

This image is adapted from the VA's 1995 Veterans Day poster at the 50 anniversary of the end of WWII. This year marks 70 years since peace was declared in the largest conflict ever fought.

## Special Veterans Day Feature

# 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.

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.

.....

### 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.

Cont'd pg 7

## Inside this Issue

Negotiations at Medical Board  
over Investigations - Pg 3

Two More Psychologists added to  
Hesson Investigation - Pg 3

### People

Dr. Mom has Zack's Back  
Pg - 13

Drs. Osofsky, Osofsky, and  
Speier at Stress Conference  
Pg - 16

Dr. Burstein's  
*Shrink at the Flicks* – Pg - 15



## \$2.1 Million Grant from Institute of Justice

# Tulane's Dr. Overstreet Leads in Helping Build Trauma-Sensitive Schools

Tulane's Chair of Psychology, Dr. Stacy Overstreet, will lead a group of psychologists and community partners in a first-of-its-kind study, for learning how schools can best meet the needs of traumatized youngsters.

Dr. Overstreet and her team have been awarded a \$2.6 million grant from the National Institute of Justice, according to the Tulane news report by Barri Bronston.

"In New Orleans and other urban areas, children are regularly exposed to trauma, and it's important to have all adults in the school understand the educational implications of such exposure," Overstreet told Bronston.

The research team will use strategies to look at how to

transform schools into "trauma-sensitive learning environments that better address the social, emotional and behavioral needs of students exposed to trauma."

Overstreet explained that the results from this study will provide the "first rigorous data" available on the topic and will include research on issues such as discipline referrals, bullying, victimization and suspensions, and expulsions from school.

The report also said that the Tulane based research team will select six schools by random from Firstline and ReNew school systems for this study.

"Schools across the country are rushing to scale up



Dr. Stacy Overstreet, Chair of Psychology at Tulane, will lead a group of psychological scientists and community partners to find ways to help kids affected by trauma. The goals have earned a \$2.1 million grant from the Institute of Justice. See complete photo, page five. (Photo by Paula Burch-Celentano. Courtesy of Tulane News.)

Cont'd pg 5

# Editorial Page – Opinions

## “Not Medically Necessary”

by J. Nelson

My dad had a great saying, crafted during his fight with the Klan in the 1960s: “There’s no fanatic like one wrapped in a flag, unless it’s one wrapped in both a flag and a religious symbol.”

As a Libertarian (good government is a small one) I wonder if the investigators in this country are becoming overly primed (influenced unconsciously) by power cues. A few things I’ve heard about the investigators at the state medical board were eerily similar to some of the comments I heard about the psychology board’s investigators. The feds have turned their interest to health care providers and the first serious allegations have finally punched through to my conscious mind.

The Justice Department is investigating psychology firms, supposedly for delivering services to nursing homes, primarily it seems, because they think services weren’t deemed “medically necessary.”

Have the investigators ever been to a nursing home? People are not there for two weeks of R&R at a resort.

It’s hard to image anyone there NOT needing a comprehensive psychological evaluation and valid treatment plan derived from valid cognitive, neurological, psychological, and psychiatric conditions. Who can do that but psychologists?

We know that the elderly are put in chemical straight jackets with antipsychotic medications at rates that are a national disgrace. I’ve seen that cattle-call recently with my mother-in-law, who, bless her heart, now seems more like a character from *Warm Bodies* than herself.

I understand that dying is not all that easy or pleasant if you live long enough to have the drag-it-out-too-old-to-enjoy-much-of-anything-and-nobody-wants-to-talk-to-you-anyway type of golden years experience. But anyone who has been through it with a loved one understands the pressures to conform to the medical establishment’s ingrained models of care.

I went through it with my parents, and had to fight to keep them (relatively) safe from the medical/pharma industrial machine. I had the knowledge and resources—most family members don’t—and was able to hire the right behavioral help. Drugs weren’t needed after all. Magic.

However, before that, the medical people managed to put my dad—who was legitimately depressed for good reasons—on Geodon. I got him off as quickly as I could, but it had already turned him diabetic. He had to take insulin for the rest of his life.

For our autistic youngsters we require—no, we *demand*—a quality psychological evaluation for treatment planning. How is it ethical that we put our seniors on drugs instead, and drugs that we know have a debilitating impact on their fragile systems?

The average nursing home resident is on 15–18 medications or more. Estimates are that 47 percent of those in nursing homes are on some type of antidepressant and there is a group about 1/3 that size on antipsychotics, prescribed off-label, according to the mental health watchdog group, CCHR International. The antipsychotics can double the risk of death and triple the risk of stroke. Antidepressants can increase falls and risks of fractures. We have an impossibly convoluted and misaligned system of self-interests going on, and the elderly might be some of the least able to navigate it for themselves.

Psychology has no power or voice in how the deals are made between government, medicine, and big pharma, and we have almost no brand recognition. Its not at all surprising that they would find psychological services to the elderly to be unnecessary – *medically*.

Just throw a little Geodon at ‘em and they’ll be fine.

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## Letter to the Editor

Dear Editor,

As an outside observer it seems that LSBEP and/or LSBEP members, and an LSBEP Executive Director, with assistance from LAMP lobbyists, have been involved in attempts to manipulate who will and won’t be nominated/appointed to serve on the LSBEP. Result is always the same, LSBEP always has a majority of members who are MPs or soon to be MPs. LSBEP also discusses and votes on issues without the required public input. Meanwhile psychologists are not getting their licenses on time (or getting duplicate licenses in at least one case), and board complaint investigations have prescribed and have had to be dropped due to lack of timely action by LSBEP.

What are the priorities of LSBEP? Are they attending to them?

Tom Hannie  
Baton Rouge

## Corrections & Clarifications

No corrections or clarifications were received for our October issue.  
Please send corrections to the *Times* at  
[psychologytimes@drjulienelson.com](mailto:psychologytimes@drjulienelson.com)





Executive Director of the state medical board, Dr. Cecila Mouton (seated L), and Dr. Mark Dawson, president of the medical board, speak about their concerns regarding a bill to change investigations. Senator Martiny in frame.

## State Medical Board to Work With Medical Society on Time Limits for Investigations

In what appears to be a years-long effort by the Louisiana Medical Society to make key changes in the way the state medical board manages investigations, supporters of Act 441 are pushing for the Rules changes, including a limit on preliminary investigations to one, rather than three years. The public hearing was to have taken place October 28.

The behind the scenes negotiation over time limits could become an issue, government affairs consultant and spokesperson for the Louisiana State Medical Society, Ms. Jennifer Marusak explained to the *Times*.

Marusak said that the changes in Act 441, some of which are major, came after years of complaints about how physicians were treated by the investigations staff at the state medical board.

“There were no limits, no structures, no definitions,” Marusak said. “A complaint of having a poor bedside manner could open up the door so that the investigators could go in and investigate everything in that physician’s office.”

Marusak also explained that there were problems because investigations would look at the complaint out of context, and not in light of the standard of care that was related to that specific complaint.

Currently, Rules are being developed to go with Act 441, which passed this spring. Marusak explained that while the original bill was changed during the legislative process, the main elements were retained and negotiated to be included in the rules.

