

# Mind of Matter

Education: Under Grad-Computer Science; Grad-MBA Business

30 Years – Computer Design and Troubleshooting with Problem Solving Skills

8/2/2012

Janey,

This paper is excellent, Great Job!!  
It is easily read and understood.  
I love the way you compare the  
brain to the hard drive of the  
computer.

Paula

CONFIDENTIAL CASE

February 21, 2012

Authored by: Anthony Herda

## **Introductory Note**

Mind over matter (MOM) is saying a saying commonly known as your brain can conquer things. May my definition go a step further by stating your lifelong thoughts and memories in your life accumulate as in a computer database, an overload may occur in later years in the most sensitive organ of the body, your brain which requires proper blood cells and oxygen to function. Another saying is an ounce of prevention goes a long way. My feeling is that it starts with a healthy diet, exercise, therapy and medicine before a breakdown of MOM occurs. I beg to differ with you that the only treatment of trial and error of medication is always the correct solution. Less severe cases (bipolar) psychogenic evaluation should be first step. However, in other cases (paranoia, psychosis and schizophrenia) immediate diagnosis and medicine should be a top priority. Please enjoy my paper as I enjoyed writing my findings.

## About the Author

I was born in the year of 1943 two years later, my parents divorced and I went to live with my grandparents on my mom's side. My grandfather was a farmer in Atlantic City NJ, from the 20's to the 60's. He was a good man putting the African-Americans to work with good wages and feeding the poor. When I was age 4 or 5, I would go to the market at 4am in the morning to sell his produce to corner market owners. They would say "Tom, I want a basket of corn, tomatoes, potatoes, etc. How much do I owe you?"

Within a heartbeat, grandpop would give him the total amount! I didn't know until I got in JR and High School what he taught me as I excelled in mathematics with the talent for permutation. Then, I spent four years in the USAF as a data processing operator, always developing my skills to enhance software programmer when I received an "A" in an IBM360 software class. This led me to a position in computers where I developed my skills as a Software Engineer always improving existing software. So much so, they asked me to develop communication software with a French team. At first, I didn't want to but I had no choice. Then my second mistake was to challenge the French's thoughts on how to write the software of mine. Well, I learn fast when they say, "There is nothing like a mad Frenchman." I was taken off the job and had apprehension of losing my job. So I stayed home a few work days to restore my sanity. However, my wife had no idea of the pressures of a software engineer and insisted on going to the hospital or she would divorce me. So I gave in and was madder than HELL. When I talked to the doctor, I couldn't stop talking to him and exploded about my feelings. His diagnosis: I was Manic Bipolar because he was a retired colonel in the army and RHIP-Rank has its privileges and don't ever challenge your superiors. I ask him if he said NO! With a good night sleep and medicine, the next day I felt fine. When I returned to work due to my excellent track record at my request to change jobs and again at my request move me and my family back east. I am so appreciated with deep gratitude of the understanding of the situation from Honeywell information INC, Phoenix AZ and years later sold out the computer business to the French Government. GOD BLESS AMERICA

# Bipolar Disorder

## Definition:

Bipolar disorder or manic depression is a medical illness that causes extreme shifts in mood, energy, and functioning. People have shifts in the mood due to his/her surrounding and life circumstances. These shifts are out of proportion or unrelated to their environment. These shifts in mood are called chronic episodes such as mania and depression which recurrent over time and severe intensity of symptoms.

The symptoms of mania may include:

- Racing thoughts and flight of ideas
- Increase talking
- Ambitious, often grandiose plans
- Impulsive activity such as spending sprees and alcohol abuse.

The symptoms of depression may include

- Inability to concentrate or make decisions
- Increased feeling of worry and anxiety
- Sometimes-severe feelings of sadness and hopelessness
- Irritability

A trigger is an environmental biological or situational factor that causes symptoms of bipolar disorder to begin. Some common triggers are lack of sleep, stress and changes in normal patterns of exercise among others.

