



**CHRONICLE**

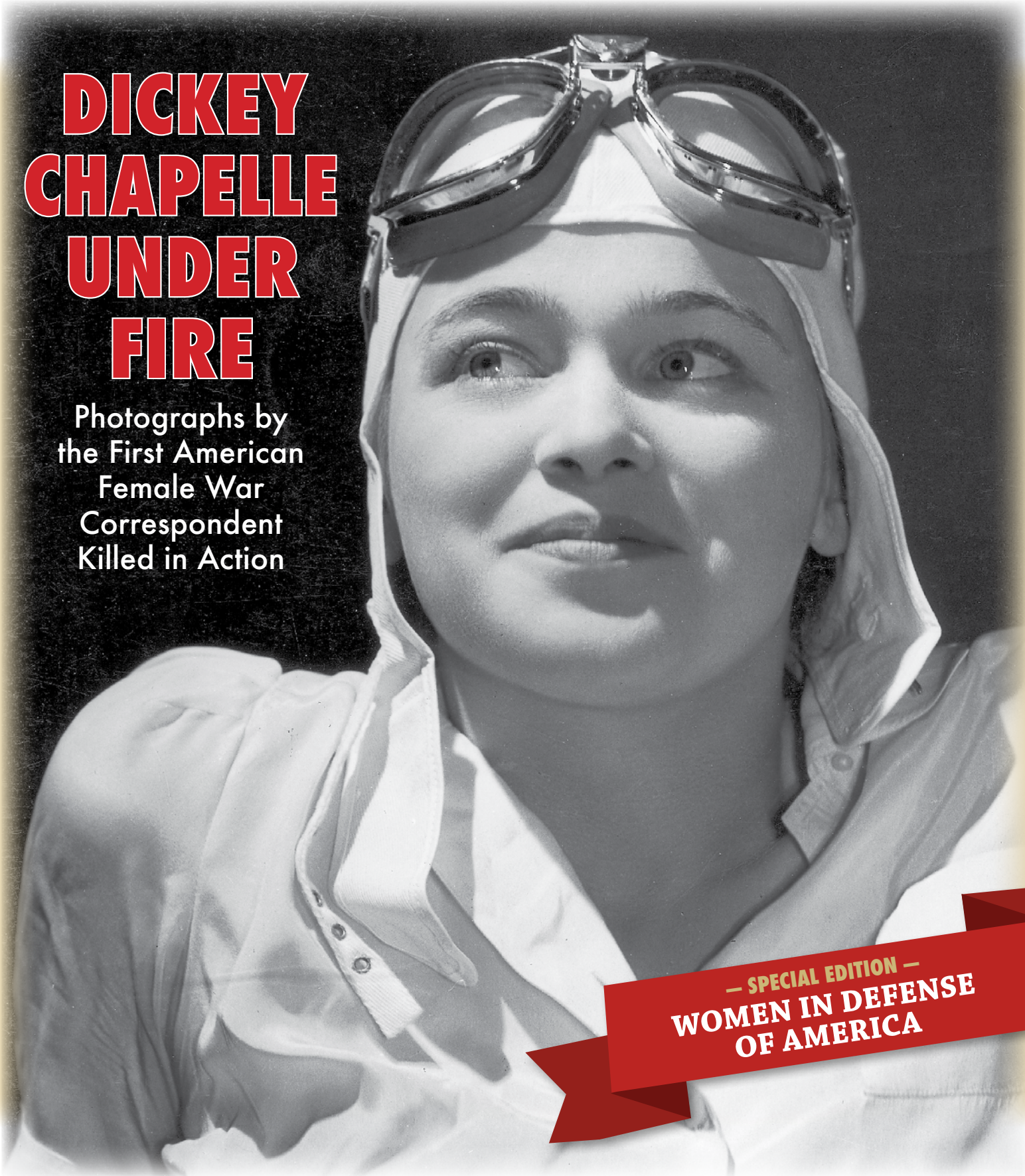
*The Newspaper for Veterans and All Who Love Them.*

VOLUME 6 NUMBER 3

MARCH/APRIL 2016

**DICKEY  
CHAPELLE  
UNDER  
FIRE**

Photographs by  
the First American  
Female War  
Correspondent  
Killed in Action



**— SPECIAL EDITION —  
WOMEN IN DEFENSE  
OF AMERICA**



# FISHER HOUSE



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## 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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# Guns Don't Kill People; People With Guns Kill People

**I**t's a start. That's my take on the Commander-in-Chief's action on gun control.

Lots of us would like to see gun control, but controlling guns in America is like controlling drunk drivers; by the time the arrest is made, the damage is already done.

Gun control has more definitions and interpretations than the Bible. Therein lay communication problems. It's futile for both sides to discuss the issue.

We are not another country, and none has our history. For our Revolution, nothing worked better than guns in the hands of experienced shooters.

No cowboy-and-Indians, detective show, or war movie, ever suggested guns were unnecessary. Guns were glorified.

And why not? When we were killing Indians and taking their land, guns worked well. How could a cowboy protect helpless maidens without a six-shooter? How could a television cop secure justice without a .38? How could our boys win a war without firepower?

Guns are part of our history and culture.

But should we just strap



on our guns, recite the Second Amendment, and play cowboy? Hang rifles on our shoulders and shop at Wal-Mart?

A few years ago, I took a CCW course taught by former Marine Kim Rodecker of Concealed Carry Courses, in Cleveland. His staff of instructors is former Marines.

The course consists of comprehensive class work, a written test, and qualifying at a gun range. In both the classroom and at the range, safety and competence is stressed. For the shooting qualification, it is one-on-one. Nothing

beats having a Marine as your range instructor.

Students who fail to qualify don't graduate.

While I'm qualified to carry a gun, I don't.

One of the reasons for not carrying is competence. Although a license allows me to carry, I didn't take additional courses. Without that extra and regular training, I know I don't have the judgment to properly, safely, and legally carry.

For me, it's like passing a test for a driver's license, but rarely driving.

While carrying is the law in America, carrying comes with responsibility.