“We might have a sticking point in the rule making because they would like the preliminary investigation to be three years, But, we mandated the changes go into the rules [instead of the law] and so this should be a one-year limit,” she said.

Marusak explained that other problems had emerged with the investigations process over the years. These included reports of retaliation and bullying. “Some were told not to bring an attorney,” she said. “And, you could have a piece of paper shoved across the desk at you and told to ‘Sign this consent order,’” she said.

“Cases would be opened and never closed.” But, Marusak said, “The board members never knew what was going on.”

At the Senate Commerce meeting on June 3, 2015, Ms. Marusak told committee members that the bill “simply put some due process steps in place, so that when a complaint is filed against the physician, there is complete transparency in the process, they know what to expect, and that they’re able to navigate the process at all.”

“Absolutely no way is the state Medical Society even attempting to hinder the investigation or prosecuting of bad doctors.”

President of the Louisiana State Board of Medical Examiners (LSBME), Dr. Mark Dawson spoke in what appeared to be opposition. He objected to the proposed changes in the law for incompetent practice and unprofessionalism, and asked that those changes be placed in the Rules, rather than coded into the statutes.

Senator Martiny cautioned Dr. Dawson that he was not to

## DOJ to Investigate More Psychologists

The Justice Department announced in an October 22 press release that they would investigate two more psychologists, this time the employees of Nursing Home Psychological Services LLC, (NHPS) and Psychological Care Services, LLC, (PCS). The firms are owned and operated by Dr. Rodney Hesson and Ms. Gertrude Parker. Allegations against Hesson and Parker were published in June. The investigations appear to include eight locations across four states, Louisiana, Mississippi, Alabama, and Florida, and over six or more years.

Slidell psychologist and well-known community member, Dr. Beverly Stubblefield, is to be investigated, along with another psychologist, Dr. John Teal. Dr. Teal is licensed in Mississippi. Neither are listed as principals in the firms’ business registration. They are believed to have been employees at the companies during some time in the past.

The Justice Department’s news release said that they will be investigating \$25 million worth of Medicaid claims. This amount appears to be for all evaluations and other psychological care, delivered by the NHPC and PCS over the six-year period, and for all eight companies/branches.

The original June charges said that Dr. Hesson and others delivered services that were not medically necessary, and in some cases, not delivered. However, the allegations do not make clear the specific violations. They also do not make clear why claims were paid for services over six years, and then considered potentially illegal.

Psychological services, such as evaluations to understand the basis for cognitive or emotional disorders, and develop treatment plans, may be denied if considered “not medically necessary” by Medicare. The June charges seemed to suggest this may be the primary area of investigation, based on the publicized figure of \$25 million in the press release.

Currently, nursing homes are under pressure by consumer groups to reduce the high use of anti-psychotic medications used to treat challenging behaviors and dementia in the elderly. Sources indicate that nursing home regulations may also be in place that require a psychological or psychiatric evaluation or re-evaluations for those on psychotropic medications.

None of the defendants were reached for comment. The charges are only allegations and the defendants are innocent until or unless proven guilty, the Justice Department’s press release noted.

Cont’d next pg



# State Medical Board

continued

lobby, but only to present information, represented by filling out the “white card.”

Senator Martiny paused in hearing testimony and said, “This is the problem I have with some of the boards, as it exists now. Because you’re going to end up being the judge. You have no say so as to whether or not an investigation takes place.”

“Instead, what happens is, your staff codes the investigations. Okay. And what it comes down to is that, when they present the information to you...these are people that work for you and you have to be an unbiased person to make that determination. And I think, the point I’d make to you is, I work with these people [points to other Senators] every day. If there was a credibility call between one of my staff members and you, and it’s whether I believe you or I believe them, [...] Whether you want to admit it or not, its what I refer to as ‘two friends and a stranger.’ It’s the board, the board’s investigator, and a doctor.”

Martiny said that he has watched a board take the advice of their advisor and the person representing the doctor, and “any objection was over-ruled.”

Dr. Cecila Mouton, current Executive Director of the LSBME also testified. “There is no lack of due process in any of our proceedings,” she said. And, “In no case do physicians, not know what’s going on. They are encouraged to bring an attorney, and they are, again, afforded all due process.”

She said that because of the low number of incidences of discipline, “There is no reason for a physician to be frightened of the board.”

She asked that instead of a change in the law, that the changes be in the Rules, or to have a study group. She also said “The medical society is not being honest when they say they’ve been asking for this Rule change.”

In a follow-up testimony, Marusak responded that she was insulted by the suggestion that the Medical Society had in any way mislead the committee. She said that three years ago, Representative Nick Lorusso had worked with the society on this topic and the medical board had promised to write Rules to address the issue. However, no rules had been written, she said.

“Physicians fear speaking out,” Marusak said.

## LSU Working to Restore APA Accreditation for Clinical Program

The Louisiana State University doctoral clinical program coordinators are working with the American Psychological Association (APA) consultant to address issues that led to the program being given an “accredited, on probation” status from APA.

Dr. Jason Hicks, chair of the Psychology Department at Louisiana State University, noted that the department has put out a statement about the issues. In that memo, officials said that the department was asked to address three areas. These are 1) to update training objectives and competencies, as well as the manner in which these are assessed; 2) change the content of particular courses identified by the Commission; and 3) update the manner in which data are collected from current students and alumni regarding the quality of their training.

The statement said that the department is addressing the issues and that, “... as a result of our efforts, we are very confident that our clinical doctoral training program will return to its fully accredited status before the fall of 2016.”

The clinical psychology program is the only accredited clinical program in the state and has been in operation for decades.



Dr. John Fanning (L) talks with Dr. Kelley Pears and Dr. Leslie Drew at a previous convention. Drs. Pears and Drew are with the Alexandria VA Health Care System which has a new internship opening.

## Alexandria VA Health Care System Launches New Internship

The Alexandria VA Health Care System (AVAHCS) is funding a new pre-doctoral psychology internship program. The AVAHCS is located in Pineville, Louisiana, with four community based outpatient clinics (CBOCs) in Jennings, Lafayette, Natchitoches, and Fort Polk, Louisiana.

Dr. Leslie Drew, psychologist and Director of Training for Psychology Training Program, noted to the *Times* that the new internship had been approved. Drew is also the clinical psychologist and PTSD Program Coordinator.

According to the press release, the training program includes a generalist focus and fosters a general competence in trainees, over various areas of specialization. The goals of the program support the view that recovery-oriented, comprehensive, generalist skills are the foundation for competent, independent, professional services. The model of the training program is practitioner-scholar.

The new internship is not yet eligible for APA accreditation. However, graduates from this program will be eligible for VA postdoctoral fellowships and VA staff positions, noted the press release.

“It is not like any other population,” said current intern, Sarah Rieger said about the Veterans, “giving back to a population that needs it so much,” is important to her.

Intern Treva Bundy said that one of the important values of the program is, “Thoroughness of the training and the ability to practice what you

are learning.” Bundy noted that the staff is willing to address any clinical or nonclinical issues.

