AFRH Communicator

AFRH Gulfport, MS

AFRH Washington, D. C.

Volume I
Number 1

Armed Forces Retirement Homes
Gulfport, MS & Washington, DC

AFRH First Edition
July 31, 2003

Mr. Principi, Secretary of Veterans Affairs (second from left) paid a special visit to AFRH-W resident Mr. Louie Aiello (center). The Secretary along with Disabled American Veterans representatives presented Mr. Aiello with his VA disability. The DAV worked with the Veterans Affairs Administration on Louie's behalf.

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It's Official! Residents Select New Name for AFRH Newspaper

The monthly edition of the AFRH newspaper provides information on a variety of topics. Information and news stories are designed to inform you of what is happening in our community, the nation, and sometimes on the international scenes. The feature stories expand our desire to inform you of social issues and events happening in our Gulfport and Washington communities.

Please take a close look at the first edition of the AFRH Communicator. The new name of our newspaper emphasizes that this publication is committed to our unique community and includes topics relating specifically to the residents of Gulfport and Washington.

The process for selecting a new name began in June 2003. AFRH requested residents from each community to submit suggestions for the newspaper name. The top five names were selected by the Resident Advisory Council and Resident Advisory Committee from each site, and therefore the name of AFRH Communicator was selected.

The AFRH Communicator was suggested by three AFRH residents. The leadership at AFRH would like to thank Mr. Holly, Hayes (G), Mr. William Call (G) and Mr. Henry Haladyi (W) for submitting the winning name.

AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home.

Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by *The AFRH Communicator* staff for journalistic style and length.

Editorial views and opinions expressed in these pages are not necessarily those of AFRH or the leadership of each Home.

Please be aware that any mistakes in this publication are there for a purpose; we publish something for everyone and some people are always looking for errors.

Throughout the newspaper AFRH-G input will be donated as (G) and AFRH-W as (W).

AFRH-G Editors Column

In fifty years of business, dealing with the public, I found it impossible to satisfy everyone. However, that was business and this is retirement. The administrative personnel here in the AFRH-G are always trying to make a pleasant environment for us. We are free to make recommendations and suggestions for the good of all, but we should not be dissatisfied if our personal wishes do not necessarily coincide with the wishes of the majority. Good suggestions have been made and implemented, but no resident has the right to dictate any conditions under which we all live - and that is good.

We are all old enough to act like senior citizens and put all the little grievances behind us. Why develop a grudge or a dislike for another resident because of some little matter that "doesn't amount to a hill of beans" as we say in Mississippi? It must be a sign of a second childhood, if such a thing exists.

I personally tried living in different surroundings, all pleasant and very nice, for almost four years after losing the woman I loved for fifty-two years. I am sincerely thankful for finding the place where I feel a "belonging", here with so many friends that share so much in common. Every friend is a treasure to me.

PLEASE SUBMIT ALL LETTERS, PHOTOS, ARTICLES AND SUGGESTION TO THE APPROPRIATE PUBLIC AFFAIRS OFFICE:

AFRH-GULFPORT
POC: DOUG LeMERE

AFRH-WASHINGTON
POC: JEAN SCHAEFER OR SHEILA ABARR

AFRH-W Editors Column

Sixteen Years Before The Mast

It was May 7, 1987 when I arrived at the United States Soldiers' and Airmen's Home. Shortly after my arrival I accepted the opportunity to serve as *The Bugler's* fifth volunteer Editor. You might say, "It's my turn in the barrel."

The rave of those days was the forthcoming renovation of the Scott Building which was to have all private rooms, showers, and perhaps the biggest enticement, air-conditioning. Up until this time air-conditioning had been by the prevailing breezes. The rooms were small and you had the use of community baths and shower rooms. It was **HOT, HOT, HOT**!

As is still the custom, all new arrivals were initially assigned to the Scott. Our first briefing was by the Floor Manager. Each Friday the Governor, George McKee, LTG, USAF-Retired gave an orientation to us new kids on the block.

Shortly I graduated to a 7th floor room in the Sheridan. Thus began my first experience with waiting lists. The waiting list for the Scott building started long before the renovation was complete.

My name came up for a room in the Scott Building in 1990. Having succeeded in getting Scott Room 7059, I signed up on another waiting list for a specific room 7040.

The next scheduled improvement to our "quality of life" at the USSAH was to be the Sheridan Remodeling. Here again was a major improvement in living conditions. So another waiting list for the Sheridan. A few years later I moved into Sheridan 6407. Much larger room and a large bathroom and shower.

Just last month, after thirteen years on the waiting list, I received the key to my "dream room" Scott 7040. Patience is rewarded.

The whole point to these words is to show all that there has been a consistent and continual improvement in our "quality of life" here at the Armed Forces Retirement Home in our Nation's capitol. Congress has mandated a reorganization here at AFRH-W and Tim Cox is doing his best to fulfill this mandate. Let's give him and his staff a chance. Enjoy the "*AFRH Communicator*," the chosen name for your newspaper. -30-

AFRH NEWS

Message from the Chief Operating Officer

Left to right: As a fairly new resident to AFRH-W, Ms. Grace Carpenter participated in the question and answer period during a recent meeting conducted by the COO. Mr. Cox focused on confirming facts and dispelling rumors.

On Monday, July 21st, I met with many of the AFRH-Washington residents to discuss the inaccurate rumors which are currently circulating on the Washington campus. We also used this meeting to discuss a number of issues which impact Washington campus residents.

First, I must tell you that I am very pleased with the outcome of the meeting. Many of the residents had an opportunity to voice their concern(s), and some residents offered beneficial suggestions which my staff is now following-up on. However, I think it was evident from some of the questions/comments raised at the meeting that there are still a few residents who choose to put their own spin on certain issues, which unfortunately keeps inappropriate rumors circulating. I ask that residents personally read each of the Fact Sheets provided to them to obtain accurate information. I also ask that residents not rely on the inaccurate and incomplete information propagated by a small group of residents.

In order to keep an open channel of communications between the residents and management of the Home, I have asked my staff to set up a series of individual FOCUS groups to allow residents to further voice their concerns and recommendations on issues. These groups will be limited to 20 individuals per session and will be hosted by various members of my staff and/or the staff of the Director, AFRH-Washington.

The purpose of these sessions is to "hear" directly from the residents what their issues are and to solicit any recommendations they have. AFRH-Washington residents will have the opportunity to discuss subjects of their choosing. Interested residents can participate in these FOCUS groups by placing their name on a sign-up sheet located in the Recreational Services area beginning August l, 2003 (residents can check with Laura Fogarty if they need assistance locating the sign-up sheet). The first FOCUS group meeting will be held on Thursday, August 7th and the second FOCUS group will be held on Thursday August 21st. Sign-up sheets will list exact times and locations for each of these two sessions. Residents who sign up for a session will receive a reminder notice prior to the session.

Again, thank you for your desire to obtain accurate information and for being involved with the issues which face the Washington campus. Please know that I remain committed to ensuring that the AFRH is available to each of the Home's current residents for many years to come, as well as future generations of American Heroes.

And, for our Gulfport residents, my staff is currently working on setting up a similar series of meeting which will allow Gulfport residents to voice their concerns and offer recommendations. Gulfport residents will be notified separately of dates and times for meetings to be held on the Gulfport campus.

Timothy C. Cox

Residents packed into the Scott Dining facility recently to listen and asked questions about AFRH-W.

