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CHRONICLE

The Newspaper for Veterans and All Who Love Them.

VOLUME 5 NUMBER 3

MARCH/APRIL 2015



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POINT



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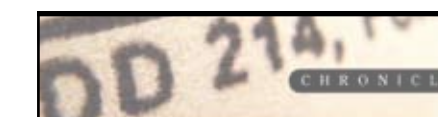
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The Newspaper for Veterans and All Who Love Them.

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### STAND AT EASE *By John H. Tidyman, Editor*

## Vietnam: A Chronic Pain in Our Hearts and in Our Bodies

A friend and I were talking about war and veterans and specifically Vietnam veterans hanging on to the war, all these years later. T-shirts, coffee mugs, bumper stickers, ball caps, and license plates, in my opinion, send this message: I was there.

The men and women who sent us across the Pacific Ocean to fight and die in an unwinnable, undeclared, brutal war were lame-brained politicians, ignorant of history and enamored of the Domino Theory.

Their children didn't have to go. Politicians sent us to a country most of us didn't know existed. A welcome home didn't exist. Just the opposite.

We're still around. Many of us, including me, see the Vietnam War as an incredible waste of young American lives and all they may have contributed.

Collateral damage included the

broken hearts of young widows, parents whose dreams for their children were shattered, and an ugly and painful divisiveness that split the country.

The Vietnam War was a profit center for war profiteers, led by Monsanto, which produced and sold Agent Orange. They sold it without proper research and destroyed the Vietnam country side, its jungles, and Vietnam's people. Agent Orange's effects on American troops are still with us. So is PTSD.

War profiteers included the companies that produced tanks, M-16s, artillery rounds, helicopters, jungle fatigues, C-rations, and Claymore mines.

Did war profiteers believe they were important cogs in the wheels of war? I don't know, but easy money

tends to blind us.

So why can't we let go of Vietnam? World War II vets didn't hang on to their war.

Those who lived came home to warm welcomes, parades, and the loving arms of their parents. WWII veterans went to work, bought homes, voted in favor of school levies, and reared families. They joined VFW and Legion posts. They took advantage of the G.I. Bill.

The late Will Largent was a friend of mine. He flew in WWII and was shot down over France. Back home, he told me of being in a saloon and watching a uniformed veteran counting his change on the bar. There was barely enough for a drink. Will told him, "Put your change on the bar, tell the bartender, in a loud voice, 'Well, this is all I have, so give me

one more.'" Will knew the other guys at the bar reflected the mood of the country. "They'll buy you enough drinks for you to fall off the stool." Will was right.

Can you imagine the same scenario, with a Vietnam vet, in 1970, at the bar?

The insightful friend I talked with over beers had a reason for Vietnam veterans hanging on to their war: We didn't win, the war was never finished, and the nation showed few signs of gratitude.

For veterans, there was no end to the Vietnam War. As a society, we weren't welcomed home. No one bought us drinks or said thank you. The VA treated us as if we were old dogs at a veterinarian health care center.

And that, comrades, is why Vietnam veterans hang on to their war. It was never over. No one said thank you.

# St. Patrick's Day in the Potomac Army

by JC Sullivan

A young Clevelander in the 8th Ohio Volunteer Infantry was 15 years old when he enlisted. Through the war he kept a diary. His family later published it as *The Valiant Hours*. In one chapter, "Captain Brevet," Thomas F. Galwey, described Saint Patrick's Day in the Army of the Potomac, describing the great preparations for the day made by the Irish Brigade.

"General Thomas F. Meagher's headquarters was adorned with an arbor of cedar and pine branches, which bore resemblance to a vestibule. On either side was a table with an immense

pile of cakes. In the middle, elevated on a pedestal, is a huge tub made of pork barrels, and painted green. It is surrounded with a festoon of flowers and shamrocks. This tub is full of good usquebaugh (pronounced whiskey) and a ladle hangs temptingly at its side."

Saint Patrick's morning began with sack races, mule races, pig chases and other activities. Meagher presided over events with other senior officers present, Generals Hooker, Butterfield and Meade. Meagher "wore a white hat, blue swallow-tail coat with immense metal buttons, buckskin knee breeches

and top boots and he carried a heavy dog whip, with the air of one used to the sport. Beginning at noon, steeplechase races were staged until darkness overtook the track.

Galwey, taking a page from future fashion magazines, described a colorful steeplechase jockey, Captain Jack Gossin of General Meagher's staff. Gossin had served as an officer of Prince Lichtenstein's Hussars of the Austrian Cavalry. He had resigned to fight in America under the green banner. Gossin rode with the easy grace of horsemanship and was "the model of an Irish soldier-of-fortune:

tall, splendidly shaped, with a pleasant if not handsome face. He wore a green silk vest, with white sleeves, a green skull cap, white breeches, and top boots.

"That evening, Lt. Fitz Harris, of the 39th New York (the Tammany Regiment), introduced Galwey to Captain Downing of his Company, who invited him to supper in their tent. "It was elegant," said Galwey, "even if it was a soldiers' supper." Also in attendance was one Mr. Froantree, from Ireland, who was an agent of the Fenian Brotherhood. Galwey was a member of a Fenian 'circle'."

After dinner in the 39th's tent, Galwey and company smoked cigars and had a "grand bowl of rare ould Irish whiskey."

General Hooker apparently became alarmed at the assemblage of such a large number of troops and their officers, who were far away from their commands. An alarm was sounded, which later proved false, that the enemy was preparing to attack. "Meanwhile from all sides came the clear tones of bugle and rattle of drums, and within a few minutes we were all on the way back to our various camps."

## Mail Call

I really love reading your *DD 214 Chronicle* every two months. I do have to tell you that there is an error in your Stand at Ease section in the January-February issue.

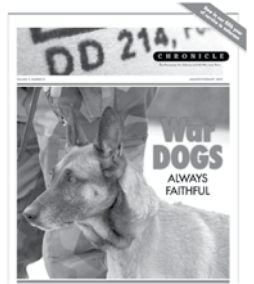
Don't feel bad because many Americans make the same mistake.

The last time the US and Congress declared war was not on December 8, 1941, after Pearl Harbor attack, and not on December 11, 1941, Congress declared war on Germany.

The last time the US and Congress

declared war was on June 5, 1942 when we declared war on Romania, Bulgaria and Hungary.

Sam Hevener,  
US Army 1964-67



What does DD 214 stand for? I was never in the service. I find your newspaper very interesting. I picked up the latest issue here in Brunswick.

Dennis Kushlak

(Editor's note: DD 214 is the Armed Forces discharge form.)

## George Richard Yellow Jacket Leaves Hive

George Richard has retired from Baldwin Wallace University. It took him more than 30 years to make the decision, and for him, we're happy as a robin with a fat worm.



But we'll miss him. He was *DD 214 Chronicle's* point man, RTO, and forward observer. Mr. Richard was a fervent supporter of veterans seeking focus and direction in their post-military careers.

We're sure BWU will miss him as well. He was an example of the passion for education that marks the staff and faculty at Baldwin Wallace University.

