



A Day in the Life of a Marine Wife

By Jennifer Manocchio

When I married my husband, Mike, now a Marine Corps captain, I had no idea what I was signing up for. No matter how much he tries to put me first, the Marine Corps drives many decisions for us.

It started six years ago when the Marine Corps told us when we could get married. Like a bossy uncle, the Marine Corps now dictates lots more: Where we can live and when we can start a family. The Marine Corps also comes first when there are holidays, or anniversaries, or birthdays.

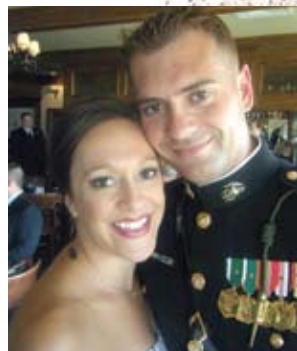
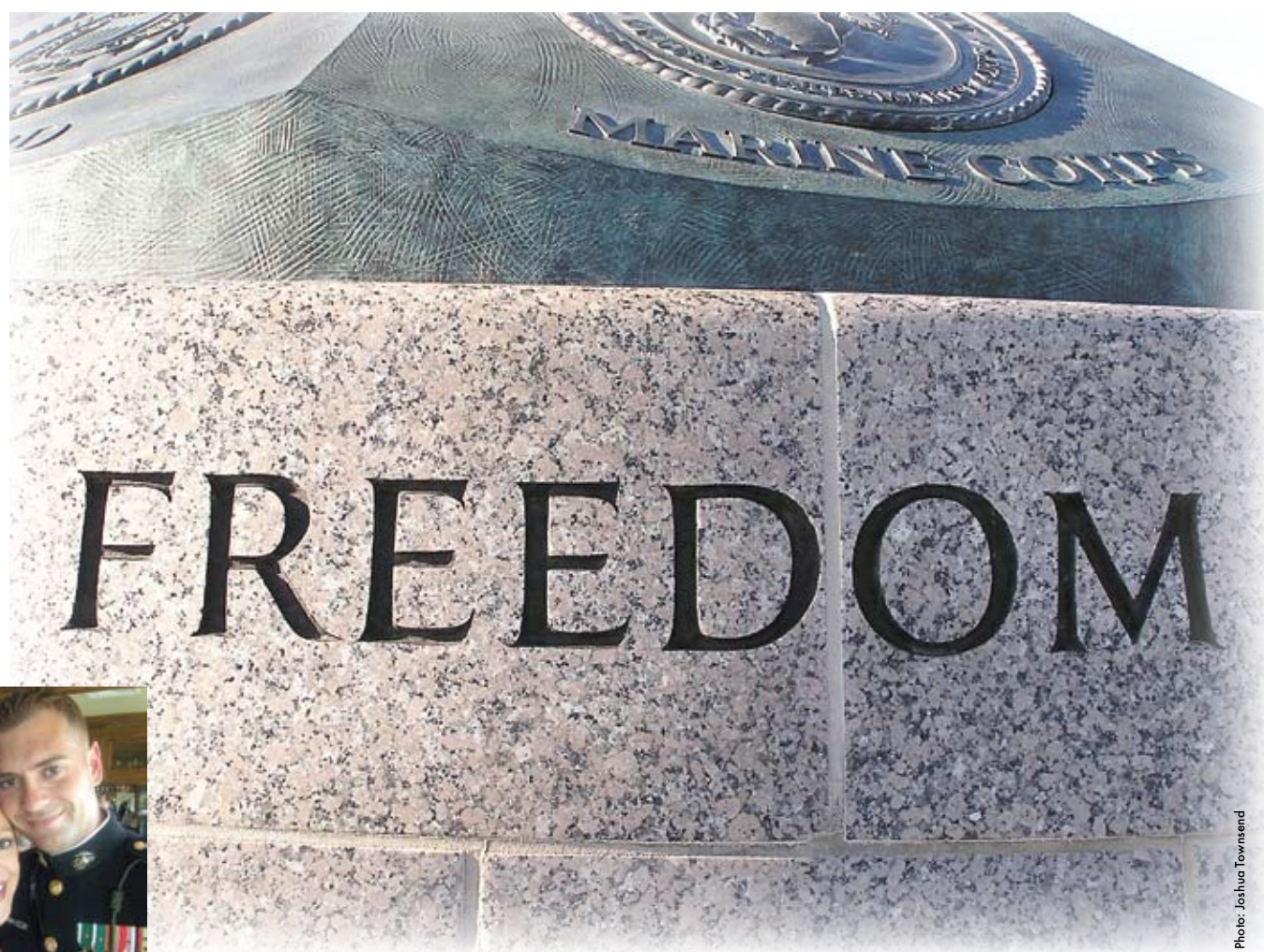
Every Marine wife knows Uncle Bossy. (I'm guessing that single Marines like the guy.)

What a way to be married! We spend seven months together and anywhere from eight to nine months apart. Together we have successfully survived five deployments and are close to completing our sixth. There are reasons this deployment is the most challenging.

Mike is serving in Afghanistan, in an area they call, "The Wild West." We share the grief suffered by wives and families whose Marines have died there, and worry with the families when their sons or daughters are wounded.

Like every Marine Corps wife, I worry constantly about him. Relief comes when I get his emails or phone calls. It is transient and ephemeral.

And then the worrying starts all



Jennifer and Captain Michael Manocchio

over again. I know that worrying is not going to change the situation, but I can't help it.

Worrying sends me to the Internet; I can't help but scour the 'net, looking for any information about Mike, his unit, or the area they're in.

I have cried many times after finding memorial videos or articles and even seeing a video of a firefight between Mike's battalion and the

"bad guys."

So many times people ask me, "How do you do it?" Sometimes I ask myself the same question, and the answer is always the same: "I just do."

Why? Because Mike is my husband, my soul mate, my best friend, and my hero.

In the Marine Corps we live by homecomings and the next time we will get to kiss and hug our loved

ones. I dream about the moment I will get to embrace him and breathe a sigh of relief because he will be sleeping next to me that night.

That is what keeps me going, as well as supporting my husband in doing what he truly loves, which is serving our country.

Captain Michael and Jennifer Manocchio are both Cleveland natives; Jennifer is a vice president with Sweeney Marketing and Public Relations.



Contents

- 4 Mail Call
- 5 From Battle Dress to Business Casual
- 6 The US Army of the Future
- 6 MetroHealth
- 7 Tobacconist
- 8 Book Excerpt: Cleveland Eats
- 8 Pepsi, yes. COLA, no.
- 8 St. Ignatius
- 10 When Johnny Comes Marching Home Again
- 11 ... and the Home of the Brave
- 12 PTSD
- 13 Fitness
- 13 Murphys: Eternal Optimists and an Easy Touch
- 14 Faith
- 14 WWII Roundtable
- 15 Automatic Press