GULFPORT NEWS

Office of the Director

"This is the best duty station I've ever had," remember those words? The choice to serve and the responsibility to travel to the destination yielded a great opportunity "to make life what I wanted it to be." After months of planning, preparation and anticipation, where we were going is now where we are. Obviously your role of active service to our nation is historical, the partnering between us (the military services and you) continues. Your election to reside in the AFRH-G community where each person can enjoy a life of vitality in your maturing years forms our mission. The staff, advisory board and I join contractors, other government officials, the community and other supporters to offer the best range of "life giving" services. Hence, today's stewardship practices of the AFRH-G and the residents form the sound foundation for serving future deserving soldiers, marines, sailors, airmen and coast guardsmen. We will continue to become stronger and more capable of delivering housing and advocating for health care as work to maintain currency in our daily operations. We will continue to gain AFRH-G fitness through continuous refinement. We will continue to grow capability by coordinating the use of existing resources that are programmed for our elders from others. We help you maintain your independence best when our role of advocacy matches your individual need. Thank you for selecting us to convey our gratitude for your service to our country. Tell your friends to come early and stay forever!

Van Dyke Named Deputy Director in Gulfport

By Doug LeMere (G)

Lt. Col. Wendy Van Dyke, USAF, accepts the challenge as deputy director for the AFRH-Gulfport in August 2003. The new deputy director comes to us from Brooks City-Base, San Antonio, Texas, where she served as Chief, Drug Testing Division. Previous assignments were: Lackland AFB, Texas, Tyndall AFB, Fla., and one of her most memorable assignments, the White House Medical Unit, Washington, D.C. Van Dyke was assigned to the White House Medical Unit during the Clinton administration from 1993-1996, and enjoyed the opportunity to travel and meet such dignitaries as Pope John II.

Working in healthcare and particularly geriatric care is not new to our new deputy director. "I've spent a lot of time in nursing homes and with assisted living care," she said. "I enjoy helping others and look forward to working with the staff and residents in Gulfport."

Lt. Col. Van Dyke is married, has four children and is a strong believer in striving for balance in life (work, family, religion etc.). She believes the most important resource in any organization is the human resource.

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Change of Command & Retirement

By Doug LeMere

Tropical Storm Bill tried to put a damper on the Change of Command and retirement ceremony July1st. Plan "A" was to have an outdoor celebration with ceremonial gun salutes, a huge stage, tents, chairs, water supply stations - the works. After six months of preparations, Plan "B" brought the ceremony indoors.

Captain Jack Zink retired from military service after serving the navy for over 24 years. He was relieved from command by Captain Jerald Ulmer, with Admiral William Fallon, Vice Chief of Naval Operations as the retiring officer and guest speaker.

The ceremony was held in our theater, which was filled with many guests, residents and staff. Master Chief Danny Duval was the Master of Ceremonies and really did a great job in keeping the ceremony flowing. Mr. Cox delivered the welcoming speech and introduced Adm. Fallon.

Captain Jack was piped over the side in the main lobby for all to witness. The ceremony then moved into the ballroom for a wonderful reception coordinated by the recreation staff and the folks from food ser-

Right to left: Captain Jerald Ulmer relieves Captain Jack Zink during the recent Change of Command Ceremony.

WASHINGTON NEWS

Office of the Director

Effective communications result in success, efficiency, and cohesion within any organization. The AFRH continues to take tremendous strides in that regard. Consolidating communications channels via one newspaper rather than two is the latest innovation to that end. You (our Residents) realized the importance that a newspaper name conveys and that very message was emphasized by your participation in the contest to choose a name for our publication. I wish to personally congratulate the Residents who submitted the winning name -- Mr. Henry Haladyi (AFRH-W), Mr. William Call (AFRH-G), and Mr. Holly Hayes (AFRH-G). Congratulations for submitting "AFRH Communicator" as the name for our new newspaper! It is an ideal choice.

Over the past several months, we've experienced some of the normal turbulence associated with organizational change and restructure. Reducing the size of a work force is difficult and painful, but necessary. I am confident that in due time we will have worked through all the scenarios and will ultimately achieve the best possible outcome for our community. I urge you not to allow the uncertainty of the future to overshadow the great strides we are making in improving the services to our Residents. We are all here because we have a vital role in supporting the AFRH mission and the vision. I am very proud of the AFRH-W staff for maintaining a superior level of performance in spite of the challenges associated with change. The confidence I have in you remains absolute as you continue to accomplish our mission and fulfill our commitment to each Resident.

Much has been said about the "One Process Model." The bottom line is that this initiative will ensure the long term financial stability of AFRH which will ultimately improve the services (and levels of service) for our Residents. The AFRH senior leadership team has been working excruciatingly hard to keep costs down, generate new sources of revenue, provide outstanding and cost-effective services, and, most importantly, respond to your priorities -- such as the pending hire of a full time dental hygienist. Other improved services are in various stages of planning and implementation and you can be assured that every decision made is with the expectation that it will, either directly or indirectly, improve the well being of each member of this community.

Soares Assumed Duties as the Deputy Director of the AFRH-W

CAPT (s) Paul Soares, who has been selected for promotion to U.S. Navy captain, replaces retired U.S. Army Brig. Gen. James Hennessee who retired June 30, 2003. Soares hometown is Chester, Penn. He graduated from the U.S. Naval Academy in 1983. At the Naval Academy he was a stand-out athlete who was Defensive Captain of 1982 Navy Football Team and was also selected as Defensive MVP for 1983 Hula Bowl.

Upon commissioning, he was assigned as Operations Officer on board a mine sweeper and later transferred in the Civil Engineer Corps. His assignments include Naval Mobile Construction Battalion Four LOCATION,Yorktown, Va., MacDill Air Force Base, Fla., Guantanamo Bay and Jacksonville, Fla.

CAPT (s) Soares holds master's degrees in engineering from the University of Florida and national policy and strategic studies from the Naval War College.

His decorations include the Defense Meritorious Service Medal, two Navy Meritorious Service Medals, two Navy

Commendation Medals, Joint Service Achievement Medal, Humanitarian Service Medal, and various unit commendations.

He and his wife Kathleen have two children Charles and Christy.

Director of AFRH-W Announces Retirement

The Department of the Army has approved the Voluntary Retirement of Colonel Arnold Smith. During his tenure as Director, COL Smith has placed a high priority on maintaining and enhancing Armed Forces Retirement Home - Washington (AFRH-W) standards for services to Residents and employees.

He will step down from his duties as the Director in mid-September 2003. "Being a part of the AFRH-W family has been exhilarating, a joy, and a great opportunity. It has been an absolute honor to serve the distinguished veterans and retirees, and to work shoulder to shoulder with the dedicated employees of the AFRH-W community. This is indeed a highlight as I close this chapter of my life with nearly thirty years of military service." stated COL Smith.

HEALTH NEWS

Staying Steady On Your Feet

You've seen it happen all too often to friends and relatives - they lose their balance, fall and break a hip or another bone. Occasionally, they end up in a nursing home.

Your balance is good, but is there something you can do to keep it that way? You don't want to find yourself in a similar situation.

Physical activity is one of the best things you can do to help prevent falls. Activity helps promote balance and coordination. Certain exercises also can help you maintain your balancing skills. Of course, there's no guarantee these measures will keep you from falling. But they can significantly reduce your chances for a spill.

Losing balance with age

A number of things can affect your sense of balance as you age. A vision problem or a condition such as Parkinson's disease or arthritis can make you less secure on your feet. Side effects of medications are another common cause of imbalance. Additionally, as people age, they often become less physically active. When you don't use your muscles, you lose the muscle strength needed for balance.

Begin with the basics

Almost any activity that keeps you on your feet and moving is helpful in maintaining good balance. One of the best balance builders is walking. Walking keeps your leg muscles strong. The less you walk, the more you begin to "unlearn" the basic skill of balance. You also become less able to catch yourself when you make a walking mistake, such as tripping. Use good walking shoes and avoid hazards, such as ice.

