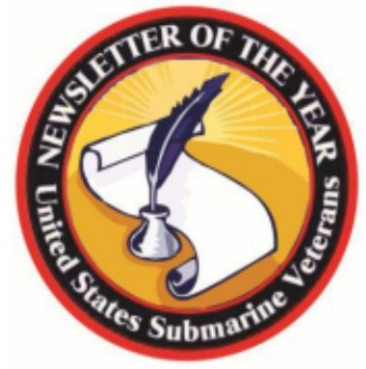


Piedmont Periscope



Piedmont Periscope

January 2014

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USS S 36 (SS 141)	January 20, 1942
USS S 26 (SS 131)	January 24, 1942
USS ARGONAUT (SS 166)	January 10, 1943
USS SCORPION (SS 278)	January 5, 1944
USS SWORDFISH (SS 193)	January 12, 1945

USSVI Purpose/Creed

Our Purpose: "To perpetuate the memory of our shipmates who gave their lives in the pursuit of duties while serving their country. That their dedication, deeds, and supreme sacrifice be a constant source of motivation toward greater accomplishments. Pledge loyalty and patriotism to the United States of America and its Constitution."

In addition to perpetuating the memory of departed shipmates, we shall provide a way for all Submariners to gather for the mutual benefit and enjoyment. Our common heritage as Submariners shall be strengthened by camaraderie. We support a strong U.S. Submarine Force.

The organization will engage in various pro-

jects and deeds that will bring about the perpetual remembrance of those shipmates who have given the supreme sacrifice. The organization will also endeavor to educate all third parties it comes in contact with about the services our submarine brothers performed and how their sacrifices made possible the freedom and lifestyle we enjoy today."

Lost Boats for January



"Sailors, rest your oars"

CO's Stateroom— Carolina Piedmont Base Commander Steve Bell



I do hope everyone had a good Christmas and got the New Year started off in a good way. I am sure we can all do without the new weather of this year. As most of you know, if not all, that we lost two of our members last month. Ed Erb and Rudy Hernandez went on eternal patrol. I ask that you keep their families in your prayers. Carolina Piedmont Base was well represented at both of their funeral services.

We still have 14 of our members that have not paid their National dues and 14 that have

not paid their Base dues. These are not necessarily the same 14. Base dues are \$10/year and National dues are \$20/year. If you owe, please get it in. If you are not sure, give myself or Jack a call and we will let you know. If you own National dues and it has not reached National by 31 Jan, you will be dropped from the National roles completely. Get your check into our Base Treasurer in plenty of time for him to turn it around and get the check off to National. Remember, that process takes a few days so that would mean you need to get it to Raymond Z. at week to 10 days before the end of the month. Thank you

for your cooperation. Our next meeting is on the 25th of January. This meeting (as previously put out) will be a little different than in the past. The meeting will begin at 1730 sharp. This is promised to be a short meeting (I have some input on that). It will be followed by the wedding of Bob Bunney and Kathy Wolfe then followed by our meal. If you are bringing food, you can bring it in the VFW around 1700 and selected people will assist in the setup. Part of the issue with our scheduling issue is that the VFW has an event that goes from 1300 to 1700 (not 100% sure on the start time but am on the finish), therefore we can-

not do anything there prior to 1700. Once our meeting is finished, I am going to ask everyone to go out to the bar (or outside if you want) while those selected (and they know who they are) will arrange the place for the next event. The reason is, too much help is not good. There just is not enough room in there for everyone. I ask for all of you to come and also to cooperate with us on this. Again, thank you. All of our newsletters are now posted on the NC Subvets website (www.ncsubvets.org). So if you care to look back on past issues (as well as the current), they are there for you. I think you can figure

Carolina Piedmont Contacts

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Base Chaplin	Raymond Fritz	raysabode@bellsouth.net	803-831-7235
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Coordinator			
Newsletter Editor	E. Dale Moses	editor_periscope@att.net	704-248-7610

out how to find them. Patch (the webmaster from the Tarheel Base) made so simple that even I have no trouble finding them. Thanks to Patch for his efforts. By the time you read this, we will have completed our 2013 season of the Bilge Rat Productions. Thanks to all who had any part in this effort. It was a real blast. We are already starting up for the 2014 version. Moe has worked up a Hee

Haw type skit. It looks like it too will be a lot of fun. Keep your eyes out for items that might be useful for the Bilge Rat Production. Let Moe know and he will tell you if he can use it. We can always use wigs, suitcase (for transporting items), and of course, talent. I look forward to another good year for Carolina Piedmont Base. Believe it or not, but each of you has a part in our success and good times. Obviously some do more than

others, but everyone's situation is not the same. We appreciate each part that each of you play in this, large or small, it all helps us be what we are. I hope to see each of you to at least one meeting this year. There are some of you I do not recall meeting (of course that might be an age problem on my end). We would love to have you at our meetings. Have a good year.



When did this Flag fly in Our Nation's History? Find out on Page 8. Did you know that no US Flag has ever been retired? All are still "legal" Flags to fly and represent our Country.



XO's Stateroom — Vice Commander Jack Jeffries

CAROLINA PIEDMONT ROCKS-The month of December was a sad one for our base, we had two members that departed on Eternal Patrol, Medal of Honor recipient Rudy Hernandez and WWII and Silver Star recipient Ed Erb. Members of our base attended both funeral services. They will be sadly missed.

The Month of January is starting out on a brighter note, at the meeting we will be honored to have a

wedding Base member Bob Bunney and Kathy Wolf will be joined in marriage by National Chaplain/Base Chaplain Ray Fritz, all members are invited. We will have a BRIEF meeting starting at 1730 followed by the wedding and reception.

A quick note about membership, we still have members who have not paid their National or Base dues. If the National office does not receive your dues by January 31 you will be dropped from the USSVI roster. That means no more American Submariner magazine and very limited access to the National website. National

dues are \$20. and Base dues are \$10, please send check yesterday to **Raymond Zieverink, 3003 Lakeland Dr., Rock Hill SC 29730**, make check payable to **USSVI Carolina Piedmont Base**.

Sorry for the brief monthly report but my desk top is toast and I am typing this on Lady J's Laptop that I don't get along with. - Jack

Machinery One — Mike Hubbell, Base Secretary**Carolina-Piedmont Base Minutes****For December 14, 2013**

There are no minutes for December since that was only a Dinner meeting with VFW Post 9138.

The Supply Shack- Jeff Nieberding

Carolina Piedmont Jackets are still available to order, several members have ordered theirs already. USSVI vests are also available to order thru the SK.

