

FIVE-DAY FORECAST

TODAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
91 68	86 56	84 64	78 61	78 66
A strong afternoon t-storm	Clouds and sun, a t-storm	Partly sunny and less humid	A couple of showers	A p.m. t-storm possible

ALMANAC

New Brunswick through 8 a.m. yesterday

Temperature

High/low 84/65
 Normal high/low 81/60
 Record high 95 in 1988
 Record low 45 in 1927

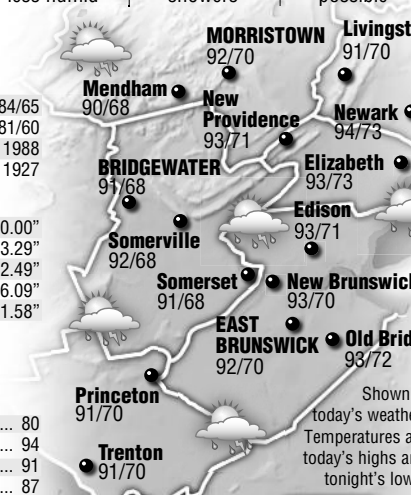
Precipitation

24 hours ending 8 a.m. yesterday 0.00"
 Month to date 3.29"
 Normal month to date 2.49"
 Year to date 26.09"
 Normal year to date 21.58"

HEAT INDEX

How the air feels based on temperature and humidity.

8 a.m. 80
 Noon 94
 4 p.m. 91
 8 p.m. 87

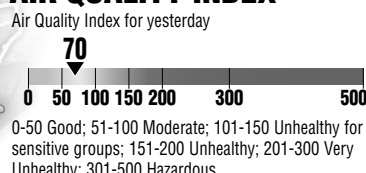


UV INDEX



The higher the **AccuWeather.com UV Index™** number, the greater the need for eye and skin protection. **0-2** Low; **3-5** Moderate; **6-7** High; **8-10** Very High; **11+** Extreme.

AIR QUALITY INDEX



Source: NJ Bureau of Air Monitoring

COOLING DEGREE DAYS

Index of energy consumption indicating how many degrees the average temperature was above 65 degrees for the day.

Monday 10
 Month to date (normal) 72 (78)
 Year to date (normal) 131 (125)

TIDES

AT SANDY HOOK

	High	Low
Today	12:31 a.m.	6:54 a.m.
Thursday	1:11 p.m.	7:22 p.m.
Thursday	1:28 a.m.	7:52 a.m.
	2:07 p.m.	8:30 p.m.

KEYPORT AT RARITAN BAY

	High	Low
Today	12:27 a.m.	7:00 a.m.
Thursday	1:07 p.m.	7:28 p.m.
Thursday	1:24 a.m.	7:58 a.m.
	2:03 p.m.	8:36 p.m.

MARINE FORECAST

Today: Wind west 8-16 knots. Waves 1-3 feet. Visibility under 2 miles in an afternoon gusty thunderstorm.

Thursday: Wind from the north-northwest at 6-12 knots. Wave heights 2 feet or less. Visibility clear to the horizon.

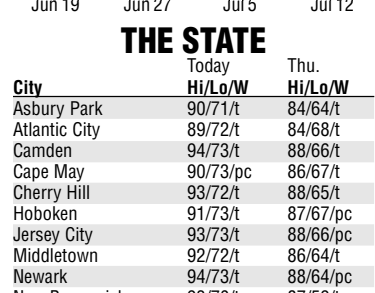
GARDENING FORECAST

Breezy and hot today with a strong thunderstorm. Winds west-northwest 10-20 mph. Showers and a heavier thunderstorm tonight. Winds north 3-6 mph. A thunderstorm tomorrow.

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SUN AND MOON

The Sun	Rise	Set
Today	5:27 a.m.	8:32 p.m.
Thursday	5:28 a.m.	8:32 p.m.
The Moon	Rise	Set
Today	none	11:51 a.m.
Thursday	12:34 a.m.	12:58 p.m.



LOTTERIES

TUESDAY, JUNE 17

NEW JERSEY

Midday Pick-3: 171
 Straight: \$170.50
 Box: \$56.50; Pair: \$17

Midday Pick-4: 2718
 Straight: \$2,942; Box: \$122.50

Evening Pick-3: 911
 Straight: \$182
 Box: \$60.50; Pair: \$18

Evening Pick-4: 0556
 Straight: \$2,807.50
 Box: \$233.50

Jersey Cash 5: 10, 13, 23, 27, 32
 5 of 5 pays \$0; 4 of 5 pays \$530; 3 of 5 pays \$10

NEW YORK

Midday Daily: 046
 Lucky Sum: 10

Midday WinFour: 6373
 Lucky Sum: 19

Evening Daily: 062
 Lucky Sum: 8

Evening WinFour: 1094
 Lucky Sum: 14

Take-5: Late drawing
Pick 10: 2, 4, 7, 8, 20, 22, 35, 37, 39, 43, 48, 54, 56, 59, 61, 65, 68, 71, 74, 75

