



## American Legion Cathay Post 384

### The Cathay Bulletin

#### March 2018 (Volume 18-03)

Welcome to our third Cathay Bulletin, which is intended to provide important, timely, and useful information for our veterans between our bi-monthly national award winning Cathay Dispatch (CD), edited by Ms. Clara Pon. This *Bulletin* is not intended to replace the CD but supplements it between our special CD publications. All Cathay Post members are encouraged to submit reports for future *Bulletins* of interest to our veterans. Your input submissions, feedback, and comments are requested, needed, and always welcome.

#### Important Imminent Dates to note:

**March 10 - This Saturday 1100 hours, our post meeting at 1524 Powell St.**

**March 24 - On this Saturday, you are invited to help celebrate the 50<sup>th</sup> Anniversary of the Army's 101<sup>st</sup> Airborne Division in a parade in Central Park, in San Mateo. Contact Commander Lum for details.**

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#### From the desk of Post Commander Nelson Lum:

It began on Sunday, February 25, 2018, it seemed I have been attached to my suitcase since that date and is still ongoing. I left for Washington D.C. that day and flew into Baltimore Washington International airport. An hour and a half Uber ride brought me to my destination (an 8-bedroom house we rented) where a large group of Legionnaires from California were staying. The group waited for me and we took off to the restaurant as soon as I arrived. There was no time for leisure for we had to be at the Hilton hotel at 7 A.M. the next day to meet with the rest of the Legion delegation from across the country. We were briefed on the issues of concern to veterans and were divided into smaller groups where we focused on particular issues.

The day went by very quickly and we were up and at it early in the morning again the next day. National Commander Denise Rohan addressed our group along with many dignitaries including the Secretary of Veterans Affairs, then it was onward to the Hill where we went to various congress representatives' office to press our case. Of the seven offices I went to, I got to meet three elected representatives, the rest were key staff members who demonstrated they possess knowledge of the issues of our concern. The next day's highlight was the address by our National Commander Rohan to the joint session of House and Senate Armed Services Committee. I think she knocked it out of the park. We are very fortunate to have her as the face of The Legion. As luck would have it, my return flight was delayed for more than five hours. By the time I got home, it was well past midnight.

On Thursday March 8, 2018, I will be driving down to Santa Maria for the Department of CA Executive Committee meeting. Many issues will be discussed and I will bring you my report on the next month's Cathay Post's newsletter. Since I will be in Santa Maria, our 1<sup>st</sup> Vice Commander Helen Wong will chair our monthly meeting.

Please mark on your calendar the welcome home of the 101<sup>st</sup> Airborne parade in San Mateo. The parade will begin at 11:00 A.M. and 1<sup>st</sup> Vice Commander Wong will coordinate a meeting spot for us. We need as many of you to participate as possible. This is the 50<sup>th</sup> year that the City of San Mateo has shown her love of our troops. A contingent of soldiers of the 101<sup>st</sup> Airborne Division from Fort Campbell will be marching in the parade.

As though these trips weren't enough, I was committed to two additional long journeys to fill out the rest of the March calendar. April should be a cake walk.

Another very important item for you to consider is the nomination of officers for our post for 2018 to 2019. The process will begin at this month's meeting and will remain open until the end of the April meeting. I need you guys to step up and join in the running of our post by becoming an officer and a member of the Board of Directors.

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## **From the desk of our 1<sup>st</sup> Vice Commander, Helen Wong**