The inability to fall asleep and lack of sleep can also trigger a bipolar disorder. One must be aware of their internal clocks which regulates sleep. Stress has an impact on our minds, bodies and spirits. Understanding stress can give one some control over their lives to prevent and manage stress. Exercise increases cognitive functioning, fights depression and improves overall mental health. Bike riding and walking in your daily routine will have great benefits. A diet filled with lots of fresh fruits and vegetables gives you the nutrients, energy and fiber your body and

brain needs to work effectively and efficiently. Cognitive symptoms refer to difficulties with concentration and memory.

- Disorganized thinking
- Slow thinking
- Difficulty understanding
- Poor concentration
- Poor memory
- Difficulty expressing thoughts
- Difficulty integrating thoughts, feelings and behavior.

Most scientists believe that bipolar disorder is likely caused by multiple factors that interact with each other to produce a chemical imbalance affecting certain parts of the brain.

“When the brain is healthy, it enables us to think, to feel, to work, and to move. But the brain is a complex piece of equipment, and sometimes it doesn’t function properly. Imagine a computer that has a serious problem with its hard drive. When this happens, the computer will act in unpredictable ways. The same is true for the brain- if the equipment breaks down or malfunctions, our thoughts, feelings, and behavior can become distorted. It might feel as if someone else is in control or as if your brain has a mind of its own. Feeling like you have lost control is frightening. But remember, the brain is like the internet. Signs get sent and are received among many parts of a complicated system. You as a person have not changed. You will be the person when the equipment problem is corrected.”

The mind is a computer in action for example, in the 50’s the quality of life endorsed the kiss method-kept it simple stupid, along with technology of television. Computer only served a single user at a time as a family only needed one breadwinner to exist. As time went by computers took advantage of multi-tasking software to meet the demands of life however, to maintain the quality of life as known in the 50’s. Unfortunately requires today multi-tasking of employment by a family. Lack of the kiss method only deteriorates the mind with stress and uncertainty above the future of their love ones. Today the mind is at

the mercy of fast moving technology and must learn to function as a computer or fall victim to mental illness.

Now I would like to show the similarity of the mind to the history of computers dating back to the early 60's to the present. The first computer replaced the 80 column card system process with key-punch, sorting, verifying and accounting machines. The advent of the first computer opened the door for processing technology with language call FORTRAN. However, this machine only allows one user at a time to run known as batch processing.

The next generation of computers introduced a communication processor which allows a multiple of users to dial in the main computer via a screen-less teletype. The software was known as time-sharing with each user getting his share of computer time called Quantum of mille-seconds.

Then as hardware got smaller and software operating systems were written on computer chips instead of circuit boards. Desktops and personal computers came available to everybody in the 90's.

This decade, known as the information age, came the software to provide user friendly access to data via internet. At first it was design to provide security with a firewall. However, later hackers coded their own software to circumvent security by randomizing numeral and alphabetical characters until the revealed passwords. Finally satellites allowed advancement IPHONES and IPADS.

## GOALS ON THE ROAD TO RECOVERY

- Take the good drugs
- Don't take the bad drugs
- Learn to monitor the illness
- Good sleep / hygiene
- Balance activity levels
- Money management
- Cognitive therapy
- Social support
- Exercise
- Eat well

### **Sources**

- **Diagnosis: Schizophrenia by Rachel Miller and Susan E. Mason**
- **Bipolar 101 by Ruth C. White, PH.D., MPH, MSW and John D. Preston, PSY.D., ABPP**
- **Dorn VA Library Columbia, SC**

**Respectfully yours,**

**Anthony Herda  
3959 Fish Hatchery Road  
Gaston, SC 29053**



March 31, 2015

Dear Mr. Herda,

Thank you for your sweet note and humorous stories. I also have been blessed with a sense of humor! I love to hear from our "television congregation" and pray this ministry will always be a blessing to you.

Blessings,



Wendell D. Pate  
Pastor

LEXINGTON COUNTY SCHOOL DISTRICT ONE

# Educational Foundation

Where Children and Learning Are One

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June 30, 2014

Rapha Residential Care  
c/o Anthony Herda  
3959 Fish Hatchery Road  
Gaston, SC 29053

Dear Mr. Herda,

On behalf of the Lexington County School District One Educational Foundation, I want to extend to you our heartfelt thanks for your generous donation of \$1,000 earmarked for the LEAP/Food Pantry. Your concern for the well-being of children in Lexington One is greatly appreciated and will be carefully used through the supervision of Social Workers in our district. I know that many deserving children will benefit from your gift.