The staff at *DD 214 Chronicle* wishes him good fishing, good health, and the occasional winning Lottery ticket.

## And the Oscar Goes to ....



Washington - Secretary of Veterans Affairs Robert A. McDonald issued the following statement on the Oscar win for the HBO documentary **CRISIS HOTLINE: VETERANS PRESS 1**.

"We are pleased that this film has highlighted the challenges our Veterans can face and the work of our dedicated Veterans Crisis Line staff to save lives and get Veterans into care," said McDonald. "We are hopeful that this documentary will help raise awareness of this important issue with the American public. Our Veterans in crisis need to know that there is hope and asking for help makes them stronger."

## Join WVIZ/PBS ideastream for a Free Screening of AMERICAN EXPERIENCE'S "Last Days in Vietnam."

WVIZ/PBS, in conjunction with Civic Commons ideastream, will hold a special screening on Wednesday, April 8 of AMERICAN EXPERIENCE'S "Last Days in Vietnam" documentary, which was recently nominated for an Academy Award. The screening and premiere on WVIZ/PBS later in the month coincide with the 40th anniversary of the fall of Saigon.

*Last Days in Vietnam*, produced and directed by Rory Kennedy, chronicles the chaotic final days of the Vietnam War as the North Vietnamese Army closed in on Saigon. With the clock ticking and the city under fire, American officers on the ground faced a moral dilemma: follow official policy and evacuate U.S. citizens and their dependents only, or ignore orders and save the men, women, and children they had come to value and love in their years in Vietnam.

At the risk of their careers and possible court-martial, a handful of

individuals took matters into their own hands. Engaging in unsanctioned and often makeshift operations, they waged a desperate effort to evacuate as many South Vietnamese as possible.

The New Yorker called *Last Days in Vietnam* a "masterpiece" while the San Francisco Chronicle called it "a film of great sadness, but also a galvanizing depiction of heroism." Following the screening of the 90-minute documentary, a panel of guests will discuss the documentary and share their experiences.

The screening of *Last Days in Vietnam* is presented with the support of the Cuyahoga County Veterans Service Commission.

Civic Commons is ideastream's community platform that engages Northeast Ohio residents and beyond in a broad range of discussions, both online at [theciviccommons.org](http://theciviccommons.org) and on-the-ground.

If you would like to attend this free screening on **Wednesday, April 8, from 5:30pm to 8:30pm** at the Idea Center (1375 Euclid Avenue in downtown Cleveland), please register at: [ideastream.org](http://ideastream.org)

Premieres Tuesday, April 28 at 9pm on **wviz**  
Visit [wviz.org](http://wviz.org) for more information.

ideastream

# ★ LAST DAYS IN VIETNAM ★



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- Meet with a Counselor
- Explore all that LCCC has to offer

Call LCCC's Veterans Service Center at 440-366-7685

or visit [www.lorainccc.edu/veterans](http://www.lorainccc.edu/veterans)

or email our office at [veterans@lorainccc.edu](mailto:veterans@lorainccc.edu).



"The Veterans Services staff at LCCC is great and I was able to work with a success coach right from the beginning," said Navy veteran Esperanza Correa. She is studying social work at LCCC through the University Partnership.



**LCCC** Lorain County Community College

# The Ups and Downs of an F-100 Super Sabre Pilot

By Glen Miller

Ken Ramsay was 25 when he first climbed into the cockpit of an F-100 Super Sabre, the first American jet fighter to fly at supersonic speeds.

He was second in his ROTC Air Force class, an honor that allowed him to join the elite ranks of Super Sabre fighter pilots who trained at Luke AFB near Phoenix, Arizona.

Several months after completing F-100 training, he would be preparing for a conflict that brought the U.S. to the brink of nuclear war – the Cuban Missile Crisis.

Ramsay, 77, of Solon, remembers how he and other pilots of the 614<sup>th</sup> Tactical Fighter Squadron in Louisiana had just returned from live practice bombing at Ft. Hood, Texas, in October 1962, when they were told to, "... pack our bags, nothing more."

Ramsay and his fellow pilots flew to Homestead Air Force Base in Florida, where they joined other F-100 squadrons. If President John F. Kennedy ordered an attack on Cuba, the squadrons would be the first in the air.

"We had about 200 airplanes sitting on the ramp ready to go, and almost all were fully armed with every weapon imaginable except nuclear bombs," he said.

Their mission was to take out Russian nuclear missiles and SAM missile sites.

"It got to the point we were sitting in the cockpits, waiting for the president to say 'go,'" Ramsay said.

But pilots were not fully prepared. When they asked for photos of their targets, the Air Force intelligence unit at Homestead declined to provide them.



Former F-100 pilot Ken Ramsay stands next to the Super Sabre he helped rebuild for the MAPS museum.

Not long afterward, the same air tanker crewman saw the same fighter going up and down again, and jokingly asked if the pilot was having dessert.

"No," replied the pilot. "I'm trying to pee."

Flying was tenuous when Ramsay and other F-100 pilots flew escort for reconnaissance aircraft along the coast of Vietnam.

Although the North Vietnamese scrambled MIGS, no shots were fired during his four-month

deployment. U.S. aircraft never flew inside North Vietnam's 12-mile air space and MIGs never flew beyond it, he said.

Ramsay, who retired as a captain, later spent a few years in the Ohio Air National Guard. He is responsible for renovating an F-100 at the *Military Aviation Preservation Society* (MAPS) in Green, Ohio.

Ken Ramsay is a volunteer at MAPS; Kim David Kovesci is the director

The intelligence unit felt the pilots didn't have the proper security clearance.

That changed after Ramsay saw a photo of a SAM site in the Miami Herald, cut it out and placed in it his flight information folder.

A reviewing general from Washington, who later went through the folder, asked why Ramsay had the newspaper photo and not one from USAF intelligence.

After Ramsay explained, the general ordered intelligence to give photos and other information to the pilots.

Fortunately, the order to attack never was given.

A year later, Ramsay's squadron was deployed to a base in Turkey to be part of Victor Alert. Victor Alert

was the code name for attacks on the USSR by U.S. aircraft. At the time, the Cold War was heating up in Eastern Europe.

Ramsay's plane and other F-100s were armed with hydrogen bombs. The decision to use F-100s instead of B-52s was a matter of efficacy: F-100s could get there faster.

His target was a Russian base in Crimea. (It was the same area of the Ukraine recently seized by the Russians.)

The 614<sup>th</sup> was eventually relieved and ordered to fly back to the U.S.; a task Ramsay said was made possible by jet tankers built to refuel aircraft in flight.

Pilots were given box lunches with sandwiches, each cut into small, individually wrapped pieces.

The F-100's were equipped with autopilot. Ramsay said autopilot did not always work properly and he enjoys telling this story.

During the flight, an air tanker crewman became concerned when he saw one of the four F-100s in Ramsay's group going up and down like a roller coaster.

He quickly radioed the pilot, who replied, "I'm trying to unwrap this and eat."

It seemed the pilot had not yet learned how to hold the control 'stick' between his legs to steady his jet.

