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Winds of War

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Per: 1

Post-Traumatic Stress Disorder can be triggered in any moment by a memory, smell, sound, and image. It can often lead to alcohol, drug abuse, and domestic abuse. *All Quiet on The Western Front*, by Erich Maria Remarque takes place behind the German lines of the Western Front during WW1. All the young men in this novel volunteered to be soldiers in the war. *The Things They Carried* by Tim O'Brien describes all of the things the men in their company both physically and mentally in this novel during the war. The autobiography *A Long Way Gone*, by Ishmael Beah is about young boy who unwillingly becomes a young soldier during a civil war in Sierra Leone. All of these books describe the different ways PTSD affects each man in the war differently and how they are triggered to certain situations.

In *All Quiet on The Western Front*, Paul Braumer is a young 19 year old German soldier during WW1. Paul is a kind, compassionate, and sensitive young man. Joining the war along with others Paul experiences warfare it causes him to detach from himself and his emotions. In chapter four describes the psychological changes that go on between Paul and the other soldiers. Paul says, "We march up, moody or good-tempered soldiers—we reach the zone where the front begins and become on the instant human animals. Pg.56" They cease themselves to become men when they approach the enemy line. Paul later on gets called in to the Orderly Room. The Company Commander gives Paul a leave pass. He gets 17 days and three days traveling to go back home. When Paul is finally home it feels as if he no longer belongs there. His mood starts to change when he arrives and sees his mother. Paul says, "I cannot

“speak a word, my sister’s call has made me powerless, I can do nothing, I struggle to make myself laugh, to speak, but no word comes, and so I stand on the steps, miserable, helpless, paralyzed, and against my will the tears run down my cheeks.” Paul forces himself to think that the way he is feeling is okay and no one should worry about it. He tries so hard to fit into his surroundings at home. Paul’s mother starts to ask questions on how Kemmerich died. Paul has a sudden outbreak in his mind that he is yelling at his mother. Paul’s patience runs short by the detailed questions she asks him. Braumer said, “Ah, Mother, Mother! Why do I not take you in my arms and die with you. What poor wretches we are!” In this novel the author describes Paul’s experience having difficulty with his moods when he returns back home on leave. The author portrays Paul Braumer’s moods as angry, frustrated, and annoyed.

In “*The Things They Carried*,” by Tim O’Brien he describes what everyone in this novel carries during the war both physically and mentally to help them get through it. The psychological problems the men carry during and after the war continue to define them of what & who they will become. In the chapter “*Love*” Jimmy Cross visits O’Brien at his home in Massachusetts. Jimmy Cross admits they he never forgave himself for Ted Lavender’s death. Jimmy said, “It was something I could never forget.” Out of all of the men Norman Bowker went through the hardest PTSD symptoms after the war. “*Speaking of Courage*” was written in 1975 and suggested by Norman Bowker, who three years later hanged himself in the locker-room of a YMCA. Norman Bowker wrote a long letter to O’Brien describing the problem he had of finding a meaningful use for his life after the war. Norman Bowker had five jobs and none of these jobs lasted more than 10 weeks. He even tried enrolling into college but sadly it only lasted 8 months. Bowker had a hard time trying to fit back into society and finding a purpose to

live. His emotions went from self-pity to anger to irony and to guilt. Norman Bowker tries to talk about what he is feeling both mentally and physically. But there is no way he can put his experiences into words. O'Brien was hoping that "*Speaking of Courage*" makes good on Norman Bowker's silence. For O'Brien he is trying to convey that each of these men had a different way on how they showed and experienced PTSD symptoms.

In the novel "A Long Way Gone," by Ishmael Beah he was born in Seirra Leone in 1980. The first time he was touched by war was at the age of 12. He witnessed families being shot and killed by the rebels. Beah witnesses a mother running with her child strapped onto her back that was shot and killed and she never noticed. Later that night Beah says, "I dreamt I was shot in my side and people ran passed me without helping, as they were all running for their lives. I became afraid, since I could no longer tell the difference between dream and reality." Just by witnessing this Beah is experiencing PTSD by being traumatized by what he has seen and it is causing him to have vivid dreams. Months later Beah was sent to a special center that helps him fit back into society. He was there for about 8 months. A young woman named Leslie told him he was going to be reinstated into a normal society. Beach was sent to live with his uncle and his cousins. Ishmael said, "I was worried about living with a family. I was worried about what to do when my nightmares and migraines took hold of me." When Ishmael would try to think of moments he had with his family he couldn't remember. Those memories were replaced with flashbacks from the war when he would see death and drug intake in order to be emotionally numb. People who are showing PTSD symptoms often turn to alcohol or drug abuse. They often do it in order to numb the pain or gain some control of their troubles in their

lives. When Ishmael went to the rehabilitation center he often asked for drugs because he felt so out of place without them.

