

For Veterans Day: *Our WWII Fathers*

They were young and they were green. Two-thirds of them had never even fired a rifle. They marched off, 16 million of them, half of all the young men in the country, to the deadliest and most widespread war in history.

They went to stop the Axis powers from carving up the world. And they did it. They were our fathers.

As the last of the WWII Veterans fade from life's stage, we honor all our Veterans this month by sharing three stories, by psychologists, about their WWII fathers.

With some saying that we are on the brink of war, the realities of world war must not be forgotten.

In this special feature, Dr. Susan Andrews, Dr. Julie Nelson, and Dr. John Magee will share some of what they remember about those in the Greatest Generation.

Cont pg 9

Louisiana School Psych Assn Conference November 8-10

The Louisiana School Psychological Association will hold its annual conference this November 8, 9, and 10 at the Lafayette doubletree by Hilton on Pinhook Rd. in Lafayette. The theme for this year's conference is "Seeking Wisdom, Filling Needs."

The keynote speaker for the opening day will be Andrea Clyne, PhD, LP, President of the National Association of School Psychologists for 2023–2024. She is a licensed school

Cont pg 4

Gov. Edwards Congratulates Representative Mike Johnson

On Oct. 25, after more than three weeks of struggling in the U.S. House of Representatives, Louisiana Rep. Mike Johnson, a conservative from Shreveport and an LSU educated Constitutional attorney, was elected Speaker of the House.

In a press release from October 25, Gov. John Bel Edwards said, "Congratulations to Louisiana's Mike Johnson on his election as Speaker of the United States House of

Cont pg 3

Dr. Leisi Bryant to Teach Ethics - Risk Management November 17 in Baton Rouge

Dr. Leisl Bryant, clinical and forensic psychologist and consultant with The Trust, will present an updated review of decision science and its implications for bias and vulnerability in clinical, ethical and risk management decision-making. Dr. Bryant will be hosted by the Louisiana Psychological Association at their fall workshop on Friday, November 17, 2023, to be held at the Lake House Reception Center in Baton Rouge.

Cont pg 4

INSIDE

Letter to the Editor
– Page 3

Medical Psychologists
Advisory Meets
– Page 4

From the Minutes of
LSBEP– Page 5

Dr. Andrews' *Stress
Solutions* – Foods and
Stress – Page 13

Best of Dr. Burstein's
Reviews: *The Shape of
Water* – Page 14

Feature: "10 Years Ago"
– Page 15

Ψ *We Remember Dr. Tommy Stigall*

Dr. Tommy T. Stigall passed away on October 15, 2023, after struggling with cardiovascular problems for several years. He was 89.

A licensed clinical psychologist, he was born in Kentucky but was a 64-year resident of Baton Rouge, where he enjoyed a complex career in psychology that included state employment, private practice, and consulting activities.

Dr. Stigall is best known for his unflinching dedication and comprehensive leadership in advancing the profession of psychology at both the state and national levels. He was there when Louisiana psychology was still a fledgling profession, he was there when it sought independence, and he was there to nurture its development for a span of fifty years.

Cont pg 6



Dr. Tommy Stigall
(Courtesy photo)

Editorial Page – Opinions



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Ashes of Our Fathers by J. Nelson

It was sometime in the mid 70s that Darlyne Nemeth introduced me to Tommy Stigall at the Baton Rouge Mental Health Center.

As a newly minted doctoral student, I was enamored with all things that had to do with psychology and Dr. Tommy Stigall was at the center of almost all of it in Louisiana. He was dedicated to whatever gods protected Psychology.

It was the time of the “consultation and collaboration clause” battle that Tommy had taken on to liberate psychologists from the oversight of organized Medicine.

I and some of the other graduate students from LSU had joined the Louisiana Psychological Association. To my good fortune, I was useful because I came from Red River Parish and had a speaking relationship with the representative there, “Mutt” Fowler.

Upon Tommy’s request, I visited Representative Fowler—a “good egg” my father used to call him—and asked him for his vote. He said, “I don’t see why not,” and freely committed to Psychology’s independence, being a good egg and probably also because he was not subject to the medical lobby in the backwoods of rural Louisiana.

I remember this well because Tommy shocked me when he put forth some sort of resolution at the state psychology convention commending me for my actions. I don’t remember everything, but I remember standing at the back of the room with the rest of the peanut gallery and having everybody turn and look at me and applaud. As a young graduate student I was overwhelmed. It’s probably the reason I’ve been hooked into being a member of LPA for almost 50 years.

Our paths crossed again after Act 251 which moved medical psychologists from the psychology board to the medical board. Act 251 upset each of us for different reasons. He called it backwards and “anachronistic.” I objected to the secrecy. He wanted a political solution. I created a community newspaper.

It had not registered that Tommy’s background was in journalism but it all came out eventually. Once when I was having lunch with Tom Hannie and Tommy, the three of us found ourselves discussing community psychology and the role of a newspaper. Tom had said some nice things about my efforts. Tom Hannie laughed and turned to me, saying, “That’s high praise coming from Tom Stigall.”

Probably what I’m most thankful for is the opportunity to have showcased Tommy Stigall’s photography in the *Times*. We fell into the arrangement when I learned that his hobby had become near and dear to his heart in his retirement. He won two first place awards for best photography composition in the *Times* from the Louisiana Press Association. One judge called his work “stunning.”

He and Connie attended the awards ceremony with us. Tommy and Archimedes enjoyed the levity when they donned free hats and sunglasses for the association’s “Mission Possible” theme. But somehow, everyone turned out looking more like the Blues Brothers.

I’d never seen this before, Dr. Tommy Stigall was always so dignified, and I had a feeling that he was having a very good time.

"To every man upon this earth Death cometh soon or late. And how can man die better Than facing fearful odds, For the ashes of his fathers, And the temples of his Gods."

[Julie Nelson, PhD, a licensed psychologist for over 40 years, has now turned journalist and publisher of the *Times*. She also holds other positions in the community. However, her opinions here are those of her own, and do not represent any group or association. She and the *Times* receive no compensation other than paid advertising. Email her at drj@drjulienelson.com. —she welcomes feedback.]

Corrections & Clarifications

Dr. Hoerger sent us a letter about his concerns. We also made a few edits of our own. Please send your corrections to:
psychologytimes@drjulienelson.com

Letter to the Editor

Subject: **COVID-19 Misinformation**
Date: 10/03/2023

Hi Dr. Nelson,

In my capacity as the lead of Tulane's Health Psychology doctoral certificate program, I am writing to express concern regarding COVID-19 misinformation in recent issues of The Psychology Times.

An article in the current issue suggests that vaccines increase mortality. An article in the prior issue suggests that ivermectin is beneficial. This is misinformation from an unpublished report and a low-quality journal. The benefits of vaccination are well documented, and the efficacy of the limited treatments for COVID-19 is well described elsewhere.

Please let me know that this misinformation will be retracted. I plan to issue a public statement Friday of next week denouncing the articles so that people do not associate the "independent voice of psychology" in Louisiana with anything I stand for. This misinformation may cause reputational damage to psychologists in Louisiana unaffiliated with the publication.

Thank you,

Mike

Michael Hoerger, PhD, MSCR, MBA
Tulane University

[EDITOR'S NOTE: We at the Times are honored to receive Dr. Hoerger's letter and thank him for it.

The Times adheres to the journalism principal of freedom of information, and the belief that a community can only thrive in an atmosphere of free speech.

Any misinformation is to be countered by more information, more free speech, and by upping the level of debate.

We thank Dr. Hoerger for upping the level of debate.

September and October issues can be found online and free of charge at thepsychologytimes.com.]

State & National News

Gov. Congratulates Rep. Johnson, cont'd

Representatives. In Louisiana, despite our differences, we have found ways to work across party lines to guide our state through challenges and deliver progress for our people. I hope that Speaker Johnson can bring these Louisiana values to Washington."

On the same day, the Louisiana Democratic State Party Chair Katie Bernhardt also issued a press release saying that Mike Johnson was a "threat to democracy," and that he was a "radical MAGA and Freedom Caucus member."

Johnson is the representative of Louisiana's fourth congressional district. He is 51 years old. Born in Shreveport, Mr. Johnson is the oldest son of Jeanne Johnson and firefighter James Patrick Johnson. He has three younger siblings.

Mr. Johnson received his high school diploma from Captain Shreve High School in Shreveport. In 1995, he graduated with a bachelor's degree in business administration from Louisiana State University. After finishing his undergraduate studies, he went to Louisiana State's Paul M. Herbert Law Center, earning a Juris Doctor in 1998.

Mr. Johnson and his wife, Kelly, have four children: Hannah, Abigail, Jack, and Will. According to sources, Mr. Johnson is a devout Christian, has been the host of a conservative radio talk show, a columnist, a college professor, and a constitutional law seminar instructor.

LSBEP Calls for Nominations

Last month Michelle B. Moore, PsyD, current chair of the Louisiana State Board of examiners of psychologists announced that the Board will begin accepting nominations from licensees to participate in an election to fill the board member vacancy occurring July 1, 2024.

She said, "In addition, we are accepting nominations from qualified licensees for appointment by the LSBEP to fill two vacancies on the LSSP Committee for 1) A Licensed School Psychologist for the terms July 1, 2023-June 30, 2026 and 2) A Licensed Specialist in School Psychology for the term July 1, 2024-June 30, 2027. We have an additional vacancy to fill the position for our public member of the board occurring November 15, 2023."

Additional information is to be posted on the Board's website at <https://lsbep.org/news-events/> for filling all vacancies.

BR-NO Amtrak Planned

On Oct. 26, Gov. John Bel Edwards was joined by Amtrak Chief Executive Officer Stephen Gardner and other officials, to sign a service development agreement that will advance the return of intercity passenger rail service between Baton Rouge and New Orleans.