Dr. Drew and colleague Dr. Kelley Pears have presented numerous training workshops for others around the state, including workshops on Prolonged Exposure Therapy and PTSD topics. Dr. Pears is a Post Traumatic Stress Disorder/ Substance Use Disorders psychologist at the AVAHCS.

Innovative programs such as PTSD Awareness Month, National PTSD Screening Day, and the Gathering Program are part of the comprehensive programs that interns may take part in at the VA. “The Gathering program is a recovery-oriented, social event for veterans to learn to tolerate their anxiety associated with large groups of people,” Drew previously explained to the *Times*.

Timberlin Chatman, also a current intern, noted that the program, “Allows me to be innovative in clinical practice and shows me what it means to be a leader in the field.”

The AVAHCS is also a teaching hospital with training programs for a number of disciplines and provides state-of-the-art technology and education. The Psychology Service at the AVAHCS has provided without compensation training to psychology students for the past 24 years. It also provided a training rotation as part of an APA accredited pre-doctoral internship consortium with Central State Hospital and Pinecrest Rehabilitation Center for several years, noted the press release.





Trauma study team from left, Kathleen Whalen (with Strategies for Youth Development, LLC), Taslim van Hattum (Maternal & Child Health Portfolio Director at the Louisiana Health Institute) Tulane assistant professor of psychology Courtney Baker, Chris Gunther (Manager of Strategic Initiatives at New Orleans Health Department), Laura Danna, LCSW and clinical director at the Project Fleur-de-lis in New Orleans, Tulane psychology professor and Chair, Dr. Stacy Overstreet, and Paulette Carter, President & CEO of the Children’s Bureau of New Orleans.  
(Photo by Paula Burch-Celentano. Courtesy of Tulane News.)

# Tulane’s Dr. Overstreet Helping to Build Trauma-Sensitive Schools Continued

implementation of trauma-informed approaches as a way to create physically and psychologically safe environments for all students,” Overstreet told Bronston.

“However, no controlled studies have demonstrated the impact of trauma-informed care as a way to improve school safety,” she said.

The research team will also include Dr. Courtney Baker, assistant professor of psychology at Tulane.

Baker’s research is to help improve the understanding of prevention and intervention programs in community settings serving children. One of her recent works is a chapter in the edited volume, *Treatment integrity: A foundation for evidence-based practice in applied psychology*, published by Am. Psychological Association in 2014.

Dr. Baker co-authored the chapter on, “Treatment integrity in urban, community-based prevention programs.”

The Tulane psychology team will also work with community partners, including Kathleen Whalen who represents Strategies for Youth Development, LLC.

Also, Taslim van Hattum, the Maternal & Child Health Portfolio Director at the Louisiana Health Institute will participate and Chris Gunther, Manager of Strategic Initiatives at New Orleans Health Department will also be on the team.

Laura Danna, licensed clinical social worker and clinical director at the Project Fleur-de-lis in New Orleans, will work with the Tulane led group as well.

Paulette Carter will represent the Children’s Bureau of New Orleans. She is the President and CEO.

Dr. Overstreet’s research has focused on broad issues surrounding children at risk for maladjustment due to chronic stress. She has applied the

ecological-transactional model to help understand the effects of community violence exposure to academic functioning in children and the possible protective factors.

Overstreet’s work has included a paper with Dr. Bonni Nastasi, Tulane professor, on “School-based mental health services in post disaster contexts: A

public health framework,” in *School Psychology International*.

Overstreet has also coauthored the work, “Challenges associated with childhood exposure to severe natural disasters: Research review and clinical implications,” in *Journal of Child and Adolescent Trauma*.

The team plans on conducting the research over the next four years.

## ULM’s Online Graduate School Ranked in Nation’s Top 50

The online graduate school at the University of Louisiana Monroe (ULM) has been given a top rating by a resource for online education across the nation, GraduatePrograms.com. The ULM program, called eULM, ranked at number 17 in the nation, as recently described in a university press release. ULM’s online graduate school earned a score of 8.84 and was the only program in Louisiana that ranked in the top list. The number one ranked school, U. of North Carolina at Chapel Hill, received a score of 9.55. Dr. Eric Pani, vice president for academic affairs, told the ULM news that he was very pleased. Psychologist and current Associate Dean in the College of Business and Social Sciences, Dr. Bill McCown, was previously interim director of the graduate school at ULM.



# Spirituality Panel at LCA Examines Complex Issues

A 34-year old female is an Evangelical Christian. She wonders why God has waited so long to bring a partner into her life. She wants a husband and children.

A 19-year-old male is an Orthodox Jewish American. He has become involved in phone sex with a male. Both masturbation and homosexuality are sins in his understanding of the Torah, but he wonders if these are really sinful.

A 65-year-old Christian Science practitioner is declining health with cancer and rejecting medical services. His family is pushing him to go the traditional medical route.

These and other complex ethical issues were the focus of discussion at the Spirituality panel discussion at the recent Louisiana Counseling Association Convention held in Baton Rouge.

“There is so much now being written and presented on the topic of spirituality and religion being integrated into the counseling process,” said Dr. Judith Miranti, “that the question of ethical practice now is, are you being ethical if you fail to address this need with your clients.”

Dr. Miranti is Director of the Graduate Counseling Program at Xavier and has served as the President of the National Association for Spirituality, Ethics, and Religious Values in Counseling. She understands how important these issues are for many people and the reason that counselors and psychologists should examine the ethical issues directly. She also understands the benefits.

“The most significant benefits that I have found professionally in counseling clients experiencing spiritual bankruptcy,” Miranti said, “is helping them to find purpose and meaning in life when all seems hopeless. Being able to connect with clients,” she said, “by using their spiritual and or religious experiences as intervention strategies yields positive results.”

The panel reviewed the role of role of spirituality in wellness, spirituality as the sustaining core that keeps many clients going when all else seems to fail, ethics, and competencies for counselors in these areas. The panelists noted that competency is a required area

by the ethics code for counselors.

“The issue with competency is one of the more important issues facing practitioners,” said Miranti. “There is much confusion regarding whether or not it is ethical to introduce the topic before the client does so. National standards of both the Council for the Accreditation of Counseling and Related Education Programs (CACREP) and the American Counseling Association (ACA) Code of Ethics give guidelines regarding addressing spiritual and religious issues in counseling.”

Miranti has served as Dean of Humanities at Our Lady of Holy Cross College for 10 years and as VP for Academic Affairs for two. She came to Xavier in 2007 where she serves as Director of the Division of Education and Graduate Studies.

The Spirituality panel discussion also included Dr. Matthew Lyons, Assistant Professor of Counseling in the Department of Educational Leadership, Counseling, and Foundations, at the University of New Orleans.

Dr. Iman En-Nabut, President-Elect of LCA, also sat on the panel. She serves children and adolescents in her private practice. She is an LPC and supervisor, and has served as an adjunct professor at University of New Orleans, Southeastern, and Our Lady of Holy Cross College in N.O. She also serves as a consultant and interpreter.

Dr. Paul Ceasar, previously with Our Lady of Holy Cross College as faculty member, Director of the counseling program, and also interim President of the College, also spoke on the panel.