Michael A. Parker is a Vietnam Veteran. Parker enlisted in the United States Marine Corps on July 22nd, 1968 just right after he graduated high school. Michael A. Parker's rank was Lance Corporal. Parker wasn't ready to attend college. Michael's father and uncles had severed in the military so he thought it felt right to enlist. Michael was sent to Paris Island in South Carolina for boot camp. He described boot camp as very hard and sleepless nights. He had learned to take each day at a time patiently to get through it all. Michael learned how to use certain military artillery during his time in boot camp. He had very tough drill instructors that helped him get physically and mentally prepared for war. During boot camp he had fractured his ankle and it delayed him from graduating it was about an additional three weeks. Michael also did additional training in North Carolina and California. When he was sent to Camp Pendleton, California Michael learned how to climb up and down mountains to prepare himself in Vietnam. Once he graduated from boot camp he was sent to Okinawa, Japan.

Michael A. Parker was in Okinawa, Japan for about a week. While he was there Michael had gotten his orders to be sent to Da Nang, Vietnam. When he landed in Vietnam he described the weather as warm dry climate. His first job assignment was a night cook and did it for about a few weeks. Michael was based on Head Quarter Company north of Da Nang. After he completed this job his second job was to be sent to the mailroom. It was 7 day a week operation. His duty was to deliver all the mail to the men on that base. It was a popular and important job until some of the men received Dear John letters or received bad news from his

family. One man actually had shot some of the men up because of the bad letter he had received from home and it was while they were on patrol. I honestly would have been scared out of my mind to be a witness of that situation because those men were just waiting for letters from their loved ones. Michael's first couple weeks in Vietnam he had experienced combat. They got hit up on the alpha line and they took down the American flag down from the communication tower and replaced it with the Vietnam flag. When he wasn't in the mailroom and actually experiencing some combat his duty was a machine gunner. I honestly would have been so nervous and angry to see the enemy taking down the American flag and replacing it with their own. But it would have been an eye opener for me because it would teach me to keep alert of my surroundings. During his interview when Michael would describe moments while he was in combat his body language would change.

Michael A. Parker was discharged on February 8th 1970. He went back to Okinawa, Japan so they can help him bring him back to normal. He referred to as rehabilitation. Michael and other men were assigned regular jobs like cooking in the mess hall, picking up garbage, or mowing the lawn. Once he was going home back to the states he Michael had to fly back in uniform. He landed in Chicago and it was a big surprised because people gave a lot of respect. To him it was strange feeling but he adapted quickly to the civilian life. Michael's first civilian job was a firefighter Chief for 24 years in West Hartford. Michael A. Parker earned his bachelor's degree in college and used the GI Bill for both his education and his job. I never knew that once you get out of the military that they would send you to rehabilitation to adjust back to society by assigning you different jobs on base. I was surprised that under the GI Bill

you are able to use it for your education or a job. I never expected for someone to have such difficulty to explain what they went through and how their mood or body language change.

https://youtube.com/watch?v=-8TLd1R_ZhA



Jeffery Lucey

Artist: Matt Michael

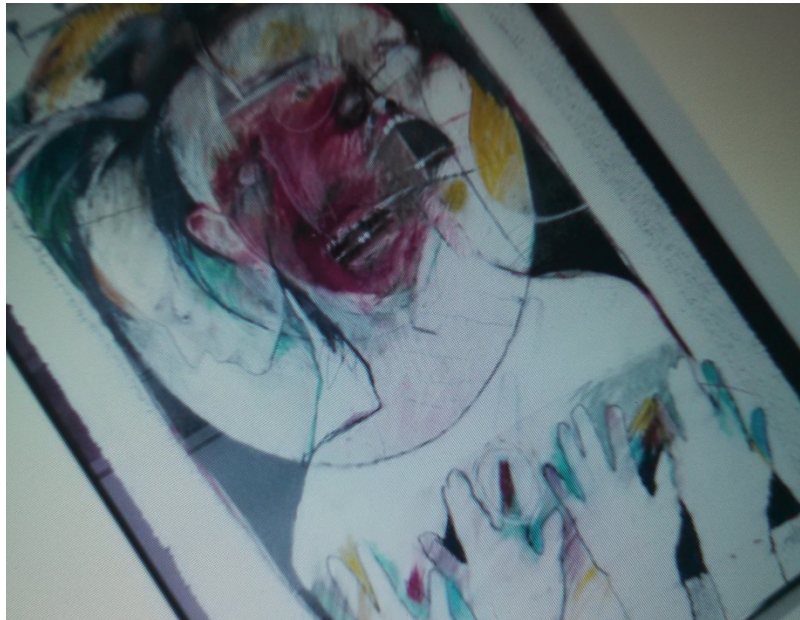
"Year of 2005-2007"