Practicing some basic exercises also can help you maintain your balance and coordination. You can do these exercises as often as you like. They're designed to get your arms and legs moving in unison. They also help stimulate muscle and nerve communication that you rely on for coordination and balance. Studies performed at Mayo Clinic, Rochester, MN, indicate that balance training helps the muscles that support your ankle in a way that improves your stability.

Building better balance

One of the best "braces" you can give yourself is your own muscle strength. The stronger the muscles that surround a joint, such as your knee, the more stable the joint.

Going through the motions

In recent years, a gentle form of ancient Chinese martial arts called tai chi (tie-chee) has gained attention as a method for improving balance. Tai chi is known to build stamina and promote relaxation.

The art consists of a series of graceful movements that resemble ballet in slow motion. Tai chi experts say it helps balance by improving stance and teaching you how to turn your body more slowly.

The best way to learn tai chi is through an experienced instructor. Classes are often available through health clubs, martial arts schools, and community and senior centers. Look for a class that's geared to your age group or activity level, and do only those movements you feel you can safely perform.

If attending a class isn't possible, you can also rent or purchase videotapes on tai chi. Again, look for those geared to your age and skills.

Use 'em or lose 'em

A sense of balance is something you develop when you're young. But if you don't use your balancing skills, you can lose them. Staying physically active and exercising can help keep you steady on your feet as you age.

If you're having problems with your balance, talk to your doctor before beginning any type of exercise program. Your doctor can determine if there's something specific causing your imbalance and advise you on exercises or activities to avoid.

Physical therapy, with feedback from a physical therapist, also may help improve your balance.

Exercise For Healthy Aging

Ponce de Leon did more to stay young by searching for the Fountain of Youth than he ever could have had he actually found the mythical waters. Regular physical activity can help keep you healthy, strong and flexible. It can also help reverse some of the physiologic changes that otherwise come with aging.

"Our physiology does change as we age, and that's OK," says Edward Laskowski, M.D., co-director of the Mayo Clinic Sports Medicine Center, Rochester, Minn., and a specialist in physical medicine and rehabilitation. "The good news is that we can compensate for those changes by integrating exercise or activity into our life. When we do so, we can preserve a high quality of life as we grow older." Changes that come with aging include loss of:

Lean muscle tissue
Aerobic capacity
Flexibility
Balance
Bone density
Cognitive functions, specifically the speed of your memory

Regular physical activity can prevent and in some cases reverse some of these changes. It can also help prevent many conditions associated with aging, such as coronary artery disease, high blood pressure, stroke, diabetes, depression and some cancers.

Staying active also often helps if you have an activity-limiting condition - such as arthritis or osteoporosis - that impairs your ability to perform important daily activities such as driving, walking up stairs and lifting groceries more comfortably.

RESIDENTS CORNER

Welcome Home

New Residents at AFRH-G

In order to get this newsletter in to the Washington, D.C. office so that our articles can be combined with the publication there, we will show the new residents in the periods from 15th to 15th. Since the deceased residents are posted in the main lobby, we will not include those.

The following residents have joined us in this period:

Mitchell Mingus USN
Brenham, Texas
Louis D. Bean USA
Morton, Ill.
Herbert C. Sanders USN
Waveland, Miss.
Kenneth W. Phipps USMC
Engelhard, N.C.
James F. Peterson USN
Dothan, Ala.
Walter Moore USN
Neptune Beach, Fla.
Herman Stumpf USN
Milton, Fla.
Milton Spurney USN
Pensacola, Fla.
Richard Purchner, Jr. USMC
Pass Christian, Miss.
Richard Murray USAF
Wichita Falls, Texas

New Residents at AFRH-W

David Anderson USAF
Orlando, FL
Arthur Capizzi USAF
Buffalo, NY
Nicholas Civetti USAF
Newton, MA
Edmund Crump USAF
Brockton, MA
Richard Fitch USMC
Minn/St. Paul. MN
Marjorie Grigonis USN
Malden, MA
Thomas Hancock USA
Hollywood, FL
John Hart USAF
Columbus, KY
Frank King USAF
Heavener, OK
Ulyses Pryor USA
Chester, VA
Herbert Sangster USA
Louisville, KY
Charles Skipper USA
Tobyhanna, PA
J.B. Teague USAF
Knoxville, TN
William Titus USA
Vallejo, CA
Paul Tyger USA
Sandusky, OH
Edward Woodberry USA
Mansfield, OH
Benjamin Young USA
Ballston Lake, NY

AFRH-W FINAL RESULTS!

2003 CASINO NIGHT FINAL RESULTS

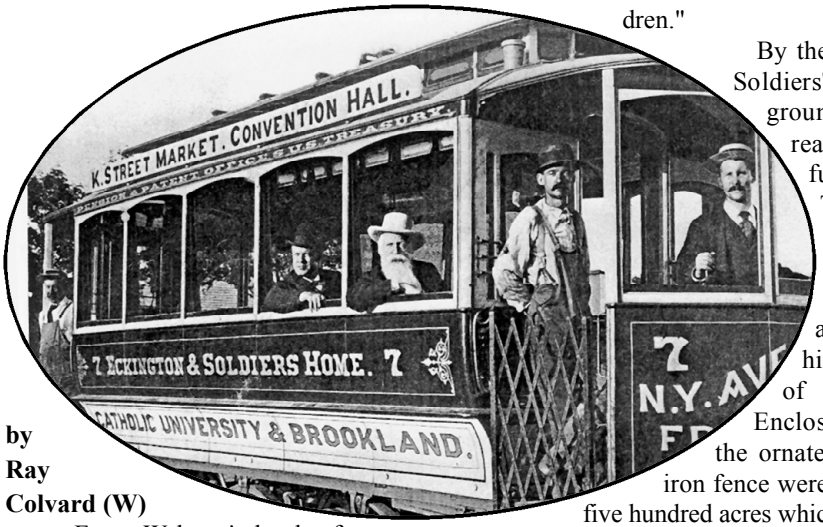
1ST Place-Warren Toogood
2nd Place-Donald Hansen
3rd Place-Judson Wilkins
4th Place-Edmund Aucoin
5th Place-Martin Cody

2003 FISHING RODEO FINAL RESULTS

Longest Fish (22”)-Harry Kaminski 22"
Heaviest Fish (23 ounces)- Harry Kaminski
Most fish caught (66)-Glen Redman
Smallest fish (2”)-Ben Bates

HISTORY

THE SOLDIERS HOME RAILWAY



by Ray Colvard (W)

From Webster's book of word origins I learned that the English word "history" was derived from the Greek term meaning to inquire. This may not imply, however, that one who asks questions is a historian. Even scientific inquiry may not provide the answer one seeks. Some three thousand years ago Aesop described a botched investigation: "Thinking to get all the gold the goose could give, he killed and opened it only to find-nothing."

My inquiry into the origin and operation of the Soldiers' Home Railway was less than satisfactory and led to an assumption that "Soldier's Home Railway" was applied to any railway lines on which one might reach the vicinity of Soldiers' Home grounds.

