What has become a treasured memorial to the sacrifice of troops in Vietnam was greeted with outrage when the design was unveiled in 1982.

The Vietnam Veterans Memorial wall was a monument unlike others, one designed for a war unlike others, and for a country still torn over its meaning.

The design by then-student Maya Lin had none of the heroic notes of other war statues. It evoked no tales of honor. It told no story of the pride. It did not stretch tall, inspiring awe.

When eight jurors chose the design on May 6, 1981, the divided country immediately went to their respective corners, ready for a fight. People called it a monument to defeat. They said it was a degrading memorial, a guilty 'wailing wall for draft dodgers.'

One magazine opined that it treated Vietnam dead like victims of a 'monstrous traffic accident.'

On the other side, art lovers hailed the wall as innovative and sophisticated.

A compromise appeased veterans and critics when statues of soldiers were added. As it turned out, the bronze statues did add to the memory of the war, since it depicted the unique look of soldiers in that war, according to the New York Times.

When the memorial opened on November 13, 1982, the debate simply stopped.

Since then, the memorial has become the most visited in Washington, D.C., with more than 3 million visitors each year, all to honor the 58,000 men and women who gave their lives in Vietnam.

Memorial Day
Honoring sacrifice in Vietnam: The wall and its history

Elections to be held at May 3rd meeting

Exciting news!!! Chapter 77 will be holding elections for officers on May 3, 2019 during our monthly meeting. The offices up for election are:

- President
- Vice President
- Secretary and Treasurer

Following the elections, our speaker will be Debbie VanDenburg, the Volunteer Manager for Adventist Hospital.

When: Friday, May 3rd
Where: Kern River Room Adventist Hospital Basement
Time: 11:00am to 1:00pm
Lunch will be served.

Please come and participate in the elections. We need fresh people and ideas on the Board. Plus, Debbie is a fun and interesting person.

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### HEALTH NOTES

Changes in the skin should be taken seriously

With the re-emergence of longer days and outdoor fun, it's worth noting that skin care involves more than simple sunscreen.

The Skin Cancer Foundation reports that skin cancer is the most common form of all cancers, but if diagnosed and treated early, it is also the easiest to cure.

According to the Foundation, people should inspect their skin for a change of any kind:

- A skin growth that increases in size or is pearly, translucent, tan, brown, black or multicolored.
- A mole or spot that changes in color, size or thickness, or texture.
- Spots or sores that continue to itch, hurt, crust, erode, or bleed, or an open sore that doesn't heal within three weeks.

A monthly head-to-toe self examination is an excellent preventative measure.

Here are eight easy steps from the Foundation:

- Examine your face.
- Thoroughly inspect your scalp.
- Check your hands: palms and backs, between the fingers and under the fingernails, continuing up the wrist to examine both the front and back of your forearms.
- Standing in front of a full-length mirror, start at the elbows and scan all sides of your upper arms, including underarms.
- Focus on the neck, chest, and torso.
- With back to a full-length mirror, use a hand mirror to inspect the back of your neck, shoulders, upper back and back of the upper arms.
- Still using both mirrors, scan lower back, buttocks, and backs of both legs.
- Sit down and prop a leg on a stool or chair; use hand mirror to check front and sides of both legs, thigh to shin, ankles, tops of feet, between toes and under toenails, soles of feet and heels, and yes, more personal areas.

### Road Sign

**Across**

1. Lingerie item
4. Steer clear of
9. On, as a lamp
10. Noted wine valley
11. Neighbor of Mo.
12. Automaton
13. Rang out
15. Therefore
16. Cousin of a clog
18. Morning, for short
20. Window-shop
23. Newser Shriver
25. Summer mo.
26. Bacteria discovered by Theodor Escherich
27. Lyricist Gershwin
28. Three-masted sailing ship
29. Nancy Drew's boyfriend

**Down**

1. Radar image
2. Anger, with "up"
3. Book of maps
4. Type of math equation
5. Sorcery
6. Wildcatter's find
7. Ticks off
8. Showroom model
14. Likely to change
17. Tom Sawyer's creator
18. Kind of charge card
19. Defensive spray
21. Positive
22. Relative of "Oh, no!"
24. Burgle

*The headline is a clue to the answer in the diagonal.*
The sweet and juicy pineapple, a fruit fond of heat and tropical climes, has sailed the world's cultures to become an iconic message of welcome and hospitality.

Natives of tropical islands were the first to use the pineapple as a symbol of welcome, according to AtlasObscura.com. Seafarers of the 16th century noticed that natives of tropical climes displayed the fruit as an offer of hospitality, no doubt welcome after dangerous (and hungry) voyages.

From the time of the voyages of Columbus and for about 200 years later, the pineapple was so rare in Europe that, if one acquired the fruit, it was rarely served as food. Instead, it was displayed, especially at dinners, as a decoration (and status symbol).

Before it was successfully cultivated in European and American hot houses, pineapples were frightfully expensive. In North America, they could cost up to $8,000; up to 5,000 pounds in Europe. So they came to represent wealth, as well as welcome.

In later centuries, seafarers on clipper ships who traveled to South America and the Caribbean Islands returned to their New England and Canadian homes with pineapples. The sweet and juicy pineapple, a fruit fond of heat and tropical climes, has sailed the world's cultures to become an iconic message of welcome and hospitality.

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There the fruit was often spiked to a fence -- a sign to the town that the seafarer was home. Residents of the area were then welcome to eat, converse, and hear tales of his adventures at sea.

No wonder the pineapple became the world's symbol of hospitality.

Today, the sharp-eyed tourist can find pineapple motifs spread liberally around hotels. In cities, look for them as often-stylized finials on fence posts or impressed into metal or concrete panels.

In Europe, churches began using the pineapple in the 1600s. They can still be seen as dangling pendant lights or decorations in churches.

There is a new game taking over the courts MOVE OVER, TENNIS--THERE'S A NEW GAME CAPTURING THE ATTENTION OF FAMILIES, KIDS AND SENIORS.

Introducing Pickleball.

If you haven't tried it yet, Pickleball is like a combination of tennis, ping-pong, and badminton. Players use ping-pong type paddles to hit a ball on a badminton-sized court. The ball has holes like a Wiffle ball. Scoring is like ping-pong. Unlike tennis or badminton, one key rule is that the ball must bounce at least once on each side before a volley is allowed, according to the official Pickleball website, pickleball.com. A seven-foot non-volley zone on each side of the net prevents spiking.

Credit for its invention goes to Congressman Joel Pritchard and two other friends, who cobbled together equipment from several backyard games to stave off their kids' boredom one summer in 1965. One popular theory says the game's name comes from the Pritchard family dog, Pickles.

According to the website pickleballportal.com, 2.5 million people play each year, with core players being those who play eight or more times a year. Older players say it's easier on the joints while still allowing them to get their heart rate up. The youngest players have a chance since most of the volleys are not hard and fast.

According to NPR, investigators from Texas A&M University surveyed 153 participants aged 51 to 85 at Pickleball competitions. "The more deeply engaged in Pickleball these enthusiasts were," the story said, "the more likely they were to be highly satisfied with their lives."

This new game is taking over the courts

MONEYWISE

The master estate plan

If you become incapacitated or die, what's the plan? The American Institute for Economic Research can help you figure it out. Their new $10 publication called "If Something Should Happen" contains worksheets for you to follow.

According to the Institute, part I provides an overview of the fundamental elements of estate planning. Part II is made up of a set of forms that can create an easy-to-use blueprint for others to follow.

Long-term care deduction

In 2019, you can deduct more of your long-term care premiums as a medical expense.

<table>
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<td>27 Memorial Day</td>
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