"An Amtrak line connecting Louisiana's capital to the largest metropolitan area in the state will have immense economic benefits for both cities and the parishes in between," said Gov. Edwards.



Louisiana School Psych Assn Conference, cont'd

psychologist with over 30 years of experience as a school-based practitioner in Colorado.

According to her bio, she "has spent many years working with her educator colleagues to advance safe and welcoming school environments, equitable practices, and multitiered systems of support (MTSS). Her leadership experiences include serving as district lead school psychologist; leading her school's special education, PBIS, and MTSS teams; and serving on her district MTSS team."

Keynote speaker for the second day is Dr. Byron McClure, author of *Hacking Deficit Thinking: 8 Reframes that Will Change the Way You Think About Strength-Based Practices and Equity in Schools*. Dr. McClure is a National Certified School Psychologist, Founder of Lessons for SEL, speaker, and best-selling co-author of *Hacking Deficit Thinking*.

"With over a decade of experience working as a practitioner in Maryland and Washington, D.C., Byron has consistently put in the work to shift mindsets from what's wrong to what's STRONG!" notes his bio. "His mission has been the same since day 1 — to improve outcomes, especially for youth and historically marginalized communities."

In his book, he and his co-author "show teachers, administrators, and support staff how to unlearn student blame and reframe thinking to focus on students' strengths."

Louisiana Action Coalition Addresses Healthcare Disparities

The Louisiana Action Coalition invited health care professionals, stakeholders, and community leaders to participate in its Annual Culture of Health Summit, held in October.

This year's theme, "Addressing Health Disparities Through Dialogue, Policy, and Action," aims to ignite impactful discussions and solutions around healthcare disparities and equity. "We cannot progress as a society without ensuring that healthcare is equitable and accessible for everyone," said Denise Bottcher, AARP Louisiana State Director and co-lead of the Louisiana Action Coalition. "The Culture of Health Summit serves as a catalyst to inspire and educate attendees to eliminate health disparities and join hands in building an equitable healthcare system."

Keynote speaker was Dr. Kenya Beard. Her presentation, "Reducing the Gulf Between Healthcare Disparities and Health Equity," offered insights and actionable steps toward closing the gap between existing disparities and true health equity.

According to the announcement, LAC is honored to be among the 16 recipients of the Health Equity Innovations grants for 2023-2024, awarded by the AARP Center of Health Equity, the Future of Nursing: Campaign for Action, and the Robert Wood Johnson Foundation.

Dr. Leisi Bryant to Teach Ethics, continued

Dr. Bryant will present a six-hour ethics continuing education workshop on ethics, risks, and vulnerabilities in the practice of psychology, titled, "Ethics, Risk Management and Vulnerabilities: Yours, Mine, and Ours."

Dr. Bryant will discuss strategies for reducing the impact of these vulnerabilities, issues arising in remote services beyond the pandemic, boundaries in advocacy by professionals on behalf of their clients/patients, and the risk-management implications of self-care (or its absence) for psychologists.

Dr. Bryant is a licensed New Hampshire and Massachusetts-based clinical and forensic psychologist, with board certification in Forensic Psychology by the American Board of Professional Psychology.

She received her B.A. from the University of West Florida, her M.A. and Ph.D. in clinical psychology from Duquesne University, and completed a forensic postdoctoral fellowship at the University of Massachusetts Medical School Law and Psychiatry Program.

Working in both criminal and civil arenas, Dr. Bryant has maintained a private practice in clinical and forensic psychology for nearly two decades and has provided psychological services in a variety of forensic and therapeutic settings.

Registration and additional information about the conference may be found on the website of the Louisiana Psychological Association,

Medical Psychology Advisory Group Meets

The Medical Psychology Advisory Committee, a subcommittee of the medical board, met on October 6 and also October 27. Meetings can be viewed by going to links at <https://www.lsbme.la.gov/committee/medical-psychology-advisory-committee>.

The committee met in June and discussed several topics including the following, taken directly from the minutes.

MP Advance Practice Act. Discussion regarding applicants for Advanced Practice. For the past 13 years applicants for Advanced Practice have been granted that practice with only the MP license. There has recently been suggested a potential conflict in the current statute that would suggest an applicant for Advance Practice must also be licensed by LSBEP. Ms. Wilton suggested this interpretation is understandable as the statute appears to have a typographical error allowing for such an interpretation. This has not been the interpretation understood by LSBME nor MPs. In support of the historical interpretation that a "current and unrestricted license" from LSBEP is NOT required for application to Advance Practice, Dr. Ally will provide a 2010 Louisiana State Attorney General's opinion that had been requested by LSBEP indicating that a license by LSBEP was no longer required once an applicant attained the initial MP license from LSBME. It was also pointed out by Dr. Lowe that the Section of the statute that may be misinterpreted also requires a "current certificate of prescriptive authority" issued by LSBEP. However, LSBEP stopped issuing such certificates in 2009. Hence, no one would be able to meeting such an interpretation of the statute. Dr. Ally pledged to send a copy of the Attorney General's opinion to Ms. Wilton for consideration. LSBME will give further information as soon as possible. Until that time, applicants for the Advanced Practice to be considered by the MPAC will be put on hold. No further action needed or taken on this matter.

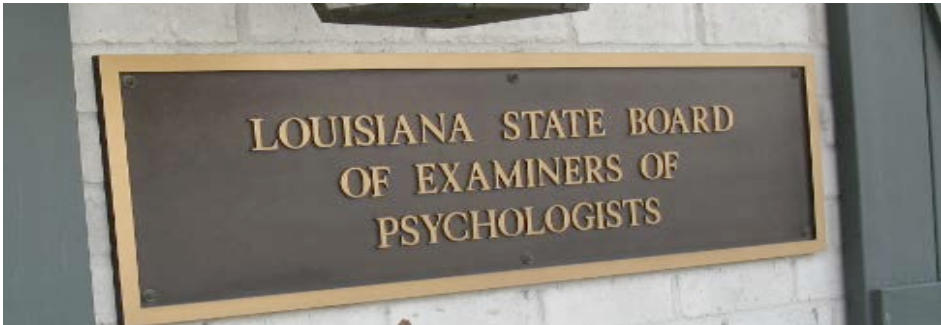
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From April Meeting
Published in October

Executive Committee Report
Drs. Moore and Sam will be attending ASPPB’s Annual Meeting on April 27 – 30, 2023 [...]
Rolling out early Registration of Assistants [...]
Work on 2023 Required Board Member Trainings: Sexual Harassment Training, Cybersecurity Awareness Training, Ethics Training, Safe Driver Training

Reported on major meetings/Apearances: ASPPB BARC Meeting, January 30, 2023; Meeting with Elizabeth Duncan, LDOE March 2, 2023; LSSP Committee Meeting Marcy 9, 2023; Legislative Committee Meeting, March 13, 2023; Continuing Professional Development Committee Meeting – March 17. 22023 [...] Virtually attended the Legislative Taskforce on Remote Operations – March 24, 2023

b. Audit Results 2021 and 2022 - Reported that there were no findings on the 2021 Financial Audit. Reported that there was one finding on the 2022 audit that board members and a student worker did not complete required trainings.

Income:
\$385,278.71- Budgeted \$391,274
The Board has collected 99.1% of the total projected budget. Although ATAP fees are budgeted to be collected within this FY \$10K it is not anticipated that we will collect the original amount budgeted due to time it took to promulgate the rule. However, we are over budget on Total renewal fees, temporary registrations are up, disciplinary judgements, mailing lists and miscellaneous income.
Expenses:
\$278,524.51 - Budgeted \$440,856
Overall expenses are at or below the budgeted amount. Significant on this report is the expenditure for Rulemaking. Publication of the Notice of Intent (1st publication) for \$5,942; and publication of the Final Rules (2nd publication) will be assessed in May. Should substantive changes occur, republication of the Notice of Intent will be required. [...]

As of March 31, 2023: The budget is stable and the board has funds to operate through the end of FY 2022-23. The Board's cash on hand is reported to be \$250,287.77, with an additional \$36,492 in receivables (this total does not include debt owed to the Board in matters older than 2 years old: \$40,622.25 (P16-17-11C – Eric Cerwonka), \$119,991.98 (P15-16-03C – Eric Cerwonka), and \$63,952.29 (P12-13-10C, P13-14-04C, P13-14-05C Glenn Ahava). Your budgeted expenses for FY 2022-23 are estimated to be: \$440,856. There are three months remaining in this fiscal year, and the majority of expenses, particularly contracts, are either at or below what is expected. Therefore, the board should end the year at or just over budget.
The Board has met their rulemaking goals in FY 2022-23. This should have a positive impact on revenue. The Board is well staffed, with three full-time employees. Staff is catching up on work that was backlogged. Regarding software development for its licensing management system, the Board has obtained 3 bonified estimates to consider.

Board Strategy Recommendations:
Roll out new rules and regulations, with outreach communications and training.
Focus on adopting new processes and procedures to implement Legislative Performance Audit recommendations including adopting a disciplinary matrix.
Implement financially sustainable options for technology to be utilized in the application and renewal process which may either counter (or reduce) the cost of employees, workload and related expenses for processing applications, and/or counter (or reduce) the cost of real-estate needed to store paper files.
Consider setting a goal to achieve and maintain a reserve balance to cover deferred liability plus unexpected expenses (e.g. hearing costs, lawsuits, major technology developments, moving) plus 3-6 months of operating expenses. Consider creating policy guidelines for Board approval to tap your reserve and then rebuild that amount.
3. Continuing Professional Development Committee – Dr. Harness and Dr. Sam reported a productive committee meeting on March 17th where forms were developed to implement regulations for preapproval of activities; that the frequently asked questions section of the website was being updated and that a power point training was being finalized.
5. Legislative Oversight Committee – Dr. Gormanous reported that the Legislative Oversight Committee including Ms. Monic, Mr. Wagner, Dr. Holcomb, Mr. McNeely and himself met on March 13th to discuss potential low hanging fruit that could be addressed in this legislative session.
6. Supervision/Credentials Committee – Dr. Moore reported that she will be contributing to the 2023 Regulatory Update/Training Series to provide education related to the changes in supervision and rules. She also wanted to acknowledge how helpful Jalyne Brown has been to the application review process.