# The Caterpillar Club: SSgt. Arch Milani, 8<sup>th</sup> Air Force

by JC Sullivan

On a Saturday afternoon, my friend Staff Sergeant Arch Milani and I had the pleasure of spending a few hours together. The last time we did this I had written about the highly-decorated veteran. Up to that time he had never worn his World War Two decorations. «My Dad would ask me time and again to put on my uniform and wear my medals to the Memorial Day Parade.» Milani said.

When I wrote the original story, Milani had told me, "One of these days maybe I'll put things in a proper perspective and grant my father his one last wish; that I wear my medals and be proud of what I did in defense of our country. Maybe one of these Memorial Days I'll put them on and appear in the parade." Milani never felt inclined to do that. "I was just so happy to get away from it all."

As one of a ten-man B-17 bomber crew in the 305<sup>th</sup> Bomber Group, they flew out of Chelveston, England on bombing runs over targets in famil-

iar-sounding cities such as Berlin, Cologne, Koblenz, Hamburg and Munich, Germany. On these runs his station was in the nose of the aircraft. He was the toggler, the crewman who released the bombs.

Milani is a member of an exclusive and distinguished group, the "Caterpillar Club." He qualifies because he was forced to bail out (hit the silk) of a disabled warplane. After hitting the ground in Nancy, France, a French farmer, armed with a pitchfork, confronted him and shouted, "Italiano!" mistaking Milani for an Axis flyer from Italy. Enemy forces wearing American



Crew: Wayne Burton, Arlo Landrith, Leon Rook and Harold Rickman; back row: Donald Fennell and Arch Milani. All survived the war; Arch is the only living member of this group.

Northfield-Macedonia Cemetery. He was always with a camera but never in uniform.

Since my original story, however, something caused him to have a change of heart. "I began to see the age of the veterans was getting older and older each year," Milani recalled. "They were also dying off, with fewer to carry the torch. Somebody has to remind people war is hell and no one ever wins a war." Milani now believes that by appearing with his decorations he might help Americans to relate to World War II and other war eras and perhaps, in the process, personalize history.

"I think today is a good example.

I have children and grandchildren who can link to World War II when they see me in a uniform. They might think, 'Why was he there? For what reason was he there?' By virtue of our presence, we veterans perpetuate this link and carry it to another generation. Hopefully we can learn from past mistakes. This is the best link we can have - one generation learning what actually happened and what the consequences of war are and always will be."

In spite of his personal wartime misgivings, Milani is convinced the United States must remain in a position of strength as far as our own defenses are concerned. "We don't ever want bombs falling in our country; never want our women violated by an aggressive nation. There's only one way to avoid that - to keep confrontations from American shores by keeping our national defense in a state of readiness."

A lifelong resident and past-Mayor of Northfield Village, Milani and his wife Alice are parents of Pam Vercek, Monica Milani, son Victor Milani, past-Mayor of Northfield Village, and the late Kim Masseria of Walton Hills. They have been blessed to live to see their children's children.

Editor's Note - The official website of the 8<sup>th</sup> Air Force can be found at <http://mightyeighth.org/learn/history-of-the-mighty-eighth-air-force/>

## Eli Beachy and His Surprising and Wonderful Phone Call

GREETINGS ALL, AND SOMETHING TO SHARE.

As you may know, I write a newspaper column in Medina County about World War II; for all the responses I get, it might be rarely read. I do appreciate each one that comes my way.

Now and then pays off. Like today.

Got a phone call about this week's column, a fellow wondering where I'd gotten all that information about a ball turret gunner in a B-17 over Europe in 1944-45. A truly heroic fellow, 39 missions, survived without a scratch, absolutely amazing.

I explained to him it starts with the newspaper of the time. Then onto research books and the internet; running it down, making sense of it all. And then making sense of it all with no more than 750 words.

I'll never forget the men and women I research

and write about. One of many reasons I research and write about the troops in WWII is the size and scope of the war. My interest is not in the big battles or the star-encrusted shoulders of generals. My interest is the troop who was vital to the war, but like many others, drifting into oblivion.

He said he understood and greatly enjoyed the article. I thanked him but had to ask, what was it about this story that got you to call? Was it the fact it was a B-17, or the places and people of WWII? What?

I will never forget his chuckle and then the shock when he said "Because, Mister Beachy, it was about me."

He is 93 years old and flew 39 missions over Germany. He liked what I created.

He'll never forget his service. I'll never forget him.

Eli Beachy

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# At Cuyahoga Community College Four Decades of Serving Those Who Served

By Marjorie Morrison

Four decades – forty years – is a long time! Did you know that it was just over forty years ago that the first hand-held cellular phone call was made? And you know all those bar codes that get scanned when we are purchasing something? A pack of Wrigley's gum was scanned as the first bar code purchase four decades ago. We don't think twice about either of those today, but we would be thinking a lot about them if they didn't exist! How often do we comment about what would we do without our cell phones?

Four decades is also the length of time that the Veterans Upward Bound program has been serving the Veterans of Northeastern Ohio. In 1972, a series of grants became available at the federal level with the intent to bring grant funding to colleges and universities to promote higher education for individuals who otherwise might not have the chance to attend college. There was an understanding in Washington that to advance our country, we must advance our workforce through education. Since many individuals had not had any exposure to college opportunities, these grants provided funding to establish programs which provided a support-

ive pathway to expand educational options for the general population.

Leaders at Cuyahoga Community College recognized an opportunity to create a grant-funded program geared specifically to the needs of the many Veterans in the area. After all, where better to begin educational support than with the men and women who had served our country? Lou Niro spearheaded the efforts at Cuyahoga Community College to assure that Tri-C would receive the necessary funding for the new program. He applied for and received a federal educational grant, under the Trio program, to assist veterans returning to college after their tours of duty. The foresight of Mr. Niro, and his colleagues, led to the creation of the Veterans Upward Bound program at Tri-C. In 1973, the VUB program opened for business, and the VUB program became an established bridge to post-secondary education for Veterans.

The VUB program was designed to provide information about how to attend college – obtaining financial aid, getting transcripts and understanding what requirements needed to be fulfilled to achieve degree requirements – within a contained

classroom. This allowed Veterans to re-enter the world of the classroom with fewer pressures and allowed them to support one another as they pushed through the challenges of reacquainting themselves with math and English. As part of the program, the VUB Academic Enrichment classes also allowed Veterans a chance to brush up on academic skills. The Veterans were able to use the opportunity to adjust to a classroom schedule while using time management techniques to balance home life with homework and class time. They also gained an understanding of what was needed educationally for employment in a desired field or vocation within the civilian market.

Today, VUB continues to provide these same services to Veterans. The VUB program at Tri-C is the oldest operating VUB program in the nation, and is an asset to Cuyahoga Community College in its long standing history of service to Veterans. Tri-C has served over 24,000 Veterans who have made the choice to seek better opportunities for themselves and their families, with almost half of that number touched in some way by VUB. Tri-C has received many honors for its service to veterans, including being recognized nationally as "Military Friendly".

