



THE AMERICAN LEGION  
**POST 10 Business & Professional**  
 P.O. Box 591046, San Antonio, TX 78259-1046  
 Post 10 Website: [post10.weebly.com](http://post10.weebly.com)



# LEGION WEBSITES:

POST 10  
[Post10.weebly.com](http://Post10.weebly.com)

20<sup>th</sup> DISTRICT  
[Aldistrict20.weebly.com](http://Aldistrict20.weebly.com)

3<sup>rd</sup> DIVISION  
[TxLegionDiv3.org](http://TxLegionDiv3.org)

DEPT. OF TEXAS  
[TxLegion.org](http://TxLegion.org)

NATIONAL  
[Legion.org](http://Legion.org)

# POST 10 OFFICER:

COMMANDER:  
*Sharlene McCuan*

1<sup>ST</sup> VICE COMMANDER:  
*Tom Aslakson*

2<sup>ND</sup> VICE COMMANDER:  
*Nick Benedetto*

ADJUTANT:  
*Eric Mayer*

JUDGE ADVOCATE:  
*Nathan Hastings*

SERVICE OFFICER:  
*Burt Quintanilla*

FINANCE OFFICER:  
*Hector Cavazos*

AMERICANISM:  
*Eric Mayer*

SGT-AT-ARMS:  
*Nick Benedetto*

WEBMASTER:  
*Eric Mayer*

CHAPLAIN  
*James M Noel*

IMMEDIATE PAST  
 POST COMMANDER:  
*Tom Aslakson*

EXECUTIVE  
 COMMITTEE:  
*Bob Masten*  
*Rick Trent*  
*Dan Martin*  
*Richard Lee*  
*Richard Bowser*  
*Rocky Whitt*  
*Post 10 Officers*



# JUNE 2022 NEWSLETTER

## *Commander's Comments:*

Commander: *Sharlene McCuan*  
*(CQSM@sbcglobal.net)*

Our next meeting will be **Saturday, June 4th, 0900**, at **Lupe Tortilla Mexican Restaurant** located in Stone Ridge Market at 21003 US 281 North, San Antonio, TX 78258. The restaurant opens at 0900, and meal and drink orders are taken at that time, before the membership meeting begins.

**Dress:** *Saturday casual. Legion cap.* **Menu:** Order breakfast from group menu. Receive military discount at the register.

**Masks are recommended, however, not mandatory.**

**June** (usually) brings us warm weather, and thoughts of summer relaxation. It's also the **end of our AL membership year**. A time to reflect on things that went well, and on things we might be able to improve. We have consistently done well with membership, however, it's an area in which we can always seek improvement. You are the best recruiter. By telling your story and reasons for joining, your genuine enthusiasm may **attract members** almost effortlessly. Take a membership application with you in your pocket, wallet, or American Legion cap, or keep a blank one in your vehicle for when you are visiting others. Of course, the easiest way is to have new members join online ([www.post10.weebly.com](http://www.post10.weebly.com)) or have current members renew online at MyLegion.org. (Take The American Legion Basic Training program online. The program takes less than two hours to complete and helps expand your knowledge of the nation's largest veterans service organization. You'll have additional information as you recruit new members.)

On the positive side, we are engaging more members at our monthly membership meetings, however, we have almost outgrown our current meeting place. A facility central to more of our members will be opening soon. The Walker Ranch Senior Center is still being completed. A tour will be available in the next few months for our post members. The use of a facility room at no cost allows us to generously give back to community groups and activities, such as Texas Boys' State. After two years of virtual Texas Boys State, Post 10 is sending 25 boys to the University of Texas at Austin campus from June 12 - 17 to learn firsthand how government works. Thank you to all our members who have given freeheartedly to this potentially life-changing experience for the 25 boys. We look forward to hearing of their experiences upon their return.