“As we have become more and more aware of the impact of the various multicultural factors in individual and family development,” Dr. Ceasar told the *Times*, “the issues related to spiritual and religious beliefs seem important to consider in therapy sessions. It is a crucial influence in the lives of some people and addressing it seems like a beneficial and essential piece of information in counseling.”

“This can be helpful in understanding the dynamics of behavior as well as a



A panel of experts at the recent Louisiana Counseling Association Convention discussed the ethics in how sensitivity to spirituality and religion must be included in counseling. L to R are Dr. Matthew Lyons, Dr. Paul Ceasar, Dr. Inman En-Nabut, and Dr. Judith Miranti. *(Courtesy photo.)*

component in treatment. It is important for the therapist/counselor to be aware of her/his own religious-spiritual awareness and competencies to better serve the needs of clients.”

Dr. Ceasar has served as President for LCA and also on the American Counseling Association national board for the Association for Spiritual, Ethical, and Religious Values in Counseling. He and the panelists discussed how clients may reject necessary counseling services when a counselor fails to understand and respect their belief system.

“The benefits of spirituality can touch on the very foundation of our well being,” Ceasar said. “In our presentation, many described ‘spirituality’ as our connection with self, others, and our Higher Being—God, universe, the Other.”

“This dynamic embraces who we are and our interactions in life. Thus, it is beneficial to help clients reflect deeper as to one’s belief system, meaning attached to life events and relationships, and how one deals with difficulties in life,” he said.

## Dr. Karen Frye and Team Awarded \$690,000 Grant to Help Link Kids with Older Adults for Reading

In a news announcement last week, the University of Louisiana at Monroe’s (ULM) Gerontology program, lead by psychologist Dr. Karen Frye, and partnering with the DeSoto Parish Police Jury, Intermediate School District, and Department of Community Services, has been awarded at \$690,000 grant for a Foster Grandparent (FG) program in DeSoto Parish.

The FG program, which began in 1965, is a federally funded program coordinated by the Corporation for National & Community Services, said ULM news. The program works with adults 55 years and older who are on a fixed income, to become foster grandparents, paired with one or two children, and working 15-20 hours per week in public school Grades K-12.

Dr. Karen Frye, Biedenharn Endowed Chair and ULM Professor of Gerontology, said the program is one of the “best examples of how a university can partner with community groups and make a difference.”

Dr. Frye, Rita Massey, FG Program Director, and Maidie Johnson, FG DeSoto Parish Coordinator, comprise the team for this program, said ULM news. Dr. Frye and Massey wrote the \$689,883 grant. Frye has been involved in community partnering and grant writing for over 20 years.

“The biggest impact we see is academic progress,” Dr. Frye said to the ULM news. “The power is in the fact that somebody shows they care, even if it’s a stranger. The kids want to go to school because they want to work with their foster grandparents.”



Veterans Day Feature

Our WWII Fathers continued

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 42<sup>nd</sup> “Rainbow” Infantry Division (I.D.) published immediately after the war. The first book tells the story of the 42<sup>nd</sup> I.D. while the second book details the 222<sup>nd</sup> Regiment of the 42<sup>nd</sup> I.D., which was dad’s regiment.

The 222<sup>nd</sup> 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 2<sup>nd</sup> 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, 2<sup>nd</sup> 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 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 222<sup>nd</sup> Regiment of the 42<sup>nd</sup> 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



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

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 as low as 20 degrees below. Our troops were not prepared for the extreme cold. No one was, even the Germans, who at least had white snowsuit uniforms, were suffering. 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 7<sup>th</sup> Army and the French 1<sup>st</sup> 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.

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 222<sup>nd</sup> I.D. fought alongside of the 101<sup>st</sup>.

Imagine the stress these young men were under. It is late days in the war in Europe. Our young troops are underdressed for the extremes of cold and wet. 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, with the foxholes forming a crust of ice on them, 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.

Our troops were thinly stretched out over 68 miles, as General Eisenhower had sent any extra troops and supplies north to reinforce the main failing positions of the Battle of the Bulge. The Germans sent in 17 divisions, including several SS and Panzer units; the armored tanks were manned by some of the most fanatical of the SS troops; the 10<sup>th</sup> Panzer Grenadiers was a crack outfit, composed of some of



# Our WWII Fathers continued

Hitler’s most fanatical followers from the Youth Movement.

The fighting, which started on December 31, 1944 was intense and our line had bulged as we retreated. The 222<sup>nd</sup> 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 222d Regiment of the 42<sup>nd</sup> 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 222<sup>nd</sup>.”

At 1800 hours, the Germans began shelling the town of Neubourg, France in the Alsace. Patrols reported a build up of 2,000 Germans moving into attack position. The shelling continued for nearly 2 hours. After a lull, the shelling began again and with it came the German infantry. The first wave bridged the narrow Moder River with wooden planks and struck at the positions of the 222<sup>nd</sup>.

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. And, it was snowing hard. The men were tired from days and nights of almost constant moving and fighting.

My father ordered his men to hold their positions when the Germans penetrated the main line of resistance with a large force. The 222<sup>nd</sup> 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. The Germans, dressed in white and nearly invisible in a snowstorm, were trying to storm the farm and clear them out so they could bring in the Panzer tanks. But, 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.

During the night, my father had also gone out in the snowstorm, crossed enemy lines and repaired severed communication lines. He led the disorganized Rainbow riflemen in counterattacks in order to re-establish our lines. At one point in the several-day defense of Neubourg, he lost contact with one of his positions and he made his way into enemy territory and moved the machine gun to a new position. 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 the 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.

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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

## Gordon Nelson

Master Sergeant  
20<sup>th</sup> Air Force, XX Bomber Command, HQ  
China–Burma–India  
by Dr. Julie Nelson

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 in 1937. 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, before Pearl Harbor. He probably knew that the coming peacetime draft would pull him in. So, he might have signed up in order to go 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 2<sup>nd</sup> 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



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.)

the time they went 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 served with the 20<sup>th</sup> 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 high jinks 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, and the irony he saw in everything, was, I think, how he coped.

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.

He joked that he was an overly anxious tail gunner, shooting so many rounds when they were in a fight, that the barrel would heat up, his crewmates yelling at him to stop.

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.

"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

## Could the Stress on 16,000 WWII Fathers Have Affected the Next Generations?

Dias and Ressler may have found that it does. Traumatic exposure to male rats affected brain anatomy, startle response, and gene expression not only in the animals, but in their offspring for two subsequent generations. Their findings provide a framework for how environmental information may be inherited transgenerationally at behavioral, neuroanatomical and epigenetic levels. The study is in *Nature Neuroscience*.



# Our WWII Fathers

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 21<sup>st</sup> 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.

Dr. Julie Nelson is a licensed psychologist and publisher of the *Psychology Times*. Her parents Gordon and Lynn Nelson published *The Coughatta Citizen*.

## “Moral Injury”

by Dr. John Magee

During 1947, approximately 50 percent of hospitalizations of Veterans into VA hospitals were for psychological issues in returning combat Veterans from World War II. A suppressed documentary by film director John Huston from 1946 estimated that as many as 20 percent of casualties in World War II were psychological.