The Veterans Upward Bound program at Cuyahoga Community College is proud to be an integral part of Tri-C's efforts to serve those who have

Marjorie Morrison is the Student Advisor for the Veterans Upward Bound Program. Marjorie attended Ohio University as an undergrad, and received her Master's from Cleveland State University.

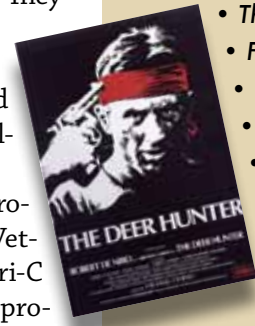
# The Arts and War

In the January February edition of *DD 214 Chronicle*, we listed movies, music, and books about World War II. Each art form reflected patriotism, confidence, a nation resolved and united in the war.

The art created for the Vietnam War was the exact opposite. While young men, snatched by draft boards, trained and fought, the home front was divided. Veterans coming home were derided, insulted, and treated poorly by the Veterans Administration.

## The Movies

- *The Deer Hunter*
- *Full Metal Jacket*
- *We Were Soldiers*
- *Good Morning, Vietnam*
- *Platoon*
- *Hamburger Hill*
- *Born on the Fourth of July*
- *Apocalypse Now*



## The Music

- *Give Peace a Chance*, Plastic Ono Band
- *I Should be Proud*, Martha and the Vandellas
- *Alice's Restaurant Massacre*, Arlo Guthrie
- *Volunteers*, Jefferson Airplane
- *Eve of Destruction*, Barry McGuire
- *Fortunate Son*, Creedence Clearwater Revival
- *For What It's Worth*, Buffalo Springfield
- *What's Going On*, Marvin Gaye
- *War*, Edwin Starr



## The Books

- *A Rumor of War*, Philip Caputo
- *Dispatches*, Michael Herr
- *The Things They Carried*, Tim O'Brien
- *We Were Soldiers Once*, Harold G. Moore
- *A Bright Shining Light*, Neil Sheehan
- *Hell in a Very Small Place*, Bernard B. Fall

# Stand at Ease: Tawinka Sloan's Duty is to Help Us; Veterans Service Officer has Walked the Walk and now Talks the Talk

She has walked the walk and now she talks the talk.

Tawinka Sloan is a Veterans Service Officer with the Cuyahoga County Veterans Service Commission. She is young, personable as all get out, educated, and maybe best of all, a military intelligence veteran of the wars in Kuwait and Iraq.

She brings more than experience to her position. She understands the rigors and challenges of war; she knows the stress and physical strain of being halfway around the world. And she understands veterans who return and the problems, both physical and psychological, they carry on their shoulders.

It is her job to offer a helping hand, one veteran to another. When she tells a veteran, "I understand," it's not pleasantry; she

understands because she served in combat zones.

Sloan went from high school to basic training, or, as she says, "From pom-poms to an M-16," from walks to school to convoys along booby-trapped roads, and from nervous basic trainee to confident trooper.

"Military service was a reality check. It was a big shock, and a different atmosphere. My drill sergeants were terrible during the day, but they loosened up at night." She learned drill sergeants have a human side; their jobs were to make ready the combat troops they trained.

Some basic trainees lose weight in basic training and some gain. She gained weight, although she quickly adds, "It was all muscle."

Sloan went to two more military posts for training before she set off

for Mideast nations torn and traumatized by war.

Her first overseas duty post was Kuwait. She was 19.

"It was overwhelming. I didn't know what to expect." In addition, it was hotter than a tar paper roof in August. She was the youngest of three women in her unit. Her voice brightens when she talks about her comrades. "They were great. They were awesome. They checked on me, made sure I was okay."

Plus, the chow in Kuwait was also, "Awesome. Lots of seafood and Midnight Madness Meals."

That was to change when she jumped on a convoy headed over mine-strewn roads to Baghdad. Troops were advised to stay on the road; additional booby traps were nearby. MREs were the meals, and

two bottles of water were provided. Troops were told they could use the water for washing up or for drinking. She drank.

As a Veterans Service Officer, she sees the other side of combat. It is not unusual for young veterans to stop at the office, only to disappear and not return. Sloan takes special pride in the high percentage of veterans who are eager to return and accept the help offered. She can trade stories with them and establish a relationship based on mutual trust.

Her work today, "Is satisfying. Every day I get to help someone. You're able to see the progress, see the improvement in a veteran's life." Sometimes she wonders if she should have been a lifer. "I hope I'm a lifer here."



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# LORAIN COUNTY VETERANS SERVICE OFFICE

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## 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, food and/or personal items.

## TRANSPORTATION

Transportation is provided to and from the VA Medical Facilities in Wade Park & Parma and the VA Clinic in Lorain. To schedule a ride please call 440.284.4624.

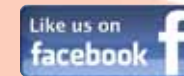


## VETERANS SERVICE OFFICERS

If you have a disability that you feel is connected to your time in service, please call our office to speak with a Veterans Service Officer. Our VSO's hold accreditation through the Ohio Department of Veterans Services and the National Association of Veterans Service Officers. They are the duty experts on the claims process and serve as your liaison to the Department of Veteran's Affairs.

440.284.4625

Services are provided free of charge to Veterans of Lorain County ONLY



# An Army Nurse Remembers WWII Wounded

By Glen Miller

Mary Ellen Jones was among thousands of women who enlisted in the Army Nurse Corps during World War II.

After graduating from a Dayton nursing school and passing her state nursing tests, she and three classmates enlisted in the Nursing Corps in January, 1945.

"We never gave it a second thought. We thought it was our duty and we were prepared to go overseas if necessary," said Jones, 91, of Bainbridge Township.

Jones and her friends were told they would serve the duration of the war, plus six months. She had no idea the war against Germany would be over in five months and the Japanese would surrender in August.

After a quick six weeks of basic training at Ft. Knox, Ky, she was assigned to Crile General Hospital in Parma, a large military hospital that would eventually become a veterans' hospital and the forerunner of the Louis Stokes VA Medical Center in University Circle.

"It was very large, sprawling with barracks and took up several acres,"



Mary Ellen Jones, 91  
Jones as an Army nurse in her 20s

said Mary Ellen, who lived with fellow nurses on the hospital ground.

Now Cuyahoga Community College's Western Campus, the hospital had nearly 2,000 beds and a staff of 1,000.

Although Mary Ellen never treated them, the hospital also cared for 250 wounded German POWs, who were among the hospital's first patients when it opened in December 1944.

"They were kept in a special section, away from our boys. I didn't work in that section, but never thought they were a threat to anyone," she said.

"I would see some working in the yard when we went to and from our



quarters, but nothing else."

Mary Ellen worked in a rehabilitation unit, or what she said was then referred to as "reconstruction" unit where wounded soldiers received prosthetic legs or arms, and underwent skin grafts.

"I was just a general duty nurse – gave medication, took temperatures and the like – nothing surgical," she said. "Our days were 12 hours on and 12 off, although sometimes our working hours were split, with us working in the morning or day and then back again at night. We didn't have much free time."

Although many servicemen were recovering from severe wounds, "Most were just happy to be alive and on the road to recovery," she added.

