



CHRONICLE

The Newspaper for Veterans and All Who Love Them.

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*“Patriotism is supporting your country all the time and your government when it deserves it.”*

– Mark Twain

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# UNIFORM OF THE DAY

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your country all the time  
and your government  
when it deserves it."*

*— Mark Twain*

## NATIONAL SERVICE: ITS TIME HAS COME (if it's not too late)



**H**ere are additional reasons I strongly support a two-year national service program:

It can be inclusive: Whites, Blacks, Asians, Native Americans, Hispanics, and all manner of immigrants. The program can be just as educational as travel.

We have much to do: Water is polluted, roads and bridges are dangerous, men and women are homeless, children are poorly educated, prisons are crowded and the rate of recidivism is appalling.

We would bring a wealth of different talents to those who need them – including ourselves. We would share different backgrounds, educations, personal and family histories. As we learned, our informal educations and perspectives would grow.



Such a program would be a source of pride. Individuals would be proud of their hands-on contributions to the country.

We would learn a great deal more about America and Americans.

While expenses would be paid for, a check on completion might add to the satisfaction, say, fifty

grand.

If we could get through the military draft for Vietnam, this draft should be a cakewalk.

Such a program would have plenty of challenges. First would Congress be interested? Congress' interests are severely limited when it comes to polluted water, dangerous roads and bridges, our homeless and poorly educated children, our prisons. It's just the way it is.

If it is to be a federal program, the federals would quickly screw things up. That's just the way Congress operates.

I suggest NASA. It is mission-oriented and is comfortable taking on huge challenges. When we say, "Close enough for government work," we know it doesn't apply to NASA.

You likely have other suggestions. Let me hear them.

*The Newspaper for  
Veterans and  
All Who Love Them.*

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**Editorial Statement**

DD214 Chronicle is committed to its readers: Veterans of every generation and all who love them. The printed newspaper is delivered across northern Ohio without charge: More than 60 libraries, colleges and universities that welcome veteran students, VFW and American Legion posts, city halls, Veteran Administration offices and health care facilities, organizations in support of veterans, advertisers, political offices, and Veteran Service Commissions. DD214 Chronicle also maintains [dd214chronicle.com](http://dd214chronicle.com) and DD214 Chronicle/Facebook.

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## MAIL CALL

### DISAPPOINTED IN THE INACCURACY

I ran across an article on Woodland Cemetery in the November/December 2015 from Heidi Fearing of the Cleveland Historical and I am glad to see an article on Woodland Cemetery since I have been working and preserving its history for 15 years now, but I am also disappointed in the inaccuracy of the article.

The information provided by Heidi was old and was not updated because there was a mention of a USCT monument soon to be installed when it was installed three years earlier in 2012. It always bothers me about the inaccuracy of stories being published.

As an FYI, we installed a War of 1812 monument at Woodland Cemetery in August 2016 which was quite controversial with the Ohio Society for the War of 1812 because we have a gentleman (Gen. McLeod) who served on the Canadian side of the war and the Ohio Society did not want his name on the monument. We are here to preserve history, not neglect it.

On July 29, 2017 we will be doing an Ohio Historical Marker dedication honoring the 23rd Ohio Volunteer Infantry for which McKinley and Hayes served. The 23rd OVI monument is the first regimental civil war monument erected in the United States.

Of course, you and your readers are more than welcome to attend this dedication ceremony. We hope to see you there or at least have an article in your newspaper.

*Michelle A. Day, Chairwoman/President  
Woodland Cemetery Foundation of Cleveland, Ohio*

### A SINGLE VETERAN FOR PEACE

Once again I fed my addiction to promoting peace by standing about a hundred yards from the southwest gate of FirstEnergy Stadium for about three hours yesterday (Sunday, Nov. 27th), to greet hundreds of fans going to the New York Giants-Cleveland Browns football game.

As is often the case during such gigs, something extraordinary happened as I stood wearing my 50-year-old U.S. Army field jacket, complemented by my peace flag.

Among the hundreds of fans walking by was a man named Jim Smith, from Port Washington, NY, on Long Island. Pointing to the Veterans for Peace button on the right breast pocket of my field jacket, he said he also is a member of the organization and served in Vietnam as a reporter for the Stars and Stripes, a military newspaper.

Jim said he was in town not only for the game but also to visit his son who is an air traffic controller in Oberlin.

I asked Jim when he was in Vietnam and he said he was there in the early '70s. I said, "Aw, you missed out on the Tet Offensive." He said he hears that comment a lot from other veterans who were in country during that historic attack.

Jim is the author of "Heroes to the End," a compilation of his Stars and Stripes stories. He gave me his business card which mentions, along with authorship of his book, that he is board chair of United Veterans Beacon House, which provides housing for homeless veterans. Jim also is a veterans advocate and member of the Unitarian Universalist Congregation at Shelter Rock in New York.

Regarding football fans streaming to the stadium, it was rather disappointing that so many people, mostly men, were rather rude. It's not that they said things that were rude. It's just

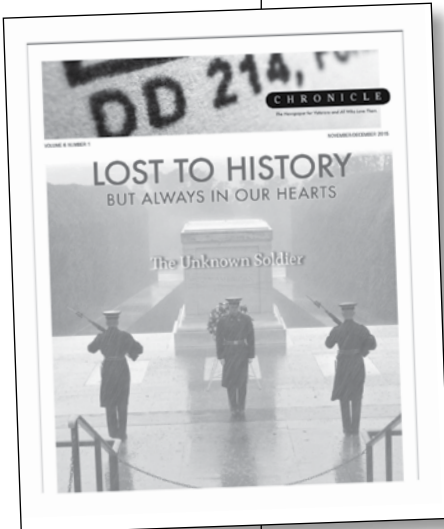
than when I greeted them cheerily and with an upbeat comment, such as "It's a beautiful day for football," they would ignore me. Same applied to many women, although not as much. Still, several people reached out to shake my hand, thank me for my service, give me fist bumps and a couple of men gave me the popular "guy semi-hug". All this was appreciated but what was much more appreciated were bear hugs from a couple of sweet young things who loved my message. I told both women, "You made my day."

