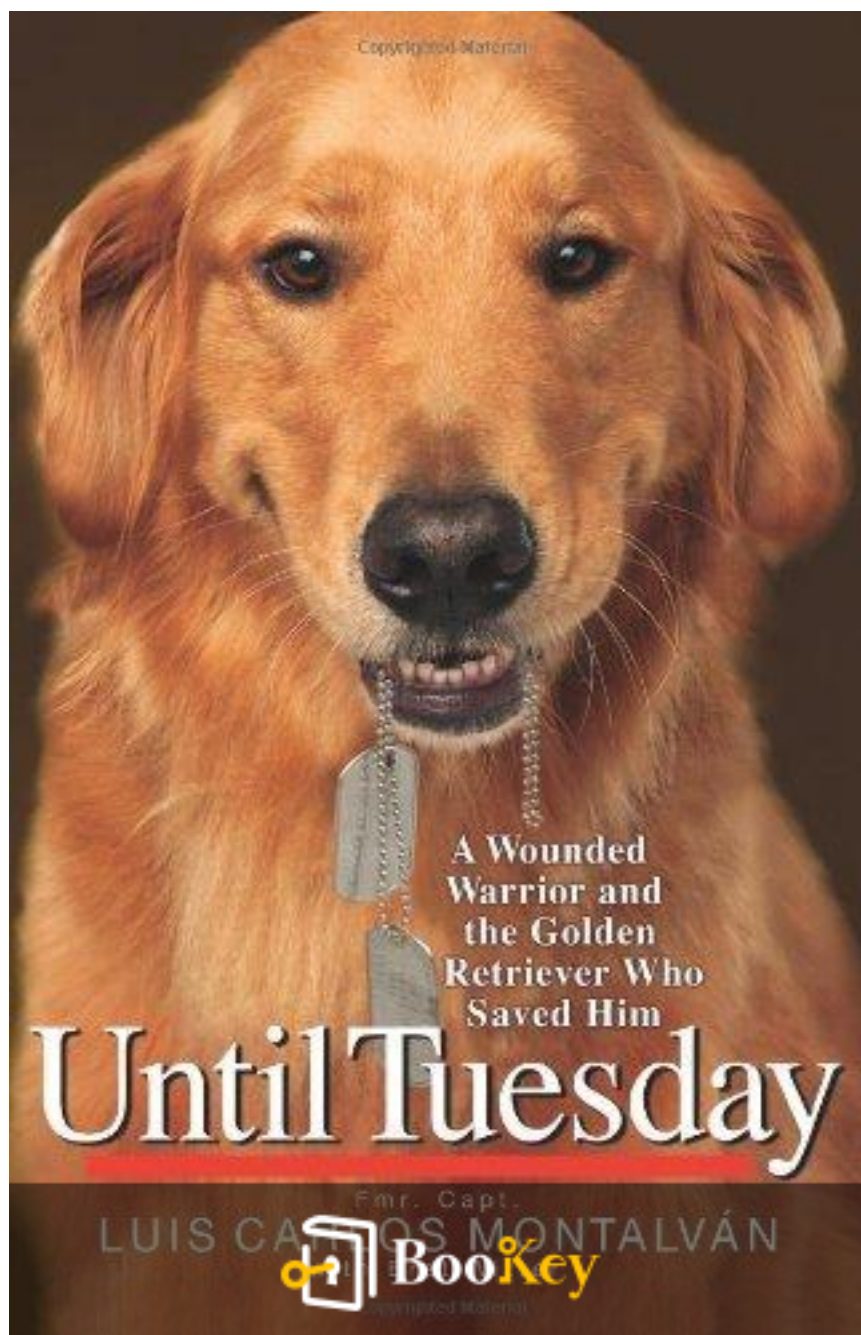


Until Tuesday PDF (Limited Copy)

Luis Carlos Montalván



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Until Tuesday Summary

A Veteran, His Dog, and Their Journey to Healing.

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About the book

Until Tuesday by Luis Carlos Montalván is a profoundly moving memoir that captures the extraordinary bond between a wounded war veteran and the service dog who helped him heal. As Montalván navigates the haunting scars of his traumatic experiences in the Iraq War, he introduces readers to Tuesday, a golden retriever who becomes not just a companion but a lifeline, guiding him through the shadows of PTSD and isolation. This heartfelt journey of resilience and hope illuminates the transformative power of love, friendship, and the unbreakable spirit of the human and animal connection, inviting readers to witness how two souls can inspire each other to reclaim the joy and purpose in life.

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About the author

Luis Carlos Montalván is a former United States Army Captain, author, and passionate advocate for veterans and service animals, particularly known for his remarkable memoir "Until Tuesday." Born in 1977, Montalván served multiple tours in Iraq, where he faced the physical and psychological toll of war, leading to his diagnosis of post-traumatic stress disorder (PTSD). After retiring, he found solace and companionship in a service dog named Tuesday, whose impact on his life profoundly shaped his healing journey. Through his writing and public speaking, Montalván raises awareness about the challenges faced by veterans and the transformative power of the human-animal bond, inspiring many with his story of resilience, hope, and redemption.

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Chapter 1 Summary: - Motherly Love

In the debut chapter of "Until Tuesday," the author, Luis Carlos Montalván, introduces us to a golden retriever named Tuesday, born on September 10, 2006, in a litter that highlights the affectionate bond between mother and pup. Although he is named after a day of the week, the origins of his name remain somewhat mysterious, linked to a significant encounter with the author during the 2008 presidential election. More intriguingly, Tuesday's journey as a service dog begins when he is just three days old, under the guidance of Lu Picard, the founder of East Coast Assistance Dogs (ECAD).

1. Early Development and Training: Tuesday's life began with nurturing from his mother, amidst a litter that displayed their own personality traits. The author imagines Tuesday as the playful, affectionate puppy of the group, showcasing a need for companionship and care from an early age. As a critical part of ECAD's program, he begins his training with human interaction, which starts at three days old. This initial guidance introduces him to the comforting presence of humans, which becomes essential in shaping him into a service dog.