7. Complaints Committee – Attorney Wagner presented the Compliance Report to the Board as follows:
REPORTING PERIOD: 1/18/23 – 4/21/23

From the Minutes

Selected Items from April Meeting of the Louisiana State Board of Examiners of Psychologists (LSBEP)

CURRENT: • Total number of Requests for Investigation (RFI) received since last report: 5 o Board-initiated RFI’s since last report included in total RFI’s above: 1 Total number of cases closed since last report: 18 Total number of open cases: 18 [...]

8. Jurisprudence Examination Committee – Dr. Holcomb reported that he ran statics on questions and is working on revisions. Dr. Gormanous stated validity inferences needed to be laid out. Dr. Sam requested that the questions with more than one answer have a clarifier to indicate that more than one answer is required. The Board discussed Dr. Sam’s request, no action was taken.

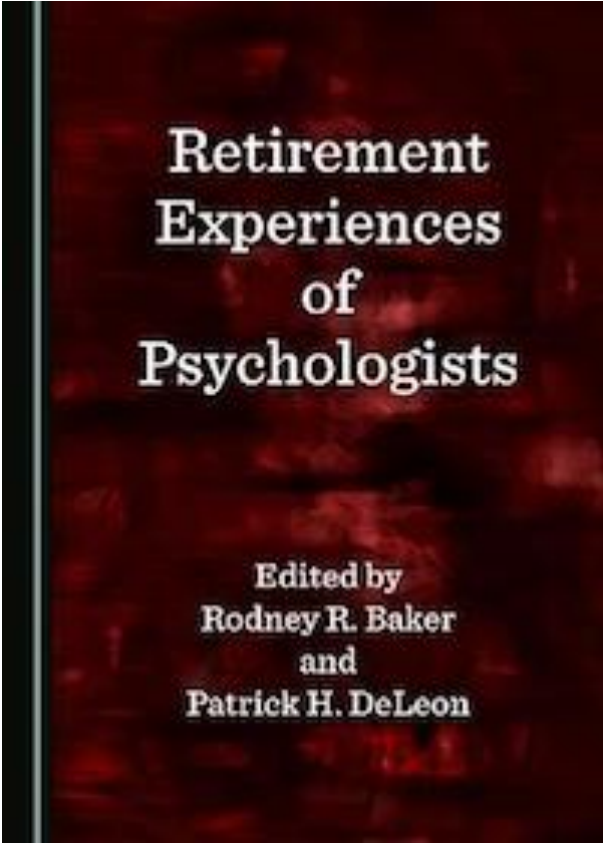
9. Public and Professional Outreach Committee – Dr. Gormanous recommended that the Board engage in implicit messaging as a subtle form of outreach.

LSBEP Election Results for the Seat 2023-2028/report to the Louisiana Psychological Association. – Dr. Gormanous opened the election results and summarized the election report certified by Simply Voting Inc. as follows: Turnout: 250 (30.7%) of 814 electors voted in this ballot. Votes for Shawanda M. Woods-Smith, Psy.D. totaled 162 (100.0%); 250 electors Abstained 88 (35.2%). [...]

3. POLICY DISCUSSION:
Review and discuss current Board Meeting Schedule including impacts on application workflows and licensing – The Board discussed the current meeting schedule. Dr. Moore brought up concerns about license delays. Dr. Holcomb stated that the concerns of the individuals who contacted the board had no delays due to the board’s schedule that impacted them or their supervisees. Dr. Harness stated that it was her preference that the board continue with the quarterly meeting schedule as is current policy. Dr. Gormanous stated that under the current policy Senator Hewitt’s bill [related to virtual meetings] would not apply. Dr. Harness moved that the board continue with quarterly meetings as they are now scheduled. Following an opportunity for discussion, the motion was put to a vote. The motion passed by majority roll call vote of the members present as follows: In favor: (4) Gormanous, Harness, Sam and Holcomb; Against: (1) Moore; Abstained: (0); Absent: (1) McNeely. Ms. Monic recommended that the Board consider a contract with former board members if they will be regularly utilizing them to conduct Oral Examinations. The Board will discuss this at the July Meeting. ACTION: Add discussion for Oral Examiner contract to July agenda.

[CONTINUED NEXT ISSUE]

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Ψ *We Remember* *Dr. Tommy Stigall*

A past president of the Louisiana Psychological Association (LPA), Dr. Kim VanGeffen, said, "Tommy was a great leader and supporter of the Louisiana Psychological Association and also of the American Psychological Association. He had great wisdom. Tommy also took the time to reach out to me and offer me guidance when I was president of LPA in 2000 and I will forever remember his kindness and support.

Current LPA president, Dr. Jesse Lambert, said, "Dr. Stigall's passing is a tremendous loss for the psychology community. As a newly licensed psychologist, I had the privilege of meeting with Dr. Stigall to discuss the legislative history of psychology in Louisiana. His dedication and energy ultimately led to groundbreaking advances for psychology as a profession."

Dr. Stigall accomplished a bridge between the national and the state organizations. In the American Psychological Association (APA) Dr. Stigall served on the Board of Professional Affairs, on the Board of Educational Affairs, and on the Committee for the Advancement of Professional Practice (CAPP). He served on the APA Council of Representatives for over ten years, representing Louisiana during times of change and challenge.

He was also a Fellow in APA and served as President of Division 29 (Psychotherapy) and on the division's Board of Directors.

He served on the Board of Directors and Member-At-Large for Division 42 (Independent Practice). And he was a member of the Society of Clinical Psychology (Div 12), the Division of State Psychological Association Affairs (Div 31), and the American Society for the Advancement of Pharmacotherapy (Div 55).

Dr. Stigall served on the APA Committee on State Legislation from 1974 to 1979, and as Chair in 1977, on the Oversight Committee on Public Policy and Legislation, on the Joint Council on Professional Education in Psychology, and on the Interim Board of Education Affairs.

He served as Chair for the APA Panel on Education Standards, Quality Assurance and Enhancement for the Board of Educational Affairs, the Task Force on Marketing and Promotion of Psychological Services, as a member of the Steering Committee for the National Conference on Postdoctoral Training in Professional Psychology, and as Chair and member of the Commission for the Recognition of Specialties and Proficiencies in Professional Psychology.

He was President of the Association of State and Provincial Psychology Boards (ASPPB), served on its Executive



In 2012, the Louisiana Psychological Association created the Tommy Stigall Louisiana Psychology Award, named in honor of lifetime contributions of Dr. Stigall to psychology in Louisiana. Here, Dr.. Stigall and wife Connie attend the ceremony.

Committee, and he was a Fellow of ASPPB.

"In all of these," Dr. Stigall once said in a 2011 *Times* interview, "and in other roles as well, there were many satisfactions. But the greatest pleasure came from the personal contacts and relationships that grew out of working with colleagues across a wide range of roles and settings.

"I got to know and work with people like Ray Fowler, Mattie Cantor, Ron Fox, Pat DeLeon, Arthur Kovacs, ..." and many others he explained. "Their wise counsel and dedication to advancing psychology as a profession has been an inspiration to me."

Dr. Pat DeLeon, former APA President, said "Tommy Stigall was an extraordinarily sensitive individual who cared so much for the future of psychology and ultimately its patients and communities. Often purposefully the individual 'behind the scenes,' he worked tirelessly to facilitate the efforts of others in fulfilling his vision for an expanded profession. He appreciated the critical importance of state association generated efforts and often shared Louisiana's Lessons Learned with colleagues across the nation. He was active at the national level, where he would generously educate the next generation of psychology's leaders, while most importantly installing trust in their efforts for meaningful social change.

"It was a pleasure and distinct honor to be able to call Tommy a colleague and close personal friend. We will miss him greatly. Aloha," said Dr. DeLeon.

Dr. Stigall's concurrent service at the state level was extensive.

He served as Chair of the Legislative and Social Issues Committee for the Louisiana Psychological Association for 14 years, from 1974 to 1988, a time that included repeal of the statutory requirement for consultation and collaboration with a physician. He served as President, Secretary-Treasurer, and as committee chair for Psychological Evaluations. He served as APA Council Delegate for eleven years, from 1990 to 2001. And, he was the Editor and Associate Editor of the *Louisiana Psychologist* from 1993 to 2000. His wife Connie served along side him as Executive Director during much of this time.

Dr. Stigall served as Chair, Vice-Chair, and member for the Louisiana State Board of Examiners of Psychologists, from 1972 to 1975. And he was President of the local regional group, Baton Rouge Area Society of Psychologists.

Colleague and head of psychology at the Louisiana University Monroe, Dr. Bill McCown said, "Tommy's passing is truly sad. Tommy worked tirelessly for Psychology in Louisiana and beyond. Our profession was his passion.

"I remember Tommy saying once that psychologists underestimate their ability to help change lives. 'We simply underestimate our skills and what our research shows we can do. We can probably do it better than most professions.' Tommy never stopped telling that to colleagues, legislators or

Ψ *We Remember* *Dr. Tommy Stigall*

professionals with different training than our own. 'That's a task that a Psychologist should do,' he was fond of saying," Dr. McCown said. "That was a long time ago. Our profession has come a long way, partly thanks to his efforts and advocacy."

