A SNEAK PEAK AT WHAT’S INSIDE

- Obtaining an ID Card
- Veteran’s Discounts
- Important Numbers
- Help For Veterans
- VA Seminars
- Valley Forge
Inside This Issue:

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2. ID Card
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9. Your Reps in Washington & Harrisburg
10. News from the County, State and U.S. VA
11. Your Local VA Clinic, Vet Center, Career Link
12. Contact Information
Finally

A list of most places that give Military Discounts with you **ID Card** or your **Health Card**.

### Restaurants:
- A&W Root Bear
- Arby’s
- Auntie Anne’s
- Back Yard Burgers
- Captain D’s
- Chick-Fil-A
- Cotton Patch
- Denny’s
- Dunkin Donuts
- Friendly’s
- Hard Rock Café
- IHop
- Java Café
- KFC
- Long John Silver
- Outback
- Panda Express
- Pancho’s Mexican Buffet
- Pizza Hut
- Quizno’s
- Sizzler
- Sonic
- Taco Bell
- TGI Friday
- The Kitchen Store
- Whataburger

### Products:
- AA Auto
- Advance Auto
- Aeropostale
- Apple Computers
- AutoZone
- Avon Stores
- Barnhills
- Bass Pro Shops
- Bath and Body Works
- Big 10 Tires
- (The) Buckle
- Champs Sports
- Copeland’s Sports
- Dell
- (The) Discovery Channel Store
- Dress Barn
- (The) Finish Line
- Foot Action
- Footlocker
- Gadzooks
- GNC
- Great Party
- Happy Harry’s
- Home Depot
- Hot Topic
- Jockey
- (The) Kitchen Store
- Kohls
- Lerner
- Lowes
- Michaels
- Napa Auto Parts
- New York & Company

### The Following may Annually Have Discount Specials

#### Travel and Leisure:
- Anheuser Busch
- Disney
- Homewood Suites by Hilton
- Movie Theaters
- Professional Sports Teams
- Ripley’s Attractions and Museums
- Sandals Resorts
- Sea World

#### Services:
- Amtrak
- AT&T
- California Cryobank
- Geico
- Jiffy Lube
- Meineke
- Pep Boys
- Sears Portrait Studio

#### Cell Phone Service:
- Cingular
- Sprint
- T-Mobile
- Nextel
- Verizon

Pac Sun
Play It Again Sports
Pure Beauty
Sally Beauty Supply
Spencer’s Gifts
Suncoast
Timberland Outlets
Wilson Leather
**VA Benefit Seminars**

MSGT George W. Heiges Jr. (Ret.) Director of Lycoming County Veterans Affairs, has been making his way around Senior Living Centers, and local Veterans Service Organizations.

George has been doing Seminars on VA Benefits, informing Veterans what they are entitled to for their Service with an Honorable Discharge. And don’t forget about those wonderful Widows of Veterans, who have stuck around through all of the hard times, there is also a “Widow’s Pension” that they could be eligible for.

If you would like George to come to a Center please call us at 570-320-2101 to schedule.
Homeless Veteran in Need Of Help?
Call 1-877-4AID VET (1-877-424-3838)

The Department of Veterans Affairs' (VA) has founded a National Call Center for Homeless Veterans hotline to ensure that homeless Veterans or Veterans at-risk for homelessness have free, 24/7 access to trained counselors. The hotline is intended to assist homeless Veterans and their families, VA Medical Centers, federal, state and local partners, community agencies, service providers and others in the community. To be connected with a trained VA staff member call 1-877-4AID VET (877-424-3838).

• Call for yourself or someone else
• Free and confidential
• Trained VA counselors to assist
• Available 24 hours a day, 7 days a week
• We have information about VA homeless programs and mental health services in your area that can help you.

What will happen when I call?

➢ You will be connected to a trained VA staff member.
➢ Hotline staff will conduct a brief screen to assess your needs.
➢ Homeless Veterans will be connected with the Homeless Point of Contact at the nearest VA facility.
➢ Family members and non-VA providers calling on behalf of a homeless Veteran will be provided with information regarding the homeless programs and services available.
➢ Contact information will be requested so staff may follow-up.
DID YOU KNOW?

If you were unable to get to your VA Hospital because of an emergency: you, your family, friends, or hospital staff need to contact one of the numbers below within 72 hours of your emergency, so you are better aware of what services VA may or may not cover.

CALL

DAY: Utilization Management
8:00AM- 4:00PM
EXT. *7258

NIGHT: Health Benefits Advisor
4:00PM- 8:00AM
EXT. *7140

VAMC Wilkes– Barre Toll Free: 1-877-928-2621
Pennsylvania Legislative Appointment Initiative

Valley Forge
Military College

The Military College of Pennsylvania

Hon. Rick Mirabito

The Valley Forge Military College Mission

The mission of Valley Forge Military College is to educate students within an academic and military environment to transfer to academically competitive four-year colleges, universities, or service academies. The College builds leaders of character— for the future, for the community, for the country, for the world.