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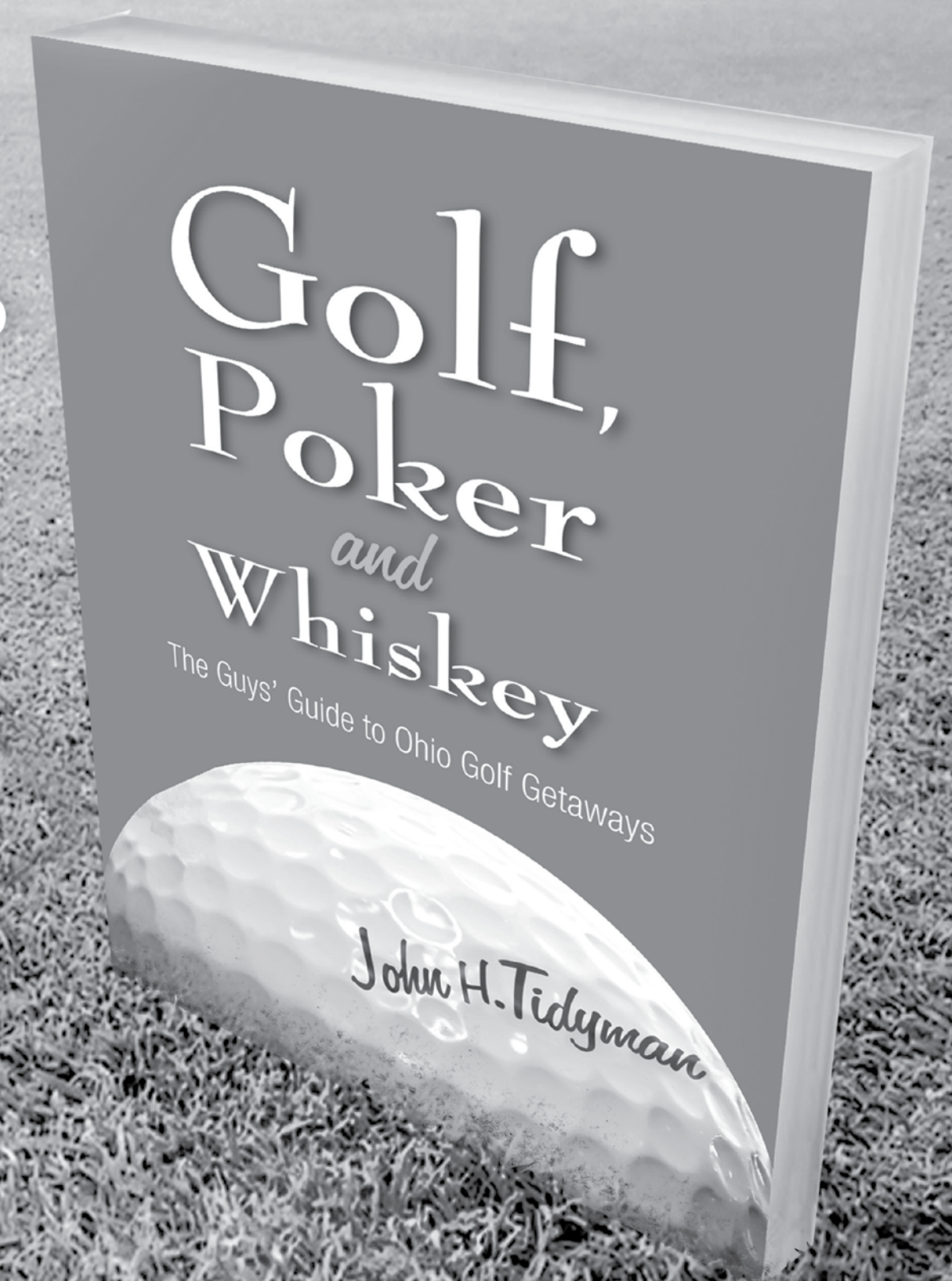
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MAIL CALL

Thank you for the big surprise of the article in *DD 214 Chronicle*. ("It's Not the Size of the Dog in the Fight; It's the Size of the Fight in the Dog.") My daughter Marcia picked up a copy of *DD 214 Chronicle* at the Parma Library and brought it to Mansfield for me. Hope it is successful. I'll subscribe. How do I send a thanks to Calvin Ball? Thanks again,

Bill Wynne
Mansfield

Calvin Ball responds: *It is I who should be thanking you, Bill. Your memoir (Yorkie Doodle Dandy, or, The Other Woman Was a Real Dog, available on Amazon.com) is part travelogue, part memoir, and a wonderful and intimate history of WWII as seen through your eyes. Plus, it's the best darn dog book. On its best day, Hollywood couldn't create you and Smoky. In the South Pacific, in the midst of the war that engulfed the entire world, your little Terrier earned her stripes, her jump wings – even a Good Conduct Medal, though I understand it was suspended for a year following an affair. Like you and the rest of the troops, Smoky came home and went to work, this time delighting thousands and thousands of parents and school kids with her style and grace and performances. You joined the Plain Dealer as a photographer, fell in love, married, reared children, and wrote the story of Smoky. She rests today in Metroparks' Rocky River Reservation, surrounded by benches, the American flag hoisted and snapping in the wind, and the wonderful sculpture of Smoky sitting in a steel pot, her eyes bright, her ears straight up, one paw resting on the edge of the helmet. It is as if she's saying, "Okay, Bill – what's next?" Even though Smoky was a non-com, I always salute her memory when I'm there.*



There is a little known benefit provided by the Veterans Administration. That being the clothing allowance. This is to cover the veterans' costs for treatment items which cause premature wear on their clothing. You might be entitled to this if you wear a prosthetic device, brace or use a cream that discolors your clothing. If approved this is an annual stipend of \$719. I say little known benefit because I only found out about it when reading my disability award letter. None of the staff at the VA, service officers or vet's publications mention this. "Sad to admit but, I worked for the VA from 2007 to 2008 and wasn't aware of the clothing

allowance. In my opinion another case of the VA trying to pinch pennies while pissing dollars! approved in September 2010. My award of compensation was paid from my filing date in a lump sum and a monthly check thereafter. Not so with the clothing allowance. I missed the cut off date of August 31 for fiscal year 2010 so my application will be considered for fiscal year 2011 this fall. Even if approved my allowance will only cover FY 2011, not from my original July 2008 filing date. Secondly, approval isn't automatic; you must apply every year. This is not fair. The clothing allowance is an augmentation to the disability allowance. In my opinion the clothing allowance should be determined at the disability hearing. If an individual's condition warrants a clothing allowance, it should be permanent and not subject to the individual whims of the staff at local VA hospitals. I urge everyone to call and or write their lawmakers to get this changed.

John A. Mazzei
Lakewood

I enjoyed your cover story on the Iwo Jima Memorial, however I was a bit skeptical of its authenticity, based on the amazing coincidence of the author running into the son of one of the flag raisers at the monument, and the bizarre "13 hands" story in the final paragraph. Curious, I checked it out on the Internet. It seems that this story has been knocking around the Internet for about 10 years. Obviously the incident did not occur "last fall" as stated by the purported author, "Jim Brinson." In fact the author of this story is Michael T. Powers, the youth minister at Faith Community Church in Janesville, Wisconsin. He wrote the core of your article in 2000. There is a complete history of the account at www.snopes.com. Both web sites make it clear that the last seven paragraphs included in your story, standard Internet patriotic boilerplate, were not written by Michael Powers, but were added into versions of the story circulating on the Internet. The Snopes website also debunks the completely fabricated "13 hands" story with a comment by the sculptor of the statue, Felix deWeldon: "Thirteen hands? Who needed 13 hands? Twelve were enough." The only thing I could not find on the Internet was any refer-



Dear President Obama, Senators and Congressmen from the State of Ohio: You have a great opportunity to leave a legacy before this session of the U.S. Congress concludes its business. Please lead the charge and move with your fellow legislators to forever express the gratitude that all of you have spoken of to the families who lost a loved one during the Vietnam War, to all the Vietnam veterans who came back with both

physical and mental wounds and the families who cared for them, and to all of us who served and our families, for no one escaped without having been profoundly touched by that experience. We also experienced the disrespect by our fellow citizens and some of our fellow Veterans of previous eras, the latter a deeper wound. Now is the opportunity to deliver that message of gratitude and respect from the citizens of this country that the Vietnam veterans and their families earned and deserve. As President Obama said in the awarding of the Medal of Honor posthumously to the family of Chief Etchberger, "... Because even though it has been 42 years, it's never too late to do the right thing. And it's never too late to pay tribute to our Vietnam veterans – and their families ..."