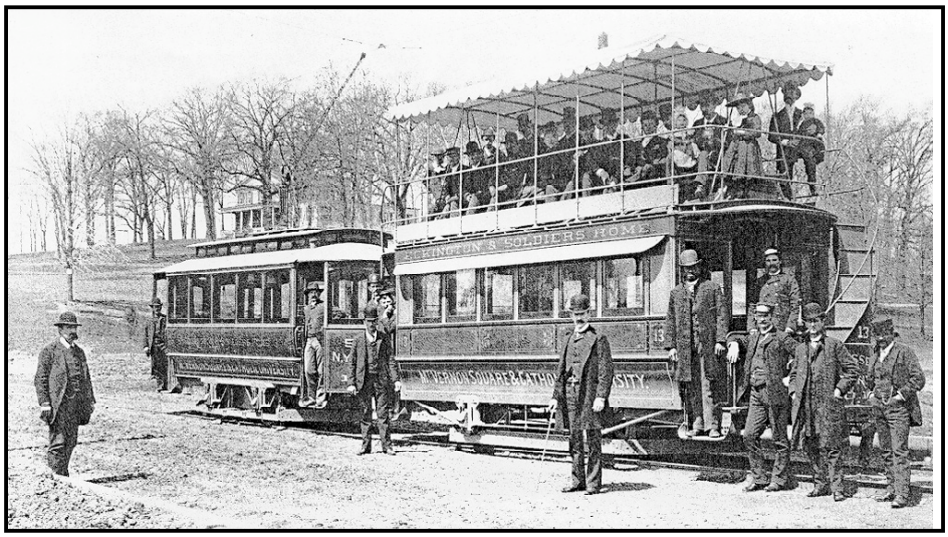
In Colonel Paul R. Goode's history of the Home he describes the railway with just three sentences. "The first trolley line in Washington from New York Avenue to Bunker Hill Road, now Michigan Avenue, opened in l892. Shortly after, A second line was opened from Boundary Street, now Florida Avenue, down Brightwood Road, now Georgia Avenue, which connected to the Home by means of a shuttle car, to the great pleasure of the neighborhood children."

By the l890's the Soldiers' Home grounds had reached their full growth. The perimeter had similar contours of a ham, the hind quarters of a hog. Enclosed within the ornate stone and iron fence were more than five hundred acres which, for more than three decades, Home Boards of Commissioners tried to make into a "City" park as was Central Park in New York.

Grounds were made attractive to encourage visiting by social and political elite, the affluent leisure class. As the l895 Annual Report stated, "The Home grounds were a public park including lawn, pasture, farm and woods, all blended together by nature and artistic design for pleasing a ffect." Newspaper reporters called Soldiers' Home "the city''s "Driving Park".

Northern sectors of the District were prized for development and the increase in population was rapid. Boundary Street, denoting the City's limit, became Florida Avenue. Numerous cities began to make plans for mass transportation of people, Washington among them. One can speculate that Eckington added Soldiers' Home as the name for its railway company to get attention from politicians.

From Leroy O. King's "A Hundred Years of Capitol Traction" one finds that the Eckington and Soldiers' Home Railway of the District of Columbia was chartered by Congress on June l9, l888. The charter called for two and a half miles of track along New York Avenue to Boundary Street. The following year the company constructed a line which extended to Bunker Hill Road. In l990 a further addition was built on North Capitol Street from New York Avenue "to the Soldiers' Home."



Eckington and Soldiers' Home motor and double-deck trailer. Thought to be on North Capitol Street just north of Florida Avenue. Taken about 1891 abut 1891.

A tentative assumption is that the site was the junction of Michigan Avenue and North Capitol Street.

Whether or not this "Home" terminus affected the Home's residents and management is pure speculation. Annual Reports state that four gates were open for visitors daily: at Harewood, Park, Randolph and Rock Creek Church Roads. A look at an l890 map of the area may seem to show the short distances from the terminus to the gates.

A second railway company for the District was chartered by Congress on October l8, l888. Brightwood Railway Company was authorized to build a road from Boundary Street north on Seventh Street and Brightwood Road to the District line. It would appear, from a statement in the Annual Report that the Upshur extension to Second Street was opened in l895. The Street Railway Trackage in the District of Columbia chart is evidence. A resident of Soldiers' Home may have taken the "Home" railways over the District much as today one uses the Metro.

The Eckington and Soldiers' Home Railway name disappeared in 1898. On December 3, l898 fire destroyed the Eckington car barn and most of the rolling stock, including thirty cars. The company was forced into receivership and merged with District companies controlled by the Washington Traction and Electric Company. In 1900 the North Capitol Street line was connected to the Michigan Avenue and Brookland line.

Mr. Bob Cohen of the Washington, D.C. branch of the National Railway Historical Society provided an interesting observation. "The last streetcar from the Georgia Avenue/Seventh Street lines rumbled into the car barn early in the morning of Sunday, January 3, l960 after they took their last spin on various lines with nostalgic fans on board."

Christening of the U.S.S. James E. Williams (DDG95)- -U.S. Navy Aegis Guided Missile Destroyer

By Nancy Littrup (G)

A large number of our residents attended the christening of this ship on June 28, 2003 at Pascagoula, Miss. Many dignitaries were present. These included the Governor of Mississippi, Ronnie Musgrove and the acting Secretary of the Navy Hon. Hansford T. Johnson plus many other officers and friends. The widow of James E. Williams was the sponsor of this event. Reserved seats were especially designated for residents of the AFRH-G. Refreshments followed this auspicious occasion. The following information was given:

James E. Williams (DDG95) is the 45th ship in the Arleigh Burke (DDG51) class of Aegis guided missile destroyers, the U.S. Navy's most powerful destroyer fleet. These highly capable multi-mission surface combatants can conduct a variety of operations, from peacetime presence and crisis management to sea control and power projection, in support of the National Military Strategy.

DDG95 is the 21st Aegis destroyer to be launched and christened of 28 ships under contract to Northrop Grumman Corporation's Ship Systems (NGSS) sector in Pascagoula, MS. NGSS' first 18 Aegis destroyers have been delivered to the Navy. Two additional ships now in construction at NGSS will precede DDG95 into the fleet. The mission of James E. Williams will be to conduct sustained combat operations at sea, providing primary protection for the Navy's aircraft carriers and battle groups, as well as essential escort to Navy and Marine Corps amphibious forces and auxiliary ships, and independent operations as necessary. DDG95 will be capable of fighting air, surface and subsurface battles simultaneously. The ship contains myriad offensive and defensive weapons designed to support maritime defense needs well into the 21st century.

JAMES E. WILLIAMS (DDG95) will honor one of the Navy's most decorated sailors. Boatswain's Mate First Class James Elliott Williams received the Congressional Medal of Honor for bravery and leadership in 1966 while serving as patrol commander of River Patrol Boat 105 on the Mekong River during the Vietnam War.

On October 31, 1966, Williams' River Patrol Boat, along with another boat, was searching for Viet Cong guerrillas operating in an isolated area of the Mekong Delta River. While searching, they spotted two fast speedboats crossing in front of them. As those two boats split, Williams pursued one and sank it, then turned around to go after the other boat. The boat was hiding in an eight-foot canal and Williams knew his boat wouldn't fit. He looked at a map and found a wider canal to use to intercept the boat. However, when he maneuvered towards this canal, he and his crew found themselves under heavy fire from enemy boats and shore batteries. Williams and his crew shot back and continued a fierce battle for more than three hours before U.S. helicopter support finally came.

By this time, Williams' patrol had accounted for the destruction or loss of 65 enemy boats and more than 1,000 troops. Williams retired from the Navy in 1967 and was appointed as U.S. Marshall for the District of South Carolina in 1969. He died on October 13, 1999, in Florence, South Carolina.

-30-

AFRH-W SPECIAL EVENTS

Standing: Carol Mitchell from the Recreational Therapy department not only serves up fish for the residents during the recent fishing rodeo but also baits their hooks!

"You get a line and I'll get a pole and we will all go down to the fishing hole." Raymond Whitelow offers a smile and line and pole down at the ole fishing hole.

Residents laid all the cards on the table during the Annual Casino Night.