Patches, the SK is now able to order patches from BC Patch LLC at wholesale prices. This is usually \$2 - \$3 less per patch than we normally see. Let the SK know what you need.

You may have heard of "Wreaths Across America". Paul and Sandra Myers participated in the laying of the wreaths at the Houston National Cemetery, even away from their base they participate. This also shows the grave of Paul's brother-in-law who was a Navy veteran.



Chaplain's Corner - Ray Fritz, National Chaplain



Ray Fritz, Base Chaplain

Phone 803-619-1121

Cell (New) 803-497-2965

JANUARY in the year of our Lord Two Thousand and Fourteen...



Where did 2013 go? I am reminded of the words of Lewis Carroll (*Alice in Wonderland*)

"The hurrier I go, the behinder I get!"

Life happens while we are busy doing other things. The New Year, even though it really is only a change in the calendar, does nevertheless give us the idea of new starts and new opportunities to make positive changes. I pray that 2014 will be a good year for

all of you.

Genesis tells us that it was God who made the signs, and seasons, and days, and years.

Genesis 1:14-19 NKJV
Then God said, "Let there be lights in the firmament of the heavens to divide the day from the night; and let them be for signs and seasons, and for days and years; ¹⁵and let them be for lights in the firmament of the heavens to give light on the earth"; and it was so. ¹⁶Then God made two great lights: the greater light [Sun] to rule the day, and the lesser light [Moon] to rule the night. He made the stars also. ¹⁷God set them in the firmament of the heavens to give light on the earth, ¹⁸and to rule over the day and over the night, and to divide the light from the darkness. And God saw that it was good. ¹⁹So the evening and the morning were the fourth day.

The Psalmist wrote:

Psalm 5:3 NKJV
My voice You shall hear in the morning, O LORD; in the morning I will direct it to You, and I will look up.

The Old and New Testaments of the Bible are

full of answers, promises, and loving guidance. The best news of all is that we are offered words of hope, His outstretched hand of comfort, and the promise of God's unfailing word.

Perhaps you have heard this story before but consider it once more.

Once there was a wealthy man whose son preceded him in death. The rich man had a photo of his son [some say painting] whom he loved very much. When the rich man died, his belongings were gathered to be sold at auction. The auctioneer said that the first thing they would auction was that picture. But no one did on it. They were waiting for everything else...

When no one would bid on the photo, the auctioneer explained that the man's will stated that the picture of his son had to go before anything else could be auctioned. Finally, one man said, "I bid a dollar."

The auctioneer said, "A dollar... going once, going twice... sold for a dollar!" Then he said, "Now this auction is closed."

Everybody got upset, but the auctioneer explained. In his will the wealthy man had determined that whoever bid on the photo of his son would also receive the entire estate.

The point is this... what are you looking for? When you find it will it make any difference? What are you striving for? When you achieve it will it really make any difference, Jesus said:

Matthew 6:33-34 NKJV
But seek first the kingdom of God and His righteousness, and all these things shall be added to you. ³⁴Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

You see, whoever gets the Son of God – Jesus Christ – gets everything else.

Genesis 1:14-16 NKJV
Then God said, "Let there be lights in the firmament of the heavens to divide the day from the night; and let them be for signs and seasons, and for days and years; ¹⁵and let them be for lights in the firmament of the heavens to give light on the earth"; and it was so. ¹⁶Then God made two great lights: the

**To contact Ray for your Chaplain needs —
 Chaplain Ray - raysabode@bellsouth.net**

greater light [Sun] to rule the day, and the lesser light [Moon] to rule the night. He made the stars also.

Before I go, a couple of other items:

1) Tomorrow (Jan 9) I am having surgery to fix an umbilical hernia. It is day surgery and, God willing, I will be OOC for only a few days.



Philippians 3:13-14 *No, dear brothers and sisters, I am still not all I should be, but I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven. (NLT)*

Damn the torpedoes, Full speed ahead! (Admiral David Glasgow Farragut, 1864)

Chaplain Ray and Diana



Bob Bunney and Tom Kelly marched in the York Veteran's Day parade.

Not sure if they are in step, but they grew-up on a submarine so what can you expect?

Thanks Bob and Tom!

From the COB - Rick Petitt

1) At our next meeting we are going to have a wedding for Robert 'Bob' Bunney and Kathryn Mary Wolf. I hope you will be there to celebrate with them!

There are needs in our Subvet family. The New year brings new challenges to us all. Keep Hal and Dee Rutter in your prayers as Dee recovers from her fall and as Hal tries to be with her.



As I sit here on New Years Day and look back at 2013, all I can see are the past 3 weeks. The last 3 weeks of 2013 were the hardest weeks of the year. We lost Ed Erb, our beloved WWII sub veteran and one of my best friends. Also Rudy Hernandez, our Medal of Honor associate member passed away in eastern North Carolina. Dee Rutter fell and at this moment

is recovering from broken ribs and a broken collarbone at a rehab facility in Rock Hill. My friend Larry Bennett, a WWII skimmer friend who I have worked with for 14 years is in a rehab facility recovering from a broken hip/femur bone. He is 86. It reminds me how fragile life really is. One second you are here.....the next you're gone. I for one want to start 2014 taking nothing for granted. Life for all of us is a gift and we should not waste a sec-

ond of it. Tell your family, your friends, your wife and everyone you know how much you appreciate them. Don't waste time and energy on negative thoughts or words and live your life as if it is your last day.

"Live as if you were to die tomorrow. Learn as if you were to live forever."

— Mahatma Gandhi

Rick Petitt, COB

Holland Club Member in the Spotlight— Ron Hatley



This month's Holland Club member in the spotlight is Ron Hatley, ET1 (SS). Ron lives in Troutman, NC with his wife of 3 years, Diane Neese. Ron lost his second wife in 2008 due to illness and his first wife of 21 years back in 1981 after an automobile accident. His first wife was his Navy wife and holds a special place and is the mother of Ron's two children, now in their forties. Ron grew up in eastern Stanley County near Albemarle, NC. After high school, Ron's father took Ron to the local cotton mill and found Ron a job. Ron worked in the cotton mill for about two years before deciding that was not the life he wanted and decided to join the Navy in 1960.

Ron must have performed well on the entrance exams, for he was selected for ET school after boot camp. While in "A School", Ron heard of the Nuke 9901 program and again was qualified. He also chose submarines for

the pay, food, and the talk of the comradely. So off to Sub-School Ron went.

Back then, Adm. Rickover wanted only qualified submariners in his nuclear program, so Ron first went to the aboard USS Sea Leopard SS483, to earn his Dolphins.