PENNSYLVANIA

Cash 5: 13, 18, 19, 24, 37
Midday Daily: 835
Midday Big 4: 1907
Midday Quinto: 30717
Evening Daily: 084
Evening Big 4: 9932
Evening Quinto: 28431
Treasure Hunt: 5, 6, 16, 23, 30

MULTISTATE

Mega Millions: Late drawing

MONDAY, JUNE 16

NEW JERSEY

Midday Pick-3: 037
 Straight: \$262
 Box: \$43.50; Pair: \$26

Midday Pick-4: 7506

Straight: \$2,696; Box: \$112
Evening Pick-3: 943
 Straight: \$288.50
 Box: \$48; Pair: \$28.50

Evening Pick-4: 9582
 Straight: \$3,022.50
 Box: \$125.50

Jersey Cash 5: 5, 10, 18, 24, 31
 5 of 5 pays \$255,038; 4 of 5 pays \$451; 3 of 5 pays \$9

Pick-6 Lotto: 3, 12, 18, 34, 35, 42
 There was one top-prize winning ticket (\$20.1 million annuity), sold in Ocean County. Five of six pays \$2,471 to 22 winners. Four of six pays \$60 to 992 winners. Three of six pays \$3 to 19,202 winners. Thursday's top-prize estimate is a \$2.0 million annuity.

NEW YORK

Midday Daily: 601
 Lucky Sum: 7

Midday WinFour: 7250
 Lucky Sum: 14

Evening Daily: 254
 Lucky Sum: 11

Evening WinFour: 9240
 Lucky Sum: 15

Take-5: 2, 4, 32, 38, 39
Pick 10: 8, 14, 20, 26, 27, 29, 30, 33, 34, 35, 40, 43, 44, 46, 51, 57, 65, 68, 77, 79

PENNSYLVANIA

Cash 5: 9, 18, 20, 24, 25
Midday Daily: 723
Midday Big 4: 8960
Midday Quinto: 58627
Evening Daily: 300
Evening Big 4: 3264
Evening Quinto: 79261
Match 6 Lotto: 12, 20, 25, 36, 42, 49
Treasure Hunt: 2, 5, 7, 9, 20

MULTISTATE

Cash 4 Life: 9, 36, 44, 53, 59; Cash Ball: 3

VETERANS

Continued from Page A1

52,037 injured, according to the Department of Defense.

"The public has no idea what goes on over there, what it's like to be on the scene or what veterans go through when they come home," said Charles Jurgensen, an ex-Marine and veterans service officer for the Morris County Veterans Office in Morris Plains.

Forty-four percent of veterans from Operation Enduring Freedom (OEF) in Afghanistan and Operation Iraqi Freedom (OIF) and Operation New Dawn (OND), both in Iraq, report problems with returning to civilian life, according to the Institute of Medicine report.

"We know that the more trauma people are exposed to, the more likely they are to come out with PTSD and the more debilitating it can be," said Emily Feiner, OEF/OIF/OND program manager for the VA New Jersey Health Care System. "This is an all-volunteer service and they have multiple deployments, which is in contrast to previous conflicts. When you're talking about multiple deployments, you're talking about more opportunities to be exposed to combat trauma."

palace in Baghdad. "I'm talking piles of garbage 10 or 15 feet in diameter and stockpiled up.

"We lived 100 meters from these things, and there's not much of a wind going over there," he added. "So when this stuff goes up, it's just floating in the air. Flakes of whatever's burning is in the air. We were sucking in this crap for over a year, not even realizing what we were doing. We adjusted to it. We thought, *The air stinks and there's not a damn thing we're gonna do about it.* We just got on with our jobs."

Today, Swiss, 63, gets sinus headaches so severe, he said, that his head feels as if it's in a vice and someone is turning the screws. If the pain migrates to his stomach, he vomits. But he also feels a pressure in his chest at times and he can't breathe in deeply. Medical testing shows he now has a page-long list of allergies, even to some fruits and vegetables. Before his deployment, he had no allergies.

Last fall Swiss retired from a job as a mechanical engineering tech at Picatinny Arsenal in Rockaway Township. During a yearly test at the arsenal, he said, he had to blow into a hose to test the force of the air he could exhale.

"I couldn't do it," he said. "I could never reach the level I was supposed to reach. I was walking a lot. I try to expand my lung capacity every way I can. Could those pits have had something to do with it? What was in those smoke clouds? How did whatever it was coat the alveoli of my lungs? It scares the daylight out of me to think what I might have taken in, just waiting to get active."

JOB FAIR

Are you a veteran looking for a job? Join the Gannett veterans career fair June 25. Visit <https://www.linkedin.com/company/asbury-park-press> for more details.

The bad news is that most of the medical accreditations he earned in the military — from 2003 through 2011 — are not accepted in the civilian medical field. Neither did his clinical time in the Army count. In the first four years of his service, Cotter flew 1,600 air evacuation missions, picking up seriously wounded soldiers from a number of locations, including Landstuhl Regional Medical Center in Germany, and bringing them safely to Walter Reed Army Medical Center in Bethesda, Maryland.

"In one year, I flew 30 missions for more than 500 soldiers," he said.

Yet he was only able to transfer his CPR license toward his nursing degree.