(continued)

## ***Commander's Comments***

(Continued)

Many historic dates this month: the **80th Anniversary of the Battle of Midway (June 4, 1942)**; **D-Day (June 6, 1944)**; **U.S. Army Birthday (June 14, 1775)**; **GI Bill Signed (June 22, 1944)**; and **Start of the Korean War (June 25, 1950)**. **Juneteenth (June 19)** commemorates the emancipation of enslaved African Americans and has been celebrated annually in several states. The commemoration is on the anniversary of the June 19 (1865) announcement by the Union Army General Gordon Granger that proclaimed freedom for enslaved people in Texas. **National Flag Week begins on June 12** every year (through June 18), with **Flag Day on June 14**. It's a day for Americans to celebrate and honor the flag, its designers, and its makers. It's a nationwide observance, however, not a public holiday in many parts of the U.S., and is a legal holiday in only a few areas of the U.S. It's an **appropriate day to fly the flag**, and a great time to focus on **Pillar III: Americanism**. (The American Legion is a promoter of U.S. Flag Protection and Education and is the leading supporter of a constitutional amendment to protect the U.S. flag from desecration.) Be looking for new volunteer service opportunities and social opportunities for Post 10 members this next membership year! **Happy June!**

## **POST 10 INSTALLATION**

**The success of our post is dependent on its volunteers.**

**Installation of elected officers will take place at the Saturday, June 4, membership meeting.**

**Thank you for serving Post 10.**

Commander: Sharlene McCuan

1<sup>st</sup> Vice Commander: Tom Aslakson

2<sup>nd</sup> Vice Commander: Nick Benedetto

Adjutant: Eric Mayer

Judge Advocate: Nathan Hastings

Service Officer: Burt Quintanilla

Finance Officer: Hector Cavazos

Sgt.-At-Arms: Ralph Celento

Chaplain: James Noel

Executive Committee:

Robert Masten

Rick Trent

Dan Martin

Rick Lee

Richard Bowser

Rocky Whitt



(Left) Robert Masten of Post 10; John Hafner, incoming 3rd Division Commander; Nick Benedetto of Post 10; and Ricardo Hankerson, outgoing 3rd Division Commander at the recent 3rd Division Convention in Corpus Christi, Texas.

Post 10 Service Officer Burt Quintanilla (left) speaks with a high school senior and his mother about the benefits of joining The American Legion. (Photo by Burrell Parmer, Post 828.)



Allen Iott (left) of Post 2, and Burt Quintanilla (center), speak with a future service member during "A Night in Your Honor" hosted by Our Community Salutes-San Antonio. More than 230 future service members, attended. The event honors graduating seniors who plan to enlist in the military. (Photo by Burrell Parmer, Post 828).

More than 230 local graduating high school seniors were recently recognized and honored at the 11th Annual "A Night in Your Honor" hosted by Our Community Salutes San Antonio, held at Pedrotti's Ranch. Post 10 Service Officer Burt Quintanilla was on hand to speak to the future service members about the benefits of joining The American Legion. (Photo by Burrell Parmer, Post 828).





**HAPPY BIRTHDAY to those Post 10 members celebrating during June, and HAPPY FATHER'S DAY to our Post 10 fathers**

### **June Daily Holidays and Observances**

- June 4: 80th Anniversary of the Battle of Midway (1942)
- June 6: D-Day (1944)
- June 8: 20th District Meeting, 7:30 p.m., (Post 539, 14290 FM1346, St. Hedwig)
- June 12: Women Veterans Day
- June 12-17: Texas Boys State, The University of Texas at Austin, Austin, TX
- June 14: Flag Day  
U.S. Army Birthday (established by Congress 1775)
- June 18-23: National Veterans Golden Age Games – Sioux Falls, SD
- June 19: Father's Day  
Juneteenth
- June 21: First Day of Summer (Summer Solstice)
- June 22: GI Bill Signed (1944)
- June 23: Coast Guard Auxiliary Birthday (83<sup>rd</sup>)
- June 25: Start of Korean War (1950)
- June 27: National PTSD Awareness Day

### **June Weekly Holidays and Observances**

- National Flag Week (June 12-18)
- National Career Nurses Assistant Week (June 12-18)

### **June Monthly Holidays and Observances**

- National PTSD Awareness Month

## **VOLUNTEER HOURS**

**The hallmark of our post is involvement in community and veteran-support activities.**

Please submit your 2021-2022 volunteer June 2022, for inclusion in our Consolidated Post Report. You may submit them through our website:

<http://www.post10.weebly.com>.

## VETERANS CORNER

**Burt Quintanilla – Service Officer**

### “Magic Mushrooms” for Therapy

#### Vets Help Sway Conservatives

SALT LAKE CITY – Matthew Butler spent 27 years in the Army, but it took a day in jail to convince him his post-traumatic stress disorder was out of control.

The recently retired Green Beret had already tried antidepressants, therapy and a support dog. But his arrest for punching a hole in his father's wall after his family tried to stage an intervention in Utah made it clear none of it was working.