“Rendezvous with Destiny!” This is the motto of the 101<sup>st</sup> Airborne Division (nickname “Screaming Eagles,”) a specialized light infantry division of the U.S. Army, active in 1918, 1921-42, 1942-45, 1948-49, 1950-56, and 1956-present. During the Vietnam War, the 101<sup>st</sup> Airborne Division fought in several major campaigns and battles, including the Battle of Hamburger Hill in May 1969.<sup>1</sup> While the “Screaming Eagles” of WWII returned home as victorious heroes after enduring hardship in Normandy, Operation Market Garden, Battle of the Bulge, and the Western Allied invasion of Germany among other battles, the soldiers who served in the Republic of Vietnam encountered anti-war protesters and worse treatment than at any other war time upon their return. Our Post Commander Nelson Lum, was drafted when he turned 18 and joined the 101<sup>st</sup> Airborne Division becoming a paratrooper. He was sent to Vietnam and was involved in the major North Vietnamese Tet offensive in 1968, where both sides lost many lives. He survived combat and returned home to San Francisco where he became a police officer and after many years, retired as a sergeant in the SF Police Department, one of few Chinese Americans in that rank. Now back to the 101<sup>st</sup>. In December 1967, a young soldier, SGT. Joseph Artavia asked his sister Linda Giese (Patterson) if a Peninsula city could adopt his unit and if they received letters and care packages, it would boost morale. She convinced San Mateo to adopt Alpha Company, 1<sup>st</sup> Battalion, 327<sup>th</sup> Infantry Regiment, 1<sup>st</sup> Brigade, 101<sup>st</sup> Airborne Division on March 4, 1968 just three weeks before SGT. Artavia was killed in action March 24, 1968. In 1972, soldiers from the 101<sup>st</sup> Airborne Division were invited to San Mateo where they were welcomed home with a parade in their honor-the first city in the nation to do so. For five decades the city has continuously supported the 101<sup>st</sup> with letters and care packages. Eight other Peninsula cities have also adopted units in the 101<sup>st</sup> since 2004. In 2012, there was a 40<sup>th</sup> year Homecoming parade and now from March 23-25, 2018, there will be an Operation Eagle Visit 50<sup>th</sup> Year Homecoming-a weekend of festivities. Activities will range from Boot Camp style work

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<sup>1</sup> From Wikipedia, the free encyclopedia

outs to a Homecoming Parade, a Festival in Central Park, Recognition Banquet and Gala, and ending with a 9AM Sunday Memorial Observance at Golden Gate National Cemetery.

Now, why does it matter whether our Cathay Post gets involved in the planned 101<sup>st</sup> Airborne Homecoming Parade as we will need members to volunteer to be in the Color Guard to carry the flags and rifles? For starters, we have one of our own-Commander Nelson Lum who was there in Vietnam and deserves the recognition for his service. And there may be other members who also served with the 101<sup>st</sup> who we are not aware of and should also be honored. For another, Legionnaires need to be seen in the community and to be proud of showing patriotism. (The crowds are estimated to be around 10,000.) For a third reason, National Vietnam Veterans Day is March 29<sup>th</sup> by Presidential Proclamation; Welcome Home Vietnam Veterans Day is observed March 30<sup>th</sup> in California. We need to support one another. So let us "Rendezvous with Destiny" and participate in force at the Parade March 24<sup>th</sup>! (Note: those who want to ride in the "Post" Rolls Royce vehicle must speak up as it is first come, first serve!!)

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### **From the office of our 2<sup>nd</sup> Vice Commander, Aaron Low**

In light of the most recent tragedy in Parkland, Florida, I took a few minutes to familiarize myself with the language in the 2nd Amendment. My goal was to better understand what our Founding Fathers may have intended 219 years ago when the "right to bear arms" amendment was written.

How many of us (that includes me) have ever read the 2<sup>nd</sup> Amendment? Much to my surprise, the 2<sup>nd</sup> Amendment is just one sentence. Yet this simple sentence (that refers to the rights of the Militia and the people to defend themselves) has generated more debate and conflict than any other topic in recent years. Many opinions on gun control refer to the 2nd Amendment.

Here is the specific language and a link:

"A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed."

*<https://www.archives.gov/founding-docs/bill-of-rights-transcript>*

If and/or when you get into discussions regarding gun control- at least now you know can speak to the subject with knowledge of the actual language in the Bill of Rights.

Just food for thought.

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# Come Celebrate 50 Years of Supporting the 101st!

ADOPTED UNITS  
101ST AIRBORNE  
DIVISION



San Mateo - 1968  
A Company  
1-327 Infantry



Burlingame - 2004  
B Company  
1-327 Infantry



Hillsborough - 2007  
Headquarters Company  
1st Brigade Combat Team



Foster City - 2012  
Headquarters Company  
1-327 Infantry



Millbrae - 2013  
B Battery  
2-32 Field Artillery



ADOPTED UNITS  
101ST AIRBORNE  
DIVISION



Belmont - 2016  
C Company  
1-327 Infantry



San Carlos - 2017  
D Company  
1-506 Infantry



San Bruno - 2017  
A Company  
1-506 Infantry



Atherton - 2017  
B Company  
1-506 Infantry

## Meet our Adopted Soldiers and Veterans

Friday, March 23

'Sore' with the Eagles Workout

Saturday, March 24

San Mateo Downtown Parade  
Festival in Central Park ★ Gala Banquet

Sunday, March 25

Memorial Observance

at Golden Gate National Cemetery

City Clerk's Office: 650.522.7040 ★ [www.CityofSanMateo.org/101st](http://www.CityofSanMateo.org/101st)