Feiner, of the VA New Jersey Health Care System, said what happens to medics in the civilian job world is "frustrating for the veterans and for me."

"In the military they perform independent tasks that require a great deal of skill," she said, "but they can't come back and become an EMT (emergency medical technician) or a nurse. They have to go back and do the training here."

THE STATE

Today she still sleepwalks and sleepdrives, both involuntarily and subconsciously.

The Institute of Medicine points out that previous wars have shown the needs of veterans don't peak until several decades after they've served, emphasizing that providing care in the moment and planning for the future are paramount.

Even when no particular problem faces veterans, they can be irked by the attitudes of civilians who judge what they did during their service. U.S. Marine Corps Rifleman Nick Guerra, who took part in the historic Battle of An Nasiriyah in Iraq in March 2003, remembers protesters lining the road in North Carolina when he and his fellow Marines were headed home.

"There are a lot of people who are really biased against us. It seems like personal vendettas against us," Guerra said. "War really is hell. It is. Unless you've been there, you can't have an opinion."

Guerra, 32, has coughing spells and nosebleeds now but says he isn't sure of their cause. He experienced his first burn pit at Camp Shoup in Kuwait.

What makes him happy now, he said, are his wife and daughters. He also likes supporting a plethora of organizations that help veterans.

What helps most personally is sharing memories and talking through issues with other Marine veterans, especially those of older generations.

Einbinder, Swiss, Cotter and Guerra all said they would serve again — with pride and love for their country.

"Despite my injuries right now, I would still do it again," Einbinder said. "I love the Marines. I joined because it's in my heart."

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Today in History

Today is Wednesday, June 18, the 169th day of 2014. There are 196 days left in the year.

Highlights in history on this date:

1812: The War of 1812 begins as Congress approves, and President James Madison signs, a declaration of war against Britain.

1815: Napoleon Bonaparte meets his Waterloo as British and Prussian troops defeat the French in Belgium.

1873: Suffragist Susan B. Anthony is found guilty by a judge in Canandaigua, New York, of breaking the law by casting a vote in the 1872 presidential election.

1979: President Jimmy Carter and Soviet President Leonid I. Brezhnev sign the SALT II strategic arms limitation treaty in Vienna.

Burn pits

Starting in 2003, defense contractors used burn pits — open-air areas in the vicinity of U.S. military bases in Iraq and Afghanistan where all types of waste, from feces and tires to batteries and used medical supplies — were incinerated. Jet fuel kept the pits burning around the clock, exposing soldiers to potentially toxic fumes, according to various media and eyewitness reports.

Veterans' complaints about nosebleeds, coughing spells, respiratory trouble and debilitating sinus headaches are so prevalent that at least one grassroots advocacy group, Burn Pits 360°, has formed. Also, Congress passed a law calling for a VA Airborne Hazards and Open Burn Pit Registry where veterans can document their exposure and report their health problems.

In March, a U.S. Department of Veterans Affairs spokesperson reported there is no information on when the registry will be ready.

"We don't know what the hell we were exposed to," said retired U.S. Army Reserve Master Sgt. Marty Swiss of Franklin (Sussex County). From October 2004 to September 2005, he lived in a Container Housing Unit (CHU) on the grounds of Saddam Hussein's main

Lingering PTSD

When it comes to women serving in the military, the wars in Iraq and Afghanistan are historic territory. Eleven percent of the veterans from the newest wars who are in the VA New Jersey Health Care System are women, according to Feiner, who added that trend is consistent nationally.

Women in the military are serving in new roles, she added, and even those who don't see combat are still in dangerous situations. They drive vehicles through combat zones subject to fire. They carry guns. They engage the enemy.

With the new roles have come new issues, including military sexual trauma. A total of 31 percent of female veterans of the wars in Iraq and Afghanistan who suffer from PTSD experienced some form of military sexual trauma, according to a study by the George Washington University, in Washington, D.C.

But Einbinder is living proof that life can be difficult for a female Marine even without being abused. Her insomnia and sleepwalking, which started immediately in Iraq, stemmed from her inability to relax and feel safe at any time during her deployment.

She arrived at her base in Al Asad in September 2005. During the observance of Ramadan in October, there were mortar attacks at her base every day, three times a day. Sometimes the shells from an attack would land 100 feet from her.

"You're walking around with your pistol all the time, constantly on

Skills, civilian jobs

While Swiss is retired, younger veterans of the Iraq and Afghanistan wars worry about supporting themselves and their families when they return home to a troubled economy. Though there are programs, services and websites designed to help them, they have reasons for concern. According to a March 2013 Institute of Medicine report, the unemployment rate for post-9/11 veterans 18 through 24 was 30 percent in 2011, compared to 16 percent for non-veterans in the same age group.

U.S. Army Sgt. Matt Cotter of Lake Hiawatha, a combat medic, studied at County College of Morris on the G.I. Bill and graduated in May with an associate of applied science degree in nursing.

"Now I'll take my NCLEX, which is the licensure exam," said Cotter, a 28-year-old father of two. "Then I'll have an RN license and I'll move on to Ramapo College to finish my bachelor's."

That's the good news.

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