Two Programs for your Constituents:

1. The Legislative Appointment Initiative— Each Senator and Representative is entitled to award one student from their district (plus an alternate) an appointment to the Military College of Pennsylvania, and a significant scholarship to help pay for that experience.

2. The Military Day Student Program— Each Senator and Representative can refer as many military Veterans/ Guardsmen or Reservists to attend Valley Forge as independent day students. In most cases existing government benefits will pay 100% of the cost of attendance.

How to Apply for a Legislative Appointment:

Students should apply directly to their regional offices of their state Senator or Representative for a legislative appointment. Their committee will review all the applications, and will select one student each year to represent their district at Valley Forge Military College.

About Valley Forge Military College

Status: Private
Character: Two Year Transfer College, co-educational, military-education model.
Founded: 1935
Location: 100-acre campus in Wayne, PA, suburban Philadelphia residential area
Enrollment: 311 Full-time Cadets
Faculty: 19 Full-time; 3 Adjunct
Student Faculty Ratio: 14:1
Average Class Size: 18
Transfer Rate: Over 95%
Calendar: Fall and Spring, Winter and Summer Online.

For Additional Information Contact, Valley Forge Military College Admissions at 610-989-1300, or visit www.vfmac.edu
### American Legion, VFW & Other County Veteran Organizations

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<thead>
<tr>
<th>Post Number</th>
<th>Name</th>
<th>Address</th>
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<tbody>
<tr>
<td>1</td>
<td>American Legion Post 1</td>
<td>Garrett Cochran</td>
<td>570-323-9409</td>
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<tr>
<td>104</td>
<td>American Legion Post 104</td>
<td>Eugene Grafius</td>
<td>570-368-9000</td>
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<td>36</td>
<td>American Legion Post 36</td>
<td>George Webster Pepperman</td>
<td>570-398-4174</td>
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<td>251</td>
<td>American Legion Post 251</td>
<td>Bower Decker</td>
<td>570-547-2039</td>
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<td>American Legion Post 268</td>
<td>Roland Ritter</td>
<td>570-546-5210</td>
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<td>617</td>
<td>American Legion Post 617</td>
<td>Royal P. Steinbacher</td>
<td>570-327-0255</td>
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<td>999</td>
<td>American Legion Post 999</td>
<td>West Branch Service Post</td>
<td>546-6508</td>
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<td>American Legion Post 35</td>
<td>Glenn Sharrow</td>
<td>570-584-2123</td>
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<tr>
<td>3428</td>
<td>VFW Post 3428</td>
<td>Edward J. Smith Post</td>
<td>570-546-3820</td>
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<tr>
<td>5859</td>
<td>VFW Post 5859</td>
<td>Billy O. Brandt Post</td>
<td>570-398-2801</td>
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<td>7863</td>
<td>VFW Post 7863</td>
<td>Le Roy O. Buck Post</td>
<td>570-323-1579</td>
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<tr>
<td>PA 51</td>
<td>Veterans of the Vietnam War – Post PA 51</td>
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<td>23</td>
<td>VFW Post 844</td>
<td>Howard W. Kahler Post</td>
<td>570-326-2752</td>
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<tr>
<td>388</td>
<td>Williamsport Detachment 388</td>
<td>Marine Corp League Inc.</td>
<td>570-322-4727</td>
</tr>
<tr>
<td>382</td>
<td>Forty &amp; Eight Voiture 382</td>
<td>345 Market Street</td>
<td>570-322-1670</td>
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<tr>
<td>PA 51</td>
<td>Korean War Veterans of Lycoming County, Inc.</td>
<td>345 Market Street</td>
<td>570-745-3775</td>
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*Meets at the Montoursville Presbyterian Church*
Your Reps in Washington & Harrisburg

U.S. Representative Thomas Marino— 10th Congressional District

Williamsport District Office
1020 Commerce Park Drive, Suite 1A
Williamsport, PA 17701
Phone: 570-322-3961
Fax: 570-322-3965
Office Hours: M-F 9-5
Website: [http://marino.house.gov/](http://marino.house.gov/)

PA State Senator Gene Yaw— Senate District 23

330 Pine Street, Suite 204
Williamsport, PA
Phone: 570-322-6457
Fax: 570-327-3703
Toll-free: 1-800-443-5772
Website: [http://senatorgeneyaw.com/](http://senatorgeneyaw.com/)

PA State Representative Garth D. Everett— 84th Legislative District

Penn Hills Plaza, Halls Station
21 Kristi Road, Suite 2
Muncy, PA 17756
Phone: 570-546-2084
Fax: 570-546-5220
Office Hours: M-F 9-5
Website: [http://www.repeverett.com/](http://www.repeverett.com/)

PA State Representative Rick Mirabito— 83rd Legislative District

800 West Fourth Street, Suite GO2
Williamsport, PA
Phone: 570-321-1270
Fax: 570-327-3719
Office Hours: M-W-F 8-5; T-TH 8-7
Website: [http://www.pahouse.com/mirabito/](http://www.pahouse.com/mirabito/)

Not sure who your representative is? Find out at: [http://www.legis.state.pa.us/cfdocs/legis/home/findyourlegislator/county_list.cfm?CNTYLIST=LYCOMING](http://www.legis.state.pa.us/cfdocs/legis/home/findyourlegislator/county_list.cfm?CNTYLIST=LYCOMING)
FROM THE LYCOMING COUNTY VA OFFICE:

Beginning January 1, 2012, meetings with the County VA director may be scheduled off-site if the veteran or veterans’ widow is physically unable to travel to the office and the court-appointed POA does not live locally. These will be determined on a case-by-case basis.