Over the years, Dr. Stigall's efforts have been acknowledged by his colleagues in both national and state organizations.

He was awarded the Outstanding Advocate for Psychology by the Association for the Advancement of Psychology. He received the Karl F. Heiser Presidential Award from APA, an honor to those who have given their time to help define and advance psychology through state and federal legislation.

The Louisiana Psychological Association honored Dr. Stigall with the award for Contributions to the Profession of Psychology in Louisiana in 1982, and again in 1984 with the Continuing Contributions to Psychology Award.

In 2012, LPA created the Tommy Stigall Louisiana Psychology Award, named in honor of lifetime contributions of Dr. Stigall to psychology in Louisiana.

He has been honored with the Award for Special Achievement, and also the award in Recognition of Outstanding Contributions to State Psychological Affairs, by the APA Division of State Psychological Association Affairs.

The National Academies of Practice named him as Distinguished Practitioner in 1991. He was awarded for Distinguished Services and Valued Contributions in 1989 and the Distinguished Psychologist Award in 1990 by the APA Division of Psychotherapy.

Dr. Stigall earned his undergraduate in Speech - Radio Journalism from Baylor University in 1956 and his masters in Counseling Psychology in 1958. Shortly after, he joined the United States Air Force. He attained the rank of Captain upon leaving the Reserves. In 1966 he earned a PhD from Louisiana State University (LSU) in Clinical Psychology.

In 2011 we asked him how it happened that he became a psychologist?

"There is a little story that goes with this answer," he told the *Times*. He majored in Speech, Radio, and Journalism as an undergraduate at Baylor. But he needed a way to delay his entry into the military from his ROTC training—because of romance.

"In my senior year," he said, "I started dating my future wife, a freshman co-ed named Connie Bankston." He entered the Baylor masters program in counseling psychology, which gave him time to court Connie. By time for graduation, both he and Connie had their respective degrees and he was commissioned as a second lieutenant in the USAF. "We married in the summer of '58 and I was ordered to report soon thereafter for active duty."

After fulfilling three years in the military, he decided to apply to LSU's doctoral program in clinical psychology, his stipend requiring that he work for the state after graduation.

This led to Dr. Stigall being employed as a staff psychologist at the Baton Rouge Mental Health Center, and then he was appointed Chief Psychologist. He subsequently was appointed Manager of Psychology and Training in the Office of Mental Health and Substance Abuse, Louisiana Department of Health and Human Services.

He opened his private practice in 1983, The Psychology Group, in Baton Rouge providing services to individuals, hospitals, federal groups, and the Social Security Administration. He also served as a complaints investigator for the Louisiana State Board of Examiners of Psychologists. He also served as Medical Expert for the Office of Disability Adjudication and Review of the Social Security Administration.

He published twice in *American Psychologist*. For "Behavioral Science and social conscience," he wrote, "If behavioral science,



Dr. Tommy Stigall (standing) views his and other winning entries in the Louisiana Press Association contests. *Times* journalism consultant and retired newspaperman, Bob Holeman, looks on.

as science, is to contribute to the solution of man's social and psychological distress, it can best achieve this objective by a technology of control which is scrupulously noncoercive, thoroughly public, and exceedingly patient."

Dr. Stigall was suggesting caution in answer to then APA President Kenneth Clark's proposal for a program of biochemical intervention to curb aggression in both criminals and world leaders. He was respectfully pointing out to the national psychology community the paradox and moral danger in such a viewpoint.

He also coauthored the 1993 article on "National Conference on Postdoctoral Training in Professional Psychology." Other articles include "The evolving profession of psychology: Comment on Lowe Hays-Thomas' (2000) "The Silent Conversation," in *Professional Psychology: Research and Practice*, and "Masters vs. doctorate debate," in *The Independent Practitioner*.

His book chapters include "The struggle in the states," in M. T. Sammons, *Prescriptive Authority for Psychologists: A History and Guide*, and "The impact of accreditation on the professional practice of psychology," in E. M. Altmaier's, *Setting Standards in Graduate Education: Psychology's Commitment to Excellence in Accreditation*.

With Dr. Wayne Greenleaf he authored, "Psychology and Public Law," in *The Clinical Psychologist*, 1978, and also in *The Clinical Psychologist*, "Sunset on licensure: Are professional ethics enough?" in 1981.

Dr. Stigall retired from clinical practice in 2004 and engaged in what he called his "lifelong serious interest in photography." He additionally served as President of the Louisiana Photographic Society. His work was accepted in juried competitions and he won two first places in the Louisiana Press Association for photos in the *Psychology Times*.

About the man himself, Dr. McCown said, "On a personal level, he was always there for colleagues, available for questions, consultation, or simply if you needed advice or to vent. He was thoroughly professional but also profoundly kind and empathetic. Tommy believed that people could get better and do better. He believed that Psychology offers a unique opportunity to help people be their best selves. That belief is how I will remember him."

Dr. Tommy Stigall is survived by his wife of 65 years, Constance Carolyn (Bankston) Stigall. He is also survived by his two children Lisa Edmunds and Stuart Stigall and their spouses John and Lisa, and grandchildren Hannah and Gregory Edmunds and Matthew Stigall.



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Special Veterans Day Feature

Our WWII Fathers, *continued*

Kenneth A. Ring, Jr.

Battle of the Bulge, defense of Alsace, France

Awarded Silver Star, two Bronze Stars
by Susan Andrews, PhD

My father, Kenneth A. Ring, Jr., was one of the thousands of veterans who served our country in the last days of WWII in France, Austria, and Germany. My memories of my father have always pictured him as “larger than life.” I knew he was multiply decorated (Silver Star, 2 Bronze Stars) and I guess I knew that meant that he was a hero but I don’t think the meaning really sunk in until recently. My son was telling me what he had learned about how his grandfather had earned the Silver Star, and wondered if I knew how my father earned the Bronze Stars.

Dad never talked about the war to me—or in mixed company, in general. Unfortunately, he died in 1978 at age 53 from a brain tumor. However, my brother knew a lot of his stories from years of hunting and fishing trips with dad and other men, some veterans. In the evenings, they would sit around and trade stories. My brother has an amazing memory and shared some of what I am now sharing with you. Some of it comes from details of two books about the 42nd “Rainbow” Infantry Division (I.D.) published immediately after the war. The first book tells the story of the 42nd I.D. while the second book details the 222nd Regiment of the 42nd I.D., which was dad’s regiment.

The 222nd was part of the Rainbow Infantry Division under the command of Major General Harry J. Collins, and shipped from Fort Bragg to Camp Gruber to Camp Kilmer to Marseilles in November 1944, and in 1945 took part in the Battle of the Bulge.

My father was a leader even before he was pressed into his role in history. He was the Cadet Commander of the ROTC at Texas A&M, in his junior year in petroleum engineering when he was called to active duty. He reported to Camp Gruber with the rank of 2nd Lieutenant.

My mom, newly married, tagged along and rented a room in a house in the little Oklahoma town of Muskogee just to be near dad until he shipped out, sometime before September 1944. I did not meet my father until the war was over and he shipped home. Mother and I lived in Dallas, Texas, where both of my parents were born and grew up a block apart.

My father was on the front lines in heavy combat for 114 days in the thick of those last days of the war in Europe. He was awarded his Silver Star for his heroic defense of Alsace France on January 24, 1945. At that point he would have been in Europe for only 2 or 3 months. Only a few months before he had been a petroleum engineer junior year student at Texas A&M.

As a 21-year-old, green, 2nd lieutenant, he was instrumental in turning the tide in the Battle of the Little Bulge, important in the defense of Alsace, France, for which he earned the Silver Star. He also earned two Bronze Stars in the short 3 or 4 months after that. Dad and his Company made raids behind enemy lines. He found and arrested



Ken Ring (front right) in combat gear as his Company M of the 42nd Rainbow Division takes Wurzburg.
(Courtesy photo.)

Hitler’s secretary, and many other high-ranking Nazis, who were trying to hide in the Bavarian Alps, including the infamous Butcher of Paris, SS General Von Oberg, who was posing as a private.

As the Commander of his Company in the 222nd Regiment of the 42nd I.D., they advanced 450 miles from the Hardt Mountains of France to the border of Austria, along the way capturing the towns of Wurzburg, Schweinfurt, and Furth. His was the first unit to successfully cross the Siegfried Line. Dad said that they knew the fighting was going to be intense when the men were given a steak dinner and a new pair of socks the night before. The Rainbow Division captured 51,000 German prisoners. When they were finally in the Tyrol and quartered in fancy hotels, Dad’s men found a cache of \$300 million in gold and art (just like the *Monument Men*). He also served as the Occupational Mayor of Achensee, Austria, in the Tyrolian alps. Finally, his unit was among those who captured Munich.

One of the highest profile things my father did was to command the forces that liberated Dachau through the front gates. I never heard the stories of those days from my father. But, I accidentally—at age 14 while looking for something in the attic—found the pictures my father had taken inside Dachau. Members of my family and myself have occasionally seen captured news footage of my father that was taken during the liberation. I know I had nightmares as a teen and young adult from the photographs. In fact, I can still see the pictures as if they are burned on my brain. I feel sure that my father had more than nightmares from that experience. The concentration camps were among the true horrors of that war. However, that kind of emotional reaction was handled differently by most WWII veterans.

Finally, my father moved to Vienna and became the Aide and bodyguard for General Mark Clark, the general over Austria. Among other things, dad

organized and ran the Officer’s Club in Vienna for the General until he was discharged and returned home to mom and me.