As I was walking toward the stadium before the game, a middle-aged couple walked toward me. After they were about ten steps behind me, the man turned and shouted "God bless America!" I shouted back, "Peace on Earth!! He said nothing and kept walking.

Several minutes later a man on a bicycle with an American flag attached to the back fender pedaled up West Third Street away from the stadium. He did a double-take after seeing my peace flag circled around toward me and yelled, "It's great to be in America!"

Once again I shouted, "Peace on Earth!" After all, it is the season.

*Lou  
Pumphrey  
Veterans  
for Peace*



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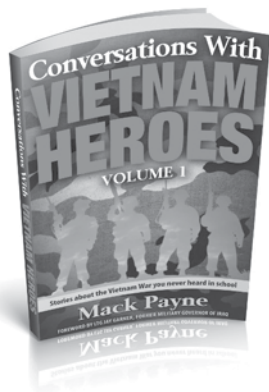
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# Conversations with Vietnam Heroes, by Mack W. Payne

Review by John H. Tidyman, editor



This is the screwiest book on Vietnam and the troops who fought there. It is so bad, it's good.

It didn't take long to say, 'Geez, why would anyone publish this thing?' Even an experienced editor would give up on this one. Its only use to a publishing house would be a doorstep.

This is where vanity press or just having the book printed works.

But a few pages later, I realized amateurism was the strength of the book. As I read more, I enjoyed more.

The book title is precise: It's con-

versations with Nam vets, both author and subject. (I have a problem calling every Nam vet a hero. When we call every vet a hero, the definition of hero is diminished.)

Author Payne's business card describes him as, "Patriot Speaker, Helping Keep America Great." He is a decorated, two-tour veteran of Vietnam.

For this book, he talked with nine veterans of Nam. If you purchase this book, here are my recommendations on reading it.

First, grab a couple cold beers. Or a large cup of coffee.

Pretend you are sitting with author and subjects, just listening in.

One of the virtues of the book is the casualness and camaraderie between Payne and his subjects. I wonder if that is its greatest virtue. Author and subject respect each other and are clearly grateful for the camaraderie.

The stories will amaze you.

You almost regret seeing the pages dwindle down; sitting and listening to these conversations is enlightening, frightening, and it's straight from the horses' mouths.

Enjoy.

## VA Study Finds EEG Can Help Tell Apart PTSD & Mild Traumatic Brain Injury

**WASHINGTON** – A recent VA study points to a possible breakthrough in differentiating between post-traumatic stress disorder (PTSD) and mild traumatic brain injury (mTBI), otherwise known as a concussion.

The two disorders often carry similar symptoms, such as irritability, restlessness, hypersensitivity to stimulation, memory loss, fatigue and dizziness. Scientists have tried to distinguish between mTBI and PTSD in hopes of improving treatment options for

Veterans, but many symptom-based studies have been inconclusive because the chronic effects of the two conditions are so similar. If someone is rating high on an mTBI scale, for example, that person may also rate high for PTSD symptoms.

The researchers used electroencephalogram, or EEG, a test that measures electrical activity in the brain. The size and direction of the brain waves can signal abnormalities.

Analyzing a large set of EEGs given to mili-

tary personnel from the wars in Iraq and Afghanistan, the researchers saw patterns of activity at different locations on the scalp for mTBI and PTSD. They saw brain waves moving slowly in opposite directions, likely coming from separate places in the brain.

The researchers emphasize that these effects don't pinpoint a region in the brain where the disorders differ. Rather, they show a pattern that distinguishes the disorders when the EEG results are averaged among a large group.

## BROWN URGES VA TO PROTECT VETERANS FROM EXORBITANT Emergency Room Bills

**WASHINGTON, D.C.** – U.S. Sen. Sherrod Brown (D-OH) announced a bipartisan letter with several of his Senate colleagues to U.S. Department of Veterans Affairs (VA) Secretary Robert McDonald, urging him to comply with the Emergency Care Fairness Act (ECFA) to ensure veterans are not charged exorbitant ER bills.

The ECFA, which was enacted in 2010, directs the VA to cover veterans who have private insurance if their insurance doesn't cover the full cost of non-VA emergency care. Yet since 2010, the VA has not complied with the law, denying hundreds of thou-

sands of veterans' reimbursement claims for emergency care.

"Veterans who seek emergency care should be focusing on their recovery, not worrying they'll have to deal with sky high medical bills," Brown said. "The VA must ensure that veterans are reimbursed for these often lifesaving emergency visits."

Earlier this year, a federal court ordered the VA to write regulations that comply with the ECFA.

In addition to urging the VA to comply with the law, the senators also requested that the agency fix its mistake and re-open all previously denied claims.