Ms. Bernice Goldstein delights the residents and guest with her musically talent during the Fourth of July picnic.

Ed Blaha and his wife enjoyed the music and fireworks on the Fourth of July.

Bob Armstrong and Alice Garrymore show off their dance steps during the July 4th celebration.

AFRH-G SPECIAL EVENTS

Gulfport residents recently enjoyed a cookout and dancing on the patio.

Night Life! Every Friday night resident and friends take to the dance floor in the Ballroom.

Left to right: Ms. Naomi Pointer and Jim Pankey meet with students and staff at Pass Christian High School - during a visit with local high school history students.

This Airman's from Tennessee Air National Guard, rendition of America the Beautiful stirred the soul and brought tears to everyone's eyes.

Ordell Williams plays a beautiful melody inside the reception room.

FAMILY REUNION

Driven By Love

By Fred Fayerweather (W)

The AFRH-W was the setting for an emotional reunion this July when resident Lloyd G. Marcus greeted and hugged his daughter, Kathleen T. Marcus-Williams. With the exception of her 7-day visit in August 2002, he had not seen her for more than 50 years, and the 11-month bonding that ensued was the culmination of a father's lifetime search for the daughter he loved dearly but never had the chance to nurture.

This touching saga began in Teaneck, New Jersey in 1941 when Lloyd was separated from the woman destined to become Kathleen's mother, because of deeply rooted ethnic differences held by her family. He then entered the Army Air Corps, and Kathleen was born a few months thereafter. It wasn't until four and one-half years later that Lloyd saw his daughter for the first time, and then only from a distance. The year was 1946.

Lloyd had by then completed his military enlistment and was attending New York's Julliard School of Music. A military connected hearing injury prevented him from becoming a musical conductor, so he signed up for another Air Force hitch in 1949. His assignment in New York enabled him to see Kathleen on a periodic basis (again, from a distance) until he was placed on six weeks TDY further upstate in 1951.

Upon his return from TDY, Lloyd discovered that Kathleen and her entire family had moved. Little did he realize that he would not to see his daughter again for the next half-century. Lloyd was then assigned to a Syracuse, New York, Aircraft Combat and Warning center in 1952. He completed his enlistment and entered nearby Syracuse University in 1953, only to decide that broadcast journalism was not for him.

Lloyd again reentered the Air Force in 1958, and eventually retired in 1971 after assignments that included New York (his birthplace), Mississippi, Alaska, and Viet Nam. Through it all, his intense determination to “connect" with the daughter he was discouraged from seeing became more and more intense.

Kathleen, meanwhile, was relocated from New Jersey, to Houston, Texas, by the age of 13. " I recall hearing bits and pieces about the dad I don't remember ever seeing," she reflected. "I heard that he had gone to Julliard, but I still didn't know his name." It wasn't until 1970 that Kathleen received specific information about her father, including his name and background. "Once, while listening to a PBS radio feature about the Julliard School of Music, I felt proud of the fact that my dad had gone there," she said.

Lloyd became obsessed with locating and seeing Kathleen following his retirement, but he didn't know where and how to begin the search. As luck would have it, his mother happened upon an obituary notice announcing the passing of Kathleen's grandmother, and that information provided Lloyd with the pivotal starting point for tracking down his daughter.

In 1990, Lloyd entered the AFRH (then, the USSAH) and remained until 1994. When he returned to the AFRH in 2001, his processing-in included a meeting with Dr. Robert Rabinowitz of the AFRH Social Work, leading to Lloyd's hiring of a private investigator to aid in the search for his daughter.

After months and months of reviewing countless data bases, canvassing schools, morgues, public agencies, real estate offices, following dead-end leads throughout the country and spending a significant amount of money, the search came to a successful conclusion when Lloyd located Kathleen in Houston, Texas, and spoke with her on the telephone in August 2002.

"The chemistry was instantaneous," said Lloyd, "and we were amazed at how very alike we both were." The world, for them, was suddenly a very beautiful place.

July 3003 – The AFRH-W was the setting for an emotional reunion this July when resident Lloyd G. Marcus greeted and hugged his daughter, Kathleen T. Marcus-Williams. Lost to him, Marcus found his daughter after a fifty year separation.

A LOOK BACK

If The Grant Building Walls Could Talk What a Story That Would Be!

"A unique solution..." – One very unusual feature of the Grant Building is the large first floor space with its 24-foot high ceiling. The designer's solution? Read on.

By Richard Hyers (W)

This article provides the information that was presented in the tour of the Grant Building conducted on Tuesday, July 15, 2003. Sixty-three residents participated in the tour, which covered the building's features, its history, and its present day situation.

The Grant Building occupies ground that was originally an orchard on the George Riggs property. It was designed in the Renaissance Revival style by the Baltimore architectural firm of Baldwin and Pennington, a firm that had also designed institutional buildings in Baltimore and Annapolis and on the Catholic University campus. At the time Grant was designed, three buildings occupied the north side of Lincoln Drive: Stanley Hall, the Library Building, and the Sheridan Building. Sheridan stood on what is now the parking lot between Grant and the Administration building, having been demolished sometime after Grant was completed in 1912. The Library Building, which appears on an 1877 map, was reported to have been designed as an officers' bowling alley, but was completed as a library instead after residents and supporters learned of it and objected. It stood on what is now the center walk in front of Grant, and was demolished just before the start of construction of Grant.

Grant is covered in white marble, and while one account says it was designed for another location and donated to the Home, it was actually designed specifically as dormitory and mess hall space for the Soldiers' Home, and its style was intended to be compatible with the Scott (now Sherman) Building. The dining hall could seat 2,400 residents on unpadded stools at long tables, and the mezzanine and two upper floors could accommodate 400 occupants in large squad-type rooms and other multiple-occupant rooms. Before Grant was built, the mess hall was in Sherman North; after the mess hall was relocated, that space became a billiards and game room, then the Post Office and Civilian Personnel Office, and ultimately office space leased to the Corps of Engineers. Before Grant was closed in 1995 its average population in mostly single rooms was 125 residents. It was quite modern when it was built, being equipped with five elevators (two served only the kitchen and basement) and other state of the art amenities. Contrary to one popular story that only the entrance lobby had electric lights, the building had lighting throughout, and had power ventilation. The large community bathrooms in the rear were part of the original design and construction, although they were renovated and updated in the 1940s, at about the time the large freight elevator in the rear was added. Steam for the former kitchen and heating water are provided through piping that runs in the steam tunnel from the heating Plant and the North Converter Room, under Lincoln Drive and the grass area in front of Grant. When it snows the path of the tunnel can be seen where the snow melts. When the Scott Building was constructed in 1954, the mess hall operation was moved out of Grant to Scott, and the former dining hall became the fitness center, with exercise equipment, a shuffleboard, a handball cage, golf swing cages, basketball, and even a six-lane bowling alley and a lighted tennis court.

One very unique feature of the Grant Building is the large first floor space with its 24-foot high ceiling. The plaster beams

Continued on page 14

Above: Many of the "*Asylum's*" early residents walking towards us on the wide sidewalk from the Grant Building after a meal.

VETERANS NEWS

VFW Considers Funding Inadequate for Veterans Health Care

Washington - Officials of the Veterans of Foreign Wars of the U.S. today expressed anger at yesterday's approval of the VA-HUD Independent Agencies Subcommittee appropriations bill claiming the measure will seriously jeopardize veterans' health care. Take action now!! Join VFW Action Corps to make your voice heard.

The VA-HUD Subcommittee bill, which funds the Department of Veterans Affairs and other federal agencies, provides only a $1.4 billion increase over last year's funding level for veterans' health care. VFW officials point out that inflation alone will absorb that meager amount.

