



RETIRED TIMES

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NEW FEATURES ON OUR WEBSITE

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Artist's concept of CVN-78 USS Gerald R. Ford, a new class of aircraft carriers. A new nuclear propulsion plant will power the next class of aircraft carriers. The new plant will require fewer operators thereby lowering life-cycle costs, and will provide increased electrical power that will be available for the demands of developing technology. Smart sensors will assist in further reducing Navy watch standing requirements and in automating damage control functions such as detecting fire and flooding situations. Flight deck redesign and a transition to an advanced aircraft recovery system (AARS) will reduce crew workload,

enhance safety and reduce the costs of operating and maintaining a carrier throughout its planned 50-year life cycle. On 29 May 2011, the Department of Defense announced that CVN-79 would be named for John F. Kennedy.

List your military reunion on the RAUS website for free. Contact us to send reunion information. Include dates of reunion, website link (if any), location of reunion, who is invited, additional information about the reunion, and contact information.

Military Reunion Notification

Just go to our website at www.raushome.com and click on the Communications button

DIABETES

By Dr. Stephan Sharp, Medical Director for Clinical Research Associates

What is Diabetes?

Over 25 million Americans have diabetes. Yet it's a disease that's often hard to understand. Diabetes (diabetes mellitus) is the body's inability to manage nutrients, particularly glucose (sugar). For most patients diagnosed with diabetes, the underlying

cause is unknown but is thought to be genetic. Diabetes happens when the insulin signal is not adequate for the body's needs.

Insulin, like all hormones, is a chemical message broadcast to your body via the bloodstream. Like your body's dinner bell, the insulin message is, "The food is here." Different tissues have different func-



tions, they get slightly different versions of this message:

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- Muscles hear: "Take up sugar and burn it for fuel."
- Fat hears: "Take up sugar and store it for later."
- The liver hears: "Stop making sugar; there's plenty."

For normal body function, the pancreas must make adequate amounts of insulin. The muscle, fat and liver cells must hear and react to the insulin message. So, diabetes can occur in two ways. Type 1 Diabetes happens when the body has no insulin to broadcast. Type 2 Diabetes happens when some tissues be-

come "deaf" to insulin.

When the pancreas notices that the body isn't responding to insulin, it releases more, "turning up the volume" of the insulin message. For most people with this "insulin resistance," the problem progresses over time. The body produces high blood levels of insulin to try and control blood sugar. If the insulin production reaches maximum production, but the "deafness" gets worse, or if insulin production falls, then blood sugar rises, and diabetes is diagnosed.

Insulin resistance has many components. Genes play some kind of role. Age contributes: with age, we all get more insu-

lin resistant. Fat (specifically the fat around the abdominal organs) produces hormones that make non-fat tissues more insulin resistant. So-as we get fatter we get more insulin resistant.

A poor diet can't cause diabetes, but one high in simple carbs (sugar and starch) and processed meat makes it more likely that you will develop diabetes if you already have the genes for it. Eating unprocessed fruits, vegetables, whole grains, nuts and fish, in reasonable amounts, does seem to help reduce the risk. So does exercise, which improves muscle response to insulin.

"Find out what's out there online about you. Anything that may be taken out of context should be taken down."

"COULD YOU PASS A SOCIAL MEDIA BACKGROUND CHECK?"



From Debix Newsletter

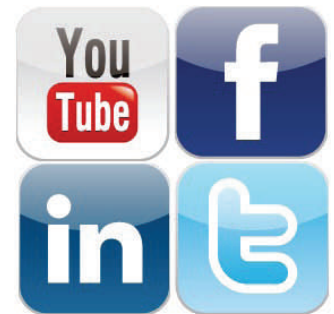
Next time you apply for a job don't be surprised if you have to agree to a social media background check. Many US companies and recruiters are now looking at your Facebook, Twitter, Flickr, blogs, YouTube videos and other accounts to see who you really are.

Recently, the FTC investigated Social Intelligence, a year-old startup which scours the Internet for the information, pictures and comments you

share with the world, and sells that data to your potential employers. The FTC found the company compliant with the Fair Credit Reporting Act. In other words, the Internet is fair game.

So that means when you put your private life out there publicly, it's there to be evaluated. All it takes is a Google search. And while employers can't legally make hiring decisions based on race, religion, marital status or disability, they can make decisions based on whether or not they like your attitude or your ethics.

Here are tips for creating an employer-friendly profile on the Inter-



net:

- Find out what's out there online about you. Anything that may be taken out of context should be taken down.
- Go beyond Facebook: remember that bits and pieces of you are at a number of other sites, like LinkedIn, Craigslist and Four-

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BACKGROUND CHECK (CONTINUED)

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square, not to mention blogs, forums and wikis that you might visit.

- Do frequent checks of

your privacy settings on social-media accounts.

If you really want to get serious about your online profile, consider

hiring an "online reputation management company" like Reputation.com and Unsubscribe.com to help you present a better you to the world.



NEW MEMBER DISCOUNTS

New Technology Discounts For Members



As a member, you can get up to **35% off** on the entire product line. Go to the [RAUS website](#), click on the **Discounts** button link and select [Technology & Security](#).

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Be sure to check the RAUS website from time to time for updates on the latest available discounts.



"Be sure to check the RAUS website from time to time for updates on the latest available discounts."

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MEMBER REMINDERS



Keep Us Accurate

To be sure your benefits are properly recorded, please advise the association when you change your name or address. If you receive inaccurate membership cards or other correspondence, we want to know. We do not mind reissuing membership cards.

Membership Dues

Annual dues are \$10 per year. Discounts apply for multiple year memberships: 3 years for \$25 and 5 years for \$40. Life memberships are available based on the age of the member at the time of the Life conversion. A Life Membership is exempt of dues increase and covers both the member and the spouse.



AGE RANGE	LIFE DUES
40 or less	\$325
41 to 45	\$300
46 to 50	\$275
51 to 55	\$250
56 to 60	\$225
61 to 65	\$200
66 to 70	\$175
70 and up	\$100



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About RAUS

We are a military association organized in 1970 to secure quality benefits for our members at rates only available to groups. Qualified retired and active members of the United States armed forces and related departments may join.

Membership benefits include discounts and perks, self-help and financial calculators, time-savings and educational resources, along with TRICARE Supplement, CHAMPVA Supplement and other insurance products.

RAUS is partnering with other organizations to establish a long term win-win relationship based on mutual benefits and information available to military families.

For more information, visit our website at www.raushome.com.

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- * PUBLIC HEALTH SERVICE * COASTAL & GEODETIC SURVEY *
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