We so enjoyed our visit with you last week and look forward to seeing you again. I shall always remember your winning smile, generous heart and sweet spirit.

Your support of Lexington County School District One, the Educational Foundation, and the community is humbly recognized and accepted. A receipt for your contribution is enclosed.

Sincerely,

  
Connie B. McFarland  
Executive Director

Enclosure

Federal Tax ID: 57-1025465

## RE'SUME (Anthony Herda)

**Objective:** To resume my career with a business who encourages the same professional values such as total customer satisfaction and co-workers to exist in a work environment which shares with each other their talents, experiences, and skills.

**Skills:** Mainly "Problem Solving" with computer skills of thirty years that range from a data processing operator, computer timesharing/transaction processing/operating system, customer support, marketing support, software manager, and finally years of "Help Desk" support.

**Education:** Is the result produced by instruction, training, or study like a computer hardware.  
Under Grad. 1990 Computer Science    Grad. 1993 MBA.

**USAF:** 1961-1965 Processed military F-16 maintenance documents by keypunching, sorting, verifying data via IBM accounting machines. Achieved a high grade in an IBM 360 Programming class.

**GE/Honeywell:** 1966-1986, Phoenix, AZ & Boston, MA. Always enhancing my computer skills starting with processing data for hardware engineers, writing software design, years of on-site support receiving numerous letters of their appreciation especially from State Gov. -NJ, Me, LA, ND, IL, OK, NH.

**Dynamic Research:** 1986-1988: North Andover, MA. Software Manager of ten employees supporting Honeywell/GE 435 computer and the F-16 documents worldwide, including the operating system.

**GTE/NEC/Osram Sylvania:** 1988-1996, Boston, MA. Employed as a contractor to enhance their software (GTE), supp  
operating system (NEC), and help desk  
(OS)>

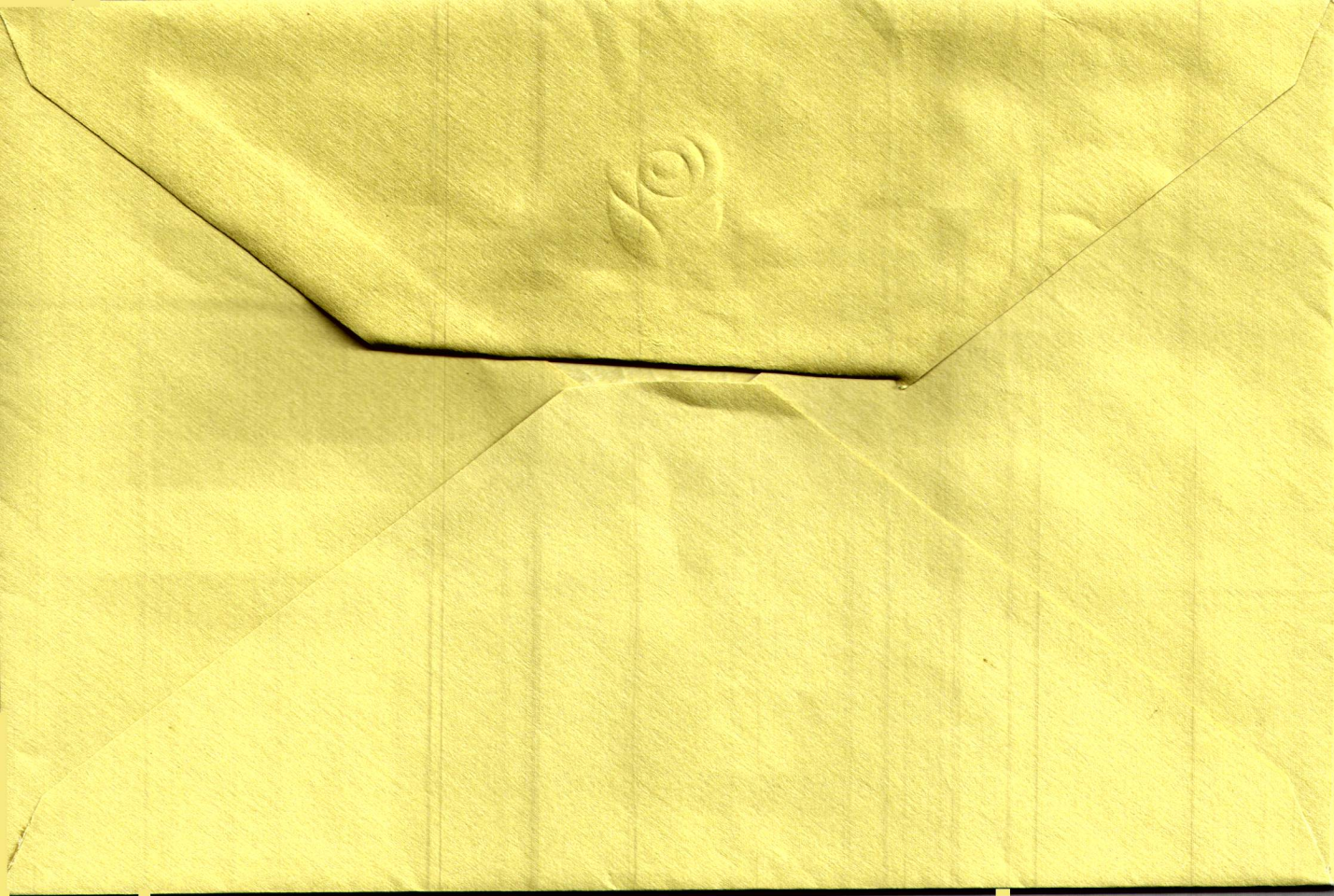
1996 to present: Retired.