According to the VFW, the House and Senate passed budget resolution--the official congressional spending road map--provides a $3.4 billion increase as necessary for timely veterans' health care. For the Congress not to appropriate this amount is a clear betrayal of the assurances made to America's veterans by the House Republican leadership.

The VA-HUD bill includes a proposal to increase co-payments for prescription drugs as well as collecting fees from some veterans for provided medical care.

"Congress is asking some veterans to directly pay or offset the cost of their care. The VFW has always opposed using the dollars collected from veterans and their insurers for non-service-connected care in place of appropriations. This marks the first time that such funds would directly take the place of appropriated dollars," said VFW Commander-in-Chief Ray Sisk.

"The House leadership has deceived us. For months the veterans' community has been assured that fees would not be included as part of the VA funding package. Now we look at this appropriations bill and see that fees will be used to raise revenue. It is another instance where veterans--not the federal government by way of appropriating money--will be paying for their earned health care," Sisk said.

"We are outraged by this appropriation bill since VA projects that 1.1 million veterans will either be pushed out or not even bother trying to access VA health care," said Sisk. "Already, we have hundreds of thousands of veterans waiting six months or more for medical appointments. This bill will compound the problem."

GRANT BUILDING

Continued from page 13

on the ceiling are mostly decorative, and the designer's solution to the great span across the Dining Hall space was to suspend the upper two floors from the large steel roof trusses in the attic. That way smaller beams could be used in the upper floors. The large decorative plaster covers were added to the beams in the first floor ceiling so that people would feel comfortable seeing large beams.

In the 1980s the Trust Fund income was high enough to allow planning for significant capital improvements. These included major renovation of the dormitories and addition of central air conditioning. Since the addition of private bathrooms resulted in a reduction of the overall number of rooms in Scott and Sheridan, the plan that was adopted included renovation of Grant. The renovation of Grant would have added two whole floors of new rooms in the fitness center, with a new floor at the level of the balcony. (The balcony is said to be a replica of one in the cadet dining facility at West Point.) In preparation for the renovation, the bowling alleys and fitness center were relocated in 1994 to new facilities constructed between the wings of the Sheridan Building, along with the PX, which was relocated from Scott. Before the renovation plans were completed however, the cost estimate prepared by the architect-engineer firm turned out to be excessive, and the project was not constructed.

By 1995 the population of the Home and the income to its Trust Fund had been reduced to the point where it had become uneconomical to continue to operate all its buildings. At that time all the resident rooms in both the Grant and Sherman Buildings were closed as a cost savings move. Since then Sherman South has been developed as the Headquarters building (fulfilling the intention of a 1970s renovation), part of Sherman North has been leased to the Corps of Engineers, and ongoing attempts have been made to lease the vacant Grant to another Government agency. Only recently, with the assistance of the Baltimore District Corps of Engineers Real Estate Office, have these efforts borne fruit with the potential lease of Grant to a charter school. In the meantime, a setback occurred this past winter when a portion of the decorative marble parapet wall on the front of the building was dislodged by the record amount of snow. When it fell, some of the stones landed on and crushed one of the ornate cast iron light stands at the entrance (cast by the same foundry that made the eagles at Eagle Gate). Efforts are under way to correct the damage. As indicated recently by the Chief Operating Officer, the Home will retain ownership of the Grant building and the land it sits on when it is leased, and the Home will derive income for the Trust Fund.

WWII Veterans May be Eligible for One More Medal

WASHINGTON - World War II veterans who earned the Combat Infantry Badge or the Combat Medical Badge are eligible to receive another award to honor their heroism, the Bronze Star. Twenty-two Bronze Star Medals were awarded in a small community in Goshen, Ind., last month. A few were given posthumously, but most veterans were able to enjoy the moment with family and friends.

After the tears stopped flowing for veteran Lovell "Buzz" Burdette, he began his acceptance speech. He thanked all 15 of his family members who attended the event in the local Veterans of Foreign Wars. From his son to his great-granddaughter, 85-year-old Buzz repeated the words "thank you" through shivering lips. "It was a very emotional moment," said Ronald Burdette, Buzz's son. "Receiving the Bronze Star Medal was just a tidbit of an award for a man that is as amazing as my dad," Burdette said. "He endured much and showed immeasurable honor, courage and commitment."

Exactly what Buzz's heroic acts are is unknown to his family because he talks very little about his experiences during the war, according Burdette. "He was proud to serve, and he talks about some of his buddies, but he didn't come home bragging about taking other people's lives."

In 1947, the Bronze Star Medal was authorized for all of those who earned a Combat Infantry Badge or the Combat Medical Badge, according to Army regulation 600-8-2, Military Awards. The medal was designed to honor the infantrymen who endured the greatest hardships and the medics who accompanied them on the front lines, officials said.

When the son of a World War II veteran was restoring lost copies of his father's record, he found out from the National Personnel Records Center out of St. Louis that his father was one of many who had never received the Bronze Star Medal.

John Piecuch, a Vietnam veteran, said he was surprised to find out that his father, Stanley Piecuch, was eligible for the medal. Moved that his father died without knowing he had earned the award, Piecuch spearheaded the drive that got due recognition for 22 others in the small county. "These men are proud, not boastful, and I wanted as many men as possible to get the honor they deserve," Piecuch said.

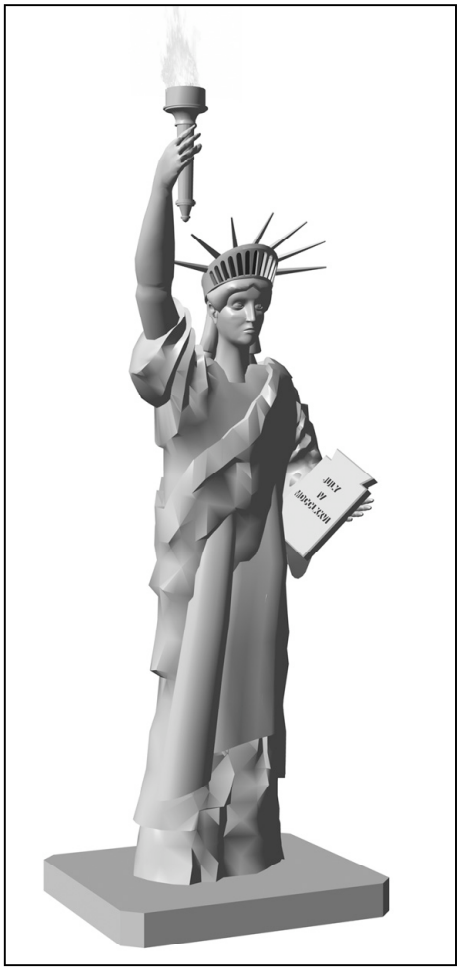
The chaplain for the local Goshen VFW, Piecuch put announcements in the local newspapers stating that he was looking for veterans who had earned the CIB. He started his pilgrimage in February and said that from the time he started to the event in June, two veterans died before they could be honored.

"It's sad that there are thousands of veterans who don't know that the Bronze Star Medal is automatic as long as their discharge papers states that they received the CIB, Piecuch said. "Out of the 22 men we honored, only three knew they were eligible."

Officials from the National Personnel Records Center say that they don't know how many veterans are eligible for the medal or who still have not received the award, because a massive fire in 1963 destroyed most of the official military personnel files from World War II.

Piecuch believes that there are thousands, maybe tens of thousands based on the number of eligible recipients from the small town of Goshen. "There has to be more out there that deserve recognition," Piecuch said. "They went to war and quietly came back home, went to work and built this country."