2. Foundations of Trust and Obedience: Under Lu's careful tutelage, Tuesday experiences significant milestones, such as learning to associate human command with rewards. Lu's innovative methods involve a playful use of sounds that mimic the soothing familiarity of nursing. This unique



foundation fosters patience and reinforces the understanding that positive actions lead to affection, a lesson critical for a service dog aimed at assisting individuals with disabilities.

3. Adjusting to Human Interaction: For his first few weeks, Tuesday faces the challenge of trusting humans, particularly as children feed him unfamiliar food. Initially hesitant, he eventually learns to associate his interactions with praise and love, a fundamental bond for his future role as a companion. Lu's approach emphasizes that the foundation of a service dog's training must include a connection with those they aim to assist, and dogs like Tuesday must navigate with flexibility and compliance.

4. Training Environment and Personal Growth: Tuesday's upbringing at ECAD is structured and purposeful. As he transitions to more extensive training schedules, he becomes accustomed to the commands and routines expected of a service dog while still enjoying the company of his siblings. Lu's philosophy resonates throughout, emphasizing that love and support come from hard work, resulting in a well-rounded service dog whose primary objective is to aid those in need.

5. Lu Picard's Mission: Central to Tuesday's story is Lu Picard's dedication to transforming the lives of both her dogs and the clients they serve. Her own experiences, particularly caring for her father after his debilitating stroke, fuel her passion for training assistance dogs. This deeply personal

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motivation leads her to establish ECAD, where she strives to bring affection, purpose, and companionship into the lives of both the dogs and future clients.

6. **The Bond Between Dog and Owner:** The chapter underscores that mere training is insufficient for developing a service animal. Instead, it is the deep emotional bond that forms between the dog and its handler that ensures effective service and companionship. Lu's training methods, which encourage a need for eventual attachment with their future owners, play a crucial role in facilitating the connection dogs will ultimately develop with their human counterparts.

7. **Tuesday's Identity:** Through various anecdotes that highlight his character traits, including his inclination for closeness and affection, we see Tuesday as more than just a service dog; he is a being of warm temperament and loyalty. His journey, shaped by both Lu's mentorship and the love from those around him, reflects the intricate dynamics of dog training and the essential emotional connections forged between animals and humans.

As the chapter unfolds, readers witness Tuesday's transformation from a vulnerable puppy to a promising service dog, prepared to fulfill a critical role in someone's life. Montalván reflects on the complexities of companionship, training, and the personal narratives that shape the relationships between service dogs and their handlers, setting the stage for a

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touching long-term journey of loyalty and love.

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Critical Thinking

Key Point: The Power of Early Connections

Critical Interpretation: Imagine the transformative power of your early connections, just like Tuesday's initial bonding experiences that shaped his future. As you reflect on your own life, consider how the bonds you've formed in your early years have influenced who you are today. Embrace the idea that nurturing relationships—be it with family, friends, or mentors—can lay the groundwork for your personal growth and resilience. Just as Tuesday learned the importance of trust and connection in his training, you too can find strength and support in the people around you, reminding you that fostering meaningful connections can lead to extraordinary outcomes in both your own life and the lives of others.

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Chapter 2 Summary: - Puppy Behind Bars

In Chapter 2 of "Until Tuesday," the narrative unfolds with a profound exploration of love, loss, and redemption through the lens of the service dog training initiative, Puppies Behind Bars, in New York State prisons. The chapter introduces the significance of this unique program, which has been in operation for over a decade. It describes how prisoners, in a structured twelve-week course, train service dogs for various purposes, including assisting wounded veterans. As the program extends to encompass veterans of Iraq and Afghanistan, Lu Picard, an established trainer from East Coast Assistance Dogs (ECAD), hesitates to integrate her methodology with the prison system, which emphasizes emotional bonds between trainers and dogs.

1. Emotional Bonds and the Training Environment Lu worries that the close relationships between prisoners and the dogs during their extended training periods might lead to premature attachments that ultimately hinder the dogs' adaptability. However, upon visiting the program, the narrator—an Army veteran—experiences an unexpected empathy towards the trained inmates, recognizing shared struggles with their pasts. This empathy highlights the potential for transformation and redemption inherent in both the prisoners and the dogs.

2. The Impact of Separation: The central focus shifts to the character of

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Tuesday, a service dog who undergoes significant emotional turmoil after being separated from his initial trainer in the prison. This poignant separation mirrors the human experience of loss and emphasizes how dogs, particularly sensitive ones like Tuesday, feel the weight of attachment and heartbreak deeply. The vivid imagery of Tuesday's despair encapsulates the bond he had formed during a mere three months of companionship, illuminating the tragic reality of transient relationships.

3. Transformation Through Connection Tom, an aging prisoner facing life sentences, emerges as a pivotal character willing to accept the emotionally troubled Tuesday. Despite facing skepticism from other inmates, Tom sees potential in Tuesday and lays the foundation for a nurturing bond. He employs patience and empathy rather than traditional training methods, allowing Tuesday to heal from his emotional wounds through connection and understanding.

4. Overcoming Challenges Together. The narrative builds on their evolving relationship, particularly how they help each other confront their respective vulnerabilities. As Tom trains Tuesday, he recognizes that the process is as much about restoring Tuesday's spirit as it is about learning commands. Tom inventively uses a swimming pool to encourage playfulness and ease training, fostering a deeper bond that transforms Tuesday from a disheartened dog to an eager learner once again.

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5. Redemption and New Beginnings: As their companionship deepens, Tom's rigorous yet compassionate approach leads to remarkable improvements in Tuesday's training. This journey culminates in Tom's successful parole, marking a significant turning point in his life and emphasizing the role of second chances—not just for humans, but for animals as well. Tom's journey illustrates the transformative power of love and connection against the backdrop of a harsh prison system.

6. Final Reflections: The chapter closes on a bittersweet note, revealing that, while Tom has found freedom and purpose, Tuesday's journey continues back at ECAD, alone once again. This poignant ending encapsulates the themes of love, loss, and the ongoing pursuit of redemption, suggesting that while relationships may change, the core of what they teach us about compassion and resilience endures.