**Future Endeavors:** To matriculate my education as currently enrolled in a Master's program on-line for Computer Information Technology to consult as a advisor to up and coming companies.

**Hobbies:** Author of my autobiography, forthcoming January 2013.  
South Carolina University sports.

**Address:** 3959 Fish Hatchery Rd. Gaston, Sc 29053    tonyherda@yahoo.com 803-755-6541

**References:** landon\_osborn@juno.com (former mgr.)  
p\_prosser@att.net (close advisor)  
mikeherda@gmail.com (son)





Anthony Herda  
3959 Fish Hatchery Rd  
Gaston, SC  
29053

Hon. SC GOVERNOR Haley

HON. SC GOVERNOR HALEY,  
THANK YOU IN ADVANCE TO ENTERTAIN  
OUR THOUGHTS AND PRAYERS WITH REGARD  
TO STATE AND FEDERAL LEADERSHIP TO  
RESTORE OUR NATION TO THE SANITY WE  
ONCE KNEW! WITH DUE RESPECT TO YOU  
AND YOUR LOVE ONES, YOU ARE A VIP,  
"VERY IMPORTANT PERSON," TO THEM  
KEEPING THEM IN MIND OF YOUR FUTURE  
ENDAVORS SECOND TO YOUR FAMILY  
FIRST. HOWEVER, WITH A KEEN SENSE  
OF HUMOR AND DEDICATION TO SERVE  
AMERICA IN A GREAT NEED, REMEMBER  
THE GREAT MOVIE (1939) "CASABLANCA."  
WHEN SAID,

"PLAY IT AGAIN, SAM,  
A KISS IS JUST A KISS,  
A SMILE IS JUST A SMILE,  
AS TIME GOES BY."

FINALLY, AT THE END OF THE  
MOVIE, "HON. GOVERNOR HALEY,  
THIS COULD BE THE BEGINNING  
OF A GREAT RELATIONSHIP."

2017 COMMANDER-IN-CHIEF  
IEB

VICE PRESIDENT  
FMR SC GOVERNOR HALEY  
God Bless America  
RESPECTFULLY

ANTHONY HERDA  
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You