After qualifying submarines, Ron was off to Nuclear Power School in good old Bainbridge, MD, a place many of us older nukes remember well. After about six months of "book learning" and theory there, it was off to Naval Nuclear Prototype Training Unit in Ballston Spa, NY at the S3G prototype to learn the "hands-on" of operating the nuclear plant. Many of us remember that phase also. You never forget that "\$20,000 education shoved up your butt a nickel at a time."

Ron was now off to the USS Von Steuben SSBN632, new construction in Newport News. But first leave to marry Peggy, Ron's first wife and the mother of his two children.

Ron finished the construction, shake-down, missile shot, and several

patrols. During his next to last patrol he received a family gram stating that his son had been born.

He had missed the birth. That did not set well with Ron or his wife. They discussed the facts. Ron decided he would stay in the Navy if he could get shore duty after his next patrol. When he could not, he and his wife decided it was time to get out. Ron wanted to go to college and get a degree. Ron did just that. He attended college and obtained a degree in Business Administration.

During his last year he heard someone talking about the credits one could get for their military service. This interested Ron and he traced this information down. After applying, with all of the nuclear and other navy schools, Ron had more than enough credits to now graduate.

Ron found a job as a salesman for a outdoor advertising firm. Later Ron, would sell advertising time for three different radio stations in Charlotte. Ron is now retired and travels with wife when they can, since Diane is a tax consultant and still enjoys working. Ron is looking forward to

Diane retiring so they can do some more traveling, possibly to Alaska. He says he is a "Happy Grandpa" and enjoys his grandchildren.

Thanks Ron for your contribution to the Submarine Force. We know that you taught someone along the way, just as others taught you; and for that we Thank You.



Year End Treasure's Report

Since there was no official minute for December, Ray Zieverink requested that this be include in this issue:

Treasurer's Year End 2013 Report

Kaps4kids	\$2,490.67
Memorial restoration	\$552.50
Scholarship	\$23.00
General Base Fund	\$4,467.38
	\$7,533.55

Wanted—Newsletter Editor

Well, I've been your newsletter editor for about 4 years now. Just like an office within the Base, it's time for someone else to take their turn.

I've had a great run as your editor and before that, editor of the Steel Valley Dolphin, in which we won Newsletter of the year in 2008, the year before I moved down here.

I been writing newslet-

ters since 1996 when I started with a quarterly for American Legion Post 95 back in Missouri.

The last few issues have been a struggle to get out and I don't think they are up to the standard as some of our others. It seems that I have just lost the "drive" and just go through the motions now to put one out.

It's not fun anymore. Someone else needs to take it over. I will gladly

show someone the "ropes". What I do is not hard. I was not very good in English in school, but Mr. Gates and his Word spell and grammar checker helps me out greatly.

It's time for the Periscope to surface, overall, and dive again. I'll try to continue on, at least for a while, but right now I feel like I standing port and "re-port" watches. Just a little "burnt-out" - Moe(SS)

Answer to the Flag Trivia:

The 34-Star Flag: This Flag became the Official United States Flag on July 4th, 1861. A star was added for the admission of Kansas (January 29th, 1861) and was to last for 2 years. The only President to serve under this flag was Abraham Lincoln (1861-1865).

**January
Meeting
Jan 25th**

Meeting at 1730

**Wedding of
Kathy Wolfe
and
Bob Bunney
to follow shortly
after the
meeting**

Then Dinner

New members

It's a new year - let's get some new members!

Binnacle List

Dee Rutter

Ray Fritz

Judy Hickerson

Jack's Computer

January

Bill Widell	1/01
Donald W. Eggleston	1/03
Gary Mitchell	1/26
Perry Blake	1/30

Happy Birthday



“An ignorant person is one who doesn't know what you have just found out.”- Will Rogers

HAPPY ANNIVERSARY to:

January

Carolyn and Charles Cross	1/1
Jay and Mickie Wellwood	1/4
Barbara and Jim George	1/9
Anna and Joel Tuchfeld	1/18
Marlene and Gary Mitchell	1/26



SubVettes—President Sandra Myers

Hello Sassy Sisters,
Hope you had a Happy New Years and will continue thru the rest of the year. Paul and I will not be at January's meeting we will be cruising to the Caribbean so sorry to miss you all and we are sorry we will miss the wedding of Kathy and Bob but we do give our congratulations. You know what you have signed up for the dinner/

reception so please follow thru. We will be drawing for our secret sister for 2014. Glenna will take care of this in my behalf. Carol will get mine as I want to participate too. We have so much sadness that has happened since our last newsletter with the loss of Ed Erb (Pop Pops) and our Medal of Honor Rudy

Hernandez my prayers are with the families. We also have several sick and need our prayers the ones I am aware of are the Rutter's , the Fritz's, and Judy Hickerson. If I have forgotten someone please let me know. Prayers do work. I have been passing out stars to our heroes and I have some very emotional reactions.



I hope to see you soon take care and God Bless you and America. - Sandra

Sweet & Sour Peanut Sauce

Use this sauce to dress noodles or vegetables. This amount is enough for coating 1 pound of spaghetti, linguine, or fettuccine.

2 cloves garlic, peeled
1/2 cup smooth peanut butter
2/3 cup cilantro
2 tablespoons rice vinegar or cider vinegar
1 tablespoon plus 1 teaspoon reduced-sodium soy sauce
2 teaspoons honey
3/4 teaspoon hot pepper sauce
1/4 teaspoon salt

In small saucepan of boiling water, cook garlic about 2 minutes to blanch. Drain. Transfer garlic to blender or food processor. Add peanut butter, cilantro, vinegar, soy sauce, honey, hot sauce, salt, and 1/2 cup of water and process until smooth.

VETERANS NEWS

by the RAQ Bulletin

**Deadline for the
next issue of the**

**Piedmont
Periscope**

will be

February 13th.

**Please have all
items to**

Moe(SS) at

Editor_periscope@

Att.net

by then.

Your Veteran News From the RAQ Bulletin

Obit | Rodolfo P. Hernandez ► 21 Dec 2013

Editor's Note: Rudy was a member of the Carolina Piedmont Base. If you were at the Burnsville event, the last year we were in Spruce Pine at the "old schoolhouse", then you may have met Rudy that year. I believe it was 2010. – Moe(SS) Army veteran Rodolfo P. Hernandez, 81, who earned the Medal of Honor for heroic actions while stationed with G Company, 187th Airborne Regimental Combat Team near Wontongne, Korea, May 31, 1951, died Dec. 21 in Fayetteville, N.C. The son of a migrant working family in rural California, Rodolfo "Rudy" Hernandez enlisted in the U.S. Army at age 17 and was stationed in Germany before being sent into battle, where 54,200 American Soldiers perished in the Korean War. Hernandez

and his platoon were among the first to be sent to battle on Hill 420.