Through rich emotional depth and vivid storytelling, Chapter 2 of "Until Tuesday" intricately weaves the stories of humans and dogs, their bonds, and their respective journeys of healing, reinforcing the notion that both deserve second chances, and that true companionship can lead to profound transformations.

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Chapter 3: - The Lost Boys

Chapter 3 of "Until Tuesday" presents a deeply emotional narrative revolving around the lives of service dogs and their trainers, focusing primarily on the ECAD (Educated Canines Assisting with Disabilities) organization, which operates in a modest facility dedicated to training assistance dogs.

1. A Pragmatic Environment: The ECAD training center is stark and unadorned, comprised of large open spaces and plain furnishings, underscoring the organization's commitment to functionality rather than aesthetics. Its physical simplicity mirrors the straightforward yet impactful work that occurs within. The emphasis here is on service and support for disabled individuals rather than catering to wealth, showcasing ECAD's true priority: improving the lives of its clients.

2. The Essence of Service: The heart of ECAD lies in its commitment to its clients, which encompasses not only the dogs but also the people they serve. Through stories of families dealing with disabilities, the text reveals

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Chapter 4 Summary: - Al-Waleed

Chapter 4 of "Until Tuesday" by Luis Carlos Montalván reflects on the profound and challenging experiences of the author amid the chaotic landscape of Iraq during the war, particularly at Al-Waleed, a critical border crossing. The narrative begins with a poignant quote from poet Wilfred Owen, emphasizing the intensity of the memories that the author wrestles with, as he recalls the toll that war has taken on him emotionally and physically.

1. Memories of Combat and PTSD: The author candidly shares the emotional fallout from his combat experiences, illustrating the symptoms of post-traumatic stress disorder (PTSD). He reflects on past interviews where he struggled to recount his experiences, revealing how the memories continue to haunt him and disrupt his daily life. Montalván compares recovery to a "snow globe," suggesting that while one can work towards healing, they will never return to their former self.

2. Life Before War: Montalván portrays his life leading up to his deployment, describing himself as strong, confident, and passionate about serving his country, in contrast to the turmoil and struggles that would follow. He highlights his upbringing in a supportive, intellectual family, yet felt compelled to join the military, driven by a sense of duty and the prevailing influence of a nationalist mindset during the Reagan era.

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3. Arrival at Al-Waleed: Upon arriving at Al-Waleed, Montalván finds himself leading a small platoon in the midst of a complex geopolitical struggle. He paints a vivid picture of the challenges they face—corruption, smuggling, and a hostile environment. Despite being vastly outnumbered and under-resourced, he and his men take on the daunting task of establishing order and building relationships with local officials.

4. Corruption and the Struggle for Peace: Montalván provides a detailed account of the rampant corruption he encountered at Al-Waleed, especially related to the illegal benzene trade. He recounts his strategic efforts to combat this corruption, leveraging both hard and soft power methods, such as engaging in community outreach and challenging corrupt officials. His leadership style emphasizes integrity and persistence, laying the groundwork for a more secure and equitable environment.

5. Building Relationships and Trust The chapter underscores the importance of local relationships in achieving their objectives. Montalván's introduction of interpreters like Ali and collaboration with determined Iraqis like Maher is instrumental in forming alliances that help navigate the complexities of deployment. These personal connections ultimately lead to greater successes in controlling the border and deterring smuggling activities.



6. The Tension of Military Life Montalván captures the contradictions inherent in military life—where the exhilaration of combat coexists with the heart-wrenching reality of violence. His descriptions of intense firefights highlight the adrenaline rush soldiers experience, juxtaposed against the long-term psychological consequences of such encounters.

7. A Life-Changing Incident: The climax of the chapter is marked by a harrowing personal experience where Montalván is attacked during a routine patrol. This critical moment is depicted in raw detail, showcasing the unpredictability of war and its capacity for violence even in seemingly mundane tasks. The author's vulnerability in this confrontation starkly illustrates the physical and psychological battles that soldiers face.

Through these reflections, Montalván not only recounts his personal journey but also sheds light on the complexities of the Iraq War, emphasizing themes of sacrifice, betrayal, and the lasting impact of conflict on the human spirit. His narrative serves as a powerful reminder of the sacrifices made and the ongoing struggles that veterans endure long after they leave the battlefield.

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Chapter 5 Summary: - An American Soldier

In Chapter 5 of "Until Tuesday," Luis Carlos Montalván recounts the transformative moment in his life during a brutal attack in Iraq, which marked the beginning of a long journey filled with pain and reflection. He vividly describes the harrowing aftermath of the assault, including his physical injuries, emotional turmoil, and the burdens of leadership. The narrative is interwoven with a deep sense of obligation to his platoon and his Iraqi allies, who he viewed as brothers in arms.

1. **The Attack and its Aftermath** - Montalván reflects on the traumatic event that changed his life. He details the chaos and violence, the immediate medical response, and the struggle with how his body felt versus the reality of his psychological injuries. He recounts moments of sheer determination to return to his unit despite his injuries, showcasing an unwavering sense of duty.
2. **Psychological Impact** - As he returns to his platoon just days after the attack, Montalván grapples with increasing anger and obsession. He suspects a coordinated assassination attempt against him, which fuels his drive to combat corruption within Iraq. This obsession leads to a relentless pursuit of his mission but takes a toll on his mental health and well-being.
3. **Declining Health** - Montalván describes how his psychological issues



manifest in physical ailments, leading to sleepless nights, pain, and substance reliance. His determination to push through is accompanied by a gradual unraveling of his mental state, as he becomes hypervigilant and increasingly isolated.

4. The Burden of Leadership - Throughout his time, he feels a profound responsibility towards his men and Iraqi allies, underscoring the soldier's creed. However, the pressure mounts, and he begins to witness the struggles of his fellow soldiers, leading to an environment where many grapple with their own demons.

5. Struggles with Personal Life - Following his return to the United States, Montalván faces the stark contrast between military life and civilian life, which is disorienting. His marriage crumbles as he struggles to reconnect with his wife amidst personal issues. This tumult culminates in a cocktail of anger, regret, and alcohol dependence as he wrestles with the burdens brought on by his experiences.