Bob Valerian
Major, USAFR Retired
Cleveland

Congratulations on the successful launch of *DD 214 Chronicle*. You provide a most welcome service to our veteran community. I hope word continues to spread that Cleveland is home to a great source of information and inspiration to the brave men and women who have served their country with honor. While we can never fully repay them for their emotional, mental and physical sacrifices, we can and should continuously thank our veterans in word and deed. When our troops come home, they deserve the best services our nation can offer. I am committed to ensuring that you, our veterans, receive the medical care and education assistance you've earned. My office stands ready to assist as you readjust to life at home with your families. Service members are welcome to contact my office (216-522-4900) with any concerns or questions about services and programs administered by the Department of Veterans Affairs. I also have a monthly newsletter for veterans. It has information on the ever-changing status of benefits, new legislation and other noteworthy developments affecting veterans. Please consider signing up for these free monthly updates at vetnewsletter@mail.house.gov Best wishes for a prosperous new year to the *Chronicle* and to all of our vets in 2011 and beyond.

Marcia L. Fudge
Congresswoman

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Ray Saikus
President, Equal Honor for All
Cleveland

From Battle Dress to Business Casual: By Louis A. Busacca, Ph.D.

Change always takes much longer than we expect because to make room for the new, we have to get rid of some of the old." Herminia Ibarra, author of *Working Identity*, made this assertion to describe the psychological processes involved when exiting a job. Interestingly, this statement also captures the challenges some veterans confront when returning home. Regardless of the type of roles being departed, there are underlying similarities that make role exit unique and definable for both civilian job changers and military personnel. William Bridges, author of *Transitions*, names four internal aspects of role ending.

Role ending starts with *separation*. This external process involves the people we see, the places we go, and the activities and social rituals we have participated in during our work or military role. In military life it can be due to completion of service obligation, retirement or a medical

discharge. Whether it is planned or unplanned, one disengages from the social bonds created, experiences shared, and feelings associated with fellow colleagues. In the military for example, anticipation of eventual reunion with family, relatives and friends is at the forefront. This begins with

participation in a Transition Assistance Program (TAPS) which marks the soldiers' separation from his or her role. It also is symbolic, however, of an internal separation that takes place during the next phase of ending.

Letting go of one's work role and the activities and social relationships connected to that role begins the next phase. This can be challenging if one has developed a strong identity during one's time in the military.



Each service member has an identity that is intimately linked to a clearly defined role, a definite purpose and a mission. It is important to remember that the significance of letting go is to loosen the bonds so that one can transition toward a new identity.

Disappointment stems from our innate desire for fulfillment and meaning. For some returning home, there seems to be a flattened sense fulfillment or success. This is especially true for those suffering from anxiety and depression. The sense of purpose and self-esteem obtained from becoming and serving as a soldier is no longer available. Also, the challenge of getting out of the battle mindset may pose difficulty when certain skills learned no longer carry usefulness

in civilian life. *Confusion* can be a blurry time during the ending process. It can feel like one is floating in limbo between two worlds of soldier and civilian. Depending on the circumstances, soldiers do not have the luxury of a gradual social and psychological disconnection. Unless one has a good sense of the alternative, in work, family or college, it is difficult to give up a former identity. This process represents a dismantling of the old life and a necessary step in a new life.

Identity in transition is a personal transformation that is largely invisible to an outside observer. The dismantling of the old self, the old life, and old reality, however, does not have to be negative. It is the necessary step in the development of the new life, a transformed self.

Louis A. Busacca is the Director of *Tri-C's Veterans Upward Bound program*.

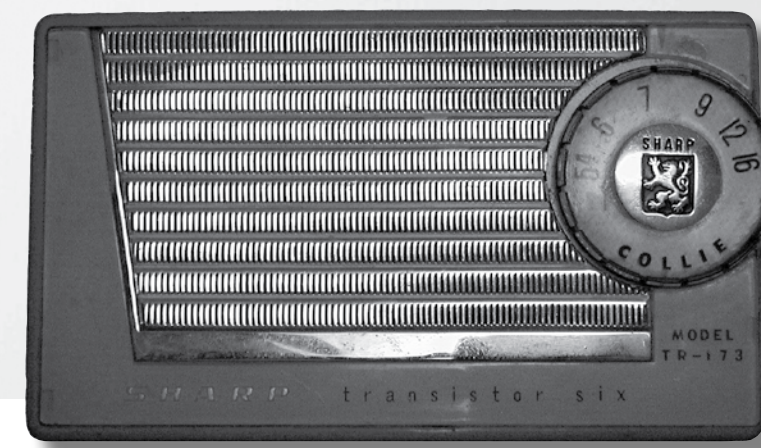
At 0700 hours this Sunday, on WNCX 98.5 Classic Rock, the only radio show created for veterans cranks up again.

It's a half hour of conversation with members of the Warrior Class – northeast Ohio fighters, fliers, sailors, REMFs, Marines, Coasties – plus the men and women who love and support them.

Listen up as your comrades-in-arms remind you of those days when business dress was fatigues, you dined in a mess hall, and you were an early riser – whether you liked it or not.

"When Johnny Comes Marching Home Again," is the award-winning show dedicated to serving northeast Ohio veterans. Host John Tidyman (11B40) opens the memory banks of former enlisted troops, officers, and Doughnut Dollies.

For some of us, it was long ago and far away. For others, it's here and now. But for each of us, it's a vital time of our lives. A time well worth talking about.



The U.S. Army of the Future: Fat as a Recliner, Slow as a Slug, and Dumber Than a Rain Barrel

By John H. Tidyman, Editor

There are benefits and drawbacks to an all-volunteer Army. Among the benefits, troopers want to be there. On the downside, the absence of a draft means the Army is doing without some great talent.

Now it appears many would-be troopers want to join because they can't do anything else. There are only so many burger flipping jobs to be had. The Army, which offers excellent pay and long term benefits, turns down almost one quarter of applicants for failing to pass its entrance exam.

Almost 1 in 4 is too ignorant to join the Army? While not familiar with the test, it's fair to say it isn't an SAT exam. Recruits must score at least 31 out of 99 on the test to get into the Army. Higher scores are needed to join the other services.

If these kids are too ignorant to join the Army, how did they manage to graduate from high school?

The study was funded by The Education Trust. The study examined the scores of nearly 350,000 high school graduates, ages 17 to 20, who took the ASVAB (Armed Services Vocational Aptitude Battery) exam between 2004 and 2009.

It gets worse. Pentagon data shows that 75 percent of those aged 17 to 24 don't even qualify to take the test because they are physically unfit, have a criminal record or didn't graduate high school.

At this rate, we may be able to answer the question posted years ago on bumper stickers: What If They Gave a War and Nobody Came?



Just another day at the office. Sometimes interrupted by the distinctive crack of AK-47s, and the instant reply by M-16s and M-60s.

MetroHealth Hospital Chosen for New \$38.6 Million Effort to Improve Treatment for Wounded Service Members and Civilians

The wonderful Cleveland hospital known today as MetroHealth is Ohio's only hospital chosen to participate in the Major Extremity Trauma Research Consortium, which will use a \$38.6 million federal grant to help wounded soldiers and civilians recover from their injuries.

The grant is funded by the Peer Reviewed Orthopaedic Research Program of the U.S. Department of Defense Congressionally Directed Medical Research Program. The Consortium, which was launched in September 2009 to address immediate research needs of the military to manage severe limb injuries, will use this funding to conduct multi-center studies on the treatment and outcomes of major orthopaedic inju-

ries sustained on the battlefield.