Found: National Veteran Art Museum.

The piece that caught my attention had a dark greyish background. It was a painting of a man that had served in the military. In this painting he looks happy. But I think the background it makes the painting seem different in my perspective. The greyish color to me tells me that his life was dark and wasn't easy. He went through too much. The color describes the mood that he felt on a daily basis. I think what this artist was trying to convey is the two different moods this man was feeling from the military and civilian life. In this painting this young man is wearing a Skivvy shirt. The name of this

painting is Jeffery Michael Lucey who served in the Marines. Jeffery suffered from post-traumatic stress disorder and took his own life because of this.

Just by looking at this piece that can't be put into words is because deep down we really don't know Jeffery's story on why he suffered from PTSD. Jeffery's heart was swallowed by sorrow and pain he slowly day by day fell apart. The color of the background of this painting is two different feelings that are so indescribable that Jeffery feels both in the civilian and military life.



Artist: Rick Bartow

“Year 1970”

Found: National Veteran Art Museum

The artist Rick Bartow is depicting my topic PTSD by the colors and the multiple personalities it is describing in this painting. The color red for example is expressing anger or frustration Rick was feeling during Vietnam War. The focal point of this painting is that all these multiple personalities are trapped in Rick's body. He can no longer be normal. Rick feels as if he was trapped in his own body and there is no way to escape. Behind the face of this painting is dark and depressing. The background of this

painting is describing Rick's reality. Just by looking at this photo Rick is screaming for help but no one seems to be listening or care about his problems and feelings.



Artist: Unknown

Title: Unknown

"Year 1900"

War Photography book

In this photograph this young soldier is frightened by his surroundings that he can no longer handle. He seems emotionally drained. In this photograph this soldier may be suffering by paranoia by always worrying who's around him.

What I knew before I took this class is that Vietnam was an undeclared war fought against French and Americans. I also knew that the Vietnamese enemies were seen as ghost like movements because there was so much forest for them to hide in. The Americans couldn't always clearly identify their enemy. Innocent civilians in Vietnam were caught right in the middle of it. 2 ½ million Americans fought in the Vietnam War. What I learned during a discussion during class is that many of the American soldiers were not greeted warmly when they came home. They received very disrespectful greetings and some of the soldiers got spit on. I didn't know that a lot of the soldiers out in Vietnam used a lot of drugs during the war. It was widely available out in Vietnam. I learned that many of them used the drugs to calm their nerves before or during when they would fight. A big thing I learned that's important is that many soldiers who come home from wars suffer from PTSD and some of them take their own lives because of it. After leaning more information about VA hospitals wasn't all that good because some get mistreated badly or they don't get the care they deserve.

I did my own research on how certain VA hospitals are operated. A woman named Sharon Helman, the face of the Veterans Administration scandal, finally got caught for what she has done. It took seven months to fire her. Sharon and other managers were accused of manipulating waiting lists, lying to veterans, and still collecting money from them. They made the veterans suffer while they had major needs like PTSD and physical problems.

Post-traumatic stress disorder (PTSD) is a really important to talk about. My reason for choosing this topic is that many soldiers/ veterans don't really notice they have this. Not many family members or loved ones don't know how to react to this when their soldier comes home. Many people don't also know is that a soldiers/ veteran's PTSD could be triggered to a certain situation. People who suffer from PTSD often suffer from the lack of sleep, suffering from nightmares, flashbacks, anger, and feeling emotionally numb.

What I would do to teach/ inform about this topic is first having them understand what PTSD is. I would have them do research on the symptoms of PTSD so they can be aware of what is going on with their loved one. For an enlistee that's going to join into the military the best thing to do is always try to keep yourself busy or at lease someone on your base. If an enlistee feels as if their problems are getting worse or trying to seek help visit a psychiatrist on base to seek professional help.