Additional comments from our historian. According to at least a few American historians, we are reminded that the 2<sup>nd</sup> Amendment was written circa 1775-1776 when our nation was formed and our independence declared from Mother England. Our Founding Fathers were concerned that Mother England might not welcome our independence, and as the most powerful military nation in the world at that time, could have formed a large Naval Armada filled with Redcoats to regain her control of **her** colonies. Recapturing a major seaport and city was well within her capabilities, therefore, in defense, arming our American Militia was justified and warranted. Few people would argue that caution and preparation was needed.

There was no CIA at the time and so our intelligence on Mother England's intention and military capabilities was non-existent.

Some people have taken a **very broad** interpretation of our 2nd Amendment to mean that there should not be any real limits on the right of American citizens to bear arms. Today's arms are much more powerful than the muskets in 1776. And today, the price we have had to pay for a liberal interpretation of the 2nd Amendment, is presence of over 300,000,000 guns in America. The blood that has been paid are the death of many innocents, including our children and grand children in our public schools. There is no easy solution to this national dilemma.

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**In this issue, all the following articles of possible interest to our veterans were written, or selected, by our CB Editor/Post Historian, Roger S. Dong. If you have any gripes, you can email me ([rsdong@sbcglobal.net](mailto:rsdong@sbcglobal.net)). I have a very large round file. Let's proceed.**

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# THANKS!!!



**Thanks to our beautiful ladies. They serve us lunch at every meeting. We also have a great kitchen crew that we are also grateful for their volunteer efforts. However, they (the guys) are not as photogenic as the ladies.**

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## The latest news about the FLU!!!

According to the Center for Disease Control (CDC) as of 2 March 2018, the current flu epidemic has peaked, but still is a threat to the health of many people. This is almost good news, but we are all still vulnerable and many more people will still get the flu. Despite questions of the efficacy of the current flu shot, the flu shot is still recommended for anyone who still has not been inoculated. Victims of the flu who have been inoculated usually have fewer symptoms and recover more quickly. Unfortunately, this current episode of flu has caused the deaths of 114 children, compared to 111 in last year's epidemic. H<sub>3</sub>N<sub>2</sub> variant virus was the major problem this year, but we do not know what will surface again next time. According to the CDC, every episode varies, and developing the right vaccine is always a guessing game.

Here's some future great news: It was reported in the Wall Street Journal on 24 February that a new flu drug developed in Japan call **XOFLUZA** may be available next year. Local testing has demonstrated that it is three times as therapeutic as Tamiflu. Recently tested patients are recovering in 24 hours compared with Tamiflu's 72 hour recovery expectation. **XOFLUZA** needs to be tested by the FDA before it can be made available to the American public. The Swiss drug firm Roche already has a license to market the product. If it works as reported in Japan, we need it by the next flu season. We should emphasize that an American drug firm must a license for **XOFLUZA**, and that the FDA can corroborate the good results reported in Japan. A multibillion dollar product that many Americans will need, must be promoted by our own American company. Someone needs to let the White House know about this product.

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**The following article on a major (almost new) stroke treatment procedure, hopefully, will not impact you, or anyone you know. But everyone needs to be aware of this stroke treatment that can reduce recovery time and effort, if you, or somebody you care for, has a stroke. Do I have your attention?**

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### **"A Breakthrough in Stroke Treatment "THROMBECTOMY" that can Save Your Life, or someone you care for – when Stroke strikes. This can happen to anyone. Your attention is needed.**

It's called "**thrombectomy**" and it is just beginning to be included in many hospitals for treating stroke victims as soon as they get to an emergency room. In simple terms, it is a the technique for stroke specialists to remove blood clots before clots can do severe brain damage. The technique, practiced for a decade, is not new, but its value is now much more appreciated. It is estimated that up to 2 million brain cells are destroyed for each minute blood clots have access to your brain and begin its devastation.

The main reason that today many stroke victims will not get treated with this novel procedure is that not all hospitals are equipped to provide this medical procedure. Other critical reasons include how quickly a patient gets to a qualified hospital and whether the patient is identified quickly to benefit from this procedure.