The 18 men from Goshen, along with two sons and two widows who accepted the medal on their loved ones behalf, received the Bronze Star Medal with their names engraved on the back and a photocopy of a congratulatory letter from President George W. Bush and another from his father, former President George Bush.



RESIDENT'S DESK

Piano Recital by Cameron Dennis

By Nancy Littrup (G)

A remarkably talented 12-year-old grandson of Byron Dennis, (Editor of the Home Port) entertained many on Saturday, June 28 in the reception room here at the AFRH-G. Cameron was very much at ease as he played a number of intricate pieces by many composers. His selections ranged from syncopated pieces to classical favorites including patriotic selections, many from memory. He played for approximately 35 minutes without stopping. I'm sure he enjoyed playing for us as much as we enjoyed having him. Bravo to Cameron and a big thank you. We all hope he will return soon and give us another concert. A bright future awaits Cameron, we are sure.

Joe's Casino

By Joe Salerno (G)

For as long as I can remember, I always wanted my own casino. Today, with a lot of hard work and a little luck I now have my own casino. I call it Joe's Gambling Casino. No fancy name for me. I let people know up front that my casino is for gambling only. I give nothing away free. I have a lot of nice people coming into my casino, but every now and then here comes a man or woman who causes casino owners to spend millions on security. I have a hundred stories that I would like to tell you about the unusual happenings in my casino, but first let me tell you about this story which will give you a perfect example of my high intelligence.

Before I became a casino owner I was driving a cab in Brooklyn. One night a beautiful blonde got in my cab, and when I say beautiful I mean beautiful all over. She told me that she wanted to go to a night club about five miles away, so we started out. About half-way there she said,"Cabbie, I have no money to pay the cab fare." With a disgusted look on my face I asked, "What do we do now?" She said, "Why don't you come and sit in the back seat with me?" I thought about it and said to her, "Honey, if I sit in the back seat with you, who is going to drive the cab?"

Letter of Appreciation

By Bob Corff (G)

As a resident of the AFRH-Gulfport, I took the advantage of recovering in the Long Term Care Unit after both operations - on each leg. Each operation was separate - that is, one healed and then the other.

The point of this letter is not the operations, but the care and kindness I received each time in LTCU. I have had several major operations in my time, in both military hospitals and civilian. Never did I experience the care; the kindness mixed with human feelings and professionalism as I did during my stay in recovery.

I can only say that I blame this wonderful behavior of the staff and everyone connected to the supervision and desires of the people in the Long Term Care Unit. I want to thank you and shall always feel grateful to all the people in LTCU for my successful and enjoyable recovery. God Bless.

Code 7 - Taking Care of People

By Charles Martin (G)

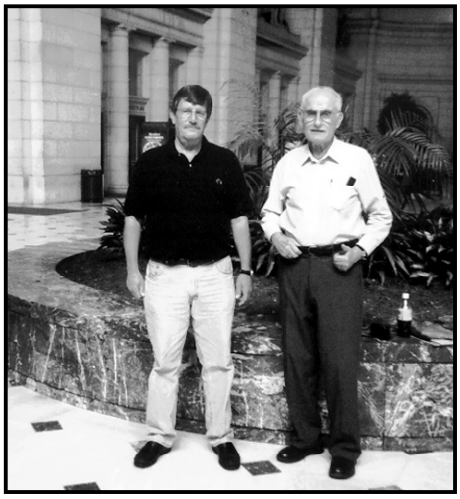
A belated "Thank You" to the Code 7 Team.

On 9 April, 2003, I had a lung collapse in the main lobby of the AFRH-Gulfport. Everyone, including myself, thought I was having a massive heart attack. The Code 7 Team quickly responded and treated me with great care until an ambulance came to take me to the Gulf Coast Medical Center. It was determined that my right lung had collapsed and it wasn't a heart attack. I just wanted to thank the Team for a Job "Well Done

Special words from Admiral Fallon

Admiral Fallon expresses thanks to residents and staff with the Navy Band in background at the reception for the change of command and retirement ceremony.

Two Veterans Meet After 40 Years!



Norman Godfrey met with Jerry Bick at Union Station in Washington, DC,. The two military buddies met 40 years ago while on tour in Pakistan and again then in Germany. Norman is a resident of AFRH-W and Jerry makes his home in Ohio with his family.

RESIDENT PROFILES

Walking Your Post Into Your Nineties

by George Lynch (W)

The perimeter fence that surrounds the 360-acre Armed Forces Retirement Home in North West D.C. is a familiar sight to 90-year old Retired Marine William (Abby) Abernathy. The fence is a sight that he witnesses every day, (with few exceptions) as he maintains his fitness walk through life.

Abernathy who joined the residents at the AFRH-W, in May of 2001, was within a month or so of his 88th birthday. After settling into his new home, Abby was checking out the facilities when he noticed a sign in the window of the Fitness Center Office that explained a Walking-Program The program, put in place to motivate the residents to exercise, ,promised a patch for 100 miles completed , a T-shirt for 500 and a Jacket for a 1,000 mile trek. Abby signed up for the program in June of that year and in less than 7-months had picked up the patch, the T-shirt and earned the 1000-mile jacket.The retired Marine (he retired from the Corps in 1956), is pretty well known by the residents, employees and Security personnel, as he wears a Campaign hat (also known as the Drill Instructors hat) on all his patrols. He was a Marine Drill Instructor in the 1940's. In addition to his strolls around the AFRH-W he is a member of the Coffee Safari, three Residents who search for good coffee shops close to the METRO in the District.

Abby had completed 5000 miles by July 10th, and is preparing to celebrate his 90th birthday in August. This averages out to approximately174 miles per month. He will take a vacation that month in Florida with one of his sons and celebrate the 90 years with family. He also has a son in DC currently with EPA, and they get together usually once a week for a meal and family sharing.

Abernathy completes 5,000 miles on the grounds of AFRH-Washington!

Abby sets no specific goals except living each day and maintaining a healthy lifestyle, both physically and personally. He is very active in the Faith community of the Armed Forces Retirement Home. He takes seriously the responsibility of helping his neighbors at the home and volunteers on a regular basis in the Inter-Faith activities and programs here.

So the best to Abby as he sets an excellent example of taking care of \yourself, by putting one foot in front of the other to maintain a balance in health both physical and spiritual.

Profile of Raymond Spencer

by Nancy Littrup (G)

Raymond was born March 17, 1911 in California. During his long life he has done many things related to his artistic talent. He was 30 when he entered the Navy, serving 20 years plus time in the reserves. Before and after that time he learned to be a ballet dancer, as well as a designer of ballet costumes. Once when he was working in New York City he met a night club singer named Della Baird. She asked him to design dresses for her. He worked up a long line of portfolio of gowns that were exotic and outstanding for the year 1936. One is pictured. She had a male dressmaker who made them for her from his drawings. He also designed matching wigs in all colors.

Later Raymond taught art in the Los Angeles school system. He was also a window dresser for many years for both the Robinson's and Sears stores in L.A. Raymond was acquainted with many movie stars during the 30s and 40s. His cousin was Vincent Price. Ray's outstanding contribution to our home here in Gulfport is a beautiful stained glass window in our chapel that depicts Jesus standing back of many white crosses that commemorate those soldiers that lost their lives in many wars.

He also makes intricate cutouts from colored papers and layers them one over the other (sometimes 5 layers) and graciously gives them to any who ask. He is always cheerful and a respected member of our retirement home.

A
Must Read

Ms. Mississippi Senior Pageant 2003

By Nancy Littrup (G)

The Ms. Mississippi Senior Pageant was held here at the AFRH-G on July 12. Eighty people filled our theatre for the competition between two very talented ladies. The two contestants came to our community to be judged by three local personalities for their talent, personality and stage presence. Each state has a representative to be a contestant in the Ms. Senior America pageant held in Reno, Nev. later this year.