Among them was a cousin, Woodrow Sall, a GI wounded in battle whom she recalls meeting by chance while walking along a hospital corridor one day.

"I didn't even know he was in the Army or in the hospital, but he

was in his final stage of recovery and getting ready to be discharged," said Mary Ellen.

When she wasn't on duty, Ellen chose to read, go to a hospital campus movie, the PX or, in the summer, to an occasional Cleveland Indians game – although being from southwestern Ohio, she was a Cincinnati Reds fan.

She also tried to find free time on Sundays to go to church. It was during a Sunday church outing that she met Charles Jones, an Army Air Force veteran who would become her husband.

"We started by sharing a song book and things went from there," she said.

Following the surrender of Japan, Mary Ellen continued to serve at Crile General Hospital, and was discharged in March 1946, five months before she married Jones in September.

She recalled her service as an Army nurse in "One Mission," a documentary film interviewing veterans of many wars produced in 2010 by Chagrin Falls resident Todd Lyle.

The film can be viewed on YouTube at: [onemissioncf.com](http://onemissioncf.com).

Information on Crile General Hospital is available at: [clevelandhistorical.org](http://clevelandhistorical.org)

## From Stars and Stripes

### Halliburton Co. and KBR, Inc. Sued for Shoddy Electrical Work as Well as Health Problems Caused by Burn Pits and Toxic Chemicals

Submitted by William Anderson, Congressional Staffer, U. S. Rep. Marcia L. Fudge (OH-11)

The Supreme Court is allowing lawsuits involving open-air burn pits in Iraq and Afghanistan and a soldier's electrocution in a base shower to move forward against two of the largest American military contractors, according to wire reports.

The lawsuits were filed against KBR Inc. and Halliburton Co., which had filed appeals saying the lawsuits should be thrown out because the company was operating as an arm of the military in Iraq and Afghanistan. Two of the lawsuits include claims that troops suffered health problems related to their exposure to burn pits and toxic chemicals on American bases

in Iraq and Afghanistan. Another claim that shoddy electrical work led to the electrocution death of Staff Sgt. Ryan Maseth, who was killed in a base shower in Iraq.

In general, the government cannot be sued in such cases, but private contractors working on behalf of the government have presented a legal gray area. Supreme Court justices offered no comment for their decision, according to the Associated Press. The Obama administration has sided with the contractors.

Open burning of waste was commonplace at bases in Iraq and Afghanistan, and many troops suspect respiratory problems they have

suffered after their deployments may be linked to the clouds of smoke that often hung over bases.

The burn pit decision could open the door to thousands of troops who were potentially exposed to toxic chemicals and encourage more law firms to take up their cases, said Kelly Kennedy, a spokeswoman for Bergmann and Moore law firm, which focuses on veterans' claims.

"If there's money to be made, people will investigate those claims more thoroughly," said Kennedy, who reported on burn pit exposure for Army Times and USA Today.

William Hartung, an author and

director of the Arms and Security Project at the Center for International Policy, said the decision could lead contractors to charge more if they think they are more vulnerable to lawsuits. But the most immediate effect may be to deter contractors from doing shoddy work.

"To the extent that this decision changes the behavior of contractors in war zones, it should be for the better," he said. "It's unlikely that many other contractors would engage in the level of malfeasance that Halliburton was allegedly involved in, so I don't think it should be a concern for contractors who conduct themselves properly."



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# A Hero's Welcome

## Honor Flight Stirs Memories and Emotions for World War II Veteran

By Nate Gradisher, Chairman, Hospice of the Western Reserve's Peaceful & Proud Committee and Veterans Advisory Council

Honor Flight Cleveland is part of a network of nonprofit organizations with the shared mission of paying tribute to U.S. veterans by providing them safe, memorable, and all-expense-paid trips to Washington, D.C. The trips include visits to the national memorials that honor their service. In August 2014, Charles Platia took part in an Honor Flight Cleveland trip with nearly 50 veterans and their escorts. Videographer Don Pavlish and I both had the privilege of accompanying the veterans to document the day's events.

The experience was truly moving, and at times overwhelming. From the spontaneous reception the veterans received at their 4:30 a.m. departure from Cleveland Hopkins Airport to the hero's welcome that greeted them upon their arrival at Baltimore-Washington International Airport - complete with water cannons on the runway and standing ovations - it was a day devoted to



Honoring those who didn't come home

honoring their service.

The first stop was the World War II Memorial. The majority of the participants, including Mr. Platia, were World War II veterans. Tears flowed freely as the men remembered their experiences and friends lost to war. They were greeted by passers-by with frequent handshakes, hugs and expressions of gratitude for their sacrifices.

After a visit to the Air Force Memorial and a break for lunch, the

group moved to the Korean War Veterans Memorial and the Vietnam Veterans Memorial. These memorials were of great significance. Many veterans and their escorts had served, or had loved ones who

had served, during the Vietnam Conflict and Korean War. For those in attendance, it was sacred ground.

There were many Marines on board, so the United States Marine Corps War Memorial (Iwo Jima Memorial) was also a special part of the trip. One of the most moving portions of the trip was the time at Arlington National Cemetery, including the Changing of the Guard at the Tomb of the Unknown Soldier. The honor of laying a wreath at the Tomb

was given to three of the members of our group.

The long and emotional day ended close to midnight back home in Cleveland. To the surprise of everyone, the veterans were given one final hero's welcome. They were greeted by about 50 cheering people waving flags and carrying banners as they entered the concourse. The experience will be preserved for the future in the form of a video, which is currently in production.

Nate Gradisher chairs Hospice of the Western Reserve's Peaceful & Proud Committee and Veterans Advisory Council. Last summer, he worked with a bereavement coordinator at Hospice of the Western Reserve's Elisabeth Severance Prentiss Bereavement Center to help coordinate an Honor Flight for World War II veteran Charles Platia. The nonprofit agency had provided hospice care for Charles' wife, and is providing bereavement support for his grief journey.



## Honoring Our Veterans

At Hospice of the Western Reserve, we honor our veterans every day. Through our **Peaceful & Proud** initiative, hospice veterans can receive care from staff members trained on how the unique life experiences of veterans shape end-of-life preferences. Through specialized, quality care, we can help patients and families live their lives with dignity. See why more families choose the hospice of choice at [hospicewr.org/serving-our-veterans](http://hospicewr.org/serving-our-veterans).



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# At Ursuline College

## Former Air Force Mechanic Advances Computer Technology Career with UCAP

By Jerri Donohue

Management of information systems is a major detour from Brenda Corrigan's former job in the Air Force.

"I was an aircraft mechanic and I did hydraulics," Corrigan said with a chuckle.

In January 2014 Corrigan enrolled in the Ursuline College Adult Program (UCAP) to pursue the field that interests her most. She expects to complete her degree by January 2017.

The Air Force sparked Corrigan's interest in computers 19 years ago. Pregnant with her son, she received a temporary office assignment in which she worked with computers while they were relatively new.

"It was a different era than it is today," Corrigan said.

She carried her enthusiasm for this new technology into civilian employment. For 13 years she has worked for Lubrizol, currently as a

business analyst.