Today, not every hospital / staffs can provide this service, it becomes critical for the first medical responders (usually ambulance teams) to get the stroke victim who needs this thrombectomy

treatment to qualified hospitals. In most cities where there are multiple hospitals, the ambulance teams must make the right decision, or **thrombectomy** will not be available. Additional training may be needed to sensitize first responders to recognize which stroke victims require thrombectomy.

Not all stroke victims will need **thrombectomy**. Victims of severe stroke do not benefit from this special treatment. Also brain hemorrhage induced stroke are not candidates for **thrombectomy**. Studies have revealed that about 20% of stroke victims will benefit from this procedure.

An investment of several million dollars is required to prepare many hospitals for this service. Medicare pays for this service and therefore, with a growing senior population, there is strong incentive for hospitals to invest in this well tested, proven and needed process.

**Source: “A Breakthrough Stroke Treatment Can Save Lives – If it is available.” WSJ, Thomas A. Burton, 180207, pA1, p A8**

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### What would you do if you suddenly received this message?



**Read “Hawaii” as California (or your home state).** No one who gets this alert these days knows what is the best thing to do. In San Francisco, every Tuesday at noon, many sirens blare for 15 seconds to remind all that we do have an emergency air raid warning system. No one does anything today as the Russians are no longer threatening us like during the Cold War days. The Chinese want to outsell us, and not kill anyone. Non-state entities do not have nuclear weapons at this time. But, if a long range missile is detected heading in our direction, and the Washington decides to warn us that we may be under a nuclear attack, in San Francisco the sirens blare for five minutes and then there would be instructions broadcasted. Sorry, we no longer have any air raid shelters which we can seek refuge. Emergency instructions will be broadcasted on public loud speakers (we hope) and also announced in the Bay Area on radio at am 740 (KCBS).

Since we no longer have any air raid shelters, once we are warned there is/are missiles heading our way, everyone will probably try to use their cell phones to talk to their love ones. I am not sure that our cell phones will work when many, many of users are dialing up simultaneously.

For those who believe in a Superior Entity, praying and hoping that it is a false alarm, or that the missile, and its warhead, will miss you by a good distance, is one sensible but innocuous behavior. . . . When you are done praying, you must immediately find a nearby shelter. (Maybe you should seek shelter first, then say your prayers after you are under some cover.) We all know that there are no air raid shelters in America anymore, except perhaps under the White House, so just load up with food and water and hide someplace that is underground. If you can

quickly find a basement, you should go there. It should be obvious that this advice is pretty lame and useless, if we are really under a nuclear attack.

But that is not true elsewhere in the world. Nuclear shelters exist throughout Japan, and can be acquired in kits for underground installation including food and water wherever suitable. Of course, after having been bombed with nuclear weapons, there is a greater understanding for the need for these specially designed shelters that include limited amounts of essentials for living and surviving for a few weeks, or months. If a person wants to install a nuclear shelter, he/she will need to decide how deep you want to dig. The deeper, the safer, but there is a huge cost, if you want to do more than a few feet. A shallow shelter might be considered a waste of effort.



**Air raid shelters can be found throughout South Korea**

In South Korea, there are more than 19,000 nuclear shelters dispersed throughout the country in subways, part of underground shopping malls, or in underground hotel parking lots. But, because they have been conducting air raid drills for many decades without a war, no one reacts to air raid warnings anymore after thousands of rehearsals and false alarms for over 50 years.



**One interior design of S. Korea underground shelter**

Unfortunately, there are no good answers for us in the U.S., because if we are warned that we might be under a nuclear attack, a person would need to quickly get deeply underground to a prepared shelter that also needs to be supplied with a lot of water and food, in addition to other essentials to live and survive after the weapon strikes. At this time in our history, plans for surviving a nuclear war have long been dropped. There is not enough money (gold) in Fort Knox to finance deep underground shelters, supplied with food, water, beds and other essential provisions to live a long time deeply underground for millions of our citizens. That project would not just cost billion\$, but costs trillion\$ of dollars which no one has. Prioritizing huge amounts of money for air defense would deny funding for critical projects like needed infrastructure improvements and maintenance.

Of course, no one can live underground forever, once the food and water are almost depleted, survivors must surface to find fresh water and food sources to survive. It will also be necessary find fresh uncontaminated water and uncontaminated land to grow a lot more food if you plan to survive a normal lifetime. We will also need to deal with the huge psychological impact of a post nuclear war environment.