"To date, nearly 1,600 service men and women from Ohio have been wounded in Operation Iraqi Freedom and Operation Enduring Freedom," said Heather Vallier, MD, an orthopaedic trauma surgeon at MetroHealth. "The research conducted by the Consortium will help us better understand what works and what doesn't in treating these injuries and ensure that our service members and civilians alike are provided with the best care possible."

As part of the network of core civilian trauma centers that will work with leading military medical centers, MetroHealth will help the Consortium meet its goal to produce the evidence needed to establish treat-

ment guidelines for the optimal care of the wounded soldier. This will ultimately improve the clinical, functional and quality of life outcomes of both service members and civilians who sustain high energy trauma to the extremities.

"We are thrilled to have MetroHealth as our partner in this effort to improve the standard of care for the wounded warrior and civilian trauma patient," said Ellen MacKenzie Ph.D., Director of the Consortium's Coordinating Center. "Without a large multi-center effort such as this, we would be unable to effectively study many of the issues that are critical to ensuring the best outcomes following a severe injury."

One More Reason to Hate Communism

By Christopher Joyce, Tobacconist

TOBACCONIST

Can't those Commies do anything right? We should have known Fidel Castro was going to cause trouble when, as a 12-year old kid, he asked President Franklin D. Roosevelt for ten bucks.

Being educated by Jesuits didn't help. Pretty much a bum and a criminal. Until he got the great idea to overthrow the Cuban government. In truth, it needed some change. Took him a couple tries, but he succeeded.

At that point, he nationalized the great Cuban tobacco companies. Downhill after that. And the U.S. Congress — dumb then, dumb now — decided to punish Fidel by telling Americans they could no longer enjoy Habanos.

Cuba was the premier grower of cigar tobacco and maker of excellent cigars, including: Partagas, Monte-

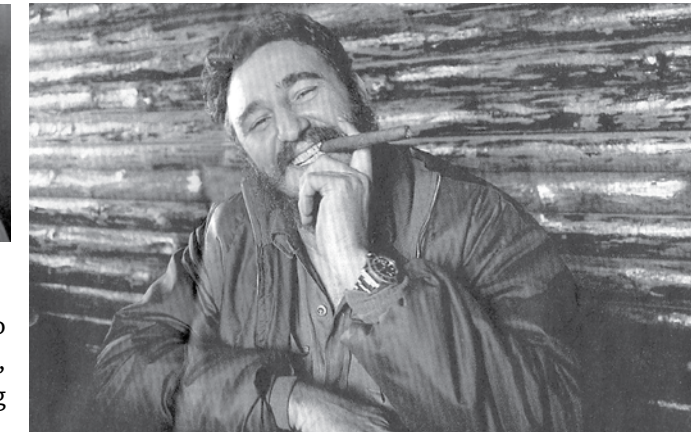


Christopher Joyce

cristo, Hoyo de Monterrey, Punch, among others.

Three important elements made Cubanos the best: Climate, soil, and a history of making cigars. When Fidel told the growers, "Lo que es suyo es mio," many of them packed up and left. Many also took tobacco seeds with them and started anew in Honduras, Dominican Republic, and Nicaragua.

Ol' Fidel didn't think he had anything to worry about because he had a signature charge account



Fidel Castro

with the U.S.S.R. Some interesting things happened. First, the Central American cigar makers, after a rocky start, slowly started producing very good cigars. Not quite Habanos, but pretty good. Second, Fidel just ran his own country into the ground. Third, a counterfeit market for Habanos developed and thrived. When traveling abroad, I've enjoyed some Habanos and the real thing is un-

like any other cigar. Perfectly constructed and incredibly rich. Neither harsh nor strong, but so rich and full flavored, each cigar was memorable. Unlike any other cigar.

Over the years, lots of guys have stopped by to show me their ill-gotten Habanos, and I have to tell you, I believe nine out of 10 were counterfeit. I didn't tell these guys what I thought because they paid very dearly to believe they were smoking the same sticks that Fidel, JFK, and Churchill smoked. Close, but no cigar.

All good things come to an end and so do all stupid things. When the U.S.S.R. started having convulsions, it cut off Fidel's allowance.

All Fidel did for his tobacco industry was screw it up, and it will stay screwed up for a long, long time. Damn Commies.

Christopher Joyce is the manager of Dad's Smoke Shop, in Kamm's Corners. When the subject is tobacco, he truly is a know-it-all.



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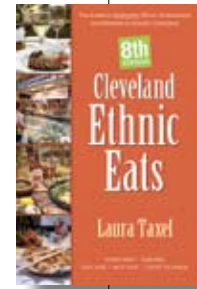
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Sophie Hart emigrated from Poland in the early 1990s and brought with her an expertise in making galumpki (cabbage rolls) and chicken paprikash. She prepares those dishes and a short list of other Polish specialties for her customers. Be prepared for close quarters as you slurp borscht or chow down on smoked kielbasa, sauerkraut, and pierogies. The dining area is smaller than many suburban kitchens with shoulder-to-shoulder seating for 22, including six



stools at the counter. It's a plain, narrow space with a few pieces of traditional arts and crafts on the wall for decoration. The atmosphere is friendly, and regulars are treated with an extra helping of sociability. Hart and her partner John Holt also operate a small party center in the same building, and they'll gladly provide a traditional Eastern European menu for event guests. There is a parking lot behind the restaurant.

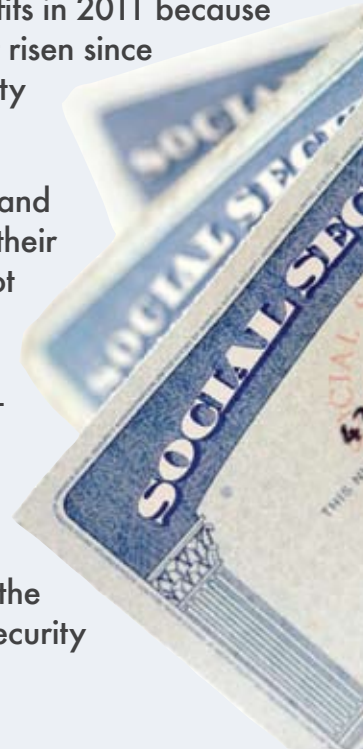
Excerpted from the book, Cleveland Ethnic Eats® by Laura Taxel; reprinted with permission from Gray & Co. Publishers. The book is available at NE Ohio bookstores and online from Amazon.com. For more than fifteen years Laura Taxel has written about ethnic restaurants, bakeries and markets in the Northeast Ohio area. In this excerpt she describes one of her favorite Polish eateries.

Pepsi, yes. COLA, no.

WASHINGTON (DEC. 30, 2010) - The Social Security Administration has announced that no cost-of-living adjustments will be made to Social Security benefits in 2011 because the consumer price index has not risen since 2008 when the last Social Security increase occurred.

Like recipients of Social Security and other federal benefits, Veterans, their families and survivors will also not see a cost-of-living adjustment in 2011 to their compensation and pension benefits from the Department of Veterans Affairs (VA).

Under federal law, the cost-of-living adjustments to VA's compensation and pension rates are the same percentage as for Social Security benefits.



You Can Take the Man Out of St. Ignatius, but You'll Never Take St. Ignatius Out of the Man

By Lisa Metro

By all accounts, Neil F. O'Connor, Class of '43, is a humble, unassuming man.

When this quiet man, who has spent more than six decades as a quadriplegic, shared his story with his physician, Frederick Frost, M.D., the story was compelling.

After graduation from St. Ignatius High School, O'Connor enlisted in the U.S. Army. Trained as a machine gunner, he was sent to England in June, 1944 to be part of the Normandy invasion.