## US Navy Veterans Mesothelioma Center Urges the Family of a Veteran Who Recently Died of Mesothelioma Before Beginning the Compensation Process to Call Them Before Time Runs Out

**NEW YORK**, Dec. 16, 2016 /PRNews-wire/ — The US Navy Veterans Mesothelioma Center says, “We are urging a family to call us anytime at 800-714-0303 if their loved recently passed away from confirmed mesothelioma before the financial compensation process ever had a chance to begin—especially if the person who died from mesothelioma was a Veteran of the US Navy. The compensation for these specific types of people or their estate can be in the hundreds of thousands of dollars, or more—but time to start the process literally is limited.

“Confirmed mesothelioma means there is a pathology report and a medical doctor/pathologist who can prove a person’s diagnosis is mesothelioma. In many instances by the time the individual is diagnosed with mesothelioma they are so ill the family does not think of the right kind of attorneys to help with a mesothelioma compensation claim or anything else, and then their loved one passes away.”

### ASBESTOS WARNING SIGN

“As we would like to discuss anytime at 800-714-0303 a loved one’s passing away from mesothelioma does not exclude the possibility for the family of a diagnosed person getting significant financial compensation. However, if the family waits too long the possibility of mesothelioma financial compensation becomes difficult if not impossible for even the nation’s premier mesothelioma attorneys.” <http://USNavyVeteransMesotheliomaCenter.Com>

Incredibly vital tips for the family of a Veteran who has died from mesothelioma before the financial compensation process could begin from the US Navy Veterans Mesothelioma Center:

The best mesothelioma financial compensation is usually the result of the efforts of extremely skilled and capable full time mesothelioma attorneys who are also trial attorneys. Frequently to receive the very best possible financial compensation the person with mesothelioma or their

family must file a lawsuit and there is always a good chance there will be a trial.

The mesothelioma attorneys suggested by the Center not only typically get the best possible financial compensation for their clients they also specialize in assisting US Navy Veterans with mesothelioma-nationwide.

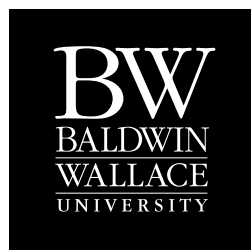
As the US Navy Veterans Mesothelioma Center would like to discuss with a family that has just lost a loved one to mesothelioma anytime at 800-714-0303—it is incredibly vital to hire the most qualified and experienced mesothelioma attorneys in the nation. “Please don’t hire a local car accident attorney for something as complex as a mesothelioma compensation claim for a recently deceased US Navy Veteran who had been diagnosed with this rare form of cancer caused by asbestos exposure.” <http://USNavyVeteransMesotheliomaCenter.Com>

The states indicated with the highest incidence of mesothelioma include Maine, Massachu-

setts, Connecticut, Maryland, New Jersey, Pennsylvania, Ohio, West Virginia, Virginia, Michigan, Illinois, Minnesota, Louisiana, Washington, and Oregon. However a US Navy Veteran with mesothelioma could live in any state from New York to California.

For a listing of all former and current US Navy ships please refer to the US Navy’s website that addresses these topics. [http://www.navy.mil/navydata/our\\_ships.asp](http://www.navy.mil/navydata/our_ships.asp)

For more information about mesothelioma compensation and why it is so vital for a diagnosed Navy Veteran to have the most qualified and experienced mesothelioma attorneys in the United States in order to revive the best possible financial compensation results—a Veteran or their family are urged to call the US Navy Veterans Mesothelioma Center anytime at 800-714-0303. The Center is open 7AM EST until 9 PM EST daily including weekends and holidays. <http://usnavymesothelioma.com>



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The needs are constant throughout the year. During the cold fall and winter months, socks, gloves, boots and warm clothing protect them from frostbite and hypothermia. In the spring, it's important to have water-resistant blankets and clothing to stay dry. In the summer, backpacks, bottled water, insect repellent and toiletries are in high demand.

Your donation can help with some basic necessities of this population. No matter what you give, your gift makes a difference.

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- Submission for awards decorations and medals
- Notary Public & DD 214 Certification



*Our services are FREE of charge!*



## THE NIGHT BEFORE CHRISTMAS

Twas the night before Christmas, he lived all alone, In a one-bedroom house made of plaster and stone. I had come down the chimney with presents to give, and to see just who in this home did live. I looked all about, a strange sight I did see, no tinsel, no presents, not even a tree.

No stocking by mantle, just boots covered with sand, on the wall-hung pictures of far distant lands. With medals and badges, awards of all kinds, a sober thought came through my mind. For this house was different, In was dark and dreary. I found the home of a soldier, once I could see clearly.

The soldier lay sleeping, silent, alone, curled up on the floor in this one bedroom home. The face was so gentle, the room in such disorder, not how I pictured a United States soldier. Was this the hero of whom I'd just read? Curled up on a poncho, the floor for a bed?

I realized the families that I saw this night, owed their lives to these soldiers who were willing to fight. Soon round the world, the children would play, and grownups would celebrate a bright Christmas day.

They all enjoyed freedom each month of the year, because of the soldiers, like the one laying here. I couldn't help wonder how many lay alone, on a cold Christmas Eve in a land far from home.

The very thought brought a tear to my eye, I dropped to my knees and started to cry. The soldier awakened and I heard a rough voice, "Santa don't cry, this life is my choice. I fight for freedom, I don't ask for more, my life, my God, and my country, my corps."

The soldier rolled over and drifted to sleep, I couldn't control it, I continued to weep. I kept watch for hours, so silent and still, and we both shivered from the cold night's chill.

I didn't want to leave on that cold, dark night, this guardian of honor so willing to fight.

Then the soldier rolled over with a voice soft and pure. whispered, 'Carry on Santa, It's Christmas day, all is secure.'