6. The Injustice of War - Montalván articulates a growing sense of betrayal by the Army concerning the treatment of soldiers, including the disregard for their welfare and mental health. He is particularly moved by the story of a soldier's infant daughter, whose suffering symbolizes the suffering of many caught in the broader tragedy of war.

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7. Decision to Leave - Despite being recognized for his capabilities and potential within the Army, Montalván ultimately realizes that both his physical and mental health are deteriorating, making it necessary to consider leaving the military. He makes the heart-wrenching decision to move on from the Third Armored Cavalry, signifying a shift as he acknowledges his limits while facing the ghosts of his past service.

In conclusion, Chapter 5 serves as a profound exploration of the complexities of a soldier's experience—ranging from valor and commitment to deep personal struggles and societal neglect—highlighting the inherent costs of war not only on a soldier's body but also on the mind and spirit. The journey from the battlefield to the home front captures the reality many veterans face, encapsulating themes of loyalty, pain, and ultimately, the pursuit of healing.

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Critical Thinking

Key Point: The Burden of Leadership

Critical Interpretation: As you navigate through life, consider the weight of responsibility you carry, whether in your personal relationships or professional endeavors. Montalván's reflections reveal that true leadership isn't just about strength or unwavering commitment; it's about recognizing your limitations and understanding the toll that constant pressure can take on your mental well-being. Let his story remind you that it's okay to seek help and embrace vulnerability. By doing so, you not only honor your own struggles but also create a more compassionate environment for those around you, fostering resilience and connection rather than isolation.

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Chapter 6: - Anything but Stable

In Chapter 6 of "Until Tuesday," the narrative dives into deeply personal recollections of the author, Luis Carlos Montalván, as he grapples with his experiences in Iraq and the unsettling memories that resurface while trying to write. He reflects on how his service as a soldier led to profound trauma, yet it is the presence of his service dog, Tuesday, that acts as a critical anchor for him amid the turmoil. The warmth and affection of his canine companion serve to remind him of the present, counterbalancing the heaviness of his past.

1. Montalván's vivid recollections transport him back to life-threatening moments during his military service, evoking feelings of anxiety and existential dread. The old man's thoughts from Hemingway's "The Old Man and the Sea" echo his feelings towards life and struggle, drawing parallels between the natural world and his internal battles. As he confronts haunting memories, he finds solace in Tuesday's intuitive presence, which acts as a stabilizing force against his turbulent emotions.

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Chapter 7 Summary: - Hard Decisions

In Chapter 7 of "Until Tuesday" by Luis Carlos Montalván, the author reflects on the profound psychological and physical injuries suffered in the wake of war, illustrating the harsh realities that soldiers face when transitioning back to civilian life. This chapter serves as a compelling narrative of Montalván's journey through pain, trauma, and recovery, punctuated by moments of clarity and poignant decision-making.

1. The psychological toll of war is most pronounced after soldiers return home. Montalván's experiences reveal that the aftermath of combat often leads to profound psychological scars, compelling many veterans to seek solace in the chaos of war rather than confronting the challenges of civilian life. He describes his voluntary return to dangerous situations in Iraq, driven by a need for adrenaline and a distraction from his mental anguish.

2. Montalván's physical condition deteriorates alongside his mental health. After enduring multiple surgeries and exacerbating injuries, he finds himself bedridden, grappling with both the physical pain of his ailments—intense chronic pain, headaches, and immobilization—and the psychological turmoil induced by flashbacks and intrusive memories from Iraq. During these two months of recovery, he immerses himself in researching the war, seeking understanding amid the chaos of his thoughts.



3. The conflict between devotion to the military and disillusionment with its leadership shapes Montalván's reflections. While he remains fiercely loyal to the soldiers and the Army itself, he expresses deep dissatisfaction with the incompetence of military and civilian leaders, feeling a responsibility to prepare newly commissioned officers despite his own struggles with PTSD. He experiences cycles of anger, grief, and unwavering loyalty, reflecting on his desire to protect soldiers who will face similar dangers.

4. Montalván's gradual descent into isolation and anxiety culminates in a profound moment of reckoning when he decides to turn down a promising job opportunity with the New York Office of Emergency Management. This decision, laden with fear of failure and societal expectations, ultimately liberates him. By confronting his reality and recognizing his need for help, he takes the first significant step toward his recovery.

5. The reactions of Montalván's parents highlight societal misconceptions treating PTSD and veteran struggles as personal failures. His father's harsh judgment intensifies Montalván's feelings of anger and alienation, contributing to a deep sense of loneliness. In a poignant turn, he channels this turmoil into his writing, utilizing it as a medium to express his feelings of abandonment and seek connection with others.

6. The chapter crescendos into a depiction of worsening mental instability, driven by alcohol dependency and a traumatic incident where he hits rock

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bottom. His struggle with addiction becomes a coping mechanism for his psychological suffering, leading to reckless behavior and further injuries. This moment underscores the profound impact of trauma on a veteran's life and their relentless struggle for stability in the face of overwhelming adversity.

7. As the narrative progresses, Montalván's commitment to reclaiming his life shines through. Despite debilitating injuries and encroaching despair, he pursues education at Columbia University, confronting his fears and anxiety about social interactions. This pursuit of academic and personal growth represents a significant turning point in his journey of healing.

Chapter 7 encapsulates the intense inner conflict faced by veterans, illustrating the haunting specter of unresolved trauma and the quest for clarity and redemption amid chaos. Through Montalván's powerful narrative, readers gain insight into the complex dynamics of recovery, societal perceptions of veterans, and the arduous path toward healing.

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Chapter 8 Summary: - The Thought of Dogs

The pivotal moment in my life arrived on July 1, 2008, when an unexpected email from the Wounded Warrior Project piqued my interest. The message introduced a program called "Puppies Behind Bars," which offered trained assistance dogs to veterans suffering from PTSD, traumatic brain injuries, or physical injuries. Realizing I was a perfect candidate based on my struggles with social anxiety, vertigo, and physical ailments, I became excited about the prospect of having a dog. The companionship and support a dog could provide were exactly what I needed to combat my overwhelming loneliness.