The first contestant, Ms. Gladys Hughes, is 79 and a resident of Carriere, Miss. She grew up in Hastings, Neb., graduating from high school in 1941. She served in the U. S. Coast Guard SPARS. She received her BA degree from the University of Nebraska and MA degree from Baylor University in Waco, Texas. During her 30 years of teaching speech and drama, she was selected the La. Speech Coach of the Year and the Jefferson Parish, Teacher of the Year. Gladys has written 3 novels, as well as a children's book entitled "Clown in the Box." Gladys' family includes her husband of 58 years, two children, a daughter-in-law, and four grandchildren. She also enjoys theater, traveling, writing and golfing.

The second contestant, Ms. Gloria Kay is 63, and a resident of Diamondhead, Miss. She received her BA degree from the University of Southern Miss., and her Master of Education from La. State University. She is a former assistant professor and dance director of Nichols State University, past director and choreographer of the LSU "Golden Girls" and assistant director of the nationally known "Dixie Darlings." Gloria has held the titles of: Ms. Washington Parish, Top Model of Louisiana, International Model of the Year, as well as Mrs. Bayou State. Gloria was also chosen Mrs. Louisiana 50's, Beauties of America pageant system. Gloria is the mother of 2 children, Traci 38 and Sheree 32.

Ms. Gladys performed an original comedy skit called "There is a Tavern" in which she portrayed an old scrub woman lamenting her lot in life.

Ms. Gloria danced to a musical composition called "Swamp Boogie." She wrote both the music and lyrics.Both contestants appeared later in evening gowns and stated their philosophy of life to the pleasure of all in attendance.

The competition concluded with Ms. Gladys Hughes selected as Ms. Senior Mississippi for 2003. We wish her the best of luck as she travels on to Nevada representing the State of Mississippi.

A Little Internet Humor

Gulfport submission

In ancient Israel, it came to pass that a trader by the name of Abraham Com did take unto himself a young wife by the name of Dot. And Dot Com was a comely woman, broad of shoulder and long of leg. Indeed, she had been called Amazon Dot Com. She said unto Abraham, her husband, "Why doth thou travel far from town with thy goods when thou can trade without ever leaving thy tent?"

And Abraham did look at her as though she were several saddlebags short of a camel load, but simply said, "How, dear?" And Dot replied, "I will place drums in all the towns and drums in between to send messages saying what you have for sale and they will reply, telling you which hath the best price. And the sale will be made on the drums and delivery made by Ukiah's Pony Stable (UPS)."

Abraham thought long and decided he would let Dot have her way with the drums. The drums rang out and were an immediate success. Abraham sold all the goods he had at the top price, without ever moving from his tent. But this success did arouse envy. A man named Maccabia did secrete himself inside Abraham's drum and was accused of insider trading. And the young men did take to Dot Com's trading as doth the greedy horsefly takes to camel dung. They were called Nomadic Ecclesiastical Rich Dominican Siderites, or NERDS for short.

And lo, the land was so feverish with joy at the new riches and the deafening sound of drums that no one noticed that the real riches were going to the drum maker, one Brother William of Gates, who bought up every drum maker in the land. And indeed did insist on making drums that would work only with Brother Gates' drumheads and drumsticks. Dot did say, "Oh Abraham, what we have started is being taken over by others." And as Abraham looked out over the Bay of Ezekiel, or as it came to be known, "eBay", he said "We need a name that reflects what we are." And Dot replied, "Young Ambitious Hebrew Owner Operators."

"YAHOO", said Abraham. And that is how it all began.

JAVA-JIVE

On Safari Again, in the District

by George Lynch (W)

After my Cross-country COFFEE SAFARI, it feels good to only travel in hours rather than days and nights. This Safari will include two routes to your destination, one will be full trip by Metro Bus and the other a combination of both. You will also have the opportunity to visit the World famous center of Arts, "The Kennedy Center" and also have coffee in the much talked about Watergate Complex. Ed Stites was working so"Abby" Abernathy joined me for this safari.

Remember that Metro Fares have gone up and you will need to have the coins for the bus and your pass for the train. Also, if you take only the Bus, you will travel for less, than if you take the combo of both bus and train. So let's get the Safari Started.

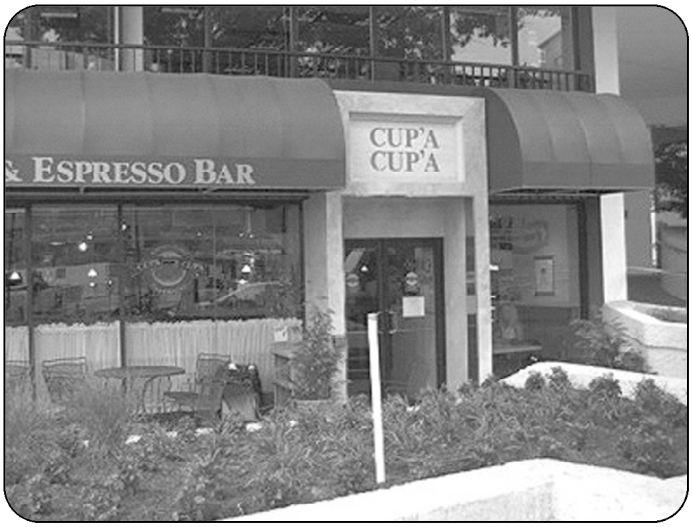
Out the Eagle Gate and take either the 60 to Ft Totten, or the H8 to Brookland station (BE SURE TO GET A PAPER TRANSFER WHEN YOU GET ON THE BUS) and then if you are bussing it, you will pick up the #80 bus at either station. Just show your transfer. If you are going to utilize the METRO train, then you will take the RED LINE to METRO CENTER and then transfer to the BLUE or ORANGE line. Get off at the FOGGY BOTTUM/ GWU stop.

After leaving the Metro Station you can walk to the Kennedy Center or take the free Shuttle bus outside the station.(It runs during the season). The walk is only a few blocks down New Hampshire Ave. Now if you took the #80 Bus you will end up about 1 block closer.

When you get to KENNEDY CENTER you will be amazed at the size and the beauty of both the exteriors and interiors of the edifice. They have guided tours running all the time and it is the way to go. The tours are free and well presented. There are also dining areas located in the center, but after the tour, Abby and I decided to find a Coffee Shop outside the center.

That is when we heard the magic word: WATERGATE! Just outside the Kennedy Center and across the street is the famous and sometimes infamous "Watergate Complex". Yes the very same building that was the undoing of President Nixon. Now you might say why would we looking for a coffee shop in that high-class joint? Well we were told that in the bottom level there is a Coffee Shop called the "Cupa-Cupa", and that is where we ended up. "Cupa-Cupa" is a medium-sized shop with both indoor and outdoor seating in a garden type area. The view at the present time is pleasant, and the cafe has a reputation for good coffee, so the Ab and I got 2 cups and went outside to sit and enjoy. Then I got the bright idea to bring our coffee down the street and across to the banks of the Potomac. And that is what we did. Just a short walk and there we were sitting on the benches along the river front. Lots of joggers around the noon hour and a few boats and a couple of rowing craft with crews of 8 plying the river. An ideal setting to enjoy what we considered an excellent cup of coffee. Abby and I were there in April and the river was pretty muddy, (because of all the rain) it should be much clearer now and the action will have picked up. This is a fun trip and believe me the Kennedy Center is a super visit.

Bon Voyage!



Lincoln Retreat Brought to Life on Canvas!

Mr. Warren Helm is one of many talented artist at AFRH-W