I think the right to bear concealed arms should come with these provisions:

- Annual refresher courses that include teaching and testing for current, state-by-state legislation that affect CCW;
- Biannual shooting qualification;
- Mental exams for any moron walking the aisles of Wal-Mart with a rifle slung over a shoulder. The news media covers these stories — and the stories are legitimate — but the stories make every licensed and trained carrier suspect.

## Yahoo Headlines for Veterans. Not.

- Former model Cheryl Tiegs blasts Sports Illustrated full-figured swimsuit cover *And Sports Illustrated cares what an aging model says?*
- Report: North Korea's first lady disliked for her lavish lifestyle *Not to mention her taste in men.*
- Wal-Mart's 'Save Money — Live Better' Slogan Is Step In Right Direction *We can only hope the right direction leads to a cliff.*
- On Guns, Hillary Clinton Can't Keep Her Founding Documents Straight *Founding documents?*



- 9 Huge Discounts Seniors Get Only If they Know! *Knowing is one thing. Remembering is another.*
- How to Stir Natural Peanut Butter, Because You've Been Doing It Wrong *Now that's a lesson that ain't gonna be on our Bucket List.*
- Here's What to Do Instead of Crunches to Finally Get Six-Pack Abs *We're interested in six-packs. Crunches? Not so much.*
- Victoria Beckham drops bombshell revelation: 'I can't do heels anymore' *You talking about men or shoes?*



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DD214 Chronicle covers northern Ohio, and has a readership of over 25,000 per issue. The newspaper is delivered without charge to colleges and universities with veteran programs, city halls, VA offices and clinics, VFW and American Legion posts, Veteran Service Commissions and more than sixty libraries.

Please like DD 214 Chronicle on Facebook by going to **Facebook.com/DD214Chronicle**. Just click on the "Like Us" button and you'll get copies of DD 214 Chronicle, updates, and breaking news.



# Take on a Role That Defies Convention

## The Navy and Women

**T**he idea that certain jobs are better suited for men and men alone is redefined in the Navy. Stereotypes are overridden by determination, by proven capabilities, and by a shared appreciation for work that's driven by hands-on skills and adrenaline.

Here, women are definitely in on the action. And women who seek to pursue what some may consider male-dominated roles are not only welcome, they're wanted – in any of dozens of dynamic fields.

Train to become anything from an Electronics Technician who knows the way around a nuclear propulsion power plant to a Naval Reactors Engineer who helps design them. Work with advanced weapons systems on state-of-the-art ships, or lead security details anywhere in the world. Launch a cutting-edge career in the field of aviation as an Aircrewman, an Aviation Structural Mechanic or one of several other specialties in this area. It's all possible.

**Other High-Impact Positions in Demand:**



PHOTO COURTESY OF THE US NAVY

**Explosive Ordnance Disposal (EOD) Technician** – Locate, identify, render safe and dispose of various forms of explosive devices – conventional, nuclear, chemical and biological.

**Navy Diver** – Perform underwater salvage, repair and maintenance; submarine rescues; and

provide support for Special Warfare and Explosive Ordnance Disposal communities.

**Aviation Rescue Swimmer**– Perform aviation rescue operations over land and in an open water environment.

**Builder** – Construct everything

from buildings to bridges and runways, or you could install finish work.

**Naval Aviator** – Be part of one of the world's most renowned aviation teams, directing critical flight missions and piloting the most state-of-the-art aircraft ever created.

## The Ultimate Insult

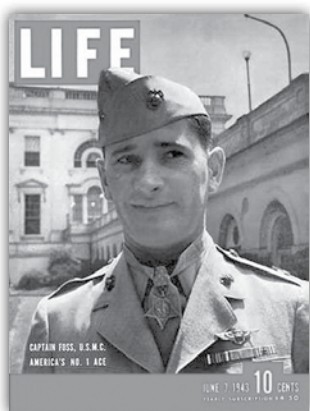
### Treating Joseph J. Foss as an Airport Security Risk; He was awarded the Medal of Honor

By John H. Tidyman, editor

**I**gnorance has no bounds. Ignorance is sometimes funny, sometimes sad, and sometimes so incredibly stupid, it is neither funny nor sad. It is shameful.

The late Joseph J. Foss was a WWII Marine, a colonel with the Air Force in Korea, and brigadier general with the South Dakota Air National Guard.

He was awarded our highest



military decoration, the Medal of Honor.

When he was trying to board an America West flight to Arlington, so-called airport security wouldn't let him board. He was kept for nearly an hour while security personnel debated items he had with him.

Not only was Foss a veteran, he was the former governor of South Dakota, and former commissioner of the American Football League.

Foss was en route to speak at the U.S. Military Academy at West Point, New York, as well as a meeting with the National Rifle Association.

Here's what baffled the security personnel: Foss carried his Medal of Honor with him, along with a Medal of Honor commemorative nail file, plus a key fob made from a dummy bullet.

Security had no idea what a Medal of Honor was nor what it meant.

As far as security knew, each was a potential security risk, though never made clear what the threat was. Did they fear Foss would hit them with his medal? Hold them

hostage with his nail file? Stab a security official in the eye with his bullet?

So much for sheer and shameful stupidity.

Me, I'd rather sit next to Foss. I'd get his drinks, make sure his seat was comfortable, and from the bottom of my heart, say "Thank you."

He died a year later, in 2003. He was 87.

He floated up to the Pearly Gates. St. Peter recognized him, shook his hand, and said, "Allow me to personally escort you, sir," which is what the security guards should have said.

# Center for Women Veterans

The Center for Women Veterans was established by Congress in November, 1994 by Public Law (P.L.) 103-446.

## Our Mission

- Monitor and coordinate VA's administration of health care and benefits services, and programs for women Veterans.
- Serve as an advocate for a cultural transformation (both within VA and in the general public) in recognizing the service and contributions of women Veterans and women in the military.
- Raise awareness of the responsibility to treat women Veterans with dignity and respect.