The only real way to prevent an accidental, or predicated nuclear war, is to eliminate all nuclear weapons. I am reminded frequently by some of my friends in the military that our possession of nuclear weapons has prevented a World War III for more than 60 years, because the damage threatened to warring parties very likely meant M.A.D. (Mutual Assured Destruction).

A White House proposal was recently announced to spend over \$1 trillion to rebuild and modernize our nuclear weapons. **This means that there will very likely be another nuclear arms race.** If we decide replace and rebuild our current inventory of approximately 4,000 nuclear weapons, **that means the Russians and the Chinese will be pressured to do likewise.** No country, even America has unlimited resources. This type of defense spending is not very productive and benefits only defense industries involved with the production of hydrogen bombs, long range bombers, nuclear submarines and ICBMs. The drain on our national treasury will negatively change the quality of life for most people, except for billionaires.

The fact is, none of the three nuclear competing nations can really afford to spend trillions for upgrading and replacing their nuclear warheads and delivery systems. That money is critically needed for maintaining old infrastructure and building needed new infrastructure, to advance critical science projects including fusion research, Artificial Intelligence projects, robotics, and also to fight natural disasters related to climate change, and combat climate change itself.

Here's some sad but recent relevant news: On 28 February, the Chinese announced that they had developed the DF-10 Long Spear missile system to strike US military installations anywhere in Asia. On 1 March 2018, Russian President Putin announced that they have developed invincible nuclear weapon systems. **The new Cold War Arms Race has already begun.**

Ironically, the accidental nuclear alert in Hawaii on January 13 poignantly reminds us that Man must decide that positive and constructive cooperation between all nations is much more appropriate than destructive nuclear and long range missile development competition and ongoing Zero-sum games between the major global powers. As veterans we are acutely aware of the cost of war, especially the cost of human life as well, as a terrible waste of money, time and resources. Spending money on maintaining a strong military to defend our nation from threats is still a very justifiable and a needed national objective.

We need a national discussion/debate before embarking on a new nuclear rejuvenation program. It is essential to obtain national consensus as the project will span several presidents and without national consensus, future presidents can stop such a project after billions have been committed and spent. The waste would be extremely non-productive.

## Economic Intelligence Section

### The next, great, precious metal is ... Cobalt (Symbol: Co)?



Cobalt,  $_{27}\text{Co}$  - Wikipedia

**The Basics:** Cobalt (**Co**) is a hard, lustrous, grayish-silver metallic element with low thermal and electrical conductivity. **Co** retains its strength at high temperatures (melting point of  $1,495^{\circ}\text{C}$ ), and can be magnetized (one of only three naturally occurring magnetic metals, together with nickel and iron).

The unique [properties](#) of cobalt and cobalt products are responsible for its extensive applications in energy storage, industrial and other areas. These properties include:

1. High-energy density (the amount of energy stored in a given mass of a substance or system)
2. The ability to alloy and impart strength at high temperatures
3. Significant ferromagnetic properties.

**Relevant and Recent Past History:** In the early 1990s, then Chinese President Deng Xiaoping (**DXP**) was advised by several of his senior engineers and scientists that rare earths were going to be very important in the production of high tech equipment, especially systems that require long life batteries. **DXP** then directed his staff to arrange to buy all sources of rare earths that they could locate. The search and acquisitions were initiated and a decade later, circa 2010-2012, they had cornered more than 90% of all sources for rare earth locations and mines around the world. Many global companies are reliant on China for their supply of strategic rare earth minerals.

While rare earths sound exotic and rare, the fact is, rare earths are found everywhere, but only in a few locations are rare earth minerals available in sufficient volume and quality to support a mining operation. The largest known rare earth deposits are found in Canada and Australia. In the 2002, U.S. firm Molycorp, in San Bernardino, Ca, a major rare earths processing company closed down its operations. Initially, some people were pleased to cease our production of rare earths. **To some people, sending a polluting industry to China** didn't seem like such a bad idea. Huge amounts of radioactive waste are generated in the production of rare earths, and disposing of tons of radioactive materials was unpopular and costly. Mountains of radioactive waste is **bad for our environment, and anyone living nearby, if exposed to this waste.** A few years later, when

China dominated (90+) the rare earths market, governments and people's glee turned to panic.