“I had a nice house, I had a great job, whatever, but I was unable to sleep, had frequent nightmares, crippling anxiety, avoiding crowds,” he said. “My life was a wreck.”

He eventually found psychedelic drugs, and he says they changed his life. “I was able to finally step way back and go, ‘Oh, I see what’s going on here. I get it now,’” said Butler, now 52. Today his run-ins with police have ended, he’s happily married and reconciled with his parents.

Butler, who lives in the Salt Lake City suburbs, is among military veterans in several U.S. states helping to persuade lawmakers to study psychedelic mushrooms for therapeutic use.

Conservative Utah has become at least the fourth state over the last two years to approve studying the potential medical use of psychedelics, which are still federally illegal. A string of cities have also decriminalized so-called magic mushrooms and an explosion of investment money is flowing into the arena.

Experts say the research is promising for treating conditions ranging from PTSD to quitting smoking, but caution some serious risks remain, especially for those with certain mental health conditions.

Oregon is so far the only state to legalize the therapeutic use of psilocybin, the psychedelic active ingredient in certain mushrooms. But studying them for therapy has made inroads not only in blue states like Hawaii, Connecticut and Maryland, but also GOP-led Texas, Utah and Oklahoma, which passed a study bill through the state House this year.

The progress stands in contrast to medical marijuana, which Utah lawmakers refused to allow until a ballot measure helped push it through. However, the proposal to study a broad range of psychedelic drugs passed easily this year.

Texas has yet to legalize medical marijuana, but former Republican Gov. Rick Perry helped shepherd through a bill last year to use \$1.4 million to fund a study of psilocybin for treating PTSD.

“The stigma attached to psilocybin and most psychedelics dates back to the 60s and 70s. It’s been very hard for them to overcome,” said Democratic Rep. Alex Dominguez, who sponsored the bill. “My approach was, ‘Let’s find the group that all sides claim that they are supportive of.’ And that would be veterans.”

He also heard from conservatives like Perry who support the use of psilocybin to treat PTSD — and let advocates from that end of the political spectrum take the lead publicly.

Maryland also gave bipartisan approval to spending \$1 million this year to fund alternative therapies for veterans, including psychedelics. Democratic sponsor Sen. Sarah Elfreth, whose district includes the U.S. Naval Academy, noted the spike in suicides among veterans.

## VETERANS CORNER (Con't)

"I don't envision the VA acting anytime soon," she said. "We're at a true crisis level and it's time for the states to step up."

Psilocybin has been decriminalized in nearby Washington, D.C., as well as Denver, which decriminalized it in 2019, followed by Oakland and Santa Cruz in California, Ann Arbor, Michigan, and Cambridge, Massachusetts.

There's also plenty of venture capital being invested from people who have had positive experiences and are "highly motivated" to invest in psychedelics as treatment, said John Krystal, the chair of psychiatry at Yale University.

Rhode Island lawmakers are weighing a proposal to decriminalize psilocybin this year, and in Colorado there's an effort to get statewide decriminalization on the ballot. But similar measures have stalled in Statehouses elsewhere, including California and Maine.

Studying psychedelics, though, has gained more traction. In Oklahoma, a bill from Republican Reps. Daniel Pae and Logan Phillips would legalize research on psilocybin.

"I believe the research will show that there is a way to use this drug safely and responsibly, and it could save the lives of thousands of Oklahomans," Pae said in a statement. The bill passed the House last month and is now under consideration in the Senate.

It's a stunning turnaround for a field that captivated researchers in the 1950s and 1960s, before mushrooms and LSD became known as recreational drugs. They were federally outlawed during the Nixon administration, sending research to a screeching halt.

New studies, though, have indicated psilocybin could be useful in the treatment of everything from major depression to alcoholism, said Ben Lewis, an assistant professor of psychiatry at the University of Utah Huntsman Mental Health Institute.

"People are referring to this current period of time as the psychedelic Renaissance," he said. Up to 30% of depression sufferers are considered resistant to current treatment, and there have been few recent leaps forward in drug innovation, he added.

The risk of addiction or overdose is considered low with psychedelics, especially under medical supervision, and while some cardiac conditions can present a physical risk, many people's physical reactions aren't dangerous.

But there are serious psychological risks, especially for people with certain forms of mental illness or a family history of conditions like schizophrenia or bipolar disorder.

"Then there's a possibility that a high-dose psychedelic experience could sort of trigger that and lead to long-lasting mental health issues," said Albert Garcia-Romeu, an assistant professor at Johns Hopkins University School of Medicine.