My previous experiences with dogs shaped my longing for this connection. In Iraq, I witnessed the heartbreaking duty of euthanizing sick dogs, a task that vividly underscored the importance of companionship and trust. Our unit's mascot, Bruce, a stray dog we had adopted, became a source of solace amidst the chaos. He restored a sense of normalcy and provided comfort during tumultuous times. As a child, my giant schnauzer, Max, was my unwavering friend. Despite my family dynamics and the bullying I faced in school, Max was a consistent source of joy and companionship, and his loss left an indelible mark on my heart. The years that followed Max's disappearance only reinforced my need for canine companionship.

Determined to regain that connection, I applied to the assistance dog program, fueled by faith in my ability to succeed. I reached out to friends

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and mentors for recommendations and compiled extensive documentation to support my application. With unwavering confidence, I anticipated being selected, reminiscent of my self-assurance regarding academic and personal goals I had accepted as certainties in my life. Faith was a guiding principle for me, manifesting itself in my eagerness to welcome change through this program.

When I finally connected with Lu Picard during my second interview, I sensed that my life was about to transform. Although the training schedule was delayed, the mere prospect of welcoming a service dog instilled newfound hope. My journey to better mental and physical health included switching to a more understanding healthcare team and focusing on the positives in my life, encouraging my spirit as I transitioned into a happier mindset.

The moment I arrived at East Coast Assistance Dogs on November 3, 2008, I was filled with anticipation. Unlike others who struggled with anxiety about entering the training facility, I felt a wave of excitement to be among fellow veterans. Our diverse backgrounds only enriched our shared experience; the bonds created amidst our collective struggles gave rise to a supportive environment.

That night, as I eagerly stayed up watching election results, I realized that the symbolic shifting tide in American politics mirrored my own

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life—change was on the horizon. This moment marked not only a political shift but a personal one; tomorrow I would meet my new companion, a dog who would help facilitate the changes I longed for in my life.

The journey to recovery, companionship, and healing was not without its challenges, but hope and anticipation empowered me to embrace a brighter future.

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Chapter 9: - The First Choice

Chapter 9 of "Until Tuesday" beautifully encapsulates the transformative moment when Luis Carlos Montalván meets his future service dog, Tuesday, and begins the journey toward healing and companionship. In a setting reminiscent of a kennel club, the presence of the dogs elicits awe and anticipation, representing not just animals undergoing training, but potential lifelines for the veterans. As Montalván and fellow veterans await this pivotal moment, the aura of hope is palpable, reflecting their yearning for connection after enduring profound struggles.

1. **The Splendor of the Dogs:** The dogs, including a yellow lab and a couple of golden retrievers, enter the room with an impressive presence. Their well-groomed appearance and calm demeanor create an almost cinematic effect, drawing everyone's attention as they take their places on green boxes in a display of obedience and training.

2. **Desires for Connection:** Each veteran harbors personal aspirations for the companionship their service dogs might provide. Montalván

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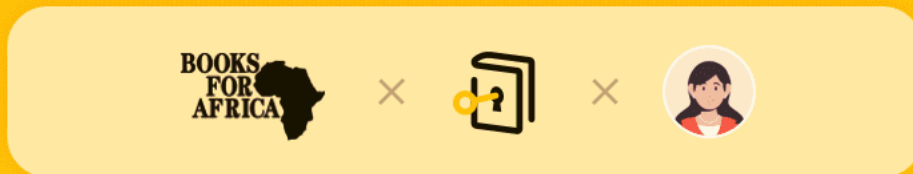
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Chapter 10 Summary: - Company

In Chapter 10 of "Until Tuesday" by Luis Carlos Montalván, the author shares his experiences and transformative journey at ECAD, where he is reunited with fellow veterans, including Ricky, Andrew, and Mary. These individuals, connected through the shared understanding of wartime trauma and injury, become a supportive community, allowing Montalván to rediscover his sense of purpose and identity.

1. Community and Camaraderie: Montalván reflects on how being surrounded by fellow soldiers at ECAD provided comfort and relief compared to his isolation in Brooklyn. The camaraderie formed among veterans transcended their physical injuries, fostering a sense of belonging that was vital to their recovery. For Montalván, it was not just about rehabilitation but also about reclaiming his former self within a close-knit group who understood each other's struggles.

2. Confronting Fears: Prior to ECAD, Montalván had faced significant anxiety, particularly highlighted by an experience on New Year's Eve 2007, where the overwhelming crowds pushed him to cope with alcohol. However, at ECAD, he was committed to facing these fears soberly. His interactions with the other veterans helped him navigate the overwhelming feelings of anxiety that haunted him, reinforcing his resolve to overcome challenges.



3. Dog Training and Connection: The introduction of his service dog, Tuesday, marks a pivotal change for Montalván. Through the rigorous training process, he learns to manage his PTSD and tensions, using the physical contact with Tuesday to ground himself. The bond with his dog fosters a calming influence that helps him stay in the moment, alleviating the relentless mental chatter that had previously plagued him.

4. Resilience and Humor: The veterans at ECAD demonstrate remarkable resilience through humor and support for one another. The playful antics of the veterans, especially involving Ricky and his mock reprisal for Montalván's comedic dog commands, create a light-hearted environment that contrasts their serious undertakings. This combination of humor and shared experiences strengthens their resolve to heal and rebuild their lives.

5. Challenges and Achievements: Montalván recounts the demanding routine of training, exploring his limitations while trying to keep up with the program. As the days progress, moments of frustration are juxtaposed with achievements, including mastering commands with Tuesday. The push for success, however, is complicated by setbacks, illustrating the non-linear journey of recovery.

6. Public Outings and Real-World Applications The narrative captures the stress of a public outing with his fellow veterans, highlighting the

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real-world challenges they faced, like navigating crowded spaces that could trigger anxiety. Ultimately, Montalván discovers that, despite the fear and uncertainty, he can manage situations due to the steadfast presence of Tuesday. This realization illustrates his growth and newfound confidence.

