

Co E (LRP) & Co C (Rngr) Assoc

Daniel Pope
President

Telephone
Fax

19 March 1996

Edwin Nazario

Edwin,

Thank you for your recent letter. It is really important to me to be able to hear from you. I was really hard getting in touch with you and I like to know I haven't lost you.

Thank you for your very detailed information on Murphy. It's guys like you that help me piece it all together.

Edwin, I can really empathize with your flashback experience. Luckily I've never had one that bad myself but I've been very close to a lot of guys who have and I know that it's not any fun. Your right about the VA not being any help, they don't have a clue. About all they know how to do is lock you up and give you drugs. That's not the answer! If you can find a Vietnam Veteran's Counseling Center, they can help because they do understand. I know, I've been there.

The thing with the bodies you described is called the "beserk state" and it's the advanced stage of PTSD trauma. Your not the only one who's ever experienced it, I can tell you that! I've learned a lot about PTSD through the counseling and hospital time I've put in, and the most important thing I've learned is "**Get Help**"! It has to be counseling that works too, not just going to the VA, getting a handful of pills and being told when to come back.

It's really important to have a support group too. You have to have people you can talk to that understand and can help you work it out. Anything I can do to help, don't hesitate to call on me, believe me I know what kind of pain your going through.

Also, there's one of our own right there in Hope Mills too. Joey Welsh was in Co E (LRP). He's still active duty at Bragg and he's a hell of a nice guy. Give him a call when you can.

Thanks again for all the good info. Please call anytime if you need to talk to somebody. I may be able to help you with the system too!

Sincerely,