One morning, while on patrol in the French town of Sainte Mere Eglise (Church of St. Mary,) he was shot in the neck by a German sniper. O'Connor was pinned down by the 40-pound machine gun strapped to his back. Upon review of the severity of O'Connor's injuries, a medic administered morphine and flagged his body, assuming the wound would ultimately be fatal.



O'Connor spent the entire day lying in the field until the next wave of soldiers arrived. He was taken to a field tent

hospital where a German POW provided nursing care. This is where he remained for several weeks until evacuation across the English Channel was deemed safe. In England, he received medical treatment for his shattered neck vertebrae and was immobilized for 12 weeks.

He returned to the United States, where he spent two years in a convales-

cent hospital in Battle Creek, Michigan and the Hines Veterans Hospital in Chicago.

Despite living in a wheelchair since then, O'Connor has owned and operated businesses in both Cleveland and Florida. Like so many of his generation, he spoke little of his wartime experiences, considering them a small sacrifice when compared to fellow soldiers who lost their lives.

Despite all that he went through, O'Connor's only two regrets were that he never had the chance to thank the

German POW who cared for him in the field hospital, and that his 1943 St. Ignatius class ring, which he turned over to the Army quartermaster there, was lost forever.

Dr. Frost, (whose son Evan is a member of the St. Ignatius Class of 2013) was so moved by this story he contacted St. Ignatius High School president, Fr. William Murphy, S.J.

On March 10, 2010, courtesy of St. Ignatius and Jostens, O'Connor received a new 1943 class ring, replacing the one he gave up 66 years earlier.

"Mr. O'Connor honors this country with his military service and he honors our school with his loyalty," Fr. Murphy said. "It is our privilege to present this ring to such a distinguished alumnus."

Lisa Metro is the Director of Communications at St. Ignatius High School in Cleveland. This is an excerpt from Saint Ignatius Magazine.

THIS LITTLE PIGGY WENT TO HELP SOME PEOPLE WHO REALLY NEEDED IT.

We strengthen our communities—and give people the opportunity to help themselves—when we support others.



As an energy company, Dominion provides a vital public service. But we also know that giving back to the communities we serve is not just good business—it's also the right thing to do. That's why Dominion works to build strong communities in the places where we live and work, delivering both volunteer and financial resources to help keep them healthy and vibrant. This year Dominion, its charitable foundation and employees will invest more

than \$20 million and 125,000 volunteer hours in programs that help make life brighter—from preserving valuable wildlife habitats and enhancing math, science and technology instruction, to supporting food banks and homeless shelters and underwriting outreach programs in the performing arts. To learn more about how we're putting our energy to work for our communities, visit www.dom.com, keyword: foundation.



When Johnny Comes Marching Home Again, Sunday Mornings, 0700

By Harry Besharet, Associate Editor



Engineer Verlane Snell
Photo: Tidyman

Last year, a remarkable new radio show was created: "When Johnny Comes Marching Home Again," airs Sunday mornings on WNCX 98.5 Classic Rock.

"Johnny" is a veterans interview program hosted by John Tidyman, or, as he often says, "John Tidyman, 11 Bravo 40." It is produced by The Uhl Group, and engineered by Verlane Snell (left).

At the same time, a website was created that would podcast the shows and provide another veterans forum: www.clevelandwarveterans.com.

"Johnny" was created to provide a voice and format to our warrior class in northeast Ohio.

Among the guests have been POWs, combat infantrymen, authors, sailors, educators, Legion and VFW officers, nurses, and a whole lot more. "Johnny" was honored by the Press Club of Cleveland at its annual awards program.

Two of the guests, Vietnam veteran and Special Forces troop Terry Lambacher, and WWII pilot and POW Bill Reulbach, faded away since their appearances on the show. Two different men from two different wars who joined and fought because America had a fight on its hands.

To listen to any or all of the shows, visit the website, www.clevelandwarveterans.com. We hope that on Sunday mornings, your orders are brief: Fall in. Enjoy the show.

... and the home(s) of the brave. By Kathy Folk

Every time a veteran uses the GI Bill to purchase a home, I lift my coffee cup and toast Franklin Delano Roosevelt. When he affixed his signature on the GI Bill of Rights, way back in 1944, he changed America in ways even he could not imagine.

Between guaranteeing home loans for veterans and providing money for education, veterans found opportunities that did not exist before the war.

And, boy, did they ever take advantage of it.

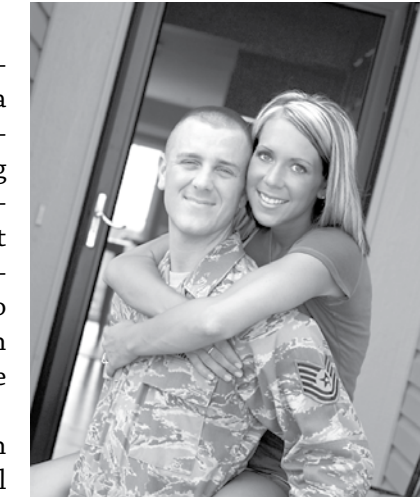
The programs continue today, almost seventy years later. If you look up foresight in the dictionary, there's a picture of FDR signing the GI Bill.

The guaranteed home loan benefit is one way America thanks its veterans. The two important parts of the home loan benefit are, 1.) No down payment is required. That can mean

the difference between owning a home or spending years saving for a down payment; and 2.) It is for every veteran; there is no upper limit on the income of the borrower.

When I was in class for my real estate license, one of my instructors said the desire to own a home is a deeply rooted American trait.

When we own our homes, he said, we are truly part of the community. Home ownership is a source of quiet pride, and he thought homeowners take a greater interest in important issues, whether voting, taking politicians to task, providing parks and



recreation areas for children, safety, or schools.

His observations have been borne out in my real estate career.

There are other, less-publicized benefits known only to homeowners. My Dad always

said his favorites were the garage and the basement. In his garage, he changed the oil in his car, kept his garden tools in fine repair, and stocked an old refrigerator with Stroh's. My Mom always said her favorites were the dining room and her sewing room. Holidays for the dining room, when the family sat down. The sewing room was a favorite, she

said, because no one bothered her when she was there.

Along with the myriad pleasures of owning a home comes responsibility, and it begins as soon as the decision is made to find and purchase a home.

My clients who are happiest in their homes are also the clients who prepared best. There are legal and tax requirements, research and physical inspections, as well as financing. I tell my clients, "Never, never, never hesitate to ask a question."

When I think of my parents' home, my favorite memory is my Dad, hot and sweaty after working in his garden, reaching in his garage refrigerator for a cold Stroh's. He would take a few sips and say, "Now, this is living!"

Kathy Folk, GRI, earned her licensed real estate agent in 1989; she is with Howard Hanna Real Estate Service.

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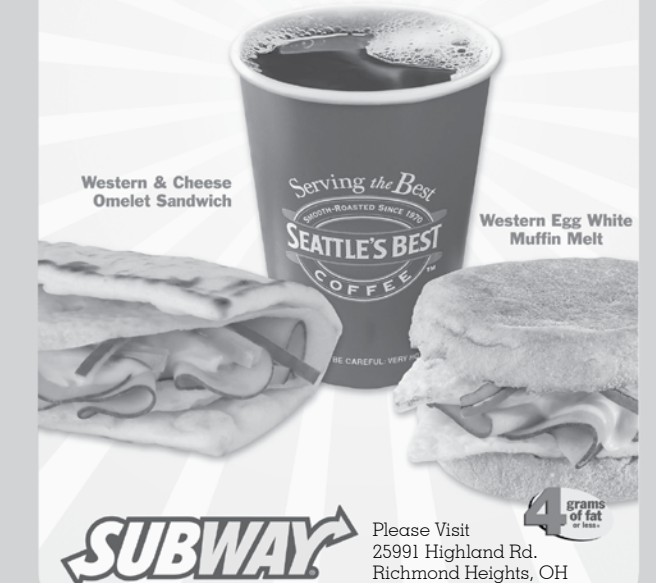


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PTSD: Where We Are and Where We're Going

An Interview with Robert Roerich, M.D.