His 11th and final airborne operation involved Hernandez jumping from just 600 feet above ground, into the enemy's lair behind the North Korean capital. "We jumped into the enemy ... Before the jump I felt like John Wayne," Hernandez reported in a 2004 interview to The Point, a U.S. Army newspaper in Germany. "By the time my chute opened, I was already on the ground," Hernandez said. "The first round that went over my head was artillery. Afterward I felt this big," he said, holding his fingers about an inch apart. "I knew they meant business." But hope seemed to diminish along with the beleaguered platoon's ammunition, as enemy fire -- mortars, heavy artillery and machine gun bullets -- rained on the soldiers, causing multiple casualties. According to Hernandez' Medal of Honor citation, he and his comrades were forced to withdraw,

but, wounded in an exchange of grenades, he continued to deliver deadly fire into the ranks of his onrushing assailants until a ruptured cartridge rendered his rifle inoperative.

With a head wound and a jammed rifle, Hernandez scrambled to put his bayonet in his rifle and bounded toward the enemy. His charge stymied their advance and enabled his platoon to regain the lost ground. Hernandez killed six enemy troops before losing consciousness after a grenade exploded near his head and blew off part of his skull. Thirty days later, he would awaken in a military hospital temporarily unable to speak or use his arms and legs. In a White House ceremony, President Harry S. Truman presented Hernandez the highest military decoration for combat heroism on April 12, 1952. Hernandez spent his post-war years working for Department of Veterans Affairs, retiring in 1980. He is survived by his wife and three children from a previous marriage. [Source: American Forces Press Service | Amaani Lyle | 23 Dec 2013 ++]



Hernandez poses with members of the U.S. Military Academy Rabble Rousers before taking part in the coin toss Sept. 29, 2013, at Cotton Bowl Stadium in Dallas.

Holiday Blues ► 10 to 30M Americans Suffer Mild Depression

The holiday season offers plenty of opportunities for joy, but for some, the hustle and bustle of the season isn't cause for celebration. For many, it's a source of loneliness, sadness and grief. Just ask Dr. Ron Pekala, biofeedback director and coordinator for research and development at the Coatesville VA Medical Center in Pennsylvania. "People who are prone to depression or have had trauma have expectations about the holidays," says Pekala. "They think things should be a certain way and when they're not, it affects them." Pekala is concerned about how the holiday blues affect his patients. Studies have shown some 10 to 30 million Americans suffer from at least mild symptoms of depression during the holiday season. What sets Pekala apart is that he's not just focusing on depression. Rather, he's interested in helping his patients find happiness. "People can become less depressed but still not be happy. There are two sides at play here—positive and negative. These emotions come from differ-

ent parts of the brain," says Pekala. "Maybe you don't have family around during the holidays. We all have tragedies in our lives, but that doesn't mean you can't find happiness." If you understand happiness and what it takes to be happy, says Pekala, then you can load the dice in your favor. The development of achievable goals can lead to feelings of... increased self-esteem.

Quiet time...a remedy for the holiday blues. It all starts with social interaction, which is what the holidays are about, says Pekala. Relatives from across the country get together and reminisce. Long lost cousins, neighbors and coworkers gather at parties. People talk. They laugh. That laughter generates endorphin release and a feeling of well-being. All these things make a difference in developing happiness and increasing self-esteem, according to Pekala. "It's science," he says. Pekala warns not to hit too many holiday parties though. Science also supports quiet time as a remedy for the holiday blues. We live in a frenetic culture, particularly so during the holidays. There's shopping to do, miles to travel and turkeys to cook. It's fight

or flight most of the time and this leads to exhaustion. Again, science plays a role. The body's parasympathetic nerve system works to calm you down. Sit down and read a book, take a walk, or listen to music and let the world wait a while. And, though it might not fit the image of pecan pies and egg nog, there is always good old aerobic exercise if you want to get a jump on your New Year's resolution. Studies suggest exercise is as effective as Prozac or other anti-depressants on mild-depression. A short stint of cardiovascular stimulation will leave you feeling positive after you cool down. Research has shown that aerobic exercise can lead to new neuron growth, effectively allowing you to remodel your brain with each step on the treadmill. Just make sure you keep the routine up for at least 90 days. Research has shown habits tend to stick better after three consecutive months.

Have something positive to look forward to. Along with helping your mind and your body, a good exercise program can also provide feelings of success and achievement. The development of achievable goals, not just in the gym, but in all walks of life, can lead to feelings of success, competence and increased self-

esteem. Whatever you do to stay happy, the important thing is to have something positive to look forward to every day. "We need hope," says Pekala. "We need positive events to look forward to and that means finding ways to make yourself happy. Developing such positive expectations and perceptions are very important in cultivating happiness and reducing depression." Pekala asks: "Are you going to change the world or are you going to change your perception of the world? Which is easier?"

[Source: VA News | John Crawford, VA Research Communications | 16 Dec 2013 ++]

Cancer Diagnostic Tools ► PET/CT Scan

In order to decipher the working of the body, medical science has come up with many new and advanced medical tests and tools. A PET scan is a modern invention which helps doctors review the functioning of the organs and 61 tissues in the human body. This diagnostic tool uses a radioactive chemical element which is injected into the body and which travels throughout the body. Using this tech-

VETERANS NEWS

by the RAQ Bulletin

nique the internal working of the body can be viewed and the presence of any abnormality can be detected. PET scan is mainly used in research, particularly in the field of oncology, which is the study of different types of cancer.

An Overview of the PET Scan. PET scan or Positron Emission Tomography is a modern medical equipment that helps monitor the human body system functions and any unnecessary development can be detected to the minutest detail. The working of the PET scan is similar to that of the Computer Tomography (CT) and Magnetic Resonance Imaging (MRI) scan. The history of this diagnostic test can be traced back to the 1950s when two scientists Roy Edwards and David E. Kuhl introduced the idea of using emission and transmission tomography for imaging purposes. This concept was further im-

proved and developed by a group of scientists of the Washington School of Medicine and a full-fledged PET scan came into existence. The images captured can be viewed on a computer monitor, with the help of which the radiologist can study the working of the body. This equipment has proved to be a boon to the field of medicine. The cost of this test may vary from state to state and the nature of complaint for which the scan is to be taken. However, on an average a scan can cost anywhere between \$3,000 - \$6,000.