## Our Activities

- The Director serves as primary advisor to the Secretary on the Department policies, programs,

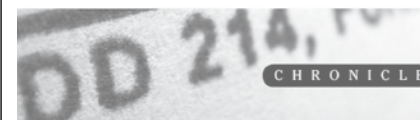
and legislation that affect women Veterans.

- Monitor and coordinate with internal VA offices on their delivery of benefits and services to women Veterans.
- Liaison with other Federal agencies, state and local agencies and organizations, and non-government partners.
- Serve as a resource and referral center for women Veterans, their families and their advocates.
- Educate VA staff on women Veterans military contributions.
- Ensure that outreach materials portray and target women Veterans with images, messages, and branding in the media.

- Promote recognition of women Veterans' military service and contributions by sponsoring activities and special events.
- Coordinate meetings of the Advisory Committee on Women Veterans.

## How to Obtain Help

- **Women Veterans Program Managers** are located in each VA health care facility to assist women Veterans.
- **Women Veterans Coordinators** are located in each VA regional office.
- **State Women Veterans Coordinators** are located in almost all states (check your local telephone directory under state government).



Upcoming  
May-June  
Edition  
Honors Those  
Who Have  
Fought  
and Fallen

We remember you,  
Long after the heat  
of battle has cooled,  
Long after the smoke  
clears and the guns  
are silent.

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

# News You Can Use. Or not.

By Marvin Hepplewhite



**(April 1, 2016)** Commander-in-Chief Barack Obama announced that, in addition to the annual Army-Navy game, a Marine-Coast Guard game will be scheduled for the 2016 season. The Marine mascot, a bulldog with fangs bared, will be introduced to fans before the game. The President added, "This will provide time for the Coast Guard to come up with its own mascot."

**The UCMJ - United States Code of Military Justice** - has added a new regulation designed to further professional relations between male and female troops. "No male troop will use a toilet for purposes of emptying his bladder but failing to return the seat to its down po-



sition." The violation will be an Article 15, punishable by fine or restriction to barracks.

**In light of slashed military budgets,** the Army will offer sponsorship opportunities to U.S. companies seeking greater interna-

tional presence. Contracts have already been signed with Ronco Products (food dehydrators,) Kiwi (boot polish,) Coppertone (tanning lotion,) and the Girl Scouts (cookies.) According to Marketing Director Edward Walsh, "Sponsorship opportunities are still available for the M-14 Carbine, the M-249 Light Machine Gun, the M-67 Fragmentation Grenade, and the M-18 Smoke Grenade."

## It's Your Future. Get Started Now!

### Veterans Service Center

at Lorain County Community College

The Student Veterans and Military Members Center at LCCC assists all veterans, guardsmen, reservists and their dependents transitioning to a successful educational career. You've done your duty, now let us help you prepare for your future.

LCCC's Veterans Service Center is a one-stop shop where you can:

- Learn how to maximize your veteran's benefits
- Learn about other scholarships available
- Talk with a Veterans Certifying Official
- 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).**



"LCCC provides a quality education to veterans like me upon our return home from service."

**Andrew Burke**, veteran and LCCC welding student who is using his veterans benefits to attend school. He has also been hired full-time as a welder by the Mazzella Companies.

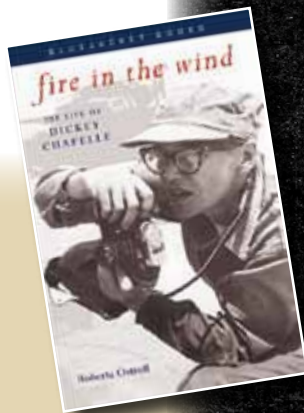


**Lorain County Community College**

# DICKEY CHAPELLE UNDER FIRE

PHOTOGRAPHS BY THE FIRST AMERICAN FEMALE  
WAR CORRESPONDENT KILLED IN ACTION

by John H. Tidyman, editor



**M**ost of us have never heard of Dickey Chapelle. It is a shame we fail to honor her life and her contributions to the study and documentation of war.

She was killed in Vietnam. She is an unsung hero.

Author John Garofolo put together a war book unlike any other. He is a veteran of the war in Iraq and former professor at the U.S. Coast Guard Academy.

The book is fascinating because of its subject, a woman who documented wars.

Many trailblazers have no idea they are leading a charge that will continue long after they are dead and gone. That was Dickey Chapelle. She was passionate about her work. Indefatigable and fearless. She was 47 when she drew her last breath. In Vietnam.

Garofolo's book introduces readers to Iwo Jima, the Dominican Republic, Lebanon, Cuba, and Vietnam. Each introduction through the lenses on Chapelle's cameras.

Before war is anything else, it is death and destruction. If war saddened her, it didn't stop her. War and Chappelle were an un-

likely couple, but cut from the same cloth. War was inevitable and Chappelle was tireless.

In WWII, she was asked by an officer, "And just where was it you wanted to go?" The question brought her up short. She wondered, "I was really surprised. I thought he'd tell me where I was permitted to go. Did he honestly mean I had a choice? Very well, I'd make one. I'd tell the truth. 'As far forward as you'll let me.'"

Most of the images in the book are of the people who are in battle or suffering because of battle. The subjects of many

images are the bloodied troops. Many more are of children and parents. When war strikes, she eloquently shows us, no one is left untouched.

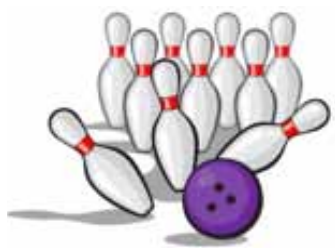
Images of Fidel Castro and his brother, Raul, are photographed sighting in a recoilless rifle. Ernie Pyle and Eisenhower are there. Che Guevara and King Hussein.

But the book is about the men and women whom we'll never know, the men and women whose lives were irrevocably changed by war.

Dickey Chapelle knew them. She introduces us to them.