In trying to imagine what veterans like my father must have gone through, I have tried to gather as much information as I could find about what my father lived through in the first few months after landing in Europe, the events that led to his Silver Star.

His unit landed in Marseilles in November 1944. It was called the worst winter in Europe in 100 years. The temperature dropped to 20 degrees below. Our troops were not prepared for the extreme cold. The bitter cold of that winter is one reason why the Russians defeated the Germans.

The landing and deployment of the Rainbow Division into the Western Front was supposed to be kept a big secret but somehow the Germans found out they were coming and were ready, waiting and actually taunting our young, totally green troops when the Battle of the Bulge started Christmas eve 1944.

The Germans were planning the last major offensive campaign on the Western Front in Europe, called Operation North Wind (*Unternehmen Nordwind*). It began on December 31, 1944 in Alsace Lorraine and ended on January 25, 1945. Hitler, himself, briefed his military command on December 28, 1944, three days prior to the launch of Operation North Wind. Hitler told his command that the goal of the offensive was to break through the lines of the US 7th Army and the French 1st Army in the Vosges mountains and destroy them. He wanted to liberate Alsace but more he wanted to “exterminate the enemy forces wherever we find them...destroy their manpower.” This last Battle of the Little Bulge, as some called it, was a month of some of the bloodiest fighting by the Americans in Europe.

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Our WWII Fathers, *continued*

Winston Churchill called World War II's Battle of the Bulge "the greatest American battle of the war." Steven Spielberg impressed the 6-week ordeal on the popular imagination with the movie, *Band of Brothers*, which dramatized the attack on the village of Foy by three companies of the 101st Airborne Division, the Screaming Eagles. The 222nd I.D. fought alongside of the 101st.

Imagine the stress these young men were under. They have never faced combat and now they are facing two very experienced German army groups; one group was commanded by Reichsfuhrer-SS Heinrich Himmler, himself. Our young men sat in their foxholes, wet and freezing, close enough to the Germans that they could hear them being whipped up to a battle frenzy with drugs, mostly crystal meth, while waiting for dawn.

The fighting, which started on December 31, 1944 was intense and our line had bulged as we retreated. The 222nd had been forced, because of casualties and the delay of reinforcements, to pull back up north from Strasbourg toward Haguenau to the French town of Neubourg where my father set up a defensive position on the south bank of the Moder River on January 21, 1945. Thus, at age 21 my father found himself the leader of Company M (heavy machine gun platoon) of the 222nd Regiment of the 42nd I.D. He was a Company Commander because of field promotion after the death of Company M's commander in the earlier battle.

I have seen it written about the events of those days: "Further withdrawal was being planned; had it not been for the brilliant defenses of the 222nd."

My father was a crack shot and he had taken up a defensive position in a farmhouse basement, where he was lying on the snowy steps coming out of the basement, surrounded by sand bags with several carbines and several of his men behind him, reloading the carbine rifles and passing them up to him. It was night, about 20 degrees below; the roads were so covered with ice that men could not walk without slipping and falling.

My father ordered his men to hold their positions when the Germans penetrated the main line of resistance with a large force. The 222nd had no artillery support or tanks or tank destroyers. It was riflemen against self-propelled guns and armor. They were trapped in the basement with only turnips and schnaps to eat or drink for three days. Dad had blown three bridges that the tanks could cross on the Moder toward the Rhine. All night he lay in the snow and shot moving targets in the snowstorm. In the morning light, they saw that the enemy casualties were enormous; the Germans had withdrawn and were never able to capture the town of Neubourg.

In the final analysis, my father spearheaded a defense of what later proved to be the last offensive action ever launched by the German army on the western front in Europe.

For my father, as for so many others, he saw horrors and lived through things that we can

only imagine today with the help of movies. He rarely spoke of it. He never went to therapy or claimed any mental or emotional disorder. Most of the true heroes I have met do not ever talk about what they did to be known by others as heroes. Maybe they don't even think of themselves as a hero. I don't know.

My father probably had what was called "combat fatigue" when he returned home. I really do not think he had PTSD. WWII vets did not react in the same way as veterans with PTSD do now. They came home from war, drank a bit too much, had an occasional nightmare but with family support and knowing they won and saved the world, they tried to put it behind them.

They typically did not talk about it much and did not even seek out other veteran groups. They felt that people did not want to hear about it. They did not want people to feel sorry for them. They did not want to be the hero who came back troubled by what he did over there and the people that he had bombed or killed.

Only in recent years have I realized that in my growing up years, I was often afraid of my father. He would become fiercely protective when his family was in danger and I can remember him spanking me when I came home crying that some kid had hit me. He spanked me and made me go back out and stand up for myself to the bully. He later explained and apologized saying that he saw many European children not know how to protect themselves and that he never wanted to see that happen to us if some foreign power were to invade our country. In those days, late 1940's and 1950's, people thought it was possible that America might be invaded.

I lost my father at his young age of 53. Many of those brave men died young. Some blame their early deaths on the amazing stress and horrors they endured and then mostly buried when they returned from the war. Although it is not easy to "re-member" the events of those days, it is with great love and honor that I remember my father; he was a great influence in my life.

Dr. Susan Andrews is a Clinical Neuropsychologist, and served as Clinical Assistant Professor, LSU Health Sciences Center, Department of Medicine and Psychiatry. She is a regular columnist for the Times about stress and is the award-winning author of Stress Solutions for Pregnant Moms, 2013.

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An unidentified American soldier standing beside the bodies of SS personnel shot by US troops during the liberation of Dachau Concentration Camp, Germany, April 29-30, 1945. Ken Ring commanded the forces that liberated Dachau through the front gates. It was this group that discovered the Holocaust. (Photo from the National Archives, courtesy of C. Peter Chen, *WW II Database*.)

Our WWII Fathers, *continued*

Gordon Nelson

Master Sergeant
Army Air Corps, 20th Air Force,
XX Bomber Command, HQ
China–Burma–India
by Julie Nelson, PhD

I don't think my father, Gordon Nelson, had any romantic ideas about war. Like all true Irishmen he told amusing stories about his experiences, which seemed to lighten what I always thought was a more melancholy undertone. But maybe that's just true of the Irish in general.

Dad (Gordon) was 19 when he signed up for the Mississippi National Guard. Coming from a poor, single mother family (his own father had taken off when he was small), his options for college were nil. He enlisted in November of 1940, probably knowing that peacetime draft would pull him in, because this was before Pearl Harbor in '41. Gordon was a strategic thinker, so he might have signed up so he could change from the Army Infantry to the Air Corps (later renamed Air Force).

This now seems logical. My kid brother, Kevin, said that Gordon realized that 2nd Lieutenants and Sergeants in the Army Infantry "... were all being shipped to Europe battlefields and killed within two weeks on average. He said he was in line for that, so he switched to U.S. Army Air Corps which later was known as the Army Air Forces."

Gordon's letters home to his mother were significant. "Those letters," Kevin said, "were poignant and fascinating to read. Very telling. I started seeing a change in tone in GN's letters...something along the lines of grim acceptance that he was doomed and there wasn't a damned thing he could do about it."

Gordon had bomber training at MacDill Field in Tampa, Florida, and then went on to Smoky Hill Army Air Field in Salina, Kansas where he had his first experiences in B-29s. The subtext which was to color his war experiences.

In a letter home from Smoky Hill, Gordon said that he and his buddies "were all a little droopy" because of a recent crash. A crewmember had come to his office and inquired about a fellow and Gordon said, "Who, that little Dago kid? He was killed in the crash." Gordon wrote that the crewmember "... just slumped in shock and grief because they had become quick friends and poof, he was gone, dead."

The dangerousness of the B-29s would follow him to the other side of the world.

B-29s were the very heavy bombers that were pushed into production by Roosevelt. While considered the most advanced bombers in the world at that time, they were not fully tested by the time they were put into service. Because of their size and heavy loads, they were hard for pilots to handle. Takeoffs were risky. Boeing had rushed development and the B-29s had mechanical problems, including engines with a tendency to overheat.



Gordon "Nero" Nelson on right with buddies Tom McDaniels (L) and "Buzz" Speyerer in 1939, Camp Shelby, Hattisburg, Mississippi. The three were with the National Guard.
(Courtesy photo.)

Gordon served with the 20th Air Force, XX Bomber Command, at the Kharagpur Air Field, West Bengal, India. From Kharagpur, the bombers would double as transports and carry their own fuel and cargo, over the Himalayan Mountains, known as "the Hump." There were so many crashes between India and the China air bases that pilots called it "The Aluminum Trail."

But President Roosevelt wanted to bomb Japan and had promised Chiang Kai Shek that the U.S. would bolster the Chinese war efforts, and the B-29s were the best chance to reach the Japanese islands.

So, my father's war stories included the occasional mission with him as a tail gunner, the highjinks of young men, living as best they could in the moment, and dealing with whose plane would be going down next. Toasting their dead and "turning down the cup" of the friend they'd all lost. The imagery Gordon could paint (he was a poet at heart) of India was, I think, part of how he coped, and also the irony he saw in things that happened.

The Japanese would strafe the airfield at Kharagpur and the men would dive into the ditches on either side of the runway, Gordon told Kevin. But, it was considered almost as dangerous to jump into a ditch because of the poisonous krait snakes and cobras that were often in the ditches.

The cobras were everywhere. They were so bad that tent members would hire a local "coolee" to bring his pet mongoose in and clear the tents before everyone went to bed.

In the latter part of the war, General Curtis LeMay took command and turned a failing B-

29 program into a successful one, by flying low altitude missions that had more bombing accuracy, albeit even more risky.