Corrigan said she became serious about completing her education after retiring from the Air Force. (Before that, the reservist saw two deployments, one to Germany and the other to Qatar.)

"I just wanted to get that degree under my belt and to move forward in my career," she said of her decision to go back to school after 21 years in the Air Force.

Corrigan said her military background emphasized "determination, integrity and an overall perseverance to get things done," qualities that also serve her well in civilian life.

"Although I will tell you I've tried to get my degree done in the past and I did not succeed," she said.

Her earlier attempt occurred while she was still in the reserves, and while she was raising her son. She attended a different college

where the format of more traditional classes did not meet her needs.

"This program [UCAP] really fits well with what I'm trying to accomplish now," Corrigan said. "The overall structure works well for me and my schedule, working full time, having a family, and trying to have a life."

She explained that UCAP students devote five weeks to a single accelerated course, meeting from 6 -10 on weeknights or on Saturday mornings from 8:30 to 12:30.

The flexible schedule appeals to Corrigan, who prefers the Saturday morning sessions.

She cites Ursuline's UCAP's instructors as another major strength.

"The professors or facilitators that are in the industry right now," Corrigan said. "They bring a lot of knowledge from their experience."

In addition to their individual work

history, Corrigan appreciates the fact that her instructors are actively engaged in their areas of expertise.

"Things change so quickly," she said. "If you're not doing that job, you kind of lose touch with what's going on in the industry." She thinks this is especially true of information systems.

"We do a lot of our own instruction," she said of Corrigan UCAP's intensive, self-directed approach to coursework, another difference from her previous college experience. She finds it more rewarding than lecture-style classes.

"We do a lot on our own and then we come to class and go over what we read," Corrigan said.

"I know it works for me. It's giving me the education I need."

For more information on Ursuline College Adult Program (UCAP), call 440-684-6130 or go to [www.ursuline.edu/ucap](http://www.ursuline.edu/ucap).

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UCAP Ursuline College Adult Program

440 684 6130  
[ucap@ursuline.edu](mailto:ucap@ursuline.edu)

## Parnell and the West End Tavern

Ever work as a bartender? Dish washer? Waiter? Then you know hard work.

But owning and running a restaurant? The owner has to work with bartenders, cashiers, cooks, food salesmen, the Health Department, the dishwasher. Also the tradesmen who maintain the plumbing, cooling, and electric. Also cooking equipment, customers, the Liquor Board, the linen company. The insurance guy, the tax man, armed robbers, the window washer, the accountant, the menu printer, and the guy who creates the sign that hangs outdoors.

In my learned opinion, successful restaurateurs get a free pass to Heaven; they have already done their time in Hell.

Restaurateurs are a special lot, with much in common with crew chiefs at the Indianapolis 500, the gardener at the White House, and the accountant for the Mafia.

They all gotta be good, they gotta be fast, and they gotta finish the job on time.

Enter Parnell Egan and his modestly-named West End Tavern. He's been running his place longer than many of his customers have been celebrating birthdays.

When someone on the *DD 214 Chronicle* staffs wins on a Lottery ticket, it's to Parnell's we go for a late lunch. Half the staff gets liquored up at the bar and the other half takes seats in booths to eat.

Having done both, I can't say which is better. I mean, the food and service is excellent, but getting smashed while your boss encourages it is a joy few will experience.

West End is not a big place, but big enough for the *DD 214 Chronicle* staff. It's an old building and the restaurant has pressed tin ceilings and polished, hardwood floors. Bar is on one side, tables in the middle, and booths on the other side.

We like the booths. Booths are comfortable and perfect for conversation.

Just to show you how much has changed since Parnell bought the place, the sandwich menu includes Grouper, Cuban, Grilled and Pressed Vegan Dagwood. We never have salads, but one we'd like to try is the Fresh Kale and Pear. When the joint opened, Parnell knew what a pear was, but he would have been stumped with kale.

There is one item on the menu which we wouldn't order, Blackened Tuna Fingers among them. Blackened tuna fingers? What the hell is that? You know how you imagine what your plate will look like as you order? What picture comes to mind when you hear blackened tuna fingers?

My point exactly.

Now, the Sizzling Mushrooms we often order. They arrive, the little buttons, sizzling in a cast iron skillet (readers under 40, ask your Uncle Louie about cast iron skillets.) The little fungi are tossed in garlic and olive oil and served with garlic toast. It's enough for the whole table to taste, a good thing because you're going to smell like a garlic press when you go back to work. Unless everyone smells like one.

Me, I often go for the pot roast. Ah, remember pot roast? That distinct beef texture and flavor? The gravy that was poured over mashed 'taters? Parnell's is not quite as good as my late grandmother's, but what dish is?

Pulled pork is good and what makes it good is a homemade barbecue sauce. Pastas are delights.

We have big lunches because when we get back to the office, half the staff is smashed and the other half smells like a garlic press. Not much work after a lunch at Parnell's.

*West End Tavern is at 18514 Detroit Avenue in Lakewood.*

**"The supreme quality for leadership is unquestionably integrity. Without it, no real success is possible, no matter whether it is on a section gang, a football field, in an army, or in an office."**

— Dwight David Eisenhower

### HEALTH MATTERS

## Misty's Living the Dream Ah, there's the rub

When a massage is administered by a professional masseuse, the therapy is purely wonderful. The ancient Greek word for massage was *anatripsis* and the Latin was *fRICTIO*.

Good enough for Julius Caesar, Hippocrates, and Bob Hope, good enough for us.

Massage has been part of man's medical care for many centuries. The therapy was recommended 2,700 years ago in the Chinese book, *The Yellow Emperor's Classic of Internal Medicine*.

Massage worked then and it works now.

In our opinion, a good massage lasts an hour. There is music, preferably New Age, piped in. The massage room is dimly lit. The massage oil is either slightly scented or unscented.

For the first time, some clients are a little unsure of themselves and hesitant to completely relax. Not to tell you what to do, but the more relaxed you can be, the more beneficial the rub.

Here's what we do. Stripped and stretched out on the massage table (a sheet modestly draped over our hips,) we begin relaxing by allowing all pressure and tension to leave our scalp, face, and neck. Same thing with shoulders, arms, and hands. Then the back and belly,

and finally our hips and feet. Sometimes we go through the relaxation exercise more than once because we're unaware of the amount of tension our bodies bring to the table.

Relaxing the mind may be more difficult, but we think it is just as important. How you relax your mind is personal. Perhaps it's recalling a specific, happy event. Maybe it's the dim light and soft music. Maybe a sweet dream from the night before.

The therapist will ask, before she enters the room, if you're ready. If you are, the best part of the experience begins. The therapist will ask you about your current health and any problems that might be exacerbated with a massage.

Some clients talk during the massage. Most don't. Therapists and most customers find talk distracting because talk gets in the way of enjoying the experience.

Misty offers a half-hour massage, but that has always seemed hasty to us. A full hour of oil, gifted hands, and relaxing music is the better choice.