## BEER, BANDS, & BOWLING



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\*PACKAGE OFFERS: Base package prices include Instant Bill Credit for 12 months. Customer must, at point of sale, activate and maintain a qualifying programming package and Auto Bill Pay. After 12 mos., then prevailing rate for base package applies (currently \$49.99/mo. for SELECT) unless canceled or changed by customer prior to end of the promotional period. Some offers may not be available through all channels and in select areas. \*GENERAL TV SERVICE TERMS: Subject to Equipment Lease Agreement and DIRECTV Customer Agreement. Must maintain a base TV package of \$29.99/mo. or above or international service bundle. Advanced Receiver fee (\$15/mo.) required for all HD DVRs. TiVo service fee (\$5/mo.) required for TiVo HD DVR from DIRECTV lease. There is a fee of \$6.50/mo. for each receiver and/or Genie Mini/DIRECTV Ready TV/Device on your account. \$15.95 Handling & Delivery fee may apply. Non-activation charge of \$150 per receiver may apply. Taxes not included. Programming, pricing, terms and conditions subject to change at any time. Visit [directv.com/legal](http://directv.com/legal) or call 1-800-DIRECTV for details. ©2015 AT&T Intellectual Property. All Rights Reserved. AT&T, Globe logo, DIRECTV, and all other DIRECTV marks contained herein are trademarks of AT&T Intellectual Property and/or AT&T affiliated companies.

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\*The US Bureau of Labor Statistics

# WWII WAC Recalls Life in Segregated Armed Forces

by Jerri Donohue

**A**zalia Irene Oliver vividly remembers being stuck in St. Louis, Missouri during a long layover en route to Cleveland. Oliver, who served in an all-black unit of the Women's Army Corps (WAC), asked African-American workers at the train station to direct her to the nearest movie theater.

When she got there, however, the cashier refused to sell Oliver a ticket.

The WAC returned to the train station and confronted the individuals who had sent her to the segregated theatre.

"They said, 'We thought that because you were in uniform, they would let you in,'" Oliver recalled.

The 94-year old veteran remembers other incidents of racism she experienced during the war years.

"You didn't get angry because it didn't pay," she said. "And you managed."

Oliver dropped out of Oberlin College in 1943 when her father suffered a stroke and the family could no longer afford her tuition. A department store hired her as a stock girl, but the job bored the 21-year old. One afternoon, she popped into an Army recruiting station and applied for the Womens Army Auxiliary Corps. Before long, she was in basic training in Des Moines, Iowa. She had completed a six-week clerical course when the Women's Army Auxiliary Corps became the Women's Army Corps. It was now part of

the Army rather than a supplement to it, and volunteers had to reenlist if they wanted to stay. Some women left, bristling at military discipline.

Oliver opted to remain. For her, the Army represented a kind of freedom.

"I came from a home that was very strict," Oliver said. "My mother selected my friends. For the first time in my life, I could think for myself."

Despite her youth, the bookish Oliver became a mother figure for other WACs and they nicknamed her "Ma." One woman routinely gambled and won while intoxicated. She often returned to the barracks in the middle of the night and entrusted her winnings to Oliver for safekeeping.

The Army soon transferred Oliver to Fort Riley, Kansas where WACs lived in huts on stilts. They heated their quarters by feeding coal into pot-bellied stoves. White quartermaster troops occupied steam heated barracks nearby.

Because she had majored in music at Oberlin, Oliver initially worked with the Red Cross to create programs at the service club. She also helped at the segregated

USO in Junction City. She enjoyed these chores, grateful that she was not assigned to the hospital laundry like many other African-American WACs who worked in ankle-deep

water. POWs who replaced them immediately protested the unhealthy work conditions. For the German prisoners, the U.S. Army built wooden risers.

Oliver's favorite assignment was setting up the hospital library, but she eventually assumed responsibility for a 30-man hospital ward. On the 12-hour night shift, she sterilized needles,

gave shots and dispensed medicine and bedpans. Soldiers were hospitalized in racially segregated wards. Occasionally patients - both black and white - verbally abused the WACs.

The GIs' ailments ranged from malaria to venereal disease and some were recovering from training injuries.

"We dealt with white doctors and white patients who had never been around blacks," Oliver said.

One night a white doctor from New Jersey visited the ward and discovered Oliver reading during

her break. He expressed surprise that she could read and spoke frankly about his ignorance of blacks. He and Oliver discovered a common bond in books. She recommended titles to him and he to her. Over time they became friends. When she confided how much she detested her nursing job, he helped her transfer to the hospital post office.

The Army later sent Oliver to Camp Knight, California to work as a clerk. She returned to Cleveland when she was discharged in February 1946. On a furlough home, she had met another soldier on leave, Willie Oliver. Their post-war courtship led to a 47-year marriage.

After Oliver joined the National Association of Black Military Women, she faithfully attended its reunions. One year she persuaded her husband to come with her. It proved to be their last vacation together. Willie Oliver died in 1993.

Although Azalia Oliver is still an avid reader, she also enjoys fashioning quilts. Often as she works, she fondly reminisces about the women with whom she served, including the hairdresser from Chicago, the schoolteacher from the South, the parole officer from New York City.

"We were there because we wanted to be there," Oliver said. "When I think back on it, that was one of the best experiences I've ever had."



Azalia Irene Oliver



**We Support Our Veterans!**

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# One Marine's Story: Steps along the road to recovery

**F**reddie R. was born in northeast Ohio in 1965. His story may be familiar. Along the way, he experienced significant challenges in his early family life, in school and in his own mind. He began to self-medicate as a teenager. Three marriages failed and he lost connection with his children. He left the military after 8 years to focus on family obligations. He worked in the auto industry for 15 years. He became an addict.

Today, at 50, he is sober and his life is coming together in ways he could not have predicted. How did he get here? Who has played a pivotal role?

In addition to the challenges noted above, he also discovered and utilized his strengths: since childhood he has been recognized for his athletic abilities (wrestling, soccer, track, swimming). As an adult he has taken on leadership roles. He has excellent concrete fin-

ishing and construction skills and a solid work ethic. Even so, throughout the decades he struggled with addiction, with two one-year periods of sobriety.

What tipped the scales in his favor?