My father liked and respected LeMay, and was part of the group that attended when LeMay inspected the facilities. During one inspection of the cafeteria, the General singled out my father and abruptly asked, "Sergeant! What do you think of this mess?" Gordon, confused about of what LeMay was asking but not wanting to appear inattentive, fudged and answered, "Well, Sir, I guess it's not too good?"

LeMay cursed and said, "I knew it! Get this damn mess up to snuff for these men." And then LeMay walked off in disgust, thinking that Gordon had confirmed that the food, "the mess," was substandard.

At a 1986 Christmas party we held in Baton Rouge, my father came face-to-face with a piece of his past. As the young Sergeant in India, he had spent his money collecting some "stones" that he bought from Indian jewelers. He had sent one, a star sapphire, home as a gift for his baby nephew. Forty years later it had found its way into a dinner ring for that nephew's wife.

Recounting the events, Gordon said that the other stones had "disappeared," which he thought was due to retaliation by a tent member. Gordon had taken the tent member's beer (he had left him "Rupees 18"). He and his buddies had needed the beer—they had drunk all of theirs—because Baldy Van Buren was in the base hospital with the flu and they went to visit him and would never go empty handed (without liquor) to see Baldy.

Our WWII Fathers, *continued*

“In those days we thought we would live forever,” Gordon wrote to us. “But now it seems so long ago and far away that the little stone and the lives it touched has a strange poignancy about it. After thinking about it I’m reminded of the verse from the *Rubaiyat* that goes: “And not a drop that from our Cups we throw/ For Earth to drink of, but may steal below/ To quench the fire of Anguish in some eye/ There hidden—far beneath and long ago./

“Can’t you hear temple bells, Indian children calling ‘Bakaheesh, Sahib.’ I can. Haven’t thought of it for 40 years, but I can see Baldy the practical joker, in the rick-shaw race we had in Calcutta flinging handfuls of *appes* at the hundreds of kids running behind to bottle up the rest of us.”

“The war was winding down—or sort of,” Gordon wrote. “Some of us were being rotated back stateside to form a new 21st Air Corps and go West to Guam. Others were preparing to be flown across occupied China. To do this they flew long, long missions in the B-29s and on one of them to Mukden, Manchuria, Baldy’s plane had engine trouble and crashed.”

It was this tone, where the story ends in a minor key, that I always noticed. I do think my father was affected by the war, whether it was PTSD or Moral Injury or just the way that a young man would be affected when people around him keep dying.

He was not in regular combat like some—I believe he worked to avoid that. I think that my father flew only the required number of combat missions

But one night, late, while he was drinking too much, he began to talk about an event I’d never heard him talk about before. While guarding a prisoner, the man escaped. Dad shot at the man’s legs to stop him, but missed, and killed him. My dad began to cry, and then he started to sob, and he didn’t stop. I was stunned and felt helpless. I said something lame like, “It

was an accident.” After a while, he finally stopped, wiped his eyes and, embarrassed, told me to ignore him, that he was being “silly.” The next day he refused to talk about it and acted as if nothing had happened.

Gordon was not any sort of hero, and would candidly say that he spent most of the war scared out of his wits. He came home in April 1945 and went to college on the G.I. bill and studied journalism and Shakespeare. He married my mother and contributed four children to the baby boom and was normal, for him. He lived to 91, and was happy.

As far as I know, once he returned to the U.S., he refused ever to fly again. When my kid brother visited Ireland, Dad “treasured the vial of Irish dirt” Kevin brought back for him from Killarney, his hereditary home. Dad always wanted to see Ireland for himself, but he never did.

Julie Nelson, PhD, a licensed psychologist for over 40 years, has now turned journalist and publisher of the Times. Until she retired, she owned and operated Psychological Services Institute and consulted to the chemical Industry. She served twice as the president of the Louisiana Psychological Association.

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A B-29 Superfortress crashed during an attempted emergency landing at Iwo Jima, Japan, April 1945. Two of our WWII Fathers encountered the B-29s during the war. (Photo from National Archives and U.S. Army Air Force. Courtesy of *WWII Database*.)

Special Veterans Day Feature

Our WWII Fathers, *continued*

Warren Magee
Second Lieut., Marine Corps

"Soldier's Heart"
by John W. Magee, Jr. PhD

My Father, Warren Magee, never once talked to me about his combat experiences in World War II as a Marine Corps bomber pilot. Not once.

Warren Magee was the third of four boys born to Johnny and Vina Magee. His father, "Dr. Johnny," was a true country veterinarian, and, during the Depression, often took payment in fruits and vegetables, and sometimes a chicken. Vina once told me the family history was one of "country folk." It was not an apology.

Warren wanted to be a veterinarian like his father, and a farmer like his Uncle Lamar. After high school, he started college in Pre-Veterinary and Agricultural Studies at Mississippi State University.

Warren was 20 years old, a full-time, sophomore-level, undergraduate student on December 7, 1941—the "date which will live in infamy"—when Japan bombed Pearl Harbor. He learned of the bombing that Sunday in the small country store of his uncle in Caseyville, Mississippi, less than 100 yards from Uncle Lamar's 400-acre farm.

After the bombing of Pearl Harbor, Warren left college and joined the Marine Corps. The course of his life changed forever, as it did for most everyone in his generation, including his three brothers—one of whom joined the Army Air Corps, another who was a glider pilot involved in the fighting of Europe in 1944, and another who joined the Merchant Marines.



Sarah and Warren Magee, sometime in 1944 or 45.
(Courtesy photo.)



Lieutenant Warren Magee.
(Courtesy photo.)

My uncle, W.O., was a child during World War II, but later joined the military, and served in Vietnam as a navigator on B-52 bombers during the Vietnam War. Uncle W.O. recalls my Father, Warren, as one of a group of young officers in World War II who were called "90-Day Wonders." After Pearl Harbor, because of urgent need for officers, some were put through an intensive, condensed training period of 3 months. The term was sometimes used as derogatory, but by others with affection. Of the 90-day training, W.O. says "if you survived it, you went on."

Warren did survive the training, and was commissioned a Second Lieutenant, and then sent to train at Corpus Christi Naval Base, where he became a pilot. Information from "The Slipstream," published by the Corpus Christi Naval Base after the war, indicates Warren was part of Squadron 5A, one of the earlier squadrons to go through Corpus Christi. According to W.O, Lieutenant Magee, at 5 feet, 8 inches tall was the ideal height for a pilot in the smaller bomber cockpits.

Warren was sent to the Marine Corps Air Station at Cherry, Point North Carolina, with Marine Air Craft Group 11 ("MAG 11"), 2nd Marine Air Craft Wing ("MAW"), under the 1st Marine Expeditionary Force. Cherry Point had an auxiliary pilot training station at Edenton, North Carolina, a small, picturesque town on a natural harbor from the Atlantic Ocean. Warren was a flight instructor there on B-25 Mitchell Bombers for Marines who would serve in the Pacific.

It was at Edenton that Warren met my Mother, Sarah Russell, who reportedly broke a date with a Major to go out with Warren. Uncle W.O., who grew up in Edenton, said "Warren got the prettiest girl in town." Sarah used to say she first spotted Warren in church. Although Warren probably attended her church, and she may have spotted him there, they actually first met at the USO Club. "He was so good looking," she said of my Father, "and a good dancer."

Sarah also told a story that Warren had said that on a specific day and time he'd fly over her family's house. Sarah waited outside, until his bomber appeared and he dipped each wing as his "wave" to her. Warren was a young man preparing for war, but there had still been a little room for romance.

Only months after their wedding, Warren was sent overseas to Okinawa for the remainder of the war. It was from Okinawa that he and his crew flew bombing missions until the war's end.

My Father only told me one story that had occurred while he was in the Pacific. It was a typical Warren story, and not a combat story.

Warren was leaving his plane when he saw a group of indigenous people in a circle, just off the runway. Curious, Warren walked over. The group had circled around a snake and one of them was trying to kill it with a long pole.

In college, Warren had earned extra money by catching snakes for the biology department. He had been taught that the only poisonous snake with round pupils was the coral snake. This snake was clearly not a coral snake, so Warren moved inside the circle and grabbed the snake just behind the head. The people in the circle began yelling, which Warren interpreted as undeserved congratulations.

Then, still holding the snake, he began to think more about that rule. Realizing he wasn't sure if this was the rule for "all" snakes, or just for snakes in the U.S., he walked outside of the circle and tossed the snake into the brush. He continued to receive congratulations, and, of course, later learned the snake was indeed quite poisonous. He said he never engaged in snake-catching on the island again.

Warren separated from the Marine Corps as a Captain after the end of the war in February 1946. Uncle W.O. and other family members indicate that Warren did not talk about his combat experiences, so the number of combat missions he flew, or specific events he experienced, are unclear.

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Special Veterans Day Feature

Our WWII Fathers, *continued*

After his military service Warren intended to return to college to become a veterinarian. But Mississippi did not have a Veterinary school and out-of-state admissions were very rare. An individual at a school in Alabama reportedly asked Warren for \$500 as a bribe for admission, but Warren refused. He never got into veterinary school.

In 1946, he started in the oilfield business, where he worked for 39 years. After his death, I learned he quit one job when they wanted to transfer him to Morgan City because he was concerned that my sister and I would not get a good education there.

Warren grew up Methodist, and Sarah, Baptist, but my father did not believe that only one religion had it “all figured out.” When we first moved to Shreveport, my parents visited different churches, looking for the right fit. Eventually, they joined the First Presbyterian Church, and more importantly, they became part of a Sunday School Class. For years, I witnessed the importance of that class to my parents. Besides attending Sunday school, they ate together, played bridge, fished, and took trips. I still recall laughter as a regular feature of those times, even as I wondered how religious people could laugh so much.