One look at my watch and I knew he was right, Merry Christmas my friend, and to all a good night.



## Contact us:

**210 Northland Dr. - Medina, Ohio 44256**

[veterans@medinacountyveterans.org](mailto:veterans@medinacountyveterans.org)

[www.medinacountyveterans.org](http://www.medinacountyveterans.org)



# “Ain’t no mountain high enough ...”

“My husband, Captain Philip B. Twine, was a Logistics Officer in the Air Force when he died at the age of 34 in 2002. We had three children and I was eight months pregnant with our fourth child when Phil died,” said Twine.

“After my husband’s death, I became the primary breadwinner – a single parent of four – including being the caregiver for our child with autism spectrum disability. Prior to Philip’s death, I completed my undergrad in Biology at the University of Cincinnati.

“Our plan was that I would

obtain my Master’s degree next. Those plans changed when our world changed on August 7, 2002. I had to put this goal on pause for many years while I raised my family as a single parent. It was especially difficult with a newborn and a child with a disability.

“I am now in a place where

fulfilling my goal of higher education is possible. I am very grateful to now be afforded the necessary time to utilize the Marine Gunnery Sergeant John David Fry Scholarship. This educational opportunity means the world to me and others in my situation.”



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# World War II Marine

## RECALLS SUICIDAL CIVILIANS, DIE-HARD SOLDIERS

By Jerri Donohue

**H**enry Murowsky watched in horror as a mother clutched her little children and leapt off a cliff.

It was June 1944. A member of the Second Marine Division, Murowsky had already been fighting on Saipan for days. Earlier, he witnessed crazed nighttime banzai attacks by Japanese troops. Most fought to the death rather than surrender.

The desperation of the civilians troubled Murowsky most.

"They were afraid they'd be abused by American forces," the 96-year old Garfield Heights resident said.

Not long after landing on Saipan, Murowsky ordered a farmer to help dig a foxhole, but the man repeatedly threw down his shovel. The Marine

later realized the civilian suspected he was digging his own grave. The Americans eventually confined the farmer to a compound with other local people.

Murowsky had enlisted in mid-December 1941, embittered by the attack on Pearl Harbor. Three brothers also served - Leo in the European theater, Michael as a Merchant Marine, and Frank in the Seabees. Murowsky reunited with Frank on Saipan. (All four Murowsky



Henry Murowsky

boys survived the war.)

When Murowsky sickened with dengue fever on Saipan, his captain sent him to a field hospital that reminded the Marine of a circus tent draped in mosquito netting. All his joints ached and his ears rang but a week later

he recovered enough to rejoin his outfit. Later, in the States, a recurrence of the disease resulted in the veteran's hospitalization.

In July 1944, Murowsky participated in the assault on Tinian, the battle he hated most. At the end of the first day, he watched two trucks rumble by, loaded with dead Americans. For days, the fighting stretched from late afternoon to early morning. Ships shot flares into the night sky to light the terrain.

From Tinian, Murowsky returned to Saipan where the Marines trained with replacements before attacking Okinawa in April 1945.

One July morning, he and other Marines shared breakfast

on a hillside when Army Lt. General Simon Bolivar Buckner, Jr. and his aides passed, en route to check the situation at the front. It seemed to Murowsky that the jeeps barely drove out of sight before the Japanese shelled the area. Soon two ambulances roared by and Murowsky heard the barrage had killed General Buckner.

After the capture of Okinawa, the Marine found himself back on Saipan - this time preparing for the invasion of Japan that never happened. The enemy surrendered in August after the United States dropped two new powerful bombs.

Murowsky ended up in Japan anyway, as part of the occupation forces in Nagasaki.

"There was nothing standing," Murowsky said of the city's destruction by a hydrogen bomb. "No buildings were standing. All the boats were sunk."

The Clevelander billeted at a Japanese airfield that had launched kamikaze pilots. His duties included collecting quantities of weapons from the locals, solidifying Murowsky's belief that America's use of nuclear bombs to end the war probably spared his life.

"It was the saving of thousands of our people," Murowsky said.

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**"We pretended there was no problem with Agent Orange after Vietnam and later the Pentagon recanted, after untold suffering by veterans."**

**— Jim McDermott**

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We encourage you to find out more about the Fisher House program by visiting us online at [www.greaterclevelandfisherhouse.org](http://www.greaterclevelandfisherhouse.org) or by calling (440) 377-0067.



THANK YOU  
*Cleveland*

# Coast Guard Vet cured of hepatitis C following lengthy battle with virus

**C**oast Guard Veteran Ian Phillips was cured of hepatitis C after a two-decade ordeal with the virus.

For more than two decades, Ian Phillips lived with an active case of hepatitis C. He was mostly asymptomatic, although like many other Veterans the virus caused him to acquire cirrhosis, a deterioration of the liver.

Phillips, who spent 10 years in the Coast Guard, rarely volunteered to others that he was carrying hepatitis C. But all along he was fighting a personal battle, worrying that the virus was eating away at his liver, and that he was inching closer to needing a transplant.

It was like a "ticking time bomb," he says.

Finally, a cure

That bomb has been defused for now. The hepatitis C virus (HCV) has been undetectable in Phillips' blood for the past year, and his cirrhosis has stabilized, allowing him to regain some liver function. His doctors tell him his hepatitis is totally cured and will not come back unless he gets re-infected.

All of that is thanks to his three-month stint on the drug regimen ledipasvir/sofosbuvir - a relatively new but very expensive combination that is becoming more available to Veterans with hepatitis C (see main story). The regimen also

included ribavirin, which has been in use for some time. Phillips, who was treated in regular clinical care, says he experienced minimal side effects from the drugs.