Joining the Marine Corps at age 20. He found his niche there. He loved the clear and high expectations, the dress blues, the opportunity to be a leader.

Sports participation earned him special opportunities. He advanced to a supply NCO. The work ethic and self-motivation stayed with him.

Individuals who took an extra step along the way:

#### VA services:



Freddie R.

Mr. L., VA Cleveland Community Resource and Referral Center, who identified two treatment options when Freddie was ready. Freddie recognized "this is the rest of my life" and chose Stella Maris, a continuum of care lasting several months.

Mr. M, his VA case manager, who has assisted him in securing a HUD VASH for permanent housing, and

in finding an apartment in the right, quiet setting.

His support group and sponsor who provide a community and ongoing support. A fellow resident at Stella Maris who connected Freddie to a construction job.

- His steady job as a construction worker. And as a bonus, everyone on his work team is in recovery.
- His sister and niece with whom he has reconnected after a decade.
- The right treatment program at the right time. Freddie notes, "I owe my life to Stella Maris". The comradery here is essential.

He has become a community leader. The close community is reminiscent of the military. Through the Stella Maris therapeutic community, intensive outpatient therapy, and supportive housing, he is able to honestly look at himself now, something he has avoided in the past. And he likes what he sees.

His observations as he looks to the future with sobriety and optimism: "I do well in things that test me. I am living for today. A higher power is guiding me."

For more information about Stella Maris, Inc., please visit [www.stellamariscleveland.com](http://www.stellamariscleveland.com).

## In a world full of people who couldn't care less, Choose to be someone who couldn't care more...

Life is about the choices we make.

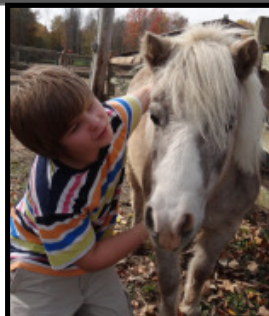
At Happy Trails Farm Animal Sanctuary, we encourage you to choose to make a difference by being one of the many *amazing* people who care.

As animal rescue workers, we see some pretty horrific animal abuse on a regular basis. **However, we don't dwell on that aspect of our work, and we don't want you to either.** Even though dealing with difficult animal abuse cases is what we do, we focus on the positive things, such as:

- Nearly 5,000 farm animals including horses, pigs, goats, sheep, feathered friends and even a buffalo have been rescued and found loving, permanent

homes through Happy Trails Rescue and Adoption Programs since 2000.

- Happy Trails acquired two new properties in 2014,



one being the site of our new Education Center, helping people connect to animals through animal care classes, seminars, clinics, special presentations, and animal-art workshops.

- Retired senior citizens and many others have found their lives changed

in a very positive, very profound way through their volunteer work at the sanctuary.

- Rescued goats, chickens and a mini-horse visit nursing homes and give love and companionship to their community.

There are so many incredible, healing aspects connected to the work of Happy Trails. **How can you personally get involved in farm animal rescue and choose to be someone who couldn't care more? Here's how...**

- Sit at home in your jammies and the comfort of your living room and forward weekly Happy Trails email updates to your friends, family and co-workers to share exciting sanctuary news. Create an animal-friendly network of people who are willing to pass along Happy Trails news to their family and friends as well.
- Experience the sanctuary by signing up for a week-

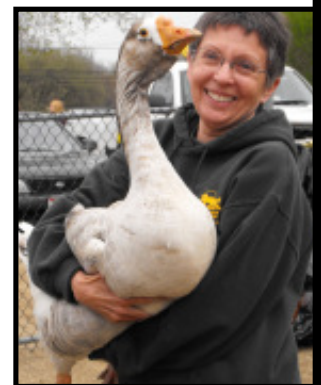


end tour. Be prepared to give pigs belly rubs, hug a furry horse, play with silly goats, and interact with and connect with the rescued animals in a very personal way.

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# June Ryan: Master and Commander

by Jerri Donohue

**R**ear Admiral June E. Ryan realizes her inspiration to join the Coast Guard might seem unusual.

"I saw a Coast Guard commercial when I was in high school at about two o'clock in the morning," she said.

With "Start a Tradition" as its theme, the ad focused on the Midgette family of North Carolina. The Midgettes participated in life-saving service even before the Coast Guard existed, rescuing sailors from sinking schooners. In succeeding generations, there has always been a member of the family serving in the Coast Guard.

Last June, Admiral Ryan became Commander of the Ninth Coast Guard District headquartered in Cleveland. By coincidence she relieved Admiral Fred Midgette.

"Commercials work," Ryan said.

Her new assignment encompasses the Great Lakes, the Saint Lawrence Seaway, eight states and a 1,500-mile international border.

Ryan holds the distinction of being the first woman in the Coast Guard to rise from enlisted ranks to Flag officer. She had joined the Reserves while attending Bowling Green State University. When she graduated from Officer Candidate School in 1985, there were no female admirals in the Coast Guard. Today there are seven.

Ryan noted other changes re-



June Ryan

garding female Coast Guardsmen. Years ago, she communicated by radio with a foreign vessel that needed a tow from her patrol boat. The men insisted they only would speak to her captain.

"I am the captain," Ryan replied.

Ryan's time aboard ship included tours in the Caribbean and off Colombia to stop the smuggling of drugs and migrants.

"When you're one of six peo-

ple on a boarding team and you're not sure whether or not they have weapons or whether or not they're going to comply with instructions, you really get the sense of a pretty tight team," she said. "In very intense times, you build very strong relationships."

She later experienced this as captain of a cutter operating out of Portland, Maine. When a fishing boat became stranded 122 miles

off shore in a violent storm, Ryan's crew passed it a towline. They could not pull the boat to shore for almost three days, however, much longer than such missions usually take.

"It's almost like being on a treadmill when the seas are going against you," Ryan said. "The seas finally lay down and we were able to make our way back in. Everybody got back home." She credited the crew's teamwork.

Her work in Maine included enforcing National Marine Fisheries Service regulations that protect juvenile fish and keep a species viable. Guardsmen board fishing boats and ensure its catch consists of adult fish or crustaceans, for instance.