Method and Preparation. The working of the PET scan is not exactly rocket science and is quite simple to understand. Undergoing this scan is painless and causes no discomfort to the individual. However, the preparation for the scan takes a longer time than the actual procedure. Before the actual process, the individual has to undergo a CT scan. The process is carried out under the outpatient department and the duration may depend on the region of the body to be examined. The duration of a full body scan may last approximately for about 2 to 3 hours. Here are some guide-

lines on how to prepare for the scan.

Before undergoing the scan, the individual may be told to follow some directions regarding the test. The test is usually carried out on an empty stomach.

Water may be consumed by the individual. The person should not wear dentures, any jewelry or metal objects as it may prove to be a hindrance and produce vague results.

The individual is told to wear a hospital gown and is made to lie on the scanner table. A radioactive chemical, radiopharmaceutical, is injected into the body. This substance takes about one hour to travel across the body.

Sometimes the person may be told to drink a contrast liquid to get a clear imaging. Once the substance has spread, the table is rolled into the scanner machine,

where the process of imaging starts.

The radioactive element lets out rays which are captured by the camera and transmitted to a computer fitted to the machine. The technician monitors the images and the presence of any disorder can be revealed in places where a bright spot appears on the screen.

- This scan helps detect the functioning of the brain and other organs, blood circulation and also reveal the presence of tumors or cysts. Patients suffering diabetes, heart disorders or who are on prescription drugs should consult the health care provider before undergoing PET scan and radiology. Pregnant women and lactating mothers should not undergo this scan, since radiation can harm the child.

Advancement in technology and medicine has helped doctors across the world to delve deeper into the human body and detect the presence of any abnormal changes, so that appro-

priate treatment can be administered. The PET/CT scan is the Gold Standard for monitoring the effectiveness of treatments and recurrence of cancer before, during, and after initial cancer diagnosis.

[Source: <http://www.buzzle.com/articles/pet-scan-procedure.html> Dec 2013 ++]

Prayer ► What's The Big Deal?

The following, which according to Snopes has been falsely attributed to Andy Rooney, Paul Harvey, and a number of other notables, is appropriate for this time of year. Whether you agree or not it is a good read: I don't believe in Santa Claus, but I'm not going to sue somebody for singing a Ho-Ho-Ho song in December. I don't agree with Darwin, but I didn't go out and hire a lawyer when my high school teacher taught his theory of evolution. Life, liberty or your pursuit of happiness will not be endangered in any way because someone says a 30-second prayer before a football game. So what's the big deal?

It's not like somebody is up there reading the entire Book of Acts. They're just talking to a God they believe in and asking him to grant safety to the players on the field and the fans going home from the game.

But it's a Christian prayer, some will argue.

Yes, and this is the United States of America, and Canada, countries founded on Christian principles.

According to our very own phone book, Christian churches outnumber all others better than 200-to-1. So what would you expect -- Somebody chanting Hare Krishna?

If I went to a football game in Jerusalem, I would expect to hear a Jewish prayer.

If I went to a soccer game in Baghdad,

I would expect to hear a Muslim prayer.

If I went to a ping pong match in China, I would expect to hear someone pray to Buddha. And I wouldn't be offended. It wouldn't bother me one bit.

But what about the atheists? Is another argument. What about them?

Nobody is asking them to be baptized. We're not going to pass the collection plate. Just humor us for 30 seconds. If that's asking too much, bring a Walkman or a pair of ear plugs.

Go to the bathroom. Visit the concession stand. Call your lawyer! Or, just exercise their right to leave this country!

Unfortunately, one or two will call their lawyer.

One or two will tell thousands what they can and cannot do. I don't think a short prayer at a football game is going to shake the world's foundations.

Christians are just sick and tired of turning the other cheek while our courts strip us of all our rights.

Our parents and grandparents taught us to pray before eating, to pray before we go to sleep.

Our Bible tells us to pray without ceasing.

Now a handful of people and their lawyers are telling us to cease praying.

God, help us. And if that last sentence offends you, well, just sue me.

The silent majority has been silent too long. It's time we tell that one or two who scream loud enough to be heard that the vast majority doesn't care what they want!

It is time that the majority rules!

It's time we tell them, "You don't have to pray; you don't have to say the Pledge of Allegiance; you don't have to believe in God or attend services that honor Him.

That is your right, and we will honor your right; but

by golly, you are no longer going to take our rights away.

We are fighting back, and we WILL WIN! "

And:

Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards. One day, they were playing cards when one looked at the other and said, 'Now don't get mad at me ... I know we've been friends for a long time, but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is...' Her friend glared at her for at least three minutes she just stared and glared at her. Finally she said, 'How soon do you need to know?'

You can find the RAO Bulletin at www.veteransresources.org/rao-bulletin/

Lost Boats— USS Swordfish SS-193



USS *Swordfish* (SS-193), a *Sargo*-class submarine, was the first submarine of the United States Navy named for the swordfish, a large fish with a long, sword-like beak and a high dorsal fin. She was the first United States Navy submarine to sink a Japanese ship during World War II.

Her keel was laid down on 27 October 1937 by the Mare Island Naval Shipyard of Vallejo, California. She was launched on 3 April 1939 sponsored by Miss Louise Shaw Hepburn, and commissioned on 22 July 1939 with Lieutenant Chester C. Smith in command.

Following shakedown and post-shakedown repairs at Mare Island, *Swordfish* operated out of San Diego, California, until early 1941, when she set sail for Pearl Harbor. On 3 November, *Swordfish*, in company with three other U.S. submarines, departed Pearl, and on 22 November, arrived at Manila, Philippine Islands. The submarine remained at Manila until the Japanese attack on

Pearl Harbor on 7 December 1941. The following day, she set sail on her first war patrol, conducted off the coast of Hainan, China. After damaging several enemy vessels on the 9th, 11th, and 14th, *Swordfish* sank her initial victim of the war on 16 December. Hit amidships by one of three torpedoes, the cargo ship *Atsutasan Maru* erupted in a cloud of smoke and flames and disappeared beneath the waves. On 27 December, *Swordfish* embarked the organizational staff of the Submarine Asiatic Command Staff at Manila and headed for Soerabaja, Java, arriving on 7 January 1942.