(Editor's Note: Robert Roerich, M.D., is a psychiatrist with a special interest and practice in PTSD suffered by American troops. He is a graduate of Texas A & M University and the Nuevo Leon Medical School in Monterrey, Mexico. He completed his internship in internal medicine at Mt. Sinai Hospital in Cleveland and his psychiatry residency at the Northeast Ohio Universities College of Medicine. The interview was conducted and edited by Contributing Editor Aylsa Craig.)



PTSD is a condition that could be called psychological torture.

Is PTSD a new phenomenon?

Just the opposite. For as long as men have been waging war, we've known that men march off to war, yet when they return, they are different. It went by different names but it was not thought worthy of treatment; it was just an accepted condition of going to war and returning changed. With the Vietnam war, we were able to create a diagnosis.



Robert Roerich, M.D.

To make sure we're all fishing in the same pond, how would a diagnosis of PTSD be made?

First, the person was exposed to a traumatic event in which they felt they might die or saw someone else who could be seriously injured or die. Second, their reaction to this was to be horrified and fearful of it. Third, it's not called PTSD in the first 30 days following the event. At that point, it's called an acute stress reaction. But if symptoms such as nightmares or flashbacks persist after 30 days, it can make the diagnosis of PTSD.

What did the previous generations do?

My understanding is those veterans simply kept it inside. They didn't talk about all they experienced on the battlefield and may have developed PTSD many years after being in combat.

An argument can be made that the history of man is the history of war. Are we becoming more sensitive to

the problem of PTSD?

I would say that today we are very sensitive to it. That doesn't mean we're doing all we can, but the perception of the problem has certainly been raised. PTSD is something that has occurred throughout our history and it's expected to occur. I'm glad we have finally decided to put all the signs and symptoms into a diagnosis so that treatment is possible.

Is PTSD marked by a feeling of being alone? Having problems that others wouldn't understand? Being frightened with the confusion?

That's precisely how they feel. In my psychiatric practice, I've noticed inside they're asking themselves, "Am I going crazy? What's wrong with me? I

"Some drink themselves into oblivion or use drugs to ease the pain. Again, it is a painfully lonely and confusing existence"

didn't use to get upset with the slightest thing, now any little thing upsets me." So this is a scary situation where they've wondering if they are literally going crazy or not. There are signs and behaviors that are frightening to the average person. For example, some sufferers of PTSD might see snipers behind table lamps or bushes, may have to patrol the house and perimeter to feel safe, hear noises and go outside looking for the cause.

Where do they turn?

It can be any number of directions. Some drink themselves into oblivion or use drugs to ease the pain. Again, it is a painfully lonely and confusing existence. There has been an informal, but traditional, approach and sometimes, social groups of veterans, such as the VFW provide the time and place.

The VFW isn't going to advertise itself as a place to get hammered. But does it inadvertently provide relief?

What's good about places such as the VFW and other military-based organizations is the common ground they provide. Here, members understand each other. But having the community support of other veterans is different than professional support for PTSD. If the social relationships provided ad-

equated treatment, we wouldn't have any PTSD, but it continues.

Do PTSD symptoms decrease over time?

No, and it can become even worse. The number of suicides directly related to PTSD is frightening.

Then PTSD likely prevents those vets from resuming a normal civilian life, including personal relationships,

career and education.

Absolutely. Perhaps one of the major problems is the stigma attached to mental illness. Who wants to admit they're having mental problems? But there are physical problems, as well. We know from recent research that there is deterioration of specific parts of the brain, mainly the amygdala. Research suggests that with an emotional cue, maybe the sound of a helicopter or exploding M-80, the amygdala and hippocampus are triggered to recall the traumatic event or circumstances. It could be that these two parts of the brain create a self-reinforcing memory loop, going back and forth. The memory can include the emotions of the trauma, which aggravate PTSD.

What is the value of that research?

It points us in a therapeutic direction. When sufferers are allowed to relive and reshape their perspective of those memories, it can make it less traumatic and help cope with those memories.

What else did it tell us?

CAT scans of the brain tell us the amygdala may deteriorate, and the result can be more anxiety, more depression, and panic attacks. When neural tissue breaks down, it can't be replaced. That situation naturally pushes medicine to find faster, more effective treatment for PTSD.

How does society treat it?

Unfortunately, it's so little understood, most of society assumes the veterans are taken care of by the Veterans Administration and they believe the veterans are receiving treatment. The lay public doesn't really know that much about PTSD.

What should society know?

That PTSD is a condition that could be called psychological torture. It is torturous for our veterans to relive the traumatic experience, to have flashbacks and nightmares, to wake up choking their girl friend or wife. We should know that the condition is a direct

See PTSD, Page 12

Get That Shrapnel Out of Your Ear and Listen Up!

By Aylsa Craig, Health Writer

FITNESS

Hearing, like our other senses, provides security (you want to hear when a fellow troop yells, "Incoming!", or, "Fire in the hole!") Hearing also provides for some of life's sweetest pleasures: The cooing of your firstborn among them.

It's difficult to underestimate the value of hearing, so when hearing fades, or suffers damage, the results can be annoying (as in, "Turn up the volume on the television," all the way to dangerous (you don't hear the police siren behind you.)

In most instances, hearing can be improved, thanks to science and technology. Today we know much more about this important sense than we knew in the '40s.

Audiology is a new science that

really got its start in WWII, when troops were subjected to incredible traumatic noise and the wear and tear on the sense, or even the destruction of it, inspired science and medicine to seek relief for soldiers.

Prior to that, the Industrial Revolution, with its factories that were so loud as to drown out voices, was already doing damage.

We went from the hearing horn ear trumpet, through our early efforts to amplify sounds, to hearing aids that today mimic our original equipment.

There are three parts to the ear, the outer ear, middle ear, and inner ear. Each plays an important role in hearing: The outer ear collects sound and moves it into the inner ear; the



middle The middle ear has three, small bones which take sound waves to the inner ear. It's the inner ear does double duty. Not only is it the last step to hearing, but it also

serves to keep us balanced.

If hearing loss isn't traumatic, it is likely the aging process. We lose a few things as we grow older, among them car keys, shopping lists, anniversaries, and hearing. The medical term for age related hearing loss is presbycusis. It sneaks up on us.

When first going to an audiologist, the first thing he or she should do is ask you lots of questions. Lifestyle is an important query. A construction worker subjects sounds to the hearing sense in ways a teacher doesn't. With questions and answers,

a blueprint can be created from which to proceed.

Likely a couple tests are administered. The hearing test is called an audiogram, and it's with this the audiologist measures pitch, or frequency, as well as the decibel range, or loudness. A second test is for speech recognition.

Fitting and adjusting a hearing aid is the easy part. Lots of us have walked out of the office, saying, "I should have done this five years ago."

The care and feeding of a hearing aid adds a chore to daily life, but it's well worth it.

One more important issue is, "If it sounds too good to be true, it probably is." Sadly, there are scam artists in the hearing aid field, and purchasing hearing aids through the mail is not recommended.

Murphys: Eternal Optimists and an Easy Touch

By Whitey Remph

PEACHES & POUND CAKE

Do you know Paul Murphy? Even if you don't, you either know a Murphy, are related to a Murphy, know a dog named Murphy, owe money to a Murphy or you are a Murphy.

My Murphy often has great counsel, and here's an example. If you start telling Murf about the many miseries that have descended on your shoulders, he will listen, but not long. After 15 or 20 seconds, he interrupts to tell you, "I know 10 guys who would love to trade places with you." It immediately reminds you that lots and lots of people have it worse than you.