7. A Turning Point The chapter culminates in a moment of victory when Montalván successfully navigates a stressful situation without succumbing to panic. His ability to calmly assert control, supported by Tuesday, marks a significant turning point in his journey toward healing. The camaraderie with his fellow veterans enhances the celebratory mood, highlighting that recovery can be experienced collectively.

In sum, Chapter 10 of "Until Tuesday" intricately underscores the importance of community, the healing power of service animals, the resilience of wartime veterans, and the significance of humor in handling trauma, ultimately presenting a story of recovery built on connection and shared understanding.

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Chapter 11 Summary: - The Right Dog

In this chapter of "Until Tuesday," Luis Carlos Montalván reflects on his evolving relationship with his service dog, Tuesday. The narrative unfolds with a sense of triumph as Montalván describes a pivotal moment following a successful train ride that served as a significant test of his anxiety. With Tuesday's assistance, he learns to manage his fears, fostering a newfound confidence that strengthens their bond. By the end of their second week together, their training sessions become increasingly effortless, indicating a developing partnership.

1. **The Transition to Leadership:** Montalván notices that Tuesday responds better to him as he embraces the role of an alpha. They engage in various training exercises, where Montalván emphasizes the importance of establishing himself as a leader. Yet, despite their successes, Tuesday's playful nature leads to distractions, raising questions about the balance between authority and companionship in their dynamic.

2. **The Unconventional Connection:** Unlike other service dog teams marked by immediate connections, Montalván and Tuesday's relationship requires deeper understanding. Montalván realizes that the connection extends beyond commands; it hinges on emotions conveyed through the leash, symbolizing a complex bond that is more than mere obedience. He acknowledges that both he and Tuesday come from places of emotional



injury, leading to their shared struggle to connect.

3. **Observing Other Bonds:** Throughout the chapter, Montalván contrasts his relationship with Tuesday to those of other veterans training with their dogs. He describes the effortless affinity between Mary and her dog, Remy, showcasing a bond characterized by mutual trust and affection. Meanwhile, Andrew's challenges with Blue highlight how the right dog is crucial for the individual's needs. This comparison allows Montalván to appreciate his own bond with Tuesday while recognizing the unique intricacies of each partnership.

4. **The Emotional Breakthrough:** A moment of intense frustration during a public demonstration leads Montalván to take a timeout with Tuesday, where he seeks to forge a true connection by calming the dog and openly expressing their relationship. This pivotal experience fosters a mutual understanding; they realize their emotional needs are complementary. Both trainer and dog begin to recognize their interdependence, marking a turning point in their relationship.

5. **The Joy of Freedom:** The chapter culminates with Montalván and Tuesday riding the Metro-North Railroad into New York City, symbolizing a fresh start for both. Their outing reflects not only the progress they have made but also the anticipation for the future. As they navigate the bustling environment of the city, the bond they've cultivated is palpable, illuminating

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the transformative power of companionship and support that a service dog can provide.

Throughout this chapter, the themes of connection, emotional healing, and the necessity of the right partnership shine through, ultimately portraying the profound impact service dogs can have on their handlers' lives. Montalván's experiences serve as a testament to the resilience of both humans and animals in the search for understanding and companionship.

Key Themes	Description
The Transition to Leadership	Montalván embraces his role as an alpha, which improves Tuesday's response, but his playful nature poses distractions.
The Unconventional Connection	The bond between Montalván and Tuesday requires deeper emotional understanding and transcends basic obedience.
Observing Other Bonds	Montalván compares his relationship with Tuesday to other veterans, noting differences in connection, trust, and needs.
The Emotional Breakthrough	A timeout during a public demo leads to a mutual understanding, recognizing the interdependence in their relationship.
The Joy of Freedom	The chapter concludes with a symbolic Metro-North ride, highlighting their progress and the transformative power of their bond.

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Chapter 12: - The First Test

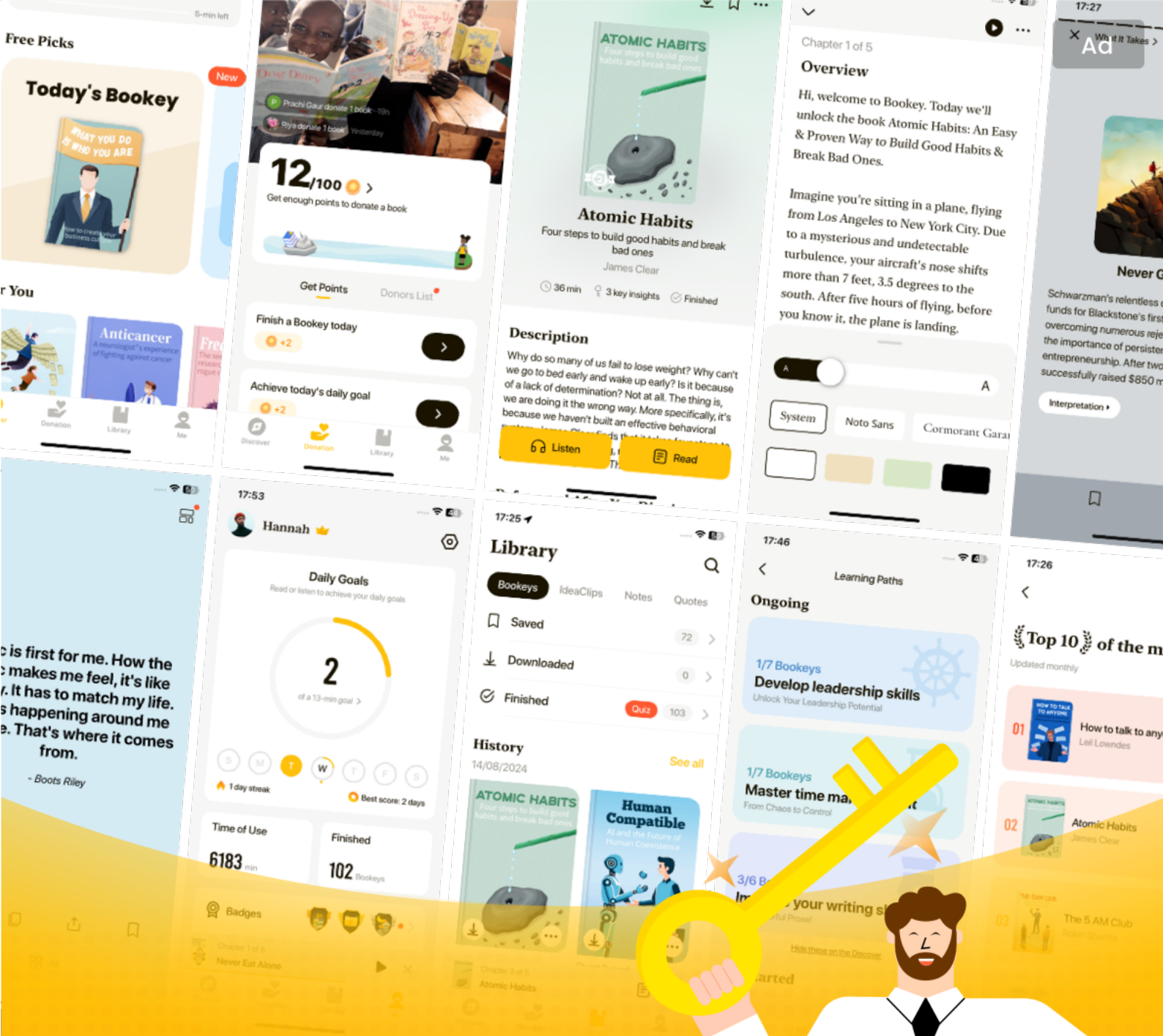
Chapter 12 of "Until Tuesday" by Luis Carlos Montalván reflects on the initial tests and challenges faced by the author as he navigates life with his service dog, Tuesday, amidst the ongoing impact of PTSD and memories from his military service.