Swordfish departed Soerabaja on 16 January for her second war patrol, conducted in the Celebes Sea and in the Philippines. On 24 January, she torpedoed and sank a cargo ship off Kema, Celebes Islands. On 20 February, she submerged in the entrance of Mariveles, Luzon, only to surface after dark to take on board the President of the Philippines, his family and select high-ranking officers. She departed on the surface about 11:30pm and sailed

through a minefield. She submerged during the day of 21 February, between 6:20am and 6:20pm which caused it to be quite warm, 94F and 92% humidity. She arrived off the coast of San Jose, Panay, Philippine Islands on 22 February at 10pm and they stopped at 2:30am on 23 February about a mile off the coast of San Jose de Buenavista, Antique. Fifteen minutes later they were advised that their launch was approaching. The passengers debarked the sub around 3am on 23 February. The President and his party were transferred to a motor tender. *Swordfish* then returned to Manila Bay and embarked the High Commissioner of the Philippines, arriving Fremantle, Western Australia, on 9 March.

Swordfish got underway from Fremantle on 1 April for her third war patrol, with her primary mission being to deliver 40 tons of provisions to the besieged island of Corregidor. However, Corregidor fell to the Japanese before the mission could be carried out and the submarine was ordered to patrol in the vicinity of Ambon Is-

land. The only ships sighted were beyond effective range, and the submarine returned to Fremantle on 1 May. Departing Fremantle for her fourth war patrol on 15 May, *Swordfish* was in the South China Sea on 29 May where she sank a 1900-ton cargo ship and was in the Gulf of Siam on 12 June where she torpedoed and sank another cargo ship. The submarine returned to Fremantle on 4 July. Although her fifth war patrol, conducted in the Sulu Sea, and her sixth war patrol, conducted in the Solomon Islands, were unproductive, during her seventh war patrol *Swordfish* sank a 4122-ton cargo ship on 19 January 1943. Returning to Pearl Harbor on 23 February, the submarine underwent overhaul until 29 July, when she got underway for her eighth war patrol. On 22 August, she sighted her first target of the patrol, and quickly sent the cargo ship to the bottom, the victim of two torpedo hits. A convoy was intercepted on 5 September, and *Swordfish* damaged a large tanker before sinking a cargo ship. The submarine concluded this pa-

trol at Brisbane, Australia, on 20 September. *Swordfish's* ninth war patrol lasted only three weeks. Shortly after reaching her assigned patrol area, material defects were discovered, and the submarine had to return to port.

On the day after Christmas 1943, *Swordfish* departed for her tenth war patrol, in the hands of one of the Submarine Force's oldest commanders, 42-year-old Karl G. Hensel (Class of 1923), formerly commanding Submarine Division 101. The patrol was conducted in Tokyo Bay. It was plagued with equipment casualties in old *Swordfish*, including radar trouble and electrical fires. On 13 January 1944, she sank 6,921 ton freighter *Yamakuni Maru*, while surviving "heavy—and close—depth charges". The depth charging caused her to lose power in her electrical systems, and when she dived at dawn the next day, she suffered two separate fires and nearly went right to the bottom; her captain managed to bring her back up, where she walked on the surface, only to have a Japanese patrol boat close on her. She regained power in the nick of time and

dived. At around 2200 on 14 January, *Swordfish* detected another ship, and made radar contact at 7nmi on the Japanese navy's first genuine Q-ship, the 2,182 ton merchantman *Delhi Maru*, on her maiden voyage. She had been outfitted with sonar (which *Swordfish* had heard pinging), new watertight bulkheads, depth charge throwers, and concealed guns, specially to destroy submarines. At midnight, *Swordfish* fired three bow torpedo tubes, scoring three hits with the recently corrected Mark XIV torpedo. *Delhi Maru* blew up, and the two patrol boats of her escort kept *Swordfish* down with depth charges for three hours before she evaded.

17 January, *Swordfish* was detailed to intercept *Shōkaku* and her escort. In the dark, it was impossible to see the carrier, but radar made contact on the force at 16,000 yards, making 27kn. To avoid being detected, *Swordfish* dived, only to end up 2,000 yards in front of one of *Shōkaku's* escorting destroyers, which practically ran right over her. *Shōkaku* came on so fast, *Swordfish* could barely get off a shot from her four stern tubes, with the carrier going away;

all missed. On 27 January, *Swordfish* fired two torpedoes at a converted salvage vessel which broke in half and sank. She completed her tenth patrol at Pearl Harbor on 7 February. Her total score was claimed to be two ships for 15,200 tons; this was reduced by JANAC to 12,543 tons postwar, but raised to three ships.

Swordfish put to sea on 13 March for her eleventh war patrol, conducted in the Mariana Islands. Although several enemy ships were damaged during this patrol, no sinkings could be confirmed; and the submarine returned to Majuro on 29 April.

Swordfish's twelfth war patrol was conducted in the area of the Bonin Islands. On 9 June, the submarine found Japanese destroyer *Matsukaze* clearly illuminated against the horizon and sank the enemy ship with two torpedoes from her bow tubes. On 15 June, she torpedoed and sank a cargo ship. The remainder of the patrol was unproductive, and the submarine terminated her twelfth patrol at Pearl Harbor on 30 June.

On 22 December, *Swordfish* departed Pearl Harbor to conduct her thirteenth war patrol, in the

vicinity of Nansei Shoto. She topped off with fuel at Midway on 26 December and left that day for her area. In addition to her regular patrol, *Swordfish* was to conduct photographic reconnaissance of Okinawa, for preparation of the Okinawa Campaign.

On 2 January, *Swordfish* was ordered to delay carrying out her assigned tasks in order to keep her clear of the Nansei Shoto area until completion of carrier-based air strikes which were scheduled. She was directed to patrol the general vicinity of 30°N; 132°E until further orders were received. Her acknowledgement of those orders on 3 January was the last communication received from *Swordfish*.

On 9 January 1945, *Swordfish* was directed to proceed to the vicinity of Okinawa to carry out her special mission. It was estimated that the task would not take more than seven days after arrival on station, which she should have reached on 11 January. Upon completion of her mission, *Swordfish* was to proceed to Saipan, or to Midway if she was unable to transmit by radio. Since neither place had seen her by 15 February, and repeated attempts to raise