He hopes never to relive what was a wrenching period in his life.

"It was difficult for many years while the virus was still active," he says. "Hep C is not something you want to go around and tell everybody about. It's a tough thing."

Phillips was treated at the VA Puget Sound Health Care System in Seattle by Dr. Lauren Beste, a specialist in internal medicine.

"Dr. Beste is one of the most fantastic doctors I've ever encountered," he says. "And to consider that she saved my life and has been just wonderful all the way through, almost like a family member. Pretty incredible. She really cares."

A participant in past clinical trials Phillips, now 52, began serving in the Coast Guard in 1984 and was eventually stationed in Miami as an HH-65-A helicopter flight mechanic from 1993 to 1997, with responsi-

bilities for fueling and maintenance. He earned his aircrew wings at the time.

In 1993, Phillips became part of operations Able Manner and Able Vigil, in which Coast Guard

vessels rescued thousands of Haitian and Cuban migrants in the Caribbean and prevented them from illegally entering the United States. Phillips, with cuts on his hands from working in the engine room as a mechanic, helped a lot of the migrants off of their boats and onto his cutter. Wearing gloves that were much

thinner and less durable than those required today, he came in contact with bodily fluids and human wastes.

Shortly after, while donating at a Red Cross blood drive in Miami, he was told he had hepatitis C.

"That's where it all started," he says. "It was really frightening."

Later in the 1990s, Phillips took part in two HCV trials at the University of Miami and one at the University of Washington. All of the

studies involved the drug interferon, which can cause nasty side effects, combined with ribavirin. None of the treatments worked, compounded by the fact that Phillips experienced body aches and other flu-like side effects from the interferon.

The harsh daily reality continued for Phillips, a genotype 3 patient, one of the least common but most difficult-to-cure hepatitis C infections. But he ultimately became a candidate for HCV therapy with the newer drugs. He started on the ledipasvir/sofosbuvir and ribavirin regimen in February 2015 at the VA Puget Sound.

Today, Phillips resides in Port Orchard, Washington, near Seattle, and spends time helping his brother-in-law, a Vietnam Vet, get treatment for leukemia.

Phillips says he is living with what he calls a "new lease on life."

"I don't have the virus hanging over my head," he says. "I have the chance that I could have complications like liver cancer, because you have a high percentage of people getting that with cirrhosis. But knowing that the hep C is no longer attacking my liver...I feel healthy, I hike, I'm active. I'm no longer carrying around that stigma, the ticking time bomb of the virus. It's a wonderful thing."

**"Hep C is not something you want to go around and tell everybody about. It's a tough thing."**

**Ian Phillips**



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**Joe Pronio**  
Insurance Producer & Retirement Planner  
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# Veteran Leon Bibb Speaks at Tri-C Veterans Event

By Leanne Hoppe

On November 10, 2016, Tri-C hosted a Veterans Day Event in the Veterans Memorial Garden at its Western campus in Parma, OH. The Parma campus sits on the grounds of the former Crile Veterans Hospital. The Garden displays military flags and a plaque inscribed with Leon Bibb's poem, "Remembrance and Respect." This title appropriately frames the significance of the site, which keeps its history alive through the Crile Archives.

I had the opportunity at this event to sit down with Leon Bibb and talk about his veteran history and how it has shaped his life and inspired his poem. Since then, the beginning of the last stanza of "Lost in Translation," a poem by James Merrill, has echoed in my mind: "Or else: all is translation/ And every bit of us is lost in it."

Bibb's poem seeks universality through the speaker's experiences with war. Bibb had been wanting to articulate his feelings for US

soldiers, but he hadn't done it. He said to himself, "If I wait, it might never happen." When he found the hook: "Those who were there," the poem took off. The poem includes a litany of war memories and duties. Bibb says he wanted to include as many theaters of military as possible. The listing works like an evolution, beginning with names of places his father and uncle fought to terms of the Vietnam era. This inclusivity? It's translation. "Veterans say to each other, 'Where were you?'" he explains.

Eleven men in Bibb's family served in the military. He is the product of a war-torn romance. When Bibb's father was drafted in 1942, two months after the bombing of Pearl



Leon Bibb

Harbor, Leon Bibb Sr. sought to place his relationship with his girlfriend, Georgia, on hold. He presented her with a watch. Georgia questioned it, saying, "I don't need a watch." He explained: "I don't have any money for a ring." They were married before Bibb shipped out, and the Leon Bibb we know was born before his father returned home.

As he told the story, Bibb emphasized, "Life goes on, even in war. Life on the home front must go on." And so it does. It's clear that this origin story shaped Bibb, and it's clear he's aware of it: "All of that is part of me, and I'm a product of that love."

Even Bibb's own experience spans more than one war. After return-

ing from Vietnam, he added to his military experience as an embedded reporter during the first Gulf War. He's interviewed the man who dropped a bomb on Hiroshima. Bibb's poem traps in time, in the moments it takes to read, all who have been lost to war.

Similarly, the Remembrance and Respect given to veterans on Veterans Day is translation, a transfer of feelings into action, an inability to make amends for the debts paid by those who owed nothing into a salute, an acknowledgement.

Tri-C, like Leon Bibb, offers Remembrance and Respect to its veterans. The Veterans Memorial Garden at the Parma campus offers the opportunity for veterans to translate Bibb's poem into their own meaning, and the Veterans Initiative and Veterans Upward Bound departments at the college offer programs and support to help veterans make meaning through education.