Historically, symptoms of PTSD have been noted in written form for over 2,000 years, dating back to 490 B.C., when Greeks described behaviors of soldiers returning from war. Over the years, various terms have been used in describing PTSD-type symptoms, including nostalgia, railway spine, railway brain, spinal concussion, traumatic neurosis, functional nervous disorder, and neurasthenia; and then "Soldier's Heart" and "Irritable Heart Syndrome" (also known as Da Costa's Syndrome) during the American Civil War.

In the 20<sup>th</sup> century, there were another series of terms used to describe the debilitating symptoms often seen in combat Veterans returning home, including shell shock (World War I), exhaustion, battle fatigue, battle neurosis, traumatic war neurosis, and even "attitudinal psychosis" (World War II).

In 1980 "PTSD" was formalized as a diagnosis which has been attributed by many to the effects of Vietnam War Veterans who had lobbied for recognition of their psychological problems.

But in spite of the recognition of the sequelae of PTSD, numerous mental health professionals who treat individuals with PTSD feel that the formally recognized symptoms of PTSD by DSM have been too limited. As a result, the concept of "Moral Injury" was introduced.

Most attribute the introduction of the concept of moral injury to Dr. J. Shay, recipient of a 2007 MacArthur "Genius Grant" Fellowship, and a psychiatrist at the VA in Boston from 1987 to 2008. Shay sees three components to moral injury: A betrayal of what is viewed as morally correct; Done by someone who holds legitimate authority (which Dr. Shay calls "leadership malpractice"); Occurring in a "high stakes" situation.

The definition would include those who are witnesses to events or the consequences of moral injury to others, such as those involved in the liberation of concentration camps, first responders (fire, police, military), etc.

Dr. Shay argues that moral injury is an actual "injury," but not a disorder or sign of pathology, and he describes treatment as a healing process that must involve "the whole social process."

He has described his concepts in two seminal books, *Achilles in Vietnam: Combat Trauma and the Undoing of Character* (1995), and *Odysseus in America: Combat Trauma and the Trials of Homecoming* (2002). In these books, Dr. Shay describes the far-reaching psychological, cultural, and spiritual effects from trauma.



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*.)



Soldier’s Heart by John W. Magee, Jr., Ph.D.

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.

The family lived on the outskirts of Brookhaven, Mississippi, but every summer Warren stayed on the farm of his maternal grandmother and her family. His Uncle Mac said Warren didn’t return home until it was “time for school and a haircut.”

My Father’s tales are likely typical for a child in the country during those times, but they almost always included Warren, himself, as “the butt of the joke.” Several family members told me that the incidents in Warren’s stories were just as they remembered them. Warren was a great story-teller, but he was not one for embellishing on the truth.

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.

My uncle, W.O., was a child during World War II, but later joined the military, and is a retired Air Force veteran. He married a younger sister of my mother, Billie, and they were very close to my father and mother throughout their lives, including many meals, fishing, and laughter. W.O. and Billie recently shared some of their memories with me for this article.

W.O. himself volunteered and served in Vietnam as a navigator on B-52 bombers during the Vietnam War. He viewed military service as an important duty and source of pride. After my father passed, he drove six hours from Abilene, Texas to Shreveport, for my entry and commission into the Air Force.

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.

While in the Marine Corps, Warren boxed competitively. He won all fights but the last, which he lost on points. Early in that fight, his nose was broken. Warren said the hardest part of the broken nose was not the pain during the fight, but rather the fact that, despite the broken nose, he later had to complete high-dives into water as part of his training.

Warren was sent to the Marine Corps Air Station at Cherry, Point North Carolina, with Marine Air Craft Group 11 (“MAG 11”), 2<sup>nd</sup> Marine Air Craft Wing (“MAW”), under the 1<sup>st</sup> 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.

W.O recalls Warren telling him about one of the pilots-in-training who was exhausted from an extended wait on the runway in the heat before being cleared, and almost hit the control tower on takeoff.

It was at Edenton that Warren met my Mother, Sarah Russell, who reportedly broke a date with a Major to go out with Warren. Sarah was one of five daughters of Ms. Mamie, twice widowed. Uncle W.O., who grew up



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

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. My mother first told me about the USO near the end of her life. “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.

Warren liked to say they were married in December and their daughter, Susan, was born in January, omitting the fact that Susan’s birth occurred the following January, 13 months after the wedding.

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



Lieutenant Warren Magee. (Courtesy photo.)



# Soldier’s Heart

by Dr. John Magee - continued

Captain after the end of the war in February 1946. Several Marine Corps Bombing Squadrons from Cherry Point maintain their own websites which list Marines killed and bombers lost in combat, but I have been unable to find details about the specific squadron in which he served in Okinawa. Uncle W.O. and Aunt Billie both 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.

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.

Although he never became a veterinarian or a farmer, Warren continued to love animals and the outdoors all of his life. Uncle W.O. sometimes remarked that, if reincarnation really exists, then he wanted to come back once as “a Magee dog,” because he believed they were the most loved animals in the world.

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 of the “Sunday School” story. In the late 1990’s, I recognized the name of one of the men from my parents’ Sunday school class. When I met him, I learned he was a former POW from World War II. His plane had been shot down over Germany, but, because of his injuries, he first stayed with a German couple until he was well enough to go to the concentration camp. When he asked the family why they gave him such care,

they shared that their son was in combat somewhere, and they hoped he would receive similar care if he was wounded or captured. The wife of this former POW shared something that I had never known about the Sunday school class—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 each other, means much more now, after learning about PTSD, and my 29 years 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.

