safe and effective. However, TRICARE offers a comprehensive rehabilitation benefit that includes occupational therapy (OT), physical therapy (PT), speech therapy and behavioral health services when ordered by a physician as part of a comprehensive individual rehabilitation treatment plan. Individual therapists commonly incorporate CRT techniques into covered services which are reimbursed under each separate therapy. For more information, visit the Cognitive Rehabilitation Therapy page on the TRICARE website at <http://www.tricare.mil/CoveredServices/IsItCovered/CogRehabTherapy.aspx>. For specific coverage details, contact your regional contractor. [Source: TRICARE Communications | March 25, 2015 ++]

Memory Loss ► Five Causes

You can't find your keys or you forget an appointment. For many people in middle age or older, simple acts of forgetfulness like these are scary because they raise the specter of Alzheimer's disease. But Alzheimer's is not the only health issue that can lead to forgetfulness, which is often treatable if you know the cause, according to the National Institute on Aging. Memory loss can happen at any age and for a number of reasons. "Patients might experience memory loss and describe their symptoms similarly, but a doctor can tease apart what parts of the brain are affected," says Seth Gale, MD, a neurologist at Brigham and Women's Hospital in Boston. He points out things like polypharmacy (taking several medications), significant depression, and poor sleep that can lead to memory complaints. "When you drill down and find out what is actually happening with brain function, you can reassure someone. They have the capacity to learn and store information but because of their overloaded mental resources, they are having trouble," says Dr. Gale.

Talk with your doctor about concerns you may have about your memory, so the condition responsible for your symptoms can be addressed. Discussing your symptoms and taking various tests, possibly including an MRI, may help your doctor determine what is affecting your memory, Gale says. In some cases, one or more of the following issues could play a role.

1. Sleep Apnea - This common but treatable sleep disorder causes breathing to stop briefly and frequently throughout the night. It is linked to memory loss and dementia, according to Constantine Lyketsos, MD, director of the Memory and Alzheimer's Treatment Center at Johns Hopkins Medicine and professor and chair of psychiatry at Johns Hopkins Bayview. You might have sleep apnea if you wake up with a headache and have daytime fatigue — or if your partner complains of loud snoring. When not treated, sleep apnea affects spatial navigational memory, found a study published in *The Journal of Neuroscience*. This type of memory includes being able to remember directions or where you put things like your keys. The research suggests that deep sleep, also known as rapid eye movement (REM) sleep, plays an important role in memory.

One explanation is that for people with sleep apnea, oxygen delivery to the brain is interrupted several hundred times during the night, explains Dr. Lyketsos. "The brain is stressed, so people wake up," he says. The injury sleep apnea causes can show up as a variety of memory loss symptoms, he adds.

2. Silent Stroke - Obvious changes in the ability to think and move normally can come from strokes that block major brain blood vessels, Gale says. Mild memory problems can also develop gradually after silent strokes that affect smaller blood vessels. These changes in brain function, which can range from mild to severe, are called vascular cognitive impairment. The brain is especially vulnerable to blocked or reduced blood flow depriving it of oxygen and essential nutrients. People with memory loss are at greater risk for stroke. And forgetfulness may be an early warning sign of stroke, found a study published in the journal *Stroke*.

3. Medications - Memory loss could be a sign that your medication needs to be adjusted. Several types of drugs can affect memory, according to the U.S. Food and Drug Administration (FDA), including:

- sleeping pills

- antihistamines

anti-anxiety medications
antidepressants
certain painkillers
cholesterol-lowering medication
diabetes medication

The FDA also cautions that cholesterol-lowering drugs known as statins could slightly increase the risk for reversible cognitive side effects. These include memory loss and confusion. A commonly prescribed type 2 diabetes drug, metformin, has also been associated with memory problems. A study published in *Diabetes Care* found that people with diabetes who took the drug had worse cognitive performance than those who did not take it.

4. Nutritional Deficiency - A lack of sufficient B12, one of the B vitamins essential for normal nerve function, can lead to confusion and even dementia. Each day, you should get about 2.4 micrograms of B12 in your diet from natural sources like dairy products, meat, and fish, or from foods fortified with vitamin B12 — like fortified cereals. For a healthy meals planning guide that will give you the vitamins you need refer to <http://www.everydayhealth.com/meal-planner>.

5. Stress, Anxiety, and Depression - Significant stress or anxiety can lead to problems with attention and memory, cautions Constantine Lyketsos, one of the world's experts on how best to treat and care for patients with dementia. This is particularly common among people who may be juggling home and work responsibilities and are not sleeping well. Usually, easing stress can improve memory, Lyketsos says. Untreated chronic stress can lead to depression, which could also affect brain function, according to research published in the *Journal of Pharmacy & BioAllied Sciences*. A mood disorder may improve with medication and counseling, notes the National Institute on Aging.

Less Common Causes of Memory Loss - Other conditions that can lead to problems with memory include:

Infection: Memory loss may be attributed to severe infection around the brain, including neurosyphilis, Gale says.