## LORAIN COUNTY VETERANS SERVICE OFFICE

### FINANCIAL ASSISTANCE

Temporary financial assistance may be available to Veterans or their widow who show a need and meet eligibility requirements. Assistance is based on household income and may be given for rent or mortgage, property tax, utilities, car payment, car/home/life/medical insurances, and food or personal items. The commission considers household income, living expenses, available assets, medical expenses, and the special needs of each applicant when determining eligibility. The Veteran must have been discharged under honorable conditions and must have served on active duty for purposes other than training. Applicant must be a resident of Lorain County for 90 days prior to application.

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### TRANSPORTATION

Transportation is provided to and from the VA Medical Facilities in Wade Park & Parma and the VA Clinic in Lorain. Availability is on a first-come, first-serve basis. A morning shuttle is available to Wade Park & Parma. The wheelchair accessible van and home pick-ups are provided for appointments at the VA Clinic in Lorain ONLY. **CALL 440.284.4624**

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[www.LorainCountyVeterans.com](http://www.LorainCountyVeterans.com)

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- Causes less drowsiness than other antidepressants.
- Six out of ten people who use an antidepressant for the first time find that it works for them.

### DOWNSIDES

- There's no blood test to tell you whether Zoloft (Sertraline) is working. Tracking your experience can.
- Can cause sexual side effects like low libido and an inability to orgasm or ejaculate.
- More likely to cause diarrhea than other antidepressants.

Like most antidepressants, it can cause a higher risk of suicidal thoughts and behavior for people younger than 24.

The first antidepressant you try doesn't always work or it can cause side effects you really don't like. You might need to try a few different medications until you find one that works for you.

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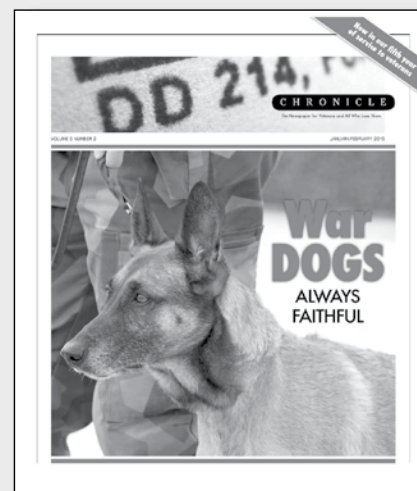
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# Chantix: Quit Smoking or Die Trying



**A**s much as you enjoy that nicotine rush, you'd like to quit, wouldn't you? Of course, we all would. I mean, when you look at the list of ingredients, nicotine seems to be the least dangerous. Maybe these little cylinders of death won't kill us, but the poisons inhaled are going to be part of whatever kills us.

Quitting or continuing? We're between the devil and the deep blue sea.

One answer is to quitting may be Chantix, which boasts, "This time could be different." They can say that again. Drug manufacturer Pfizer makes the stuff and it is available only with a prescription.

On the dark side, "Chantix is a prescription medication that, along with support, helps adults 18 and over stop smoking," its ad reads.

On the other side, "Some people have had changes in behavior, hostility, agitation, depressed mood, suicidal thoughts or actions while using Chantix.

"Some people had these symptoms when they began taking Chantix, and others developed them after several weeks of treatment or after stopping Chantix.

"If you, your family, or caregiver notice agitation, hostility, depression or other changes in behavior, thinking, or mood that are not typical for you, or you develop suicid-

al thoughts or actions, anxiety, panic, aggression, anger, mania, abnormal sensations, hallucinations, paranoia or confusion,

stop taking Chantix and call your doctor right away."

Another side effect may be sleepwalking, "... and can some-

times lead to behavior that is harmful to you or to other people."

Me, I'll keep smoking.

## ATTENTION

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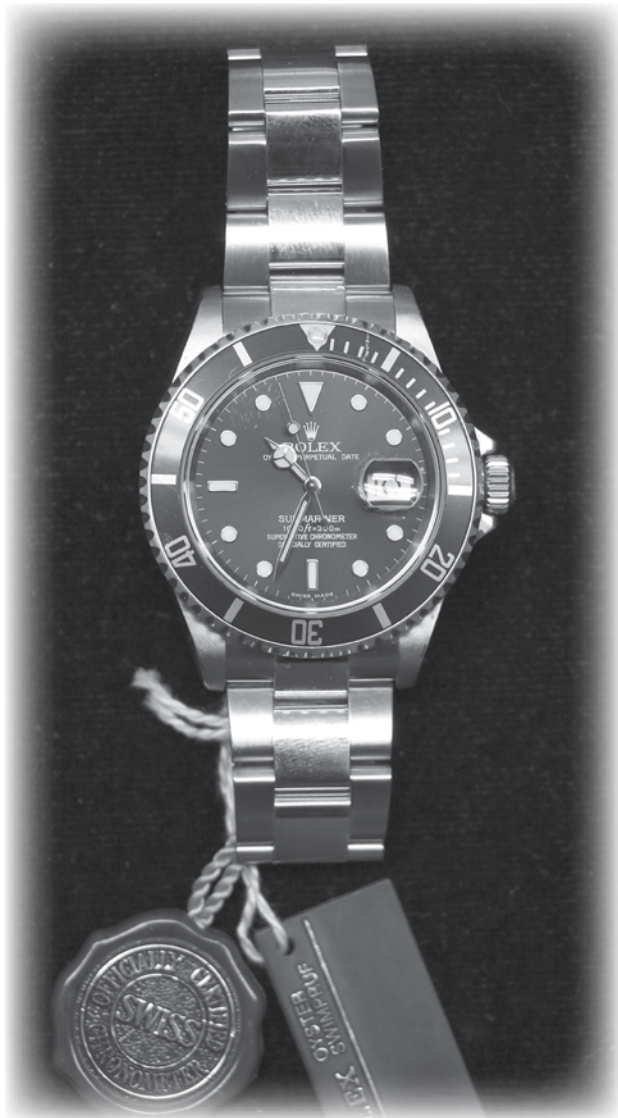
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## We enjoyed the headlines; didn't read the stories:

- Motorcyclist pronounced dead is found alive in morgue's fridge  
*Cool*
- Cleveland man accidentally shoots wife while trying to learn how to use safety on gun, police say  
*So, did he learn?*
- Drunk dude accidentally chops off friend's penis with chainsaw  
*Chainsaw Massacre II*
- Four simple steps to a healthier mouth  
*Number five would be, 'keep it closed'*
- Air Force testing new maternity uniforms  
*This have anything to do with the Mile High Club?*
- A man's \$18,000 Rolex watch was stolen by a woman he met at a Manhattan hot spot before taking her back to his hotel room, cops said  
*The heck with the rest of the story – Eighteen grand for a strap around your wrist that tells time?*

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# Happy Trails Farm Animal Sanctuary — Helping People Connect With Animals

Happy Trails Farm Animal Sanctuary is celebrating 15 years as a non-profit organization providing support services to humane societies and law enforcement agencies regarding farm animal abuse. Located in Ravenna, Ohio, Happy Trails serves not only Ohio but any state that requests their animal rescue services.

While many counties in Ohio address abuse and neglect of pets, they often do not have the facilities, the resources or the knowledge to care for and rehabilitate other types of animals.

The same mental defect that causes people to be cruel to dogs and cats can cause these same individuals to be cruel to other animals as well.



Animal abuse of any type of animal is often a red flag, alerting us to the capacity for violence in that individual. Many cruelty cases presented to Happy Trails include other violent crimes. Addressing animal abuse of all animals helps to create safer communities.

**Want to get involved?** At Happy Trails you can volunteer in a wide variety of ways, adopt or foster rescued animals, take a tour, or support their work with a tax-deductible donation.

Helping people connect with animals in our world empowers us all to make kinder, more compassionate choices in our daily lives.

**Visit the sanctuary and experience the animals up close.**

**Personal.** Give a pig a belly rub. Hug a mini



horse. Play with the goats. Hear their stories and learn how you can make a difference.

**Educational tours are available on weekends from May through October.** The \$20 per person tour fee is

donated to the medical expenses and daily care costs of the rescued animals.

**For more information, call Happy**

**Trails at 330-296-5914 or visit the website at [www.happytrailsfarm.org](http://www.happytrailsfarm.org)**



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*"LCCC was my best choice because I knew there was a military and veterans presence here."*

**Anna Lupson**, Navy veteran and LCCC psychology student who is using her veterans benefits to attend school. She plans to continue her education through LCCC's University Partnership program.



**Lorain County  
Community College**

# WWII Pacific Museum Expands in March

By Paris Wolfe

In Northeast Ohio we're more likely to think of World War II in the European arena. For most of us it's closer and images more easily conjured than those of the Pacific arena. For that reason, the National Museum of the Pacific War in Fredericksburg, Texas, has fresh impact. And, with its soon-to-open expansion even more effect.

Tourists at the 6-acre complex start with a lesson — or a reminder — in geography and history. They stand in a courtyard with a to-scale, 80-foot-by-40-foot world map in granite composite materials. It shows that the Pacific Ocean is double the size, in surface area, of the Atlantic Ocean and reinforces the magnitude and nature of the battlefield.

Stepping off the map, visitors can enter the museum building or outdoor living-history theater. The theater makes a better first experience. Part of an \$8 million renovation, the Pacific Combat Zone re-opened in March of 2016. Starting March 2017 on selected weekends 90-minute battle reenactments will include tanks, explosions, landing craft and flamethrowers as well as ear plugs for the audience.

In the George H. W. Bush Gallery the theater's shock and awe get adrenaline flowing before moving in to an emotional journey backward. Indoor exhibits track a chronological history from 100



The HA-19, also known as Japanese Midget Submarine "C" by the US Navy, a historic Imperial Japanese Navy Type A Ko-hyoteki-class midget submarine displayed at the National Museum of the Pacific War in Fredericksburg, Texas

years before surrender. That gives tourists perspective on what led to the bombing of Pearl Harbor and continues through political thinking that led to the bombing of Nagasaki and Hiroshima.

Forty-three exhibits are moving for veterans and history buffs. The most popular exhibit is an HA-19 Japanese Midget Sub used in the attack on Pearl Harbor. The sub ran aground because of malfunctions and the pilot was captured after swimming to shore. This is

also the most expensive exhibit. As the introduction to WWII in the Pacific, it has three screens flashing video and photos from the attack as well as theatrical lights and sounds.

The LT J.G. George Bush Rescue exhibit recalls the 41st U.S. president's war years, including a rescue at sea. In 1944, the 20-year-old Navy pilot's Avenger torpedo bomber was shot by anti-aircraft fire. He finished his mission, before his burning plane went into the ocean.

The exhibit at the museum contains a piece of the raft that he was rescued on signed by Bush and the rescue crew.

Finally, with music composed for the museum, a visit ends with photos of worldwide celebrations. The visit can get intense as the museum hammers home the human cost of war. For that reason tickets cover 48 hours. Visitors can take a break from the emotion and return later in the same day or the next.