It was some 30 to 40 years later, ten years after my father died, that I learned more about the “Sunday School Class.” In the late 1990s, I recognized one of the men from the Class and learned he was a former POW from World War II. His wife told me something that I had never known—every man in the class was a World War II veteran.

The class was like a family, and I’ve often wondered about the combat experiences of all of those other men in the class. The laughter that I heard as a child, and their obvious love for one another, means much more now, after learning about PTSD, and my 29 years of clinical experience treating combat veterans. Ironically, I know more about the combat experiences of that ex-POW than I know about my own father’s experiences in the war.

My father died unexpectedly of a heart attack at age 64, one month before his retirement, and before I had earned my PhD.

It was only after his death that my Mother told me the one combat-related story she knew, of a time when Warren and his crew almost had to ditch his B-25 Bomber into the Pacific Ocean when returning to Okinawa after a mission. She had no details other than they almost did not make it back. I think Warren would have been the same person, regardless of his circumstances. I never heard him curse, ever. He never spoke ill of others because of race, age, sex, or religion. He was honest and ethical in all his relationships.

Warren never became a veterinarian, and never had a farm. Despite many reversals of fortune, I never heard my father complain about the unfairness of life, even though his early goals in life were not realized, and even with numerous major stressors and losses involving family and finances.

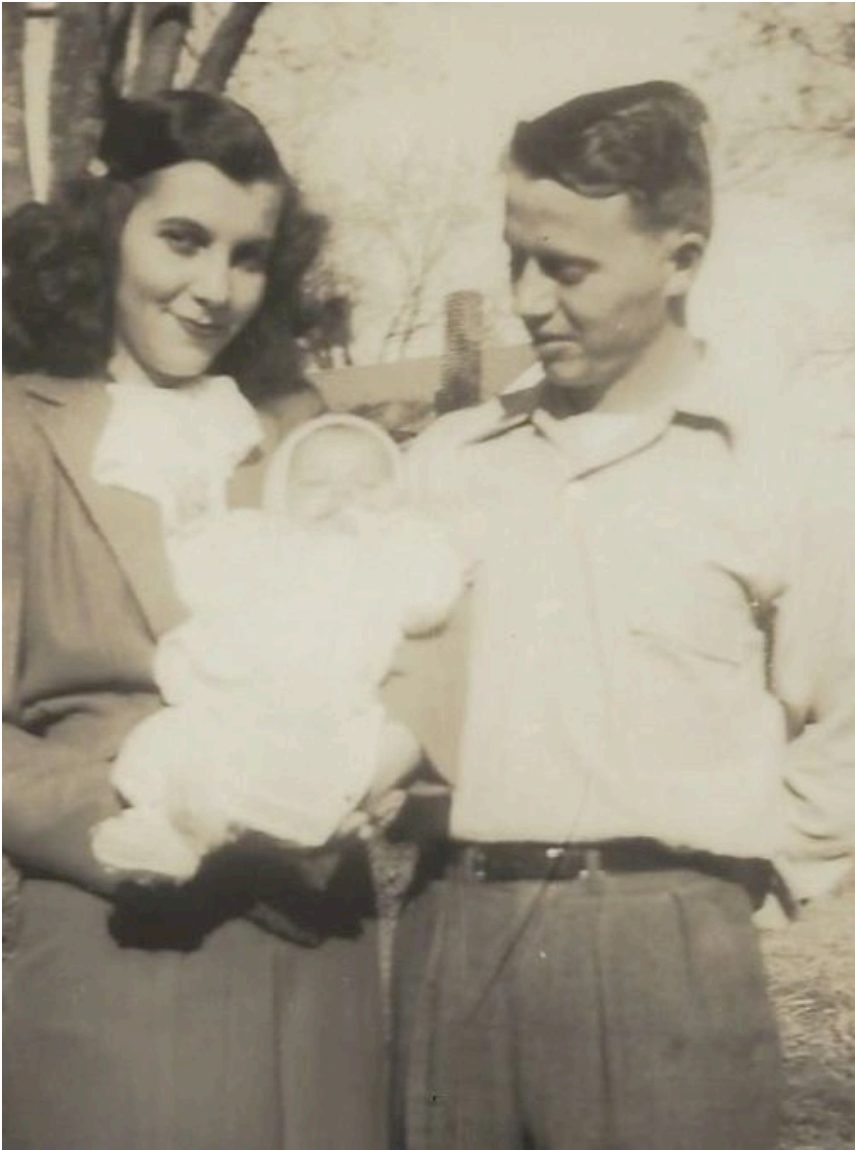
I don’t think my Father had PTSD, but he had a strong sense of doing what was right and facing things directly. He transmitted to me an awareness of his expectations, whether these came from the Marines or the war, or just my Father. These included standing up for what was right, even against bullies, and even at the cost of a fight.

My father softened over the years, though he could still be tough. Somewhere along the way, the tough Marine country boy seemed different. He read poetry books I gave him, even though I know he much preferred other offerings. He did not judge me through my various phases (long hair, beard, leaving school, living with a girlfriend). He was amenable to change, even in himself.

A couple of years before his death, my father and I went fishing. I asked him about his life—it had turned out so differently from the one he had planned before World War II. He told me he was happy and had been happy, and believed things had turned out the way they were supposed to. He talked of the important things of his life—family, friends, the Sunday School Class, daily choices in life. He wondered if my sister and I would have received a good education if we had been living on a farm deep in rural Mississippi. He had once told me that you can “lose” almost anything you get in life, but not education.

After my father’s death, my Uncle Mac told me a story about Warren’s last trip to Mississippi. While squirrel hunting somewhere deep in woods unfamiliar to my Father, he and Uncle Mac separated to hunt alone. Later in the day, Mac realized he hadn’t heard Warren fire a shot all morning, and he went to find him.

Mac found Warren sitting on the ground with his back against a tree, looking up at the tall canopy of trees above, his rifle some distance



Sarah and Warren Magee, March 3, 1946, holding daughter Susan on her two-month old “birthday.” Warren had been out of the military about one month when this was taken. *(Courtesy photo.)*

away. Warren said that he had been so struck by the beauty around him that he just sat down to enjoy it, and he didn’t want to spoil it by hunting. Warren told Mac “If heaven’s supposed to be better than this, it must be some place.”

Two months later my Father passed away.

That day when we went fishing, when I asked about his earlier dreams, as he explained how he had been happy, even though he never got to be a country veterinarian or farmer, my Father also said, “Besides, try and picture your mom living way back in the woods.” I realize that Warren had his priorities right—he didn’t want to lose the prettiest girl in Edenton.

I’m sure my Father was grateful for the life he had, even if it wasn’t the life he planned. As a school boy, he chose his grandmother’s farm for the summers. As a young man, he chose to join the Marines, instead of continuing his studies. He chose not to pay a bribe to get into veterinary school. He made the choices he wanted to live with. I know he wouldn’t use the words I’m using, but I’d say he figured out what was important. Warren got the big things right, even if others wouldn’t see them as the big things.

One of the old terms for PTSD was “Soldier’s Heart.” In that time, some believed that the afflicted soldier was suffering from a form of heart-sickness for his home and family. I don’t think my Father had PTSD, but I think he had to overcome more body-blows than the average boxer, and he did so with quiet grace. Maybe for him, the term “Soldier’s Heart” would have meant more about the internal and external resources that helped him overcome life’s “slings and arrows” so he did not succumb to them.

After my father’s death, my sister Susan said that, even though our Father was often quiet, “You always knew he loved you.” I think there may be no greater inheritance to have from anyone.

John Magee, PhD, has 35 years federal service working with active military & combat Veterans. This includes 5 years active duty in the Air Force and 24 years within the VA, including 28 years at the VA in Shreveport, one year at the VA in Alexandria, and a year pre-doctoral internship at the VA in Memphis. He was Section Chief in Shreveport for 14 years,

Stress Solutions

by Susan Andrews, PhD

Foods that can help fight off Everyday Stress

Any acute stressor triggers the same physical reaction to stress, like nerves before a presentation or finishing an article on a schedule. We all are subject to stresses in ordinary life. Concepts such as Acute vs Chronic Stress have been frequently discussed. The many and varied ways to reduce stress and the importance of reducing it have often been a subject of this column. Many people don't know, however, that a varied and balanced diet can really help you deal with the physical responses your body automatically produces to daily acute stress. We all recognize the hormone, Serotonin, which is linked to our mood. But, did you know that 90 percent of Serotonin is produced in the gut – not in the brain? And, if the cells in the GI tract have access to the correct nutrients, they can produce more Serotonin. Apparently, it comes down to eating foods that contain an essential amino acid known as Tryptophan, which then produces Serotonin. We cannot make tryptophan naturally so we must ingest foods that contain it. Tryptophan can be found in food; Serotonin cannot.

The answer is not foods high in refined sugar. Such foods can actually impair brain function. Research on nutrition says that our bodies crave variety, a mix of vitamins, minerals, fatty acids, protein, and carbohydrates in order to boost levels of balancing hormones, like Serotonin.

Some foods help reduce Cortisol, which is another well-known hormone linked to stress. Cortisol increases inflammation. Fruits like blueberries are full of antioxidants and vitamin C, which reduce levels of Cortisol in the body. Avoid inflammation-increasing foods such as refined sugar, alcohol, refined grains, trans fat, and saturated fat. Some dietary experts recommend use of 100% maple syrup and coconut sugar as substitutes.

Anyone familiar with the Harry Potter books will recall that Professor Lupin gave Harry Dark Chocolate whenever he was stressed. Dark chocolate also reduces Cortisol. Dark chocolate also has compounds called flavanols which are thought to relax blood vessels, improve blood flow, and decrease blood pressure. Milk chocolate and white chocolate do not do nearly as good a job as dark chocolate.