Here's something about the Irish, if you didn't know. If you need sympathy, forget about it. If you need a favor, consider it granted even before you ask.

That was a nice Veteran's Day, and quick on its heels Thanksgiving and Christmas. On Memorial Day, got to listen to a couple speeches, watch a color guard, salute Old Glory, and say a prayer for our boys and girls in uniform. Not to be cranky, but I noticed libraries, along with post offices and every government



Two Old Soldiers at the Ohio Veterans Home.

office was closed. What do you say for next year's Veterans Day, only veterans get the day off?

Did you know there is the "Fanfare for the Signal Corps?" I didn't, until I heard it on WCLV 104.9 on your FM dial. Every morning, the station gets things rolling with a march. Nice way to start the day, especially if you miss close order drill. If you're old enough, you'll remember this command: Left oblique, march.

The Ohio Veterans Home is in Sandusky. That's where I took this picture of a trooper greeting his dog. There is also a wonderful museum, a cemetery, a big lake festooned with Canada geese, and on the grounds are a few peacocks. You think reveille was loud, wait till you hear these screamers' meemies. The Veterans Home in Sandusky is the finest facility of its kind I've ever seen. Period.

Do you know Fred Bognar? Retired Cleveland cop and a veteran of the war in Korea. When my Polish mother in law, Stella Stasko, makes stuffed cabbage, she always sends a couple to him. Bogie calls them, "Polish Hand Grenades," and praises the cook, speaking in Hungarian. She can understand Polish and Ukrainian, but says she can understand 'thank you' in any language.

Just wondering. I talked with a woman whose right arm was covered with the most beautiful tattoo. When I remarked on it, she said that body ink technology has improved greatly. Women have tats all over their bodies. Does that mean there's a new meaning for 'tit for tat'?

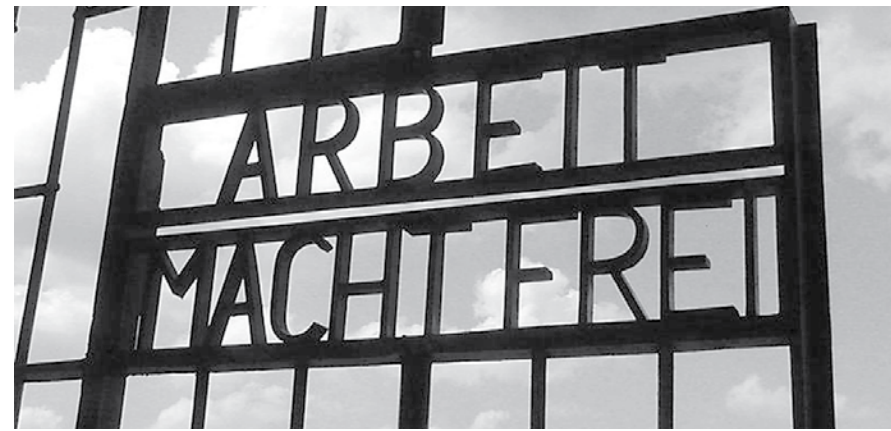
In Times of Desolation By Rev. Ralph Fotia

FAITH

William Sloan Coffin wrote about music, "In time of desolation, God alone has comforted me more; when the world seems bent on madness, it's music as much as literature that reassures me of its sanity."

I know of no other experience that best supports Coffin's profound appreciation of music, than a wartime event that occurred in France, 1945. The Cathedral of Chartres loomed over our airfield. Its towers and medieval façade gave testimony to faith. It was thought, as one artist put it, the towers were reaching up and grab the hands of the deity, and saying, "We are here. Look at us."

Our airfield was the site of the 9th Troop Carrier Group. Preparations for the allied attack on the Rhine were in high gear. As the allied armies moved deep into Germany, death camps were being liberated. Among the dead were



Arbeit Macht Frei loosely translates to work and power and freedom

the survivors, the living dead. The few living dead were being flown into French towns for rehabilitation.

Our troop carriers, C-47s, would take part in evacuating survivors of the death camps. A number of survivors would arrive at Chartres for resettling and rehabilitation. The airfield at Chartres had been occupied by the Luftwaffe during the German occupations. Here and there hangars and buildings showed signs of allied bombings.

The mess hall was partially damaged with open air and sky visible through sections of the roof. The GIs used the mess hall for meals.

On this particular occasion, the mess hall was filled with music. "The music, presented where, '...the world seems bent on madness,' came from survivors of the death camp, men and women who somehow sought Life's beauty in music."

How could it be, that in the midst of

death, destruction and hopelessness, these musicians made music? Instead of the bombed mess hall, we were suddenly in the Waldorf Astoria.

I don't recall recognizing the music. But whatever, the musicians and their music were overpowering. The moment was so civilized.

To this day, I don't know who provided the musical instruments. What determination on the part of those survivors, to witness to the power of music.

With all the madness in the world, outdoor concerts ring the world with music, shutting out the strident sounds of discord.

God has given us the gift of music.

Music is universal.

Lift every voice and sing.

Rev. Ralph Fotia, who served with the Army Air Corps in World War II, is the Coordinator of Pastoral Care at University Circle United Methodist Church, at East 107th Street and Carnegie Avenue.

Medina County District Library Presents: *World War II Roundtable* By Tim Burns

As the saying goes, "Imitation is the highest form of flattery." Well, at least you hope it is. The Medina County District Library's *WWII Roundtable* really began in fall of 2005. The concept, name, and even speakers were stolen outright from the Fairlawn WWII Roundtable. Ernie Phillips, a former Army Air Corps sergeant, was our first veteran presenter. Ernie had been bombardier who survived the war and came home to take advantage of the GI Bill of Rights and became an economics professor at Kent State. Thirty people attended that meeting. However, that was not our first effort at putting together a WWII program. Our first attempts were not so successful. And we didn't focus on veterans.

We had high hopes for our initial program when we selected the name *WWII Roundtable*. We thought it would be a good forum to discuss



Tim Burns

the battles, strategies, political outcomes, and intricacies of WWII. Academics were lined up as speakers, dates were set, the location was secured and we waited for the magic. Well, after an initial curiosity, the program bombed, no pun intended. As we surveyed those who had attended the first two programs, we asked what could be done to save this program. The answer was direct: Bring in WWII vets as speakers.

I searched the web and discovered the Fairlawn WWII Roundtable.

Their volunteer in charge of finding speakers was contacted and a list was compiled with their help. We started to make calls. Soon, we had a directory of speakers ready to go.

As I said, that was five years ago. Our programs are scheduled on the first Monday of each month from March until November. We keep the program simple. I introduce our speaker with a very short biographical sketch, mention the next month's speaker, stand for the pledge of allegiance and let the cameras roll. Yes, we film each presenter and are in the process of having each of our 45 presentations available to the public through each of our branch libraries.

From our very humble beginnings we now average around 100 in attendance. Our audience is made up of every age group from seniors to students. Spend any time at these

programs and you will be changed. The speakers, whether they are clever, witty, commanding, frail or forgetful, will touch your heart. I am always taken away on their journey back in time. It is startling to realize that when these octogenarians were called to duty they were younger than my own children are now. I marvel at their burden and their sacrifice, something they still carry with them. And while they do not see themselves as heroes, the mere fact that they put one foot in front of another marching ever forward into danger is that word's best definition. They are heroes all.

Tim Burns is the Adult Reference Librarian for the Medina County District Library. He grew up a military brat and before his library appointment spent more than three decades as an educator and school principal in the Cloverleaf Local Schools.