"If you enjoy fish, thank the Coast Guard," Ryan said.

Ryan's career took her around the country. For two years, she served as the Coast Guard's military aide to President Bill Clinton. She later became Military Advisor to the Secretary of Homeland Security, a position she describes as a "linkage" between the Department of Defense (DOD) and the Department of Homeland Security. She offered monitoring a fence line as an example.

"DOD sometimes has like capability or even the research and development capacity that would be able to help us," she said. "Because they do that on foreign soil as it re-

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lates to their perimeter fencing on bases.”

Ryan’s latest assignment returns her to Cleveland where she commanded the cutter *Neah Bay* back in the 1990s. She likes the diversity found in Ninth Coast Guard District missions.

“There’s a little bit of ice breaking in New England and up in Alaska,” Ryan said. “But not to the extent or to the breadth or depths here in the Great Lakes.”

The Coast Guard actively promotes boating safety, another big

component of its work in the Ninth District. In other assignments, Ryan has taught law enforcement personnel to board boats and check for life jackets and fire extinguishers.

Most of all, the Ninth District pursues the life-saving mission that attracted Ryan to the Coast Guard more than 30 years ago.

“We prosecute more search and rescue cases than anywhere else in the country,” Ryan said. “This is sort of ground zero for search and rescue in the summertime.”



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# “The worst nightmare I ever had about Vietnam was that I had to go back. I woke up in a sweat, in total terror.” — *Oliver Stone*

By John H. Tidyman, editor

**P**TSD. What a terrible casualty of war. It is silent and relentless. One of its worst symptoms is the inability to sleep.

Drugs can induce sleep. Same with booze. Neither eliminates the symptoms, and both can be detrimental to health.

We can be sympathetic, but sympathy can't help our wounded warriors. Their nights are not blessed with deep sleep; many know that going to sleep means going to the land of nightmares they can hardly describe.

There is nothing new about PTSD. In America, some troops come home from war confused and frightened. They are unable to live normal lives. A tragic number of those veterans commit suicide. Many more will.

It is the wound that hides, the wound that never heals.

The rest of the country, notably the VA and the health community, didn't officially recognize or attach



a diagnosis of PTSD until 1980.

On August 3, 1943, Lt. Gen. George S. Patton slapped a soldier who was hospitalized for psychosis, accusing him of cowardice.

Patton understood war, but he didn't understand the many wounds suffered by his troops.

PTSD is not completely curable,

but the symptoms can be alleviated. Transcendental meditation has had notable success and appears a worthwhile treatment.

So does a normal sleep, when bodies and brains are recharged.

When Scott Armbruster called, we were interested. His company, Armbruster Enterprises, Inc., de-

signed Sound Pillow. He said his patented Sound Pillow goes a long ways to helping veterans sleep better.

Oh, yeah, Scott? Tell us more.

The more he talked and answered questions, the more interested we became. When he asked if he could send a sample, our thoughts went immediately to a close friend who suffers PTSD. He was a medic in Vietnam, attached to the 101<sup>st</sup> Airborne Division. Being twenty years old and having to stuff the guts back into the stomach of a comrade ... I can't imagine the horror.

By all means, we said, send it.

You might not believe our friend — whom we'll call Doc — suffers PTSD. He is articulate, kind, generous, and retired. A loving father and grandfather.

That's Doc's sunny side. He hopes that is the only side you see.

His shadowy side is marked with alcoholism, a fear of travelling

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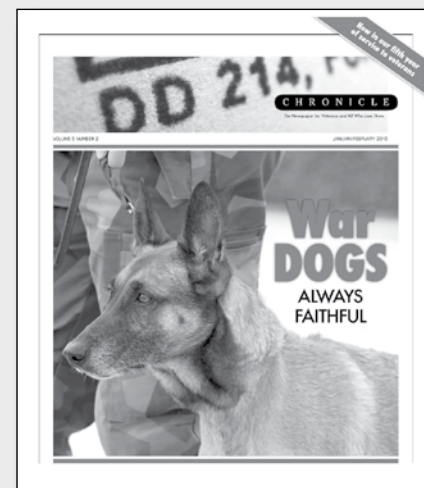
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across county lines, only moderate success with psychotherapy, drugs for his condition, and nights filled with sleeplessness and fears, both natural and unnatural.

So Scott Armbruster sent us a Sound Pillow.

We first talked with Doc's wife, also a longtime friend. We talked about Doc, of course, but we also talked about her and the effects of loving a man with PTSD.

It's not easy.

She didn't hesitate when we told her what the Sound Pillow was designed to do. She said, "What the hell, we've tried everything else."

Her remark reminded us the pain and confusion is not limited to its sufferers; its effects on friends and loved ones are different, but there just the same.

So off we went to see Doc. Our sales pitch couldn't have been more brief. We told him the pillow was not a magic pill, but something that might help. Talk about your easy sale.

Inside the box were the pillow and the player, which is a small, rectangular box with a few arrows. The control box doesn't have to do much: turn it on, enter the music file, change the music or sound tracks, and raise or lower the volume. Very nice pillow, too, designed so the user can't feel the speakers inside.

Doc didn't know it until he read the accompanying literature, but it turns out the pillow has been used by lot of troops who suffer PTSD. More important, it has been, for many, successful in what it seeks to do: Provide a device that promotes healthy sleep.

He said he would try it that night.

Another folder in the box had results and ratings from troops who used it. The numbers aren't high enough to qualify as academic research, but they are noteworthy.

The pillow was tested in Wounded Warrior detachments in Tampa, San Antonio, and Minneapolis. Couldn't ask for better test subjects than Marines.

In each test, volunteers used the pillow for two weeks, followed by detailed interviews. In one review, consisting of 19 reviewers, more than 20 percent rated the overall experience as excellent. Another 50 percent-plus thought it was good. Twenty percent thought it was satisfactory and rest thought it was unsatisfactory.

More than 70 percent said they would recommend it to others.

Back to Doc. He tried it for ten days before we stopped by and asked him for his review.