*Misty's Living the Dream Nail Salon and Massage Parlor is at 15526 Madison Avenue, Lakewood, Ohio. By appointment only. (216) 767-5422*

# College Honors Former Prisoner of War on Anniversary of Bataan Death March

by Jerri Donohue

For the seventeenth consecutive year, the western campus of Cuyahoga Community College (Tri-C) will host former prisoners of war at a commemorative ceremony and luncheon on April 9, the anniversary of the Bataan Death March.

Dr. James Banks, director of the college's Crile Archives in Parma, has organized all of the POW remembrance days. Many years he included presentations by former prisoners, such as the late Louis Zamperini, subject of the book and film "Unbroken." The day also features a wreath-laying at the college's POW monument.

Banks said that usually the ex-prisoners who attend are World War II veterans. He noted that the annual salute to them actually grew from a project honoring Americans killed in the Vietnam War.

"All of this began in April 1992

when the Vietnam Wall was here for about five days," Banks said. He estimates 15,000 people visited the half-scale replica of the Vietnam Veterans Memorial during its stay on the college's western campus in Parma.

"We had faculty, students and all the administration deeply involved because we had somebody reading all 58,000-plus names [on the Wall], 24/7," Banks recalled.

When the memorial moved on, it left an imprint on the lawn where it had stood. It left its mark on the college community in other ways, too.

"I think that experience galvanized the campus to the fact that we are a remarkable historical location," Banks said.

Thousands of GIs returning from the Pacific and European theaters received medical care on the site when it housed Crile General Hospital in 1944-45. After that, Crile V.A. Hos-

pital provided treatment there, until relocating to Wade Park. Cuyahoga Community College launched its western campus on the grounds in 1966.

Exhibiting the traveling Vietnam memorial wall inspired Tri-C to acknowledge its own history with a veterans monument and garden, dedicated in 1994 on the fiftieth anniversary of D-Day. Two World War I veterans joined the many former servicemen and women who attended that dedication.

Banks's long association with former prisoners of war began soon after. "Barbed Wire Buckeyes," an organization of ex-POWs, invited the history professor to address its members. His ongoing contact with them prompted Banks to support the erection of a POW monument on campus in 1998. In addition, he designed a special topics course, "Barbed Wire

History." As part of their coursework, students interviewed former prisoners of war or their widows. The project resulted in a documentary, "Barbed Wire Brotherhood," introduced by Senator John McCain, a POW during the Vietnam War. The film aired throughout Ohio in 1999 on stations of the Public Broadcasting System.

Banks said the "Barbed Wire History" course offered a lot to students, who learned from ex-POWs' eyewitness accounts. Veterans, too, benefited from the experience. Until then, some had never shared their memories of captivity.

Many elderly former prisoners of war have died since then, and poor health prevents others from attending Tri-C's annual tribute. Whereas 35 ex-POWs participated in the early years, Banks expects only a handful at this year's event

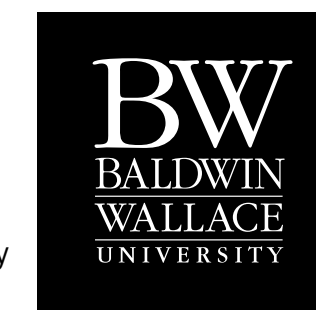


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# Going to the Brick House in Gnadenhutzen Where Veterans are Most Welcome

by Cathy Marker

I like to tell people that the most romantic gesture my husband ever made was this:

*He remembered something I said.*

For those of you who have been married a while, you'll understand that this is quite remarkable. Don't take it personally, guys. Wives do it too. It's just a fact of life that we don't always pay attention.

But Jim did. He heard me mention a "someday" dream and, he remembered it years later.

The year was 2004. We had just sent our two daughters off to college, we were living in a fairly new home, and we had no plans to move. Until the day Jim found a listing for an 1879 brick house in the village of Gnadenhutzen.

The words he said next have changed my life.

"I remember you saying you'd like to have a bed and breakfast

some day, and I think this might be the house."

Brick House on Main Bed & Breakfast was the result.

I've always loved to cook, and I love to meet new people. That's all you need to run a B&B, right? Little did I know that the job description also includes decorating, housekeeping, maintenance, landscaping, PR & marketing, web designing, bookkeeping, scheduling and recordkeeping.

Cooking and meeting people are the easy part. The rest... let's just say I'm working on it! I like to joke that I'm a professional bed-maker and bathroom cleaner, but I don't mind the dirty work. In fact, having a bed & breakfast in my home keeps me from having a "clutter" habit. I always have to keep things neat and clean, ready for guests.

A retired civil engineer, Jim is

an excellent handyman. He takes care of property maintenance and helps with the housekeeping, and I take care of everything else. I don't mow grass, and he doesn't cook, so it's a perfect arrangement.

One of my favorite jobs is creating special breakfasts for our guests. My most popular breakfast - oatmeal pancakes with fresh peaches and homemade caramel sauce - prompted one guest to exclaim, "What did you do to make pancakes taste this good?" I told him what I tell all of my guests - it's the love I put into my cooking.

I also enjoy preparing the occasional dinner for guests. This is popular with couples who want a romantic dinner for two, but it's also popular with business travelers who are tired of restaurant fare. After fixing nothing but breakfasts for guests, it's nice to stretch myself with more complex menus.

My mother was an excellent cook, and I learned so much from watching her. Mom learned to cook from my dad's mom, a sweet lady who had immigrated from eastern Europe in the early 1900s. My grandma was known as a generous soul, especially where food was concerned. Even though she and my grandpa raised nine children during the Depression, she always made sure there was enough left over to feed any hobos who knocked at the back door. Dad told me if a neighbor was ill, Grandma would visit with homemade bread and a bucket of soup. I'm convinced that the need to cook for others is in my DNA.

A bed and breakfast is so much more than food, though. I love to think of the memories our guests

take with them when they head for home. Many of our guests want to get away for a romantic weekend or for some sightseeing. But our demographics are much broader than that. The trio of "sister cousins" who came for their annual getaway were so delightful that I asked if they could adopt me as an honorary cousin. The multi-generational family who played rowdy board games all evening in our dining room reminded me that there are still families who want to make memories together. And one couple who stayed here numerous times told us how much they appreciate the feeling of peace and calm they felt every time they walked through the door.

That's the most rewarding part of being an innkeeper - knowing we have the ability to brighten someone's life, whether it's with a comfortable bed, a quiet house, tasty food, or a peaceful setting. A friend once told us we should have named our B&B "Brick House on Main East", because our initials would be BHOME. And that's how we want our guests to feel - as if they've come home.

We have the best guests we could ever hope to meet. We live in absolutely the BEST small town in Ohio. And every time new guests walk through the door, I recall my wonderful husband saying those words...

"I remember you saying you'd like to have a bed and breakfast some day, and I think this might be the house."