The Vicissitudes of Golf By Tony Ganda PGA

AUTOMATIC PRESS

This true story begins on a sunny day in late October during a round of golf with some friends. The temperature was in the low 50s and the wind was swirling and made the temperature feel like it was in the low 40s. One fellow was having a rough day golfing. He started out with a snowman (this is an 8 in golf lingo) on the first hole and didn't do much better on the next 16. As he proceeded to the eighteenth tee with shoulders slumped he looked at the others and said, "I think I've been playing more golf then ever and I am not showing much improvement, does anyone have a suggestion for me to help me improve my poor play?" One of the fellows said,

"I think you should take a couple weeks off from golf," and before he could finish the slump-shouldered golfer perked up and said, "Do you think that will improve my game?" The fellow golfer said, "You didn't let me finish. What I wanted to say is I think you should take a couple of weeks off from golf and then quit."

We all had a good laugh and wouldn't you know this loosened the poor golfer up and he birdied the last hole. With a smile on his face he said, "Who wants to play tomorrow? I think I found my game."

For golf lessons call 440-725-2910 or e-mail tonyganda@hotmail.com.



Photo: Al Strabo

Tony Ganda

GOLF TECHNOLOGY

What is shaft flex? What type of shaft flex is right for you? There are three elements considered with shaft flex. The first element is shaft flex or relative stiffness. The second element is material or weight of the shaft. The third element is pattern or the flex point of the shaft. All three elements are important to proper shaft fitting and each interrelates with the other to determine the remaining specifications in the club fitting process. I want to discuss these specifications in future issues. (Some technical information in this column will be taken from Malby's "Club Design and Fitting," 4th Edition.)

TIPS FROM TONY

Grip: The overlapping grip can be used by anyone, but golfers with large hands benefit most. The interlocking grip, favored by Jack Nicklaus and Tiger Woods, gives the player a more unified feel than the overlap, but is best used by golfers with small hands. The baseball/full-finger grip is most popular for beginners because it provides more control. New golfers starting with this grip can then progress to one of the others. No matter which grip you use, overlapping, interlocking or baseball, you can check for correctness by looking in a mirror. The V formed on both hands by the index fingers and thumbs should point to the right side of your face for right-handed golfers and left side of your face for left-handed golfers.

PTSD, from page 12

result of sending boys to war and supporting therapy when they come home is just as important as sending CARE packages to the troops or welcoming them home with parades.

Why do some troops suffer PTSD and some not?

It is thought those who suffer it are predisposed to it due to earlier problems of trauma such as abuse, which can be physical, mental, emotional or sexual. So it may be that in those circumstances, the brain is already weakened due to prior traumatic.

Some veterans of Vietnam, on visiting The Wall in Washington, D.C., immediately begin weeping, with no conscious thought. What just happened?

For many, The Wall can be a trigger, just as the sound of a helicopter or the smell of diesel fuel. I'm not a veteran, but I couldn't stay long at The Wall. The thought kept running through my head: What if I drew a low number in the 1971 draft? If I were sent to Vietnam, would I come back in one piece, intact mentally, and gone to medical school? Probably not.

For veterans suffering PTSD, what treatment is available at present?

Treatment is support of friends and family. Then professional support that can include antidepressants. Supportive therapy is counseling and psychotherapy. Group therapy is valuable, too. An effective group therapy leader is one familiar with psychotherapy or counseling, who basically allows the group to vent, to discuss emotional issues, to share personal stories and to make note of what has been said. You can see it's a combination of treatments.

What's your short term view of the PTSD situation?

A new generation of combat soldiers is coming home. Although their specific situations were different than previous wars, many will suffer PTSD, which attends all wars. On the home front, the work being done for relief of PTSD is something to be proud of, but we have a long ways to go. We're learning how and when to best treat PTSD in order to relieve the suffering. But there remains a stigma attached to it and that may be the biggest obstacle of all. Perhaps one of our major challenges is establish a line of communication with vets.

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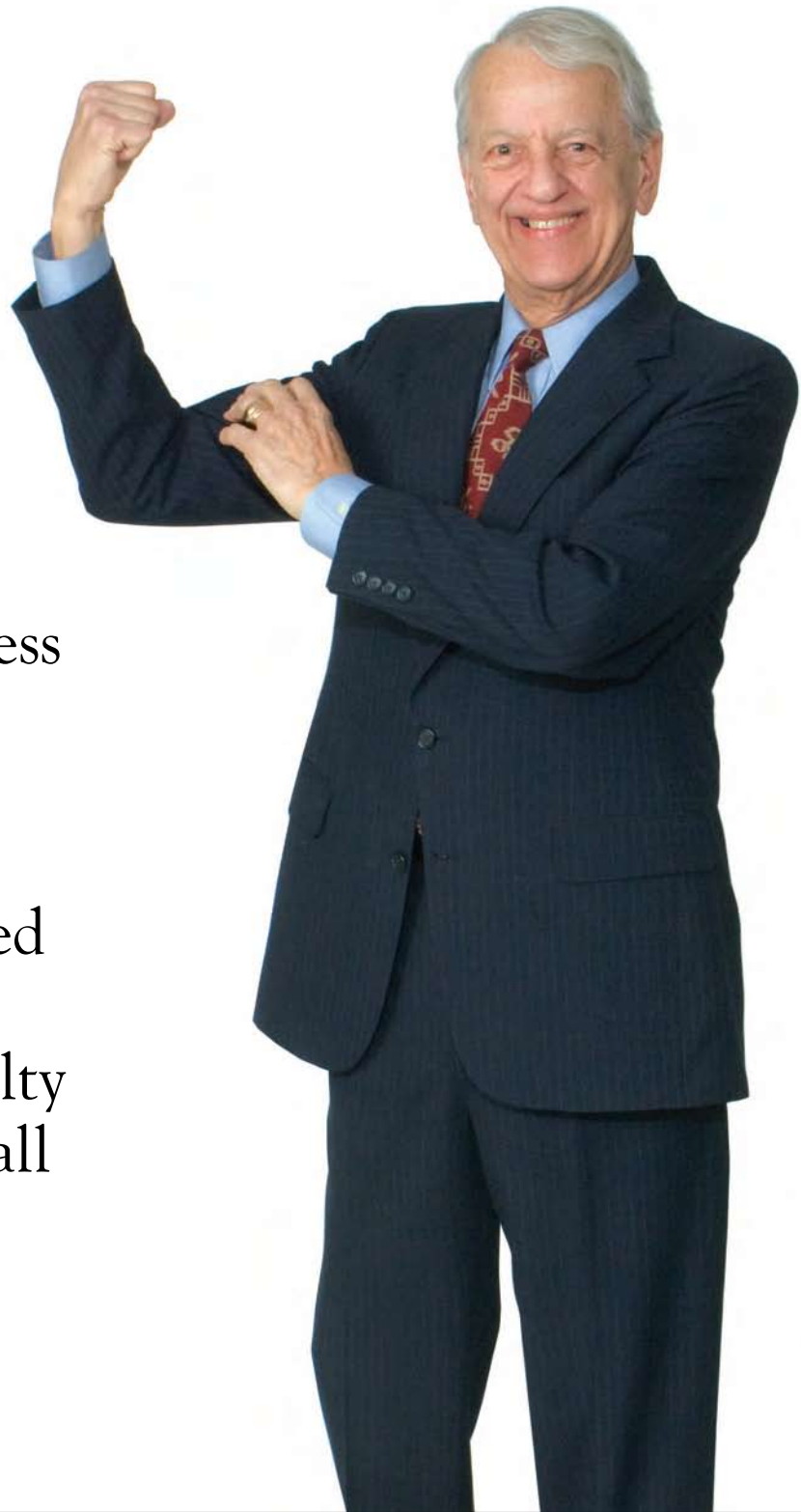
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