The first couple nights, he said, the pillow helped, but not much. Instead of throwing it out, he kept at it. By the sixth night, he was convinced.

One of the best features is, he said, "I'm not afraid to go to bed."

Doc sleeps six to seven hours every night. He is freed from the horror of nightmares. He used to get up every four or five hours for a cigaret and glass of cheap whiskey. Today, the only reason he gets up in the middle of night is to take a leak.

He hopes he'll be able to enjoy uninterrupted sleep for an extra hour. That might sound like a trivial goal to most of us. But coming from an old combat medic, it makes perfect sense.

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**"I have nothing to offer but blood, toil, tears and sweat. You ask, what is our policy? I say it is to wage war by land, sea, and air. War with all our might and with all the strength God has given us, and to wage war against a monstrous tyranny never surpassed in the dark and lamentable catalogue of human crime. That is our policy. You ask, what is our aim? I can answer in one word. It is victory. Victory at all costs - Victory in spite of all terrors - Victory, however long and hard the road may be, for without victory there is no survival."**

— Winston Churchill

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# Baldwin Wallace Student Worked as Military Linguist for NSA

by Jerri Donohue



Sarah Chapman

**A**s a military linguist for the National Security Agency, Sarah Chapman played an instrumental role in keeping Americans safe from terrorists at home and abroad – without ever going to sea.

The former Petty Officer Second Class said her work carried a huge sense of responsibility.

“I’d be remiss if I didn’t say it was really stressful,” Chapman said. “There’d be times of tension

abroad and we’d have to stay for super-long shifts.”

During those periods, Chapman worked twelve hours or more, going home only to grab a quick meal, sleep, and then report to work again.

Chapman interpreted raw intelligence in Arabic, determined if there as anything actionable in it, wrote up reports and transcribed information to pass on to proper

authorities for dissemination.

“Everything about that is rewarding,” she said. “How many people find themselves on the doorstep of the NSA as somebody fresh out of training in the military?”

Chapman did not envision such chores when she enlisted in 2008. She felt drawn to military service because of family tradition. Her father is a Vietnam veteran; both of her grandfathers were World War

II vets and several uncles and cousins also served in the armed forces. Chapman thinks she is the first female in her family to enlist.

After she completed boot camp, the Navy sent Chapman to Monterey, California to the Defense Language Institute operated by the Department of Defense.

For fifteen months, she attended classes eight hours a day, learning to speak, read and write Arabic from

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native speakers. Her instructors included men and women from Iraq, Lebanon and Egypt, and their personal stories fascinated Chapman. In addition, she developed lasting friendships with classmates serving in the Army, Navy, Air Force and Marine Corps.

During her schooling, Chapman's husband, Craig Lopresto, relocated to Monterrey where he worked for Army MWR (Morale, Welfare, Recreation.) Lopresto designed low-cost trips and activities for service personnel and their families.

Upon her graduation from language school, the Navy transferred Chapman to Fort Gordon, Georgia. Her husband moved with her and became a police officer.

Chapman worked for only one year as a CTI (cryptologic technician-interpreter) before the Navy also assigned her quality control work and training duties. She welcomed the added responsibility.

"The military is such a good ol' boys club, you have to work harder as a female, for sure, to be noticed for promotions," Chapman said. "You have to give it your all. And you can't slack." At the same time, Chapman said women gain a sense of empowerment when they complete boot camp and acquire valuable skills.

She listed multiple benefits reaped from her military service: "An immense sense of responsibility. You mature a lot. The friendships. The sense of self-worth you get."

Chapman left the Navy in 2014, wishing to finish the college education she began prior to enlistment. She grew up in North Ridgeville and chose Baldwin Wallace University because she knew its excellent reputation. She completed her active duty service only two weeks before fall classes began.

"Baldwin Wallace made my transition super-easy," she said. "They basically did all my paperwork for me."

Chapman will graduate this year with a major in International Studies (National Security track) and a minor in Criminal Justice. She intends to return to intelligence work or perhaps join a federal law enforcement agency. She keeps her language skills sharp by watching Al-Jazeera.

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"When the pin is pulled,  
Mr. Grenade is not our friend."  
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— US Marine Corps

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# Saddle Up: Horses and Therapy

By Glen Miller

**W**orking with horses at Fieldstone Farm Therapeutic Riding Center in Geauga County has helped scores of emotionally troubled and physically challenged veterans in a way not possible through traditional methods.

The healing brought about by horses has been the core of Fieldstone Farm's programming for more than 35 years.

More than 100 veterans have taken classes in riding, carriage driving or working with horses. The program is designed to help them heal from the physical and emotional wounds sustained during their military service.

About 50 of these veterans have gone through a special eight-week therapy program that includes PTSD treatment.

It began three years ago when Fieldstone Farm therapists partnered with Chris Goodall, a social worker with the Louis Stokes VA Medical Center's Psychosocial Rehabilitation and Recovery Center, to develop the special psychological program.

Its focus isn't riding, rather learning to groom, walk and do other activities with horses, activities that help veterans build assertiveness and self-confidence, think creatively, solve problems and take responsibility.