## *In the March April Edition: Forever Amber Acres Animal Sanctuary*

MICHELE D. BOLINGER – FOUNDER & EXECUTIVE DIRECTOR

Michele resides in Medina, Ohio with her teenage daughter. She attended Suffolk Community College and Northern Virginia Community College where she completed her Associates Degree in Business Administration. Michele is the Office Manager for eleventy marketing group.

Michele is the founder and operator of Forever Amber Acres Animal Sanctuary. This 11.5 acre farm was self-funded for nearly 6 years, before earning a nonprofit 501 c(3) status in 2013. It acts as an equine/animal retirement facility in Medina, Ohio. Current residents at this farm include four special needs horses and an assortment of once feral cats and dogs, all that have been rescued by Michele. Michele has been at the forefront of animal welfare, working in conjunction with other animal welfare organizations and other rescues, at the local, national and international level; including The Humane Society of the United States (HSUS), Medina County SPCA, Happy Trails Farm Animal Sanctuary.



# Incoming!

## Bomb Coffee!

By John H. Tidyman

Coffee? What's not to like? Rich, black, unique flavor and aroma, and jammed with that oh-so-special effect: Waking us up. We learn to enjoy the stuff so much, we drink it anytime.

'Course I didn't feel that way until Summer of 1963, when I was to take a summer school typing class. My old man told me I'd always use typing. He was right.

But he didn't insist until the second day of summer school that I have a cup of coffee before going to class.

Always a heavy sleeper, I had to get up for the 8 a.m. class. I stumbled down the stairs and my Mom handed me two envelopes: one a payment to May Co. and the other my registration for class. Mail one and take the other to class.

I mailed the registration and took the May Co. envelope to class. The teacher wouldn't let me in class without the registration, a reaction that still puzzles me. I mean, who would get up early to go to a typing class? During summer vacation?

Refused entry, I went home and explained the situation to my parents. My father's reaction will always stay with me. He said, "Tomorrow, you're going to have a cup of coffee when you get up." No deal, I said: I don't like coffee.

In his usual succinct way, he explained, "You're going to have a cup of coffee tomorrow morning, or I'm going to sit on your chest, put a funnel in your mouth, and pour the stuff down your throat."

That settled that discussion.

Next morning, had a cup of java and it forever changed my life. Fell in love with the drug-like effect of stuff, and then the flavor. The love affair continues today.

Coffee has more nicknames than old cars: cuppa joe, dirt, mud, java, and brew. Like cars, some are better than others.

**"Allowing the coffee to slightly cool allows you to better taste it. When you do it this way, you find all the nuances along with the intensity of flavor."**

There are two major types of coffee: Robusta and Arabica. Arabica is considered the better. Different types of roasts, too, from light to so dark you can't see through it with a high-powered flashlight.

Over the last few decades, our taste in coffee has blossomed. There are more coffee houses than mail boxes.

A coffee menu? Chairs and tables? The conversation and laughs that come from different drinkers at different tables? Fresh pastry to go with the java?

(My two favorites are Van Rooy's Hotel Blend and Gevalia's French roast. Two very different coffees, and both distinct and delicious.)

Now comes a Robusta coffee with a distinctly bad name: Bomb. It is "super caffeinated." That doesn't mean the coffee has been laced with additional caffeine. The own-

ers boast they looked around the world to find the bean that would best serve their purpose: Very flavorful and highly caffeinated.

They found their dream coffee in Karnataka, India, where coffee is grown on family-owned farms.

For review purposes, I enlisted my little brother, David, whose taste in coffee has changed over the de-

cadecades. He insists that his coffee be aromatic, freshly-brewed, and have a flavor that is intense.

He thought I would show up with a bag 'o beans and he had his bean grinder warmed up and ready. We prefer to grind our own because we can better determine the best grind.

When the veteran-owned company asked The Chronicle to review the stuff, I requested beans. They ignored two requests, and we were stuck with the ground stuff. Too bad – beans offer a fresher grind and more flavor.

While we brewed a small pot, we filled our cups with hot water, the better to keep the coffee hot. The moment of truth had arrived. We drained the hot water when the java was ready.

David poured only an ounce or two into his cup. He spent some time with his nose in the cup. He said you

can tell a great deal from the aroma. He swirled the coffee around, then lifted his cup to his mouth. He sloshed the hot coffee in his mouth, breathing deeply through his nose before swallowing.

He did this three or four times before telling me, "Allowing the coffee to slightly cool allows you to better taste it. When you do it this way, you find all the nuances along with the intensity of flavor. If the coffee is especially strong, you don't want even a hint of bitterness, which would indicate an inexperienced roaster."

We filled both cups and, as we sipped, conversation drifted from the weather, to all-wheel drive, to gossip about other family members.

Coffee and conversation. Nothing better.

Cups drained, it was time for observations and opinions. taste.

Here are David's thoughts:

Good flavor. Could be deeper, but no doubt it's a good coffee.

There would be more aroma and flavor if we ground our own beans, but the quality is there.

It will be a powerful wake-up coffee; I recommend two cups before stepping into the shower.

Bomb also sells tee shirts and tank tops. Twenty-three bucks each. Why anyone would pay the advertiser, instead of the other way around, has long confused us.

If your promotional shirt order is more than \$50, shipping is free. Be still, my beating heart.

Bomb coffee is roasted in Rockford, Illinois, by four military veterans and its web site is [bombcoffee.com](http://bombcoffee.com).

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