

Needless to say my symptoms became even worse on a higher dose of Paxil. I

went back to my family doctor two weeks after the dose increase and asked

him for a referral to a psychiatrist. I was then given the run around for three days while I desperately tried to get in to see a psychiatrist. My Paxil induced mania became so bad that I drove my self to the nearest HMO MH Clinic and asked to see a psychiatrist but I was turned away because I did not have a referral.

I became so crazed on the Paxil that I drove my car around the clinic in

reverse about ten times but no one noticed so I then called the consulting

nurse and told her that I had become afraid that I was going to follow my

family doctor home. I did not want to follow him home but I had become so

crazed on the Paxil that I felt I had no control Over the situation. That got their attention and finally they put me in a psychiatric hospital.

While in the hospital I was taken off the Paxil cold turkey!

("Antidepressant-discontinuation induced mania" is also a recognized phenomenon) and was diagnosed with a Medication induced Bipolar as a mixed episode.



My behavior after being yanked off my SSRI cold turkey was erratic as would be expected.

I partially blame my HMO for the behavior I displayed while on Paxil.

I also blame my HMO psychiatrist for making my mania worse by prescribing

Risperdal later. Risperdal causes mania in some people myself included. It has been three years since I have been on Paxil or Risperdal or done anything strange.

But my HMO uses my behavior while on Paxil and Risperdal and while coming

down from the Paxil as an excuse to force me to go to the public mental

health clinic and travel to another county to see a HMO psychiatrist even

though he works right here in town one day a week. They will not provide

in house mental health treatment for me, claiming I am a threat to their

mental health providers.

But they provide all services physical needs in house. Somehow they do not

feel I am a threat to their general practitioners? It's a dirty lie! My



HMO

Psychiatrist does not think I am a threat.

I will probably suffer for the rest of my life because of my Paxil accident since it set off rapid cycling and bipolar can be a progressive disease and my HMO refuses to treat me in house.

My HMO also makes it almost impossible for me to get on the medication assistance programs so that I can afford the very expensive medications that my HMO doctor prescribes. My HMO gives me NO PRESCRIPTION DRUG COVERAGE, yet my HMO doctor prescribes me over \$400 worth of medications every month. I've been trying to get on the Astra Zenca sponsored Seroquel help program for four months now but my paper work keeps getting misplaced.

My doctor and his nurses pass the buck and the end result is I don't have access to medications that can easily be obtained for free with just a little bit of cooperation from my This month I have decided to give up and go on the cheapest mood stabilizer there is. It does not work but at least I can afford it.

The expensive ones do not work either when I can't afford to stay on them continuously and I have the constant stress of wondering how I am going to obtain my next prescription."



Jack works with the community

I e-mailed a man I deeply respect, Jack Miles, out of concern he may have been blackmailed or coerced at a recent official public forum using Port of Shelton facilities in a vain attempt to embarrass him. This was, at minimum, an egregious abuse of that forum in pursuit of what had no bearing on Port business whatsoever. I'm requesting the audio to see exactly what was said and if it constituted a crime. Out of respect for Port of Shelton Commissioner Jack Miles, I will also publish the e-mail response I received provided I get Mr. Miles' permission, though I note one other community Blog has already done so. I can tell you it makes the dishonorable Steve Bloomfield look like an insect.

Chairman Jay Hupp, who can get all worked up about phantoms sitting in HIS chair, and is so quick to squelch residents who vary even slightly from his narrow agenda, thought nothing of allowing Mr. Bloomfield to usurp the proceedings to go on a witch hunt. Not only was that attempt despicable, but Mr. Hupp's accommodation of it was egregiously reprehensible...and this from the same man who wanted to censure Mr. Miles for (in Jack's private capacity) criticizing Lt. Governor Brad Owens' public support of Adage and Tim Sheldon. The hypocrisy exhibited by Mr. Hupp is stunning!