**Classic psychedelics include LSD, mescaline, psilocybin and ayahuasca. Plant-based psychedelics have long been used in indigenous cultures around the world.**

## VETERANS CORNER (Con't)

Today, their therapeutic use at Johns Hopkins is carefully monitored, Garcia-Romeu said. Patients are rigorously screened and typically have at least three appointments: one for preparation, a second to take the drugs and a third to work through the psychedelic experience.

For Butler, the 2018 arrest at his parents' home was a turning point. He started researching new ways to deal with the PTSD he has suffered since deploying six times to Iraq and Afghanistan and working in counterterrorism and hostage rescues in Somalia for the U.S. Special Forces before retiring as a lieutenant colonel in 2017.

Eventually he came across ayahuasca, long a part of traditional cultures in South America. Last summer, he took part in a ceremony involving the psychoactive brew, overseen by a woman knowledgeable about its effects. She talked to him as the experience took hold, including a feeling of euphoria, the sight of geometric shapes and a sense he was entering his subconscious.

She spoke to him about his childhood and how the military had shaped his life.

"It really was as simple as having an experienced person who understood the medicine, who understood that subconscious space and understood PTSD. It was as simple as listening to her," he said.

He credits that single session with getting his PTSD about 80% under control, though he occasionally does another if he finds his symptoms returning.

"About two-thirds to three-quarters of people in studies have experienced significant improvements in their symptoms", Garcia-Romeu said. "Those are promising results, especially for quitting smoking, where current treatments only work for about one-third of people", he said.

The Food and Drug Administration designated psilocybin a "breakthrough therapy" in 2018, a label that's designed to speed the development and review of drugs to treat a serious condition. MDMA, often called ecstasy, also has that designation for treatment of PTSD.

How quickly states move from study to wider availability remains to be seen. Connecticut recommended legal medical use only after psilocybin is approved by the FDA, which may take until 2025 or later as the agency works through its process, including risk assessment.

Approval is important to safety as well as access, the Connecticut assessment said — without it, many insurance companies likely wouldn't cover the treatment, leaving it open only to the wealthy.

In Utah, the study team is expected to complete its work in the fall.

"We'll see what can and can't be done," said Republican Rep. Brady Brammer, who sponsored the bill. "If if they feel like it's safe, it'll be an interesting ride."

*(continued on next page)*

## VETERANS CORNER (Con't)

**Reference:** Magic Mushrooms for therapy? Vets help sway conservatives (KSAT.com)

**Reference:** Psychedelic Drugs Helping Veterans with PTSD (healthline.com)

### HOW THE VA SEES THIS ISSUE

Despite what some see as growing evidence that psychedelics can positively treat people with PTSD and other psychological conditions, VA officials haven't given them much attention.

Gary J. Kunich, a spokesman for the VA, told Healthline that the use of psychedelic treatments such as MDMA-assisted psychotherapy and psilocybin-assisted psychotherapy are "not part of the standard of care for treatment of mental health conditions at the Veterans Health Administration (VHA) and is not an approved clinical treatment."

The use of psychedelics as part of a research protocol might be permissible, he added, "but this would require Institutional Review Board and Research and Development Committee approval at the local facility."

He continued, "The Veterans Health Administration's Office of Mental Health and Suicide Prevention is closely monitoring the developing scientific literature in this area."

When considering evolving scientific literature around innovative mental health treatments, Kunich said, the VA looks for outcomes from "rigorous and well-designed clinical trials" as well as things such as Food and Drug Administration (FDA) approval or recommendations in clinical practice guidelines.

"When implementing a new, evidence-based mental health treatment, VHA puts safety of veterans first and foremost," he said.

**The Post 10 was represented at the local Northeast Independent School District's (NEISD) Junior Reserve Officers' Training Corps' (JROTC) Pass In Review on May 7, 2022. Our Permanent Guest Larry Lamborn (Post 177, Fairfax, Virginia) sat in the Review Stand with Post 10 member, Bill LaChance (Colonel, Retired), who orchestrated the event with his JROTC instructors and cadets.**

**The seven high schools from NEISD participated, with NEISD Superintendent Sean Maika as the official reviewer. View the Pass In Review and Awards Ceremony at the following link: <https://vimeo.com/709641833/fa181e53d4> .**

**newsletter compiled by Nathan Hastings, Judge Advocate**