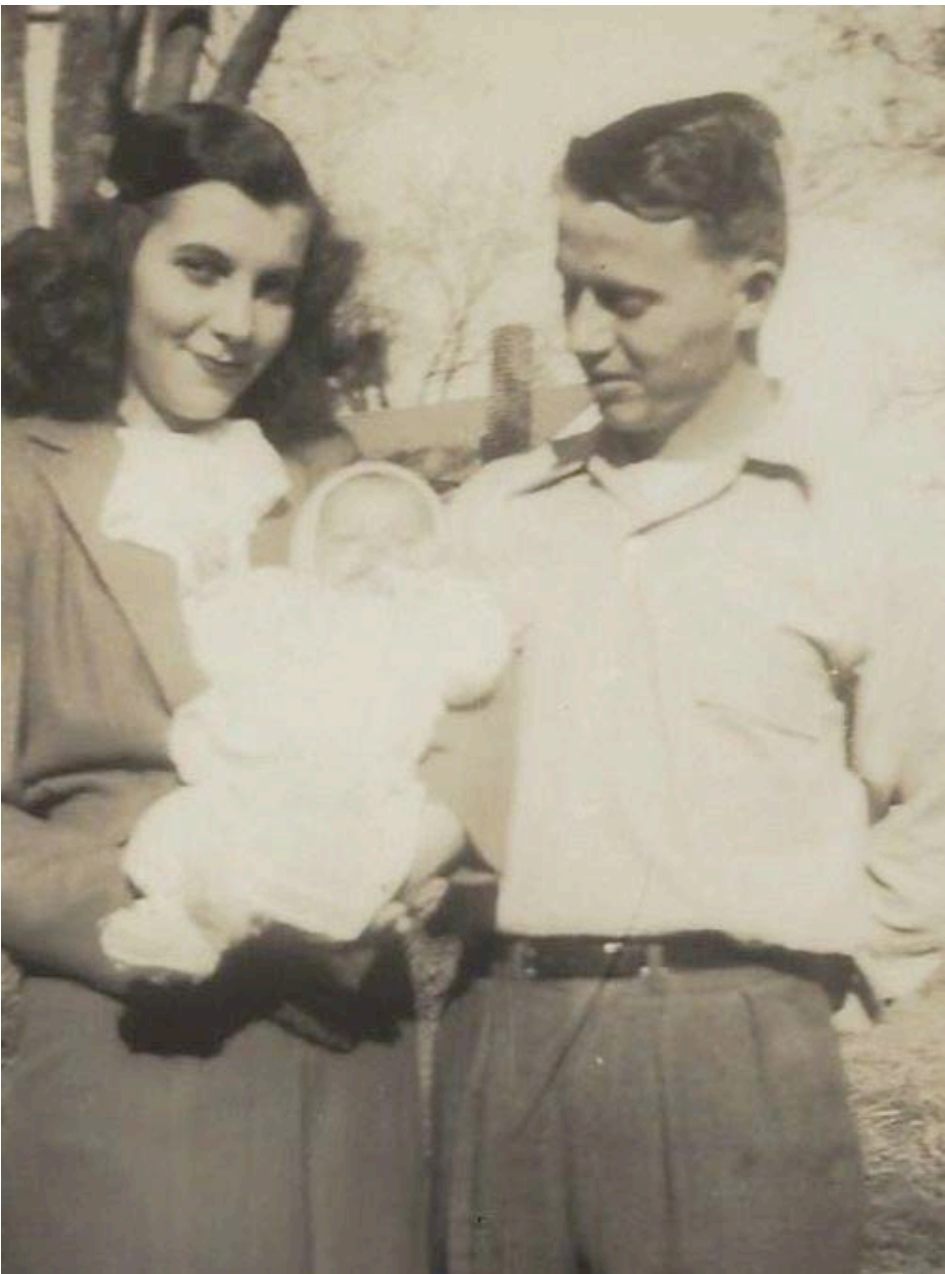
My father died unexpectedly of a heart attack at age 64, one month before his retirement, and before I had earned my Ph.D.

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.



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.)*

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, 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 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



# Soldier’s Heart *by Dr. John Magee - continued*

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.

I’ve been honored for the opportunity to be part of this process with Dr. Nelson and Dr. Andrews. I hope the stories of our fathers may help us all to pause to think of what was risked, lost, and gained by the efforts of men and women during World War II. I’ve had and continue to have tears on several occasions for these three men, one of whom I knew, and two of whom I didn’t. And there is a certain part of my father’s story at the end, when I write about “Soldier’s Heart,” that is difficult for me to keep reading, which I feel is not just for my father, but for the millions who stood up and risked so much for us all, and then kept so much of their experiences locked inside.

My hope is that the readers here will be touched in some way by these men that we knew, and by others and their stories, whose lives shaped us, and even changed the world.

*John Magee has 29 years federal service working with combat Veterans. This includes 5 years active duty in the Air Force and 24 years within the VA, including 22 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, and his current position is Lead Psychologist. You may communicate with him at [johnnym727@gmail.com](mailto:johnnym727@gmail.com)*



**The BABY BOOM:** Warren Magee holding John Magee in August 1952. Lake Charles, Louisiana. Sister Susan is at bottom right and was born in 1946, the first year of the “Baby Boom.” More babies were born in 1946 than ever before, 3.4 million. In ’47 another 3.8 million were born. In John’s birth year, 1952, 3.9 million were born. It wasn’t until 1964 that the boom tapered off. The boomers make up 40 percent of the nation’s population. *(Courtesy photo.)*

## People

# Psychologist Mom Has Son Zach’s Back as UL Ragin’ Cajun

Zach DeGrange was a long shot, choosing to attend University of Louisiana Lafayette and hoping to play some football. He paid his dues as a walk-on, pushed to be on special teams, and now Zach in one of the team’s key contributors.

Psychologist mom, Dr. Lucinda DeGrange is proud, worries a little, but completely enjoys Zach’s love of the game and determination to do the best he can for the Cajuns.

“I am really enjoying seeing how happy Zack is,” said Dr. Lucinda DeGrange, licensed psychologist and President Elect of the Louisiana Psychological Association. “He has worked hard for this opportunity and it’s a joy for me to see his efforts rewarded,” she said.

Head coach of the Cajuns agrees. Mark Hudspeth told the *Lafayette Advertiser*, that Zach was one of those who just do not give up.

“The guy always has been, to me, an overachiever-type kid that you just can’t keep off the field,” said Hudspeth to sports reporter Tim Buckely.

“Those are special guys,” Hudspeth said. “A lot of guys aren’t like that. A lot of guys give up. A lot of guys hang it up. They don’t see that they’re gonna get to play, and they’re not playing. But Zach has been a competitor since he’s been here.”

“The guy’s just a warrior,” said Hudspeth to the *Advertiser*. He added that DeGrange was in on about 50 snaps including special-

team duties against the Demons. “He’s really smart and, boy, he loves being a Ragin’ Cajun. ... I’m a Zach DeGrange fan.”

Dr. DeGrange said, “One of the most exciting experiences for me was seeing him on TV in the game against University of Kentucky, the first game of the season, played in the Commonwealth Stadium in Lexington,” she said. “When he got his first quarterback sack the camera focused on him and I could read his face through the mask. To play on such a stage was a dream realized.”

And yes moms, she does worry a bit. “I am scared for him every time he steps out on the field, but this is his dream and he has 100 percent of my support,” she said. “I help him any way I can. I talk on the phone with him nearly every day. Before his games he will call and we’ll talk for just a few minutes about what’s coming up and how he feels.”

But, Dr. DeGrange has her hands full as a busy professional. And she and her husband have two other children, Madeleine and Daniel. Maddie is a sophomore at the University of Miami majoring in Biology and Chemistry and plans to go to medical school like her dad.

“Maddie also dances with Miami’s dance team the Huricanettes,” DeGrange said. “I just visited her in Miami and had the opportunity to see her perform at Miami’s football game. Our youngest son Daniel is a junior at Jesuit High School and



Zach DeGrange, key contributor on the University of Louisiana Lafayette football team. Zach’s mom is psychologist and president elect of LPA, Dr. Lucinda DeGrange. *(Courtesy photo.)*

he was just induced into the National Honor Society,” she said. “I am enjoying just being a part of their lives.”

Zach seems certain to have continued success. He graduated in May with a degree in Criminal Justice and is staying this semester to play his final year of eligibility. Search for stories and photos of Zach at the *Lafayette Advertiser*, he’s covered at:

<http://www.theadvertiser.com/story/sports/college/football/2015/09/19/hard-work-serves-cajun-walk--degrange-well/72396488/>



People

Louisiana Counseling Association  
Honors Members at Recent Convention

The Louisiana Counseling Association honored key contributors at its recent convention held in September in Baton Rouge. Awards Chair for the association, Dr. John “Jodey” Edwards, NCC, LPC-S, told the *Times*, “I have been privileged to be in the unique position of reviewing all awards nominations for the past two years, and I have been astonished by the accomplishments of the nominees and thus the strength and potential of the LCA.”