Mr. Miles spent part of his life honorably and proudly serving his country in the U.S. Marine Corps. Mr. Steve Bloomfield spent part of his time putting fellow citizens at risk of their lives by negligent driving on this State's highways. He was cited by the Washington State Patrol and plead guilty by forfeiting bail.

Pursuant to 'fair use' & news 'commentary', \*modified\* parodies of the original:

Shawnie Vedder use of a fats lens shallow depth of field: (See comments)





Stolen

Transformed Shawnie Vedder shot of Steve Bloomfield smirking after questioning Jack Miles' USMC service record

Mona Lisa contemplating a Dioxin seasoned seafood snack

Name	Court	Case Number	Court Information
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1	Bloomfield, Steven		
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Defendant	Kcdc-so Div (swd)	7608409	11-30-1993
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Clam Pirates

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To all the Concerned Citizens of Mason County:(From: Jack Miles) November 3, 2010

I spent the night reliving the horrible and unnecessary comments Mr. Bloomfield brought to the Port meeting on Tuesday. However, it is time I clear the air and address Mr. Bloomfield's question.



After a night of praying for answers as to what to do about Mr. Bloomfield's comment's at the meeting, I realized I already knew the answer. So I am writing to clear the air about my Military discharge.

First, I am proud to be an American and I am proud that I served my county in the United States Marine Corps. I was discharged from the Marines under "Other Than Honorable Conditions" and here's the reason why; at the time of my service, President Clinton came into office. One of his campaign promises was to lift the ban on gays in the military. At that time, I had several gay friends in the military, mostly women. I was hopeful that President Clinton would be able to follow through with his campaign promise.

I grew up in San Diego, California and had a few gay friends that so desperately wanted to serve their country too, but had fear they would be exposed if they joined. As did I have friends in the military that were gay and feared being exposed. After President Clinton tried to make that a reality, the rank and file of the armed forces were running scared and began a witch hunt to get as many gay military personnel out as possible before or if this would happen. At the time, I was not shy about where I stood with gays in the military, nor am I now. The unfortunate situation that resulted from my position was, the military tried to get me to turn over names of all of my friends who were gay and who I thought might be gay....AND I REFUSED! I was told if I didn't provide names, I would be tried for obstruction of Justice and conduct unbecoming a United States Marine. Rather than give up there names and put them through the humiliation, I took the deal to leave the Marine Corps under other than honorable conditions. But let me make one thing perfectly clear, that piece of paper does not change the fact that I served my country with honor and I am proud I was able to protect my fellow Marines and I would do it again.

I am utterly sad that it has come to this and I want to personally apologize for not being upfront on Tuesday. My hope was that I would not have to tell this story, but it appears Mr. Bloomfield will stop at nothing to spread a horrible lie and make me look bad. So please forgive me from the bottom of my heart. I thought what I said Tuesday was the right thing to do at the time and it was never meant to mislead you in any way. I just thought I could stand by my statement that "I served my country and I did it well" would be enough, however it got the best of me last night.

So to answer Mr. Bloomfield's question, I will not resign as your representative. I protected my fellow Marines, this country and I will continue to protect you, "The Concerned Citizens of Mason County".

Semper Fi,



Jack Miles, Commissioner

Port of Shelton

Jack,

You deserve a chapter in John F. Kennedy's PROFILES IN COURAGE. I'm proud to have you as my countryman and friend. I want to thank you for offering me (and the community) a teachable moment. We never doubted you. If anything, this increases my respect for you, although that wasn't Mr. Bloomfield's intent.

I will tell you I called him on the phone to ask if he said anything about releasing any 'embarrassing' documents if you did not resign. He denied it. I told him I would check the audio of the meeting to hear it first hand. If I hear an utterance from him of coercion or blackmail, I'd like to file a criminal complaint/report.

And, to help further educate the community, may I have your permission to post your e-mail on my community Blog?

I look forward to seeing you, but with a heightened appreciation of your strength of character. You've taught me a lot.

About admin

Opposed to politicians who equivocate about air quality & BioMassacre

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