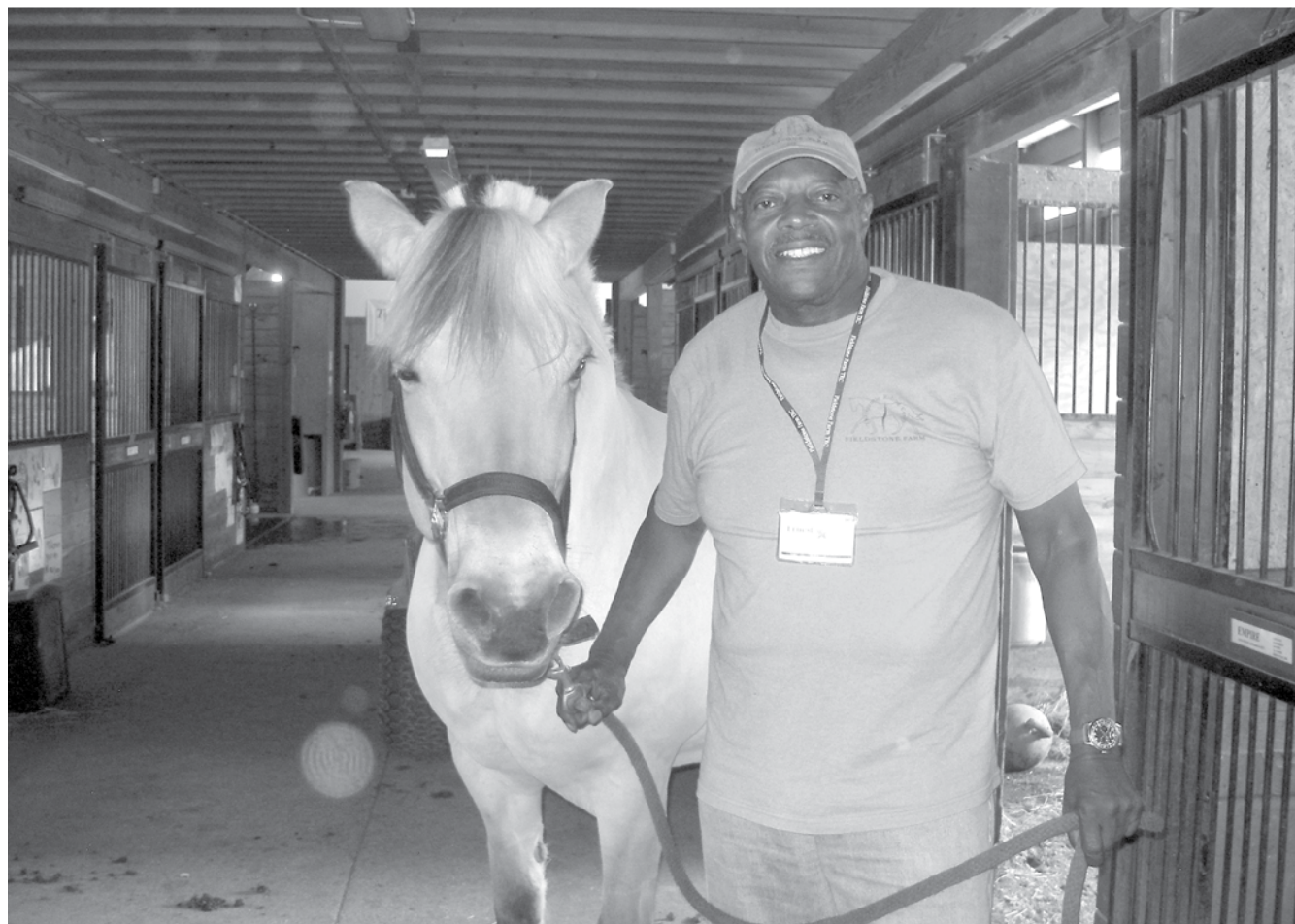
Combined with VA counseling, the special equine-assisted therapy helps veterans overcome mental health problems, Goodall explains.

"There is a bond that develops between the people we refer to Fieldstone Farm and the horse they care for – one that, over time, helps vets psychologically regain what they have lost," adds Goodall, a long-time horseback rider.

"It helps them come to terms with their feelings," she adds. "Working with horses gives them the confidence that allows them to rebuild themselves emotionally."

Among the success stories is Ernest Jordan, a Cleveland area man who thought his Vietnam service hadn't affected him.

More than 40 years after leav-



Ernest Jordan walks one of the Fieldstone Farm steeds.

ing Vietnam, Ernest says he was a happily married with children and grandchildren who operated his own company, played golf and skied in his free time.

Memories of the horrors of combat didn't haunt him like many vets until he tripped on a sidewalk curb, re-injuring an old non-combat foot injury. Pain from his foot radiated to his back, making it hard to walk or even stand upright.

Despite treatment, he found everyday tasks, including running his company, were so painful that he eventually was forced to sell the business.

"I suppressed all my feelings from Vietnam all those years," he said. "I was in denial. My pain and injury brought them back into my life – big time."

As depression set in, memories from the war inexplicably came flooding back.

His marriage fell apart. Depression and flashbacks worsened until one his powerful involuntary rec-

ollections frightened his young grandson.

It was then Ernest realized he needed help and reached out to the VA Medical Center, where he met Goodall and enrolled in the VA program at Fieldstone Farm.

Being around horses wasn't new to him.

"I grew up on a farm in Georgia where there were horses, but I couldn't really imagine how they could help me," he says. "I soon found out. They helped me regain my life. There's a special bonding that happens between me and the horses."

He spent several weeks last year working with Fieldstone Farm horses in conjunction with VA counselors.

"Horses are not judgmental. They don't argue with you, don't yell or complain," explains Ernest, who knows the animals have helped him heal both physically and mentally. "They have transformed my life. I don't have bad thoughts when I am at the farm," he adds.

These days Ernest is helping by volunteering as a carriage driver, a form of equine-assisted therapy available to Fieldstone Farm clients who cannot ride because of physical injuries.

He still has pain, but it goes away when he is working with horses. Away from them, the pain also is more bearable because he knows his volunteer work with the horses allows him "to take a vacation from my chronic pain."

Ernest says he wants to help other veterans find the self-confidence, courage and independence like he has. He remembers the day a triple amputee held the reins while he drove the carriage and the happiness it brought to both him and the disabled veteran.

"It was an uplifting experience for both of us."

For more information about the donor-funded program, contact Fieldstone Farm at 440-708-0013 or the VA Psychosocial Rehabilitation and Recovery Center at 216-391-0264.

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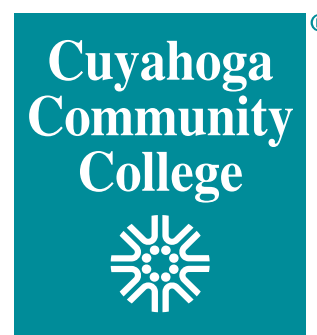
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