Head injury: Symptoms of a mild brain injury may include confusion and trouble with memory and concentration, according to the U.S. National Institute of Neurological Disorders and Stroke.

Tumors: Memory and the ability to process information may be affected by brain tumors, the American Brain Tumor Association says. In addition, treatments for a tumor can affect your memory, including brain surgery, chemo, or radiation therapy.

Alcoholism, Substance Abuse: Both alcoholism and drug abuse can affect memory, says Lyketsos. A study published in *Neurology* found that men who drank heavily showed signs of mental decline one to six years earlier than light drinkers.

[Source: HealthDay News | Mary Elizabeth Dallas | Feb. 26, 2015++]

Car Wrapping Con ► How it Works

Looking for an easy way to supplement your income? Don't fall for fake emails that offer to pay you \$300 a week for simply wrapping your car with a company logo.

How the Scam Works:

You get an email that appears to be from a well-known drink brand. These latest scams use Monster Energy's name, but scammers have also impersonated brands such as Coca Cola and Heineken.

The email claims to be offering you a chance to earn \$300 (or more) a week. All you need to do is wrap your car with the Monster Energy logo and use the vehicle for your daily routine. Sounds easy! You reply and are asked to provide contact information and vehicle details. You are also promised an up-front payment.

When you receive your check, it's for far more than you were promised. Your new "boss" instructs you to deposit it and wire the difference to another person. This third party is allegedly responsible for designing the car wrap. Don't do it! It's a scam, and the check is a fake. If you deposit the check and withdraw the money, you will be responsible for the bank's losses.

How to Spot a Job Scam:

Don't fall for an overpayment scam. No legitimate job would ever overpay an employee and ask him/her wire the money else-

where. This is a common trick used by scammers.

Some positions are more likely to be scams: Always be wary of work from home, secret shopper positions or any job with a generic title, such as admin assistant or customer service representative. These often don't require special training or licensing, so they appeal to a wide range of applicants. Scammers know this and use these otherwise legitimate titles in their fake ads.

If a job looks suspicious, search for it online. If the result comes up in many other cities with the exact same job post, it is likely a scam. Also, check the real company's job page to make sure the position is posted there.

Watch out for on-the-spot job offers. You may be an excellent candidate for the job, but beware of offers made without an interview. A real company will want to talk to a candidate before hiring him or her.

Look for typos and bad grammar: If the offer is really coming from a famous brand like Coca Cola, their email shouldn't be riddled with bad writing.

Learn more about car wrapping scams on the BBB blog www.bbb.org/blog/2012/05/putting-ads-on-your-car-scam-says-carol. To find out more about other scams, check out BBB Scam Stopper <http://www.bbb.org/scam-stopper>. [March 13, 2015]

Arrest Warrant Attached Scam ► How it Works

Don't let this email scam scare you into downloading a malware-infected attachment. The Federal Trade Commission is warning about fake emails that claim to be from the made-up "Bureau of Defaulters," with an attached "arrest warrant" that is really malware.

How the Scam Works:

You get an email that appears to come from a government agency called the "Bureau of Defaulters." It says you've ignored previous attempts to contact you. Now, the federal government has placed your Social Security number on hold, and you'll be prosecuted for fraud.

Want to fight the charges? Your "arrest warrant" is attached, and you've got just 24 hours to respond. If you don't reply, you will be prosecuted, found guilty and fined.

You may be very tempted to download the "warrant," but don't do it! There is no "Bureau of Defaulters," and you aren't under arrest. These emails are just a way to get you to download malware that can then hunt for personal financial information and passwords stored on your computer.

How to Spot a Government Imposter Scam: In general, it's best not to click on links that come in unsolicited emails. Here are some more ways to spot someone posing as a government agency.

Don't trust a name or number. Con artists use official-sounding names or mask their area codes to make you trust them. Don't fall for it.

Be wary if you are being asked to act immediately: Scammers typically try to push you into action before you have had time to think. Always be wary of emails urging you to act immediately or face a consequence.

Don't wire money or use a prepaid debit card: Scammers often pressure people into wiring money or putting cash on a prepaid debit card. Why? It's like sending cash: once it's gone, you can't trace it or get it back. But government agencies do not typically ask for money using these forms of payment, so consider that a "red flag."

Watch for typos, strange phrasing and bad grammar. Scammers can easily copy a government seal, but awkward wording and poor grammar are typically a give away that the message is a scam.

.When in doubt, contact the agency yourself. If you're not sure whether an email is real, you can always look up a phone number yourself and contact the court or government agency the email claims to be from.

Learn more about this scam on the FTC blog at <http://www.consumer.ftc.gov/blog/there-no-bureau-defaulters> and read at <http://www.consumer.ftc.gov/articles/0048-government-imposter-scams#howtorecognize> the FTC's tips for dealing with government impostors. To find out more about other scams, check out BBB Scam Stopper at <http://www.bbb.org/council/bbb-scam-stopper>.

[Source: Better Business Bureau | March 20, 2015 ++]