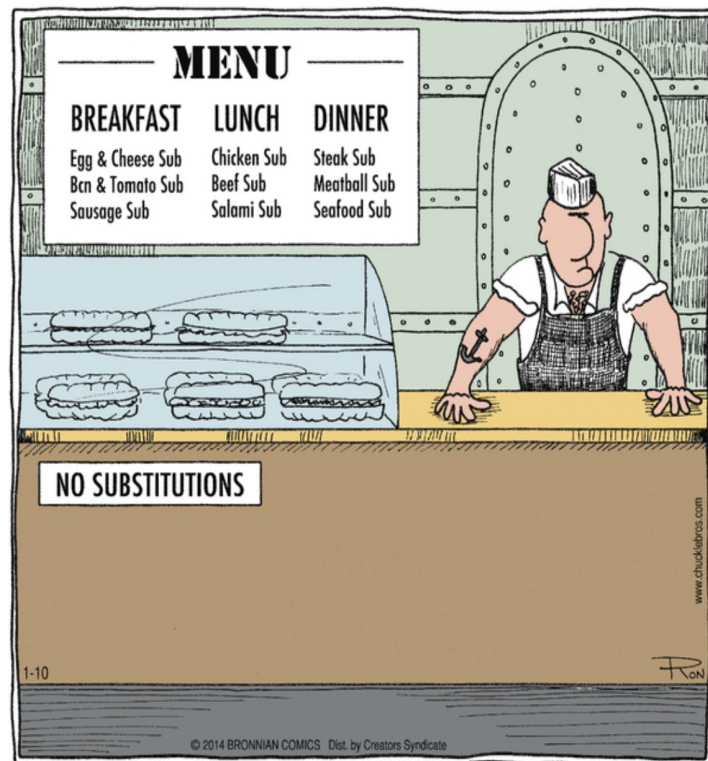
her by radio had failed, she was reported as presumed lost on that date. In the report of her loss, mention was made that *Kete* (SS-369), which at the time was patrolling the vicinity of Okinawa, reported that on the morning of 12 January she contacted a submarine by radar. It was believed that contact was with *Swordfish*. Four hours later *Kete* heard heavy depth charging from this area, and it was believed that this attack might have been the cause of *Swordfish*'s loss.

Japanese information on antisubmarine attacks does not mention the attack heard by *Kete* on 12 January, and records no attacks in which *Swordfish* is likely to have been the victim. However, it is now known that there were many mines planted around Okinawa, since the Japanese were expecting an

Allied invasion of that island. The majority of the mines were planted close in. It is considered about equally likely that *Swordfish* was sunk by depth charge attack before she reached Okinawa for her special mission or that she was lost to a mine at that place. *Swordfish* earned eight battle stars for World War II service.

A memorial to the boat has been erected in St. Paul, Minnesota near the Como Park Zoo and Conservatory. It is just off Churchill Street, on a rise a short walk south of Hamm Falls. This consists of a torpedo on a stand. On one side of the base is a plaque listing the names of the crew and giving a brief history of the vessel. On the other is a roll of U.S. submarines lost in World War II.

Source—Wikipedia.com



The cafeteria on an Ohio-class submarine

Remember—

We'll take your story anytime. It can be about your family, a shipmate, your first time at sea, whatever. The important thing is that you record this event for others to read. You may not consider that important, but it is a part of our history, write it down, pass it on so your great-great grandkids will have the right story. It's important. — Moe (SS)



USSVI Constitution and Bylaws

Constitution (continued from December issue)

ARTICLE XV – AMENDMENTS

Section 1. Any regular member in good standing may submit proposed amendments to amend this Constitution by forwarding, either by the Postal Service or by email, the proposed amendments to the Chairman of the Constitution & Bylaws Committee, postmarked, on or before March 1st of the year in which they are to be considered.

Section 2: The Constitution and Bylaws Committee will submit to the National Board those Proposed Amendments approved by the Committee and in accordance with the criteria as stated in the Bylaws.

Section 3. The Constitution shall be amended by a two-thirds majority of the votes cast in the National Election of the organization: provided that the proposed changes have been placed on the National Ballot and provided to all members in good standing at their last known Postal or email address, as prescribed in the National Bylaws.

Section 4. Amendments which are passed will become effective at the close of the Annual Business Meeting.

Section 5. Amendments submitted by the membership and passed shall remain in place for a period of three years from acceptance and may be changed by ballot in their fourth year. Should at any time in that period the amendment be deemed by the Board of Directors as not in the best interest of the organization, they, and only they, may submit an amendment at the next balloting opportunity to change it without waiting the three year period. The result of that ballot will start a new three- year period.

Section 6: No Amendment to the Constitution or Bylaws shall appear on the Ballot without review and approval by the Board of Directors

Section 7: All Proposed Amendments approved by the Constitution and Bylaws Committee may be placed on the ballot following review and approval by the Board of Directors. Included with each amendment will be a statement, from the National Board, stating in 25 words or less why the board is for or against the amendment. Also on the ballot for each amendment will be a statement, in 25 words or less, from the author of the Proposed Amendment, stating his reason for submitting the Proposed Amendment.

Bylaws (continued from December issue)

ARTICLE VI – COMMITTEES

Section 2. MEMBERSHIP COMMITTEE

A. The Membership Committee shall be a Standing Committee.

B. The Membership Committee shall be chaired by the National Junior Vice-Commander and have as regular members the National Office Manager, and other members as deemed necessary by the National Junior Vice Commander; such members being first approved by the Board of Directors. An administrative budget may be funded through an annual budget request to the National Senior Vice-Commander for inclusion in the USSVI National Budget. The committee Chairman shall annually submit a report of the operations of the committee to the National Secretary for inclusion in the committee reports; such report is to be submitted no later than 30 days prior to the pending National Convention.

C. The duties of the Membership Committee shall include but not be limited to:

- a. Receive applications from new members.
- b. Determine eligibility requirements of each applicant.
- c. Maintain a permanent record of applications and membership.
- d. Provide each new member with a membership packet.

Next month: The Scholarship Committee

Remember you can always re-view the most current USSVI Constitution and Bylaws on-line at www.ussvi.org

It's your organization. Know how to change it for the better of all, be informed.

Piedmont Funnies Page

During a lady's medical examination, the doctor says: "Your heart, lungs, pulse and blood pressure are all fine. Now let me see the bit that gets you ladies into all kinds of trouble."

The lady starts taking off her underwear but is interrupted by the doctor.

"No! No! Don't remove your clothes... Just stick out your tongue!"

A police officer pulls over a speeding car. The officer says, "I clocked you at 80 miles per hour, sir."

The driver says, "Gee, officer, I had it on cruise control at 60; perhaps your radar gun needs calibrating."

Not looking up from her knitting the wife says: "Now don't be silly, dear -- you know that this car doesn't have cruise control"

As the officer writes out the ticket, the driver looks over at his wife and growls, "Can't you please keep your mouth shut for once!!?"

The wife smiles demurely and says "Well dear you should be thankful your radar de-

tector went off when it did or your speed would have been higher."

As the officer makes out the second ticket for the illegal radar detector unit, the man glowers at his wife and says through clenched teeth, "Woman, can't you keep your mouth shut?"