1. The chapter opens with an acknowledgment of the positive change that Tuesday brings to Montalván's life. The companionship of his service dog allows him to retreat into a comforting routine of bonding and training, where they practice commands at all hours. This isolation, however, serves as both a refuge and a barrier to facing the outside world.

2. Despite the improvements to his life with Tuesday, the author still grapples with the realities of attending classes at Columbia University, particularly in an investigative journalism course that for him feels trivial and disconnected from the significant issues he has witnessed during his service. He expresses frustration with assignments that focus on local concerns while ignoring the larger, more pressing crisis of displaced Iraqis

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Chapter 13 Summary: - Thanksgiving

In this poignant chapter from "Until Tuesday" by Luis Carlos Montalván, the author navigates the complexities of family, trauma, and healing during a Thanksgiving that serves as a turning point in his life. He begins by confronting the challenges posed by PTSD, wrestling with memories of his time in Iraq and Afghanistan while seeking stability through his relationship with his service dog, Tuesday.

1. The Impact of War on Family Dynamics: Montalván highlights the dichotomy of his experiences in the Army versus his family's expectations of him. He reflects on his desire to serve, inspired by leaders like Reagan, but feels the profound isolation that war creates. The absence of his parents at his return from Iraq initially cast a shadow over what was supposed to be a joyous homecoming. Montalván's struggle with PTSD led him to distance himself from his family, creating a rift that was deeply felt.

2. Father-Son Communication: An emotional email exchange between Montalván and his father reveals the pain and miscommunication that arises from their differing perspectives on his situation. His father expresses concern over Montalván's choices, particularly regarding joining groups for disabled veterans, indicating a fear that his son might become mired in victimhood. Montalván's response articulates his tumultuous journey and desire for self-improvement, albeit from a place of deep internal struggle.

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Their strained communication illustrates how war-related trauma can fracture familial connections.

3. Reunion and Healing: Faced with the emotional weight of the holidays, Montalván reaches out to Father Tim, a supportive figure with a comprehensive understanding of psychological trauma. The priest's advice to "go home" prompts a reluctant yet necessary return to his family. The reunion during Noche Buena marks a pivotal moment in the narrative, as Montalván witnesses vulnerability in his father, breaking a generational norm among Latino men who seldom show emotion. This embrace becomes a source of mutual healing as they navigate their shared pain and fear.

4. Integration of Service Animals: Montalván's bond with Tuesday symbolizes not only companionship but also hope and recovery. The chapter emphasizes the transformative impact of having a service dog in navigating daily challenges, particularly for someone grappling with PTSD. As Montalván introduces Tuesday to his family, he confronts their skepticism, especially from his mother, who finds it difficult to understand how a dog could ameliorate her son's struggles.

5. Thanksgiving Experience: The holiday gathering serves as both a test and a testament to Montalván's progress. He observes the shift in his relationship with his family, especially observing the begrudging acceptance of Tuesday. Montalván reflects on the stark contrast between past

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Thanksgivings filled with alcohol and solitude and this year's dinner, during which he engages with his family, albeit still grappling with his mental health challenges. The inclusion of Tuesday gradually eases his anxiety, showcasing the practical support and emotional connection the dog provides.

6. Recognition and Acceptance: By the end of the chapter, Mamá's acknowledgment of Tuesday as "a well-behaved dog" signifies a tentative acceptance of Montalván's strategies for coping. While it falls short of total endorsement, it represents a significant step forward for both Montalván and his mother. This small recognition hints at a possible reconciliation, allowing for a hopeful outlook on their evolving relationship.

Ultimately, this chapter intertwines themes of familial love, the burden of trauma, and the pathways toward healing. It sheds light on the profound impact that both human and animal connections have in fostering resilience, underscoring the significance of acceptance during times of crisis.

Montalván's journey, marked by the complexities of returning home and reconciling his past, reveals that healing is a shared endeavor that involves both personal and familial commitment.

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Chapter 14 Summary: - Smoked

Back in Brooklyn during the winter school break, the author, Luis Carlos Montalván, reflects on life with his service dog, Tuesday, in their snug apartment. Optimistic about their shared living arrangements, Montalván had purchased a queen-sized bed, which served dual purposes as a platform for his work on researched topics, particularly the corruption within the New York City Veterans Benefits Administration. Teaching Tuesday to stay off the bed while working became a routine, followed by joyful moments when he invited Tuesday to jump up beside him. The warmth and companionship of Tuesday proved comforting, particularly during restless nights filled with nightmares from combat.