Cindy Nardini, M.S., LPC, from Alexandria, was honored with the 2015 President’s Award. Dr. Edwards said, “The President’s Award, which is unique because the person chosen to receive this award is chosen specifically by the current President of the Louisiana Counseling Association and honored specifically by the current president. This year, Tim Fields, LCA President, chose Cindy Nardini, M.S., LPC, as the recipient of the 2015 LCA President’s Award. It should also be noted that Cindy’s 2014 LCA Annual Conference presentation, ‘It Takes Time: Investing for Positive Change,’ was chosen by conference participants as one of the Best of Show awards, and she was also

honored for this at the 2015 LCA Annual Conference.”

The Distinguished Professional Service Award was presented to Dr. Reshelle C. Marino, NCC, LPC-S, and The Advocacy Award was presented to Alice Cryer-Sumler, NCC, LPC. Both these awards honor and recognize the outstanding service and initiative that members take to help the profession at the local and state level, to help increase awareness of the value of the counseling profession, explained Dr. Edwards. Dr. Marino is from Metairie and Ms. Cryer-Sumler is from Gretna.

Also honored was Chris Lauer of the University of New Orleans who was named for the Graduate Student Award.

“The Distinguished Legislative Award, which was established to honor and recognize outstanding service at the state level that reflects a significant contribution to the legislative concerns of the LCA,” said Edwards, “and to stimulate future service for the well-being of the counseling profession was presented to Senator Yvonne Dorsey-Colomb.”



Louisiana Counseling Association President Tim Fields with Cindy Nardini at recent convention. Nardini was the recipient of the President’s Award. Ms. Nardini has been key in developing a community-wide legislative forum and also in the Louisiana Coalition for Violence Prevention, among many other activities.  
*(Courtesy photo.)*

Dr. Constance Patterson  
Heading Up Tulane’s  
Clinical Training

Dr. Constance Patterson, has been named Director of Clinical Training for the School Psychology Program at the Psychology Department, Tulane University, in New Orleans. The Tulane program in School Psychology is accredited by the American Psychological Association.

As Director, Patterson has the overall responsibility for the program administration and coordinating operations. Patterson explained that the job includes making decisions about admissions, curriculum, teaching assignments, planning, student performance and practicum placements and internship. She collaborates and works with all program faculty on key decisions.

“The good news,” Dr. Patterson told the *Times*, “is that we have a shared vision for the program and we get along well, but you can imagine we are quite a busy—and productive—team! Even so, the next two years promise to be challenging.”

Patterson has been performing the Director duties for several months now, and explained that there are considerable details involved in her new position. “I have learned it is *all* about the details! And there are lots of details...and then there are more details,” she said.

The department is nearing that point in the accreditation cycle when they anticipate completing their APA self study, explained Patterson. They then will undergo a program review the following year.

“It seems to be going well and I do love the work here at Tulane,” she said. “I have great colleagues to work with and talented students who are very invested in their training and growth as professionals.”

“Having the opportunity to be part of those new ‘milestone’ events in the lives of these professional-psychologists-in-training is also very rewarding,” Dr. Patterson said.

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# A Shrink at the Flicks

## Out of the Past, Thundering Hoof Beats: Review of *Bridge of Spies*

by Alvin G. Burstein

Holy Moley, a thriller without special effects, splattered gore or colliding cars!

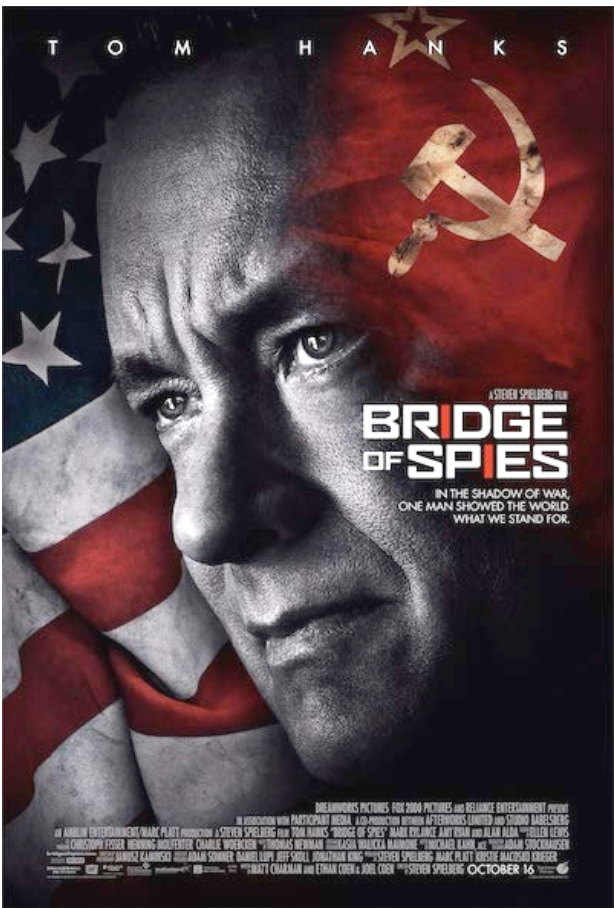
Much makes this Spielberg/Hanks movie both remarkable and memorable. It deftly recreates the 1950's and 60's, when Krushchev and Eisenhower were fumbling on the edge of open conflict and the Berlin wall was going up.

Early in the film we see a painter doing a self-portrait. We see the painter, the mirror image he is using as a model, and the image he is creating on canvas—a distinctively Spielbergian gesture calling our attention to the complexity of reality.

The painter turns out to be Rudolf Abel (Mark Rylance), a Russian spy. He is arrested and James Donovan (Tom Hanks), an insurance lawyer, is appointed to defend him. Donovan is reluctant on two grounds: lack of experience in criminal work and concern over the impact on his family of his involvement in a politically unpopular effort—defending an enemy. He reluctantly agrees to accept the responsibility because of his ethical commitment to the principle that everyone is entitled to a defense. Not the sham of a defense, but the best possible defense.

When his client is convicted, Donovan persuades the judge not to impose the death penalty. Despite pressure from colleagues and from the judge to be content with ritual efforts, he continues to fight hard for his client, appealing the conviction to the Supreme Court, arguing that Able is a loyal fighter for his own country, not a traitor to ours, and protesting the legality of evidence against him, seized without a warrant. The appeal is lost.

A few years later, an American U-2 spy plane was shot down over Russia, and its pilot, Gary Powers (Austin Stowell) captured by the Russians. Donovan is recruited to go to East Berlin and negotiate for the exchange of Abel for Powers. To avoid admitting American involvement in spying on Russia, he must represent himself as a private citizen, not a U. S. official.