The officer frowns and says, "And I notice that you're not wearing your seat belt, sir. That's an automatic \$75 fine."

The driver says, "Yeah, well, you see, officer, I had it on, but I took it off when you pulled me over so that I could get my license out of my back pocket."

The wife says, "Now, dear, you know very well that you didn't have your seat belt on. You never wear your seat belt when you're driving." And as the police officer is writing out the third ticket, the driver turns to his wife and barks, "WILLYOU PLEASE SHUT UP???"

The officer looks over at the woman and asks, "Does your husband always talk to you this way, Ma'am?"

"Only when he's been drinking."

Critical Thinking At Its Best!

Woman: Do you drink beer?

Man: Yes

Woman: How many beers a day?

Man: Usually about 3

Woman: How much do you pay per beer?

Man: \$5.00, which includes a tip

(This is where it gets scary !)

Woman: And how long have you been drinking?

Man: About 20 years, I suppose

Woman: So a beer costs \$5 and you have 3 beers a day which puts your spending each month at \$450. In one year, it would be approximately \$5400 ... correct?

Man: Correct

Woman: If in 1 year you spend \$5400, not accounting for inflation, the past 20 years puts your spending at \$108,000, correct?

Man: Correct

Woman: Do you know that if you didn't drink so much beer, that money could have been put in a step-up interest savings account and after accounting for compound interest for the past 20 years, you could have now bought a Ferrari?

Man: Do you drink beer?

Woman: No

Man: Where's your Ferrari?

Two engineers were standing at the base of a flagpole, looking at its top. A woman walked by and asked what they were doing.

"We're supposed to find the height of this flagpole," said STEVEN, "but we don't have a ladder."

The woman took a wrench from her purse, loosened a couple of bolts, and laid the pole down on the ground. Then she took a tape measure from her pocketbook, took a measurement, announced, "Twenty-one feet, six inches," and walked away.

One engineer shook his head and laughed, "A lot of good that does us. We ask for the height and she gives us the length!"

Both engineers have since quit their engineering jobs and are currently serving in the United States Congress.

An Irishman was terribly overweight, so his doctor

put him on a diet.

'I want you to eat regularly for 2 days, then skip a day, then eat regularly again for 2 days then skip a day...then repeat this procedure for 2 weeks. The next time I see you, you should have lost at least 5 pounds.'

When the Irishman returned, he shocked the doctor by having lost nearly 60 lbs!

'That's amazing!' the doctor said, 'Did you follow my instructions?'

The Irishman nodded: 'I'll tell you what though, I taut I were going to drop dead on dat third day.'

'You mean from the hunger?' asked the doctor.

'No,' the Irishman snaps, 'from the skipping!'

WHEN LOVE FADES

Last night I was sitting on the sofa watching TV when I heard my wife's voice from the kitchen.

"What would you like for dinner my Love?....

...Chicken, beef or fish?

I said, "Thank you, I'll have chicken."

She replied, "You're having soup, \$sshole. I was talking to the dog."

A man walks out to the street and catches a taxi just going by.

He gets into the taxi, and the cabbie says, "Perfect timing. You're just like Frank."

Passenger: "Who?"

Cabbie: "Frank Feldman... he's a guy who did everything right all the time. Like my coming along when you needed a cab, things happened like that to Frank Feldman every single time."

Passenger: "There are always a few clouds over everybody."

Cabbie: "Not Frank Feldman. He was a terrific athlete. He could have won the Grand-Slam at tennis. He could golf with the pros. He sang like an opera baritone, and danced like a Broadway star. And you should have heard him play the piano! He was an amazing guy."

Passenger: "Sounds like he was somebody really special."

Cabbie: "Oh hell there's more". He had a memory like a computer. He remembered everybody's birthday. He knew all about wine, which foods to order, and which fork to eat it with. And he could fix anything---

Not like me -I change a fuse, and the whole street blacks out. But Frank Feldman, he could do everything right."

Passenger: "Wow, some guy then."

Cabbie: "He always knew the quickest way to go in traffic and avoid traffic jams. Not like me, I always seem to get stuck in them. But Frank, he never made mistakes, and he really knew how to treat a woman and make her feel good. He would never argue back, even if she was in the wrong; and his clothing was always immaculate, shoes highly polished too. He was the perfect man! I never knew him to make a mistake! No one could ever measure up to Frank Feldman."

Passenger: "An amazing fellow. How did you meet him?"

Cabbie: "Well... I never actually met Frank. He died, and I married his damn wife."

Morris Schwartz is dying and is on his deathbed. He is with his nurse, his wife, his daughter and 2 sons, and knows the end is near. So he says to them:

"Bernie, I want you to take the Beverly Hills houses."

"Sybil, take the apartments over in Los Angeles Plaza."

"Hymie, I want you to take the offices over in City Center."

"Sarah, my dear wife, please take all the residential buildings downtown"

The nurse is just blown away by all this, and as Morris slips away, she says to the wife, "Mrs. Schwartz, your husband must have been such a hard working man to have accumulated so much property."

Sarah replies, "Propertythe schmuck had a newspaper route."

A woman asks a man who is traveling with six children, "Are all these kids yours?"

The man replies, "No, I work in a condom factory and these are customer complaints".

A three-year-old boy was examining his testicles while taking a bath. "Mom" he asked, "are these my brains?"

"Not yet," she replied

Got a Joke or Story, send it To Moe(SS) at Donutdad@att.net

Your Story Could Have Been On This Page!!

Write it down. It's a part of Submarine History. You are a part of Submarine History. It's important to your fellow Submariners and to your family. Think about your Grandkids. NOW WRITE IT DOWN and SEND IT TO:

donutdad@att.net


If you can't type then,
"hunt and peck" or have
someone type it for you.
Just GIT-R-DONE.

What else do you have to
do this winter?

If I can write this newsletter, then you can write one story about your service.— Moe(SS)



Carolina Piedmont Base Calendar of Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 	13	14	15	16	17	18
19	20	21	22	23	24	25 SubVets Meeting 1730 Meeting Meal after the Wedding
26	27	28	29	30	31	Feb 1
2	3	4	5	6	7	8
9 	10	11	12	13 PP Dead-line 4:00 PM	14 Happy Valentine's Day 	15
16	17	18	19	20	21	22SubVets Meeting 1730 Dinner 1900 Meeting
23	24	25	26	27	28	Mar 1

One way to support VFW Post 9138 is to attend their **Sunday Morning Breakfast** held on the **second Sunday** of each month from **8am to 11am**— Come on out! -