Want more information on VA Home Loans? Contact Bob Brown, VA Home Loan Representative at 610-434-5222. Address: 2067 Walbirt Avenue Allentown, PA 18104. *Allentown Mortgage Corporation*

FROM THE PENNSYLVANIA DEPT. OF VETERANS AFFAIRS:

Are you rated 100% disabled by the VA? Then you may be eligible for real estate tax exemption and free hunting and fishing licenses. Call 570-327-2365 for more information.

If you or anyone you know are interested in being trained for an Honor Guard position please contact the VA office at 570-327-2365.

Important information to Know when Transitioning from TRICARE Prime to Standard.

- You can still see your same doctor.
- Costs for care will change.
- Your health care prior authorizations are still valid.

Be aware that your out-of-pocket costs for existing care will change from TRICARE Prime copayments to TRICARE Standard (Extra) cost-shares and deductibles on October 1, 2013.

**If you have any other questions or concerns please contact us at 570-327-2365**
The VA Outpatient Clinic was established July 1997 on the Campus of Divine Providence Hospital in the Wenner Building, 1705 Warren Avenue, Suite 304, Williamsport, PA Phone: 570-322-4791 Fax: 570-322-5170 Open: Monday—Friday 8:00 a.m. to 4:30 p.m. Scheduled appointments only ~ No Emergency Services/No walk-ins

Services Include: Primary Care, Enrollment/Eligibility forms, Psychiatry, Post Traumatic Stress Disorder (PTSD) Social Services, Counseling, Lab, Nutrition services, and Immunizations.

The VA Clinic has a social worker at the clinic on Tuesday and Thursday. Her name is Chris Veach; please call the clinic at (570) 322-4791 to schedule an appointment.

The PA Career Link—Lycoming County office is located at 329 Pine Street in Williamsport and is open Monday through Thursday 8:30 a.m. to 4:30 p.m. and from 9:00 a.m. to 4:30 p.m. on Fridays.

Contact: Timothy French
Phone: 570-601-5934
E-mail: tifrench@state.pa.us
Online: www.pacareerlink.state.pa.us

Vet Center

The Vet Center is located at Suite 104, 49 East Fourth Street, Williamsport, next to the James V. Brown Library. Phone 327-5281. All services provided by the Vet Center are FREE OF CHARGE. These include readjustment counseling and outreach services to all veterans who served in any combat zone. Services are also available for their family members. These include:

- individual and group counseling: women, spouses, WWII, Korean, Vietnam, OEF/OIF, and other combat veterans.
- group counseling
- marital and family counseling
- bereavement counseling
- substance abuse information and referral
- referral in applying for VA Benefits, job counseling and educational VA benefits
- referral for homeless vets
- military sexual trauma (male and female) counseling & referral
- outreach and community education

VA Outpatient Clinic
LYCOMING COUNTY OFFICE OF VETERANS AFFAIRS

Suite 104
Executive Plaza Building
330 Pine Street
Williamsport, PA 17701

Mailing Address:
48 West Third Street
Williamsport, PA 17701

COUNTY COMMISSIONERS

JEFF C. WHEELAND, CHAIRMAN
ERNST P. LARSON, VICE CHAIRMAN
TONY R. MUSSARE, SECRETARY

Visit our Web site:

www.lyco.org/VA
for up-to-date news and information for veterans

We are here to help you . . .

MSGT George W. Heiges (Ret.)
Lycoming County Director of Veterans Affairs
570-327-2365  gheiges@lyco.org

• Fully accredited as a Veterans Service Officer by the Pennsylvania Department of Military and Veterans Affairs
• Twenty-one years USAF

David A. Keene
Assistant Director of Veterans Affairs
570-327-2365  dkeene@lyco.org

• Four years USMC

To make an appointment, please call

Natalie Miller at:  570-320-2101

Office Hours
Monday through Friday 8:30 AM – 5:00 PM
Scheduled appointments Only
Walk-ins on Friday 9:00 AM–4:30 PM
Closed weekends and major holidays.

Do you have announcements or information to share?

The Lycoming County Office of Veterans Affairs invites you to submit articles and items of interest to be published in the next edition of The Lycoming Vet.

For questions or to make submissions, please contact Natalie Miller at the Veterans Affairs Office.