*Jim & Cathy Marker are the owners of Brick House on Main Bed & Breakfast in Gnadenhutzen, Ohio. For more information, visit their website at [www.brickhouseonmain.com](http://www.brickhouseonmain.com) or phone 330.340.6451.*

**"Beware of rashness, but with energy and sleepless vigilance go forward and give us victories."**

— Abraham Lincoln

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## What are the Priority Groups? Here are answers from the Veterans Administration

### Priority Group 1

- Veterans with service-connected disabilities rated 50% or more disabling, or
- Veterans determined by VA to be unemployable due to service-connected conditions

### Priority Group 2

- Veterans with service-connected disabilities rated 30% or 40% disabling

### Priority Group 3

- Veterans with service-connected disabilities rated 10% or 20% disabling
- Veterans who are former POWs
- Veterans awarded the Purple Heart
- Veterans whose discharge was for a disability that began in the line of duty
- Veterans who are disabled because of VA treatment or participation in VA vocational rehabilitation program

### Priority Group 4

- Veterans who are receiving aid and attendance or housebound benefits
- Veterans who have been determined by VA to be catastrophically disabled

### Priority Group 5

- Veterans receiving VA pension benefits
- Veterans who are eligible for Medicaid programs
- Veterans with income and assets below VA Means Test Thresholds

### Priority Group 6

- Veterans with 0% service-connected conditions, but receiving VA compensation
- Veterans seeking care only for disorders relating to Ionizing • Radiation and Project 112/SHAD
- Veterans seeking care for Agent Orange Exposure during service in Vietnam

- Veterans seeking care for Gulf War Illness or for conditions related to exposure during service in the Persian Gulf
- Veterans of World War I or the Mexican Border War
- Veterans who served in combat in a war after the Gulf War or during a period of hostility after November 11, 1998 for 2 years following discharge or release from the military

### Priority Group 7

- Veterans who agree to pay specified copay with income and/or net worth above VA Income Threshold and income below the Geographic Means Test Threshold

- **Subpriority a:** Noncompensable 0% service-connected veterans who were enrolled in VA Health Care System on a specified date and who have remained enrolled since that date

Subpriority c: Nonservice-connected veterans who were enrolled in VA Health Care System on a specified date and who have remained enrolled since that date

**Subpriority e:** Noncompensable 0% service-connected veterans not included in Subpriority a above. *VA is not currently using Subpriority e.*

**Subpriority g:** Nonservice-connected veterans not included in Subpriority c above. *VA is not currently using Subpriority g.*

### Priority Group 8

New regulations now allow VA to enroll certain Priority Group 8 Veterans who have been previously denied enrollment in the VA health care system because their income exceeded VA's income thresholds. These Veterans may now qualify if their household income does not exceed the current VA income thresholds by more than 10 percent



**"An army is a team. It lives, eats, sleeps, fights as a team. This individuality stuff is a bunch of bullshit."**

— General George Patton Jr.

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# PTSD and Families with Young Children

By Dr. Nora McNamara

Post-Traumatic Stress Disorder (PTSD) has been re-categorized in the Diagnostic and Statistical Manual (DSM) 5th edition (2013) as a Trauma-and-Stress-Related Disorder, in which an individual is exposed to a trigger of actual or threatened death, serious injury, or sexual assault. This exposure can occur as an individual who directly experiences the event, witnesses the event in person as it happens to another, learns that the event happened to a close relative or friend, or is repeatedly exposed to the traumatic details of the event. Rates of PTSD diagnoses in US Veterans varies depending on a number of factors from 11%-30%, resulting in very significant functional impacts across multiple domains including but not limited to health, employability, relationships, and emotional well-being. Less than half of the veterans who meet diagnostic criteria for PTSD present for treatment, due to many possible factors including lack of access to treatment, limited resources, stigma, and lack of screening and referral resources from primary care physicians.

As many as 5 million children have experienced the deployment of a parent to Iraq or Afghanistan. As many as 1.5 million children may be currently living with a parent who has symptoms of combat-related PTSD, a group that until only recently was largely neglected by psychosocial researchers, and so little is known about these children in detail, yet. About 70% of the children of adults with combat-related PTSD seem to fare pretty well when compared to their peers, a number that is pretty consistent when we look for statistics about developmental outcomes in children who directly experience trauma themselves during their childhoods.

Today I am asking you to consider the other 30%, those children who show us that they are having some difficulties negotiating developmental expectations in the context of their daily experiences of having a parent with combat-related PTSD.



Dr Nora McNamara

The younger the child, the more likely it is for that child to “catch” a strong feeling from a primary caregiver, including positive feelings like excitement, joy, contentment, and wonder, as well as uncomfortable or unwanted feelings like anger, fear, sadness, and grief. Younger children are less able to tell us how they are feeling, and more likely to show us how they are feeling, through changes in their ability to self-regulate emotionally (and physically, with sleeping problems being a reliable indicator of how a young child is faring, as well as changes in energy, appetite, and concentration).

School-aged children are very likely to think that they are to blame for any problems a parent may be having, and can show signs of withdrawal and isolation at home and at school, irritability, sadness, and lack of engagement at school. Adolescents, typically driven to spend

more time with friends and to develop their own identity, may spend even less time at home, and may deliberately reject parental values and concerns resulting in more risk-taking compared to their peers, more depression, and less success at school.

Primary care physicians (PCPs) who care for children are often the first line for recognizing the effects of parental PTSD on children and for providing support for those families. PCPs already do a wonderful job of screening all children for developmental delays, emotional difficulties, and safety screening. If PCPs routinely screened the families they work with for combat-related trauma in a parent, the developmental trajectories for those 30% of children who show negative effects could be significantly impacted. Early identification and early intervention has such a positive effect on children that we are able to say that for every \$1 invested, \$7 is saved throughout the lifespan of the individual.

Let's all support PCPs screening children for parental combat trauma.

Are you **ONE OF THE PROUD** who has served or is currently serving your country or community?



**HAVE YOU ALSO EXPERIENCED A TRAUMATIC EVENT**  
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opportunity starts HERE

## Army Vet charts new course for future with Lakeland Community College

Matthew Barham was a combat medic with the U.S. Army's 101st Airborne Division at Fort Campbell, serving 6 months in Iraq.

Now a civilian, he's a student at Lakeland Community College where he's pursuing an associate degree in geospatial technology.

Geospatial technology is a fast-growing, dynamic field that's particularly well-suited for veterans like Barham who

have vast experience using GPS technology, mapping and satellite imagery.

As a student, he's also gaining real-world, hands-on experience through several projects. He worked with the city of Mentor to help update trail maps for their Mentor Marsh property and has helped Lake

Metroparks place an observatory tower and track invasive plant species at Lake Erie Bluffs.



**“I can't see myself being parked in an office,”** said Barham. **“There are a lot of different opportunities available in geospatial technology – from developing new apps to finding cleaner ways to obtain fuel.”**



Matt Barham  
GIS Student

### Map Your Future

#### About our Geospatial Technology Program

Lakeland Community College offers two educational tracks in geospatial technology: an Associate of Applied Science degree in geospatial technology and a technical certificate for students who already have a degree in a related field and/or are looking for career skills. Both curricula prepare students for an exciting career in geospatial technology.

Find out how you can apply your military experience to a high-demand career in geospatial technology and geographic information systems.

Learn more at [lakelandcc.edu/geography](http://lakelandcc.edu/geography) or call 440-525.7785.



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