Donovan learns that, in addition to Powers being held by the Russians, the East Germans have jailed an American student, Frederick Pryor (Will Rogers), as a spy. During the negotiations, Donovan, against pressure from the CIA that he not do so, ups the ante, saying that the exchange must be two for one: Powers *and* Pryor for Abel. The situation is complicated by East German insistence on demonstrating autonomy from both the United States and the Russia.

The heart pounding climax of the film is the scene of Donovan and Abel waiting on one side of the Glienicke Bridge near Potsdam with Powers and his captors on the other. The Russians press for Abel to cross over immediately. Donovan insists on waiting until they hear that the East German government has brought Pryor to checkpoint Charlie and his freedom.

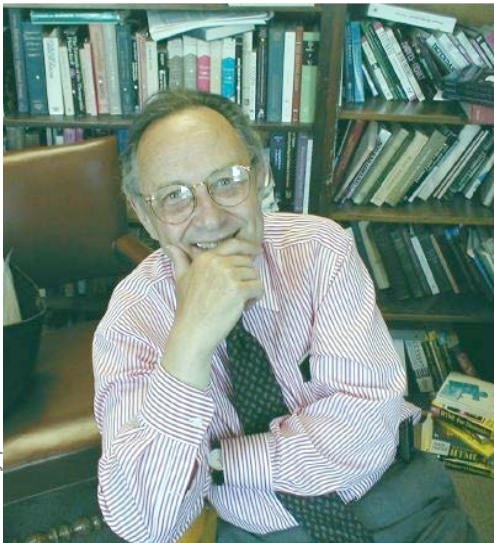
Building from the moment of Donovan's arrival in East Germany, the uncertainties of a deal constantly on the verge of collapse because of the competing motivations of the parties involved generate tension which, in the final scene, explodes from the cerebral to the visceral.

What especially recommends this film to me is its presentation of Donovan as a genuine hero, a person who eschews personal safety, convenience and popular pressure to adhere to principle.

If you watched the Lone Ranger as a kid, you will love this film. Everyone deserves a defense, and we need heroes to admire.

Guest Columnist,  
Dr. Alvin Burstein

Burstein, a psychologist and psychoanalyst, is a professor emeritus at the University of Tennessee and a former faculty member of the New Orleans-Birmingham Psychoanalytic Center with numerous scholarly works to his credit. He is also a member of Inklings, a Mandeville critique group that meets weekly to review its members' imaginative writings. Burstein has published flash



courtesy photo

fiction and autobiographical pieces in e-zines; *The Owl*, his first novelette, is available at Amazon. He is, in addition to being a movie fan, a

committed Francophile, unsurprisingly a lover of fine cheese and wine, and an unrepentant cruciverbalist.



# Up-Coming Events

*This Week in New Orleans*

## Drs. Osofsky, Osofsky, and Speier to Present this Week at International Society for Traumatic Stress Studies in N.O.

Drs. Joy Osofsky and Howard Osofsky of the Health Sciences Center in New Orleans, Dr. Anthony Speier, and Beverly Lawason of the Bernard Parish Public Schools system in Chalmette, Louisiana, will present as a Keynote Panel at the International Society for Traumatic Stress Studies this week in New Orleans, November 5 through 7, at the New Orleans Marriott.

The 31<sup>st</sup> Annual Meeting of the Society will offer a wide range of symposium tracks including Cognitive Processes/Interventions, Affective Processes/Intervention, Public Health, Child Trauma, Bio-Med/Genetics, Military, and Assessment and Diagnosis. The theme is Integrating Clinical and Scientific Knowledge to Advance the Field of Trauma.

Osofsky, Osofsky, Speier and Lawason will present on Wednesday, “Katrina’s Children 10 Years Later: Crisis, Trauma, Recovery, Resilience.”

The Keynote Panel will address research and interventions relating to children in Katrina. “The majority of children of all ages in parishes highly impacted by Hurricane Katrina experienced major initial and longer term traumatic stress. Most had major damage or loss of home with one or more displacements, common during the first year,” according to the conference materials.

The researchers indicate that over 1/3 of the children were separated from primary caregivers after the loss of their home, and that 25 percent had relatives or friends injured. Also, 14 percent experienced death of a relative or friend.

Researchers will look at the question: “What is it like for children and adolescents 10 years later?”

“... children and adolescents in St. Bernard Parish. St. Bernard Parish, adjacent to New Orleans, suffered major devastation, with a subsequent oil explosion resulting in a question about whether the parish could or would be allowed to rebuild.”

“The recovery, local community, state, and government responses, the reopening of school, and the role of schools in building resilience in the devastated community will be the focus of the session.”

*Saturday, November 7*

## Louisiana Psychological Association Conference at Ralph & Kacoo’s, BR

The Louisiana Psychological Association will host its Fall Conference this Saturday, November 7, at Ralph & Kacoo’s Restaurant in Baton Rouge.

The morning sessions offer a choice for participants to learn about, “Biopolar Disorder in the Age of Over-Diagnosis and Treatment.” Psychologist Dr. Amy Henke will co-present with psychiatrist, Dr. Arwen Podesta.

Also in morning session is “Private Practice: Essentials and Updates,” presented by Drs. Lacey Seymour and Gail Gillespie, who will cover information for managing a successful private practice.

The afternoon session is “Ethics, Politics, and Psychology: Where Are We and Where Do We Go from Here?” The presenters are Drs. William “Gig” Costelloe and Julie Nelson.

### Books, Books, Books!

Coming in the December issue of the *Times*

We review all the new books (and some of the older ones) that have been piling up on our to do list, from our Louisiana authors. And we’ll add our popular Annual “Christmas Bookshelf.”

Also next month: the Part II of the Secret Life of Complaints. What do boards discipline for, and how are they different.

Look for your issue in your email the first week of the month.

### Openings for Participants in Hyperbaric Oxygen Therapy Study

Mild Traumatic Brain Injury (TBI) or Persistent Post-Concussion Syndrome

Any person who has persistent symptoms from one or more concussions that have occurred within the last six months to ten years is eligible.

Referring practitioners and individuals wanting to participate can contact the research coordinator at 504-427-5632 for more information.

*Accessible, Sustainable School Mental Health*

## La School Psychological Association Meets November 11- 13 in Lafayette, Louisiana

The Louisiana School Psychological Association will hold its 35th Annual Conference, next week on November 11-13, at the Doubletree by Hilton Hotel, in Lafayette. This year’s theme is “Promoting Accessible and Sustainable School Mental Health Services.”

Dr. Debra Duhe will present on “Autism Diagnostic Observation Sechedule-2, Toddler

Module , Video Training Program Upgrade.”

Dr. Krisin Johnson will speak on “Using Technology to Enhance you Mental Health Services.”

Dr. Howie Knoff, will present, “Interventions for Students with Social, Emotional, and Behavioral Challenges.” And, Dr. Jerome Sattler, will present on “Recent Developments in Assessment of Children.”

Other presenters include Dr. John Simoneaux who will present on “Considering Cultural Issues,” and Dr. Kevin Jones, presenting a Professional Development Forum.

Dr. Constance Patterson, will offer a School Psychology Trainers Forum.

And, Dr. Stacy Overstreet will present Prepared II,

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