Dr. Susan Andrews is a Clinical Neuropsychologist, an award-winning writer/author (her book Stress Solutions for Pregnant Moms, published in 2013, has been translated into Chinese,) and 2016 Distinguished Psychologist of the Louisiana Psychological Association.



Fruits and vegetables boost Serotonin. Bananas in particular, boost Serotonin. Spinach, Swiss Chard, pumpkin seeds, edamame, avocado and potatoes are all good sources of magnesium, which reduces Cortisol and promotes good sleep. Oranges, broccoli, sweet potatoes, peas and cucumbers are rich in Potassium. Veggie sticks with hummus work as well.

Fish, particularly oily fish as we noted last month, can reduce anxiety and increase brain function. It is the Omega-3 fatty acid that works.

In summary, this is a list of the top Serotonin boosters. Remember any food that contains the essential amino acid, tryptophan will produce Serotonin. But the other top foods are: Salmon gets top marks for boosting Serotonin. Spinach is second (that includes Swiss Chard and probably most all of the leafy greens, including Kale). Seeds and nuts and soy products are also top on the list of Serotonin boosters.

When it comes to reducing Cortisol, the list is different. Dark Chocolate stays at the top and is probably the easiest to sell. But, don't forget seeds (pumpkin, chia, flax, and hemp), avocados, bananas, spinach, broccoli, nutritional yeast and probiotics. Many of these are high in magnesium, even dark chocolate. Oh, and nuts (walnuts and almonds) help reduce high cortisol levels.

As much fun as it is to read about good foods to help manage stress, please don't forget that practicing meditation or mindfulness, getting good sleep and moderate exercise are essential to keep your mind and body in balance during these chaotic times.



The Shape of Water

A Review

by Alvin G. Burstein, PhD

My first reaction was to think of this film as a mash-up of *The Creature from the Black Lagoon*, with its fantastic and frightening monster, and *Splash*, with its mermaid romance.

But more complexity is promised by the beginning and ending epigraphs that frame it:

If I spoke about it - if I did - what would I tell you? I wonder. Would I tell you about the time? It happened a long time ago, it seems. In the last days of a fair prince's reign. Or would I tell you about the place? A small city near the coast, but far from everything else. Or, I don't know... Would I tell you about her? The princess without voice. Or perhaps I would just warn you, about the truth of these facts. And the tale of love and loss. And the monster, who tried to destroy it all.

And the afterword:

Unable to perceive the shape of You, I find You all around me. Your presence fills my eyes with Your love, It humbles my heart, For You are everywhere.

The opening, with its uncertain *ifs* and references to fair princes and last days suggest something other than facticity despite the story's purported setting in the 1950's cold war and space race. It implies a truth that transcends history, the truth of myth or legend.

The central characters are a striking assortment: A possibly divine monster from the deep, capable of bloody wrath, magical healing and striking vulnerability; a totally mute scrubwoman, employed at a top-secret research facility; a closeted gay illustrator, her confidant; a federal agent who combines sadism and phallic narcissism.

As the story unfolds, one striking theme is the federal agent's figuring himself as a Samson castrated by a wily Delilah. He suffers losing two fingers in his battle with the creature, and ultimately rips off the re-attached digits in a desperate effort to avoid being defeated by the woman protecting his captive. This sub-plot includes the agent's trying to act on his urge to sexually assault the mute scrubwoman. When she rejects him, he reacts by having rough sex with his wife and buying a fancy new car—which gets wrecked in the course of the unfolding plot.

The major focus of the film, however, is on the “princess without a voice,” the scrubwoman. During the day, she mops floors and cleans urinals. At home, she luxuriates—and masturbates—in the tub of her decrepit bathroom, and fantasies while watching television movies with her illustrator neighbor. When she encounters the captured monster, she sees past his grotesque and frightening appearance. He, beset by alien humans, recognizes her as a savior—and princess.

That brings us to the closing epigraph. Our prince and princess avoid attending to apparent externalities. They choose to bathe in each other's love.

Amor Omnia Vincit.

Is the mythic lesson of the film that love always wins? Or that love is most important? Or is it that the real monster is not the grotesque creature, but crass and dangerous appartchik functionaries ignorant of the meaning of love?

Or does writer/director Guillermo del Toro have all three in mind?

Dr. Alvin Burstein

Burstein—a psychologist and psychoanalyst, professor emeritus at the University of Tennessee and a faculty member of the New Orleans-Birmingham Psychoanalytic Center with numerous scholarly works to his credit. He was also a member of Inklings, a Mandeville critique group that meets weekly to review its members' imaginative writings. Burstein published flash fiction and autobiographical pieces in e-zines;



courtesy photo

The Owl, his first novelette, is available at Amazon. He was, in addition to being a movie fan, a committed Francophile, unsurprisingly a lover of fine cheese and wine, and an unrepentant cruciverbalist.

Best of

A Shrink at the Flicks

10 Years Ago!

What *the Times* was reporting on in November 2013

Anti-depressants are 75% placebo

Dr. Kirsch Stuns Audience with Facts on Science, Politics and Anti-Depressant Drug Industry

Stunning the audience with a review of scientific research showing that the main reason anti-depressants appear to work is due to their placebo effects, Harvard's Dr. Irving Kirsch, laid out the damning evidence that drug companies and the FDA skew research to approve drugs that have little actual value.

Kirsch presented his decade-long compilation of research to a group of psychologists, professors, and social workers last month at the jointly sponsored conference of the Louisiana Psychological Association and Tulane University, held at Tulane in New Orleans on October 19.

Alexandria VA

Innovation Key in Health Program for Women Vets

While many in the community are scratching their heads about how to integrate mind and body health care, psychologist and innovator, Dr. Denise Batton has jumped out ahead of the crowd with her "Healthy Women Are Active" Program for women veterans at the Alexandria VA.

The new program is a comprehensive, creative approach for helping the veterans served by the Alexandria VA Medical Center and the surrounding Community Based Outpatient Clinics. She includes the "Spiritual, Cultural, Intellectual, Physical and Psychological," aspects of health, says Batton, and calls it "SCIPP."

Dr. Chafetz Reviews Science for Another US Senator & Staff

Dr. Michael Chafetz, New Orleans clinical and neuropsychologist, presented his research about malingering to United States Senator Tom Carper's office, on October 30. The webinar was provided as a service in the public interest and was hosted by the Louisiana Psychological Association and their On-Line Academy.

Senator Carper is the US Senator from Delaware and is Deputy Whip. He is chair of the Homeland Security and Governmental Affairs Committee and the Environment and Public Works Committee, and serves on the Finance Committee.

Tulane University Recognized for Suicide Prevention

Tulane University has been awarded the JedCampus Seal from the Jed Foundation, a leading organization working to promote emotional health and prevent suicide among college and university students. The seal recognizes schools that exhibit comprehensive mental health promotion and suicide prevention programming on campus.

ACA: Interview with Health Psychology Professor, Linda Brannon, PhD

The *Times* interviewed health psychology expert, author, and McNeese professor, Dr. Linda Brannon, about her ideas regarding wellness and prevention. Dr. Brannon has authored over 30 books and study guides on topics within psychology, including the popular *Health Psychology: An Introduction to Behavior and Health*, recently released by Cengage Learning in its eighth Edition.

TEN
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Panelist Dr. Chris Garner (center) speaks about suggestion and "emotional contagion" in social groups, at the recent presentation by Harvard's Dr. Irving Kirsch. Dr. Darlyne Nemeth (L) and clinical social worker, Bob Waggener (R) also spoke as panelists at the conference which was jointly sponsored by Tulane and the Louisiana Psychological Association.

La. Office of Juvenile Justice Publishes Its Strategic Plan

The Office of Juvenile Justice published its strategic plan for 2014 recently, noting that its mission is to protect the public by "safe and effective individualized services to youth, who will become productive, law-abiding citizens."

Behavior Analysis Assn Holds First Annual Conference

Louisiana Behavior Analysis Association held its inaugural Gulf Coast Applied Behavior Analysis Conference on October 18 and 19, 2013, in Baton Rouge, at the Cook Hotel and Conference Center on the Louisiana State University campus.

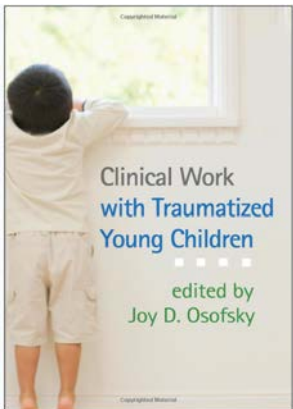
South River Stories On Cox, Tuesdays

Dr. Susan Dardard, aka Susie Marie PhD, will star in a new reality television show set in rural Louisiana, called *South River Stories*®. The show airs this month on Cox Cable in Lafayette, New Orleans, and Baton Rouge, Tuesdays at 7:30 pm.

Dr. Dammers Comments in *Business Report* on Stress

Paul Dammers, medical psychologist and neuropsychologist at the NeuroMedical Center in Baton Rouge, was interviewed by reporter Penny Font of the Baton Rouge Business Report for the October 18 article, "It's a mad mad mad mad world." The article covered the issue of the modern tendency to be continually connected to Internet, email, and iPhones, etc.

Clinical Work with Traumatized Young Children edited by Joy D. Osofsky, PhD



Clinical Work with Traumatized Young Children is a book that increases the reader's awareness about the needs of young children who have experienced trauma, a sometimes overlooked and minimized population of patients who deal with the same traumas as adults. Editor Dr. Joy Osofsky, points out that the impacts of childhood trauma are cumulative.

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