Today rare earth minerals are used in batteries to power electric vehicles (EVs) and hybrid vehicles and also energy storage systems. Our laptop computers, tablets, and cell phones all need a pinch of rare earth mineral to have longer battery life. Rare earths are used to make turbine blades more efficient, and are also needed for electronic equipment in jet fighters and war ships. China withheld the sale of rare earths to Japan when it was displeased with Japanese military activities in the East China Seas. The Japanese had to back off due to business interests.

Today, the Cobalt is a critical mineral because of its physical characteristics. **Co** makes all kinds of batteries stronger and last longer. The strength and durability of batteries is critical for electric vehicles, hybrid vehicles, computers, tablets, smart phones. Critical components in military systems including missiles, aircraft, and modern warships also depend on heavy duty and durable batteries.

The price of **Co** has tripled in the last 18 months to trade above \$80,000 a metric ton.

The best known supplies of **Co** are found in the Democratic Republic of Congo (60+) (UNICEF has reported extensive use of child labor in the DRC.), Australia (4%), Russia (5%), the Philippines (4%) and Cuba (5%). Roughly 60-65 % of the currently known Cobalt mines are found in the DRC. Chinese companies once more astutely invested in Congolese Cobalt industries and now control and process most of the **Co** available to the world! It is estimated that China controls 62% of the world's **Co** supply. **OMG, déjà vu!**

China's domination of this commodity is very worrisome to the many industries/companies that require Cobalt for their future high tech products. The electric vehicle industry will need as much **Co** that it can get. Coincidentally, it is now projected that China will be building the most EVs in the world.

In 2017 Tesla produced 6,000 EVs, and Chinese companies built 700,000! We are going to have to catch up to be Number 1.

Recent media reports have indicated that companies including **Apple Computer, Samsung Electronics, BMW, Volkswagen** etc are all developing their own supply chains to insure supplies, and to counteract expected price gouging/increases. Tesla Motors must be concerned and assumed to be active. Just the demand for **Co** for EVs is expected to skyrocket prices.

It may be a good business to recycle rare earths and **Co** because supplies of **Co** is perceived to be limited. The iPhone is the largest user of Co in the smart phone industry.

For Investors, foreign exchanges like the Toronto Stock Exchange offer opportunities to invest in **Co**. Two such Canadian companies include Formation Metals (FCO) and Puget Ventures (PVS).

**Warning: Commodities traders have made fortunes and lost fortunes speculating and betting on different commodities. In real estate, we know success is related to location, location, and location. In stock trading, success is related to timing, timing, and timing. Inside traders know about timing. Most of us don't.**

**Source: "There's a Global Race to Control Batteries - and China is Winning," WSJ, 180212, A1, A10**

<https://www.bloomberg.com/news/articles/2018-02-21/apple-is-said-to-negotiate-buying-cobalt-direct-from-miners>

<https://phys.org/news/2018-03-cobalt-boom-life-upside-dr.amp>

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**Nursing home residents have died from the excessive administration of anti-psychotic drugs intended to control the behavior of elderly patients, many of whom suffer from some degree of neurological disorder or dementia.**

There are many stories of elderly people being exploited by scammers, and other slime, stealing their precious savings, but using drugs to control elderly residents, many with dementia, in nursing homes resulting in death by overdose, is a most recent outrageous scandal. If an elderly person dies quietly in a nursing home, it can escape any query as the elderly are expected to die soon anyway. Even the family members of the elder may not question the cause of death.

According a February 5, 2018 **CNN** report, it was revealed that in a few instances, our elderly, living in nursing homes, are over medicated to keep them under control and reduce the workload on their staffs. How reliable are all those staffers in nursing homes? If an elder succumbs to an overdose of an anti-psychotic drug, who decides whether the death was caused by natural causes or by drug overdose?

Here's my opinion. I have visited a number of senior care facilities for decades, including VA senior care facilities. I can recall a number of times during my multiple visits that I have heard loud yelling and screaming, as well as laughter and weeping without any apparent external causation. I have been told that some of these elderly residents display this noisy and annoying behavior in the late evening hours. Sedatives and psychotic drugs are a solution to controlling elders who no longer have control of their minds.

Research explains that some seniors are afflicted with severe neurological disorders that cause them to involuntarily emit loud sounds including uncontrollable laughing, weeping and/or yelling and screaming at any time. Sedatives and/or anti-psychotics are sometimes prescribed to "calm" their behavior. The amount of dosage varies between patients. Sometimes some patients need more than a single dosage, but these are judgment calls, often made by attending hospital staff when qualified doctors are not present. Excessive dosages can result in unintended death. This is a very complicated, sensitive, and dangerous situation, which can have very tragic end results. When I/you/we are very senior, out of control and out of our minds, who is going to care about us?

I hope that I/you/we will not suffer any major neurological disorders when we are a little more senior.

These are the elderly (and weak) who suffer neurological disorders and are very disturbing and disruptive, because they cannot control loud outbursts of yelling, or crying or laughing.

This Human Rights Watch group reports that each week that thousands of the seniors in nursing homes are frequently over medicated.

I suspect that when severe dementia/Alzheimer's take over our brains, many of us may behave and act obnoxiously. And I would not like to be nurse or other medical staff trying to keep us calm and quiet.

**Source: Nursing homes sedate residents with dementia by misusing antipsychotic drugs, report finds. Jessica Ravitz, CNN, 18/02/05**

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### **His son volunteered to be a Marine. I love this story.**

#### **"John Is My Heart"**

By Frank Schaeffer of the **Washington Post**

"Before my son became a Marine, I never thought much about who was defending me. Now when I read of the war on terrorism or the coming conflict in Iraq, it cuts to my heart. When I see a picture of a member of our military who has been killed, I read his or her name very carefully. Sometimes I cry."

In 1999, when the barrel-chested Marine recruiter showed up in dress blues and bedazzled my son John, I did not stand in the way. John was headstrong, and he seemed to understand these stern, clean men with straight backs and flawless uniforms. I did not. I live in the Volvo-driving, higher education-worshiping North Shore of Boston I write novels for a living. I have never served in the military.

It had been hard enough sending my two older children off to Georgetown and New York University. John's enlisting was unexpected, so deeply unsettling I did not relish the prospect of answering the question, "So where is John going to college?" from the parents who were itching to tell me all about how their son or daughter was going to Harvard. At the private high school John attended, no other students were going into the military.

"But aren't the Marines terribly Southern?" (Says a lot about open-mindedness in the Northeast) asked one perplexed mother while standing next to me at the brunch following graduation. "What a waste, he was such a good student," said another parent. One parent (a professor at a nearby and rather famous university) spoke up at a school meeting and suggested that the school should "carefully evaluate what went wrong."

When John graduated from three months of boot camp on Parris Island, 3000 parents and friends were on the parade deck stands. We parents and our Marines not only were of many races but also were representative of many economic classes. Many were poor. Some arrived crammed in the backs of pickups, others by bus. John told me that a lot of parents could not afford the trip.

We in the audience were white and Native American. We were Hispanic, Arab, and African American, and Asian. We were former Marines wearing the scars of battle, or at least baseball caps emblazoned with battles' names. We were Southern whites from Nashville and skinheads

from New Jersey, black kids from Cleveland wearing ghetto rags and white ex-cons with ham-hock forearms defaced by jailhouse tattoos. We would not have been mistaken for the educated and well-heeled parents gathered on the lawns of John's private school a half-year before.

After graduation one new Marine told John, "Before I was a Marine, if I had ever seen you on my block I would've probably killed you just because you were standing there." This was a serious statement from one of John's good friends, a black ex-gang member from Detroit who, as John said, "would die for me now, just like I'd die for him."

My son has connected me to my country in a way that I was too selfish and insular to experience before. I feel closer to the waitress at our local diner than to some of my oldest friends. She has two sons in the Corps. They are facing the same dangers as my boy. When the guy who fixes my car asks me how John is doing, I know he means it. His younger brother is in the Navy.

Why were I and the other parents at my son's private school so surprised by his choice? During World War II, the sons and daughters of the most powerful and educated families did their bit. If the idea of the immorality of the Vietnam War was the only reason those lucky enough to go to college dodged the draft, why did we not encourage our children to volunteer for military service once that war was done?

Have we wealthy and educated Americans all become pacifists? Is the world a safe place? Or have we just gotten used to having somebody else defend us? What is the future of our democracy when the sons and daughters of the janitors at our elite universities are far more likely to be put in harm's way than are any of the students whose dorms their parents clean?

I feel shame because it took my son's joining the Marine Corps to make me take notice of who is defending me. I feel hope because perhaps my son is part of a future "greatest generation." As the storm clouds of war gather, at least I know that I can look the men and women in uniform in the eye. My son is one of them.

He is the best I have to offer.

**John's Dad**

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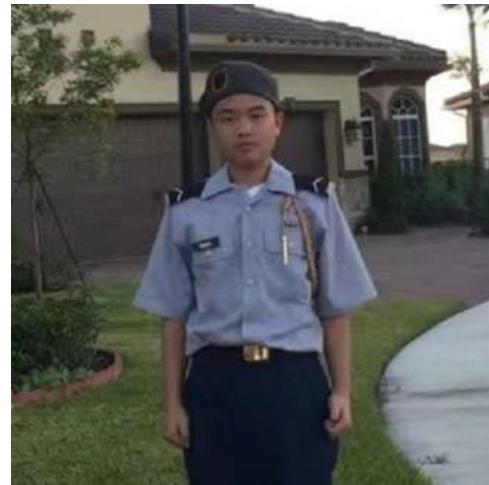
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## CHINESE AMERICAN HEROES

chineseamericanheroes.org

### A Tribute to a young American Hero - Peter Yang

He was the young 14 year old boy who was preparing for West Point and joined the JROTC in his freshman year at Marjory Stoneman Douglas High School.



On Valentine's Day, February 14, 2018, 14 year old Peter Yang, in his Army JROTC uniform, was gunned down and killed with an AR 15 military assault rifle while he pushed open an exit for fellow students and teachers to flee out of harms way. Several escaped to safety, but the gunner made Peter pay for his courage and selflessness. Several AR 15 shells struck Yang on his thorax and tore his body apart. The damage was so severe and devastating that both Peter's parents fainted when identifying Peter's remains. Assault ammunition rather than just penetrate human targets, these shells explode on impact of the human tissue, and blast a gaping 4 inch hole. causing massive damage. Victims are in immediate shock and die of bleeding in a very short time. This is the intent of assault rifles firing assault ammunition - to quickly kill enemy soldiers. The enemy soldier is taken out of battle even with just striking an arm or leg, the wound is huge and the victim is in shock and bleeds to death quickly.

The AR 15 ammunition sold as .223 rounds are made by at least a few munitions manufacturers. **The cost of assault ammunition is just \$5-6 dollars for 20 bullets.** Killing with an AR 15 and AR ammunition is cheap.

The killer was a deranged former student from the same high school. In addition to young Peter, a total of 17 people were shot to death by the killer armed with a military assault weapon.

There were several heroes who were among the dead. Two were teachers (**Aaron Feis and Scott Beigel, both athletic coaches**). Both teachers tried shielding their students and were hit and died from the automatic gun fire. They died so that many other students survived.

The story of Peter Wang's heroism was noted by unnamed Army personnel and West Point Military Academy staff, who apparently were very moved by Peter Wang's bravery and sacrifice. He epitomized military courage. Within a few days, medals for heroism were produced and presented to the families of the Wang at his funeral memorial. Attending Wang's funeral reportedly were members of the local American Legion and a military honor guard.

The U.S. Army and West Point honored Private Cadet Peter Yang with the special Heroes award. Because it was his dream to attend West Point and had taken the first step by joining Junior ROTC at his high school, West Point presented a very special Admissions Certificate to his parents.



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West Point, NY 10996  
845-938-2006/3808

## STATEMENT

February 20, 2018

The U.S. Military Academy wants to pass on our deepest condolences to the Wang family and the Marjory Stoneman Douglas High School community. Peter Wang, an Army Junior Reserve Officer Training Corps cadet at Marjory Stoneman Douglas High School, had a lifetime goal to attend USMA and was posthumously offered admission for his heroic actions on Feb. 14, 2018. It was an appropriate way for USMA to honor this brave young man. West Point has given posthumous offers of admissions in very rare instances for those candidates or potential candidate's whose actions exemplified the tenets of Duty, Honor and Country.

**Rest in Peace, Private Cadet Peter Wang.** Your Country honors you for your Heroic actions saving the lives of your **fellow students.**

There was extensive media local and international coverage of this tragedy. Readers can view local and national coverage below.

<http://www.miamiherald.com/news/local/community/broward/article201081794.html>

<http://people.com/crime/florida-school-shooting-peter-wang-funeral/>

<http://www.bbc.com/news/world-us-canada-43070359>

<https://www.documentcloud.org/documents/4383167-West-Point-announcement.html>

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**Until our next issue, see you at our next Post meeting this coming Saturday, March 10, 2018. Same Bat time, Same Bat place (1524 Powell Street).**

**Comments and suggestions should be submitted to our Historian Roger S. Dong,  
rsdong@sbcglobal.net**