1. The bond with Tuesday provides not just emotional comfort but also practical assistance, helping Montalván avoid back pain from bending over for shoes—Tuesday retrieved them daily, bringing happiness and chaos alike, with slobber-covered socks becoming a humorous norm.
2. The author's experience of PTSD manifests predominantly through hypervigilance rather than fear, transforming simple outings into complex navigations of a world filled with potential dangers. While the streets of Sunset Park felt threatening to many, this hyperawareness was a survival mechanism for Montalván, who observed details others often missed. He was suspicious of seemingly mundane objects and the behaviors of those



around him, always on alert, which brought about formidable anxiety.

3. Acknowledging the hurdles of PTSD, Montalván finds solace in the presence of Tuesday, who serves as his point of focus and reassurance in stressful environments. The dog's calm demeanor helps mitigate the overwhelming anxiety Montalván encounters when in crowded places.

4. Initially, Tuesdays' distractions in the sensory-rich environment of New York posed challenges, but over time, Montalván learned to interpret Tuesday's focus and behavior. This understanding allowed him to navigate his anxiety more easily, gradually allowing him to trust both in Tuesday's instincts and his ability to walk freely.

5. Embracing the solitude of night walks, Montalván and Tuesday ventured out during the cold winter months, often to the local convenience store or liquor shop where social interaction was minimized. The quiet moments spent together provided a necessary refuge from the inner turmoil of daytime crowds.

6. Their walks included a newfound secret after-hours adventure to Rainbow Park, where Montalván liberated Tuesday from his service dog duties and engaged him in playful games with tennis balls. Through these clandestine excursions, a joyful bond between the two deepened, offering Montalván a semblance of normalcy and relief from the relentless grip of PTSD.

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In the stillness of night, Montalván found both healing and companionship in the energetic presence of Tuesday as he chased tennis balls against the wall, echoing the laughter of shared moments and the silent understanding of their unique partnership. With every laugh shared and every ball tossed, Montalván felt not only companionship but also a sense of reclaiming a lost piece of joy amidst the shadows of his past.

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Chapter 15: - Cats and Dogs

In "Until Tuesday," Chapter 15 outlines the evolving bond between Luis Carlos Montalván and his service dog, Tuesday, while introducing the challenges they face both socially and in their daily lives. Two months into their companionship, they have developed mutual respect and affection, enjoying adventures in the city and forming a solid partnership. However, the chapter reveals a significant personal struggle; Montalván grapples with his PTSD, particularly when encountering Middle Eastern individuals, a condition shaped by his traumatic experiences in Iraq. This internal conflict highlights how past traumas can distort perceptions in everyday life, affecting relationships and interactions.

Conversely, Tuesday's challenge lies with an entirely different issue: his mistrust of cats. The chapter recounts a chaotic incident in which a feral cat unexpectedly attacks Tuesday, leaving him bewildered and cautious. This encounter aligns with Montalván's own feelings of discomfort regarding specific social interactions, creating a parallel between the two. In a rather humorous episode at a pet store, both Tuesday and Montalván find

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Chapter 16 Summary: - Hope and Change

In Chapter 16 of "Until Tuesday," titled "Hope and Change," Luis Carlos Montalván reflects on a momentous occasion—the inauguration of President Barack Obama on January 20, 2009. This event marks a significant point in both his life and the broader political landscape of the United States. Montalván, who has been struggling with PTSD, is buoyed by a sense of optimism, especially after having developed a bond with his service dog, Tuesday.

The chapter emphasizes several key principles that illustrate Montalván's journey towards healing and empowerment:

- 1. Courage through Experience:** He illustrates how confronting fears equips one with strength, courage, and confidence. With Tuesday by his side, Montalván feels prepared to face large crowds, marking a stark contrast to his past experiences filled with anxiety.
- 2. A New Chapter in Leadership:** With the Obama presidency representing hope and change, Montalván reflects positively on the new direction for the military and society. He acknowledges that while immediate changes were not expected, ongoing effort and accountability are crucial for true progress.



3. Disappointment and Accountability: Montalván candidly discusses his disappointment with the Obama administration, particularly regarding the lack of accountability for military leaders and decisions that negatively impacted the war efforts. This highlights a disparity between promises of change and the realities of governance.

4. Celebration of Community: Attending the inauguration, Montalván is accompanied by other veterans and feels a sense of belonging and support. Unlike previous gatherings, he finds joy and camaraderie amidst the celebratory atmosphere. The collective spirit at the event reinforces the notion of shared experiences and mutual understanding among veterans.

5. Transformation through Connection A chance encounter with Senator Al Franken allows Montalván to discuss the importance of service dogs for veterans. This interaction not only empowers him but also translates into potential advocacy for service dogs, showcasing how personal narratives can drive social change.

6. Finding Joy and Acceptance: Throughout the chapter, Montalván expresses happiness and a renewed sense of normalcy, as seen in his interactions with others at the party. Sharing moments of laughter with Tuesday amid the festivities allows him to rediscover joy and community, reminiscent of the carefree times he once had.



The chapter closes on a heartwarming note, with Montalván recognizing Tuesday as a pivotal figure in his healing journey, asserting that the dog has become a source of hope and transformation in his life. This culminating experience not only highlights the bond between man and dog but also symbolizes a broader narrative of resilience and the potential for positive change in personal and societal contexts. Ultimately, Montalván succinctly captures the essence of healing through connection, hope, and the courage to embrace life's possibilities.

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Critical Thinking

Key Point: Courage through Experience

Critical Interpretation: Imagine standing amidst a crowd, your heart racing, memories flooding your mind. But then, you glance down at the steadfast figure by your side—your own companion, your own Tuesday. This moment, infused with courage born from experience, reminds you that confronting your fears is not just an ordeal, but a journey of reclaiming your strength. As you draw on the lessons from Luis Carlos Montalván’s journey, you are inspired to face the uncertainties that life throws at you. Each step forward, supported by your own formidable courage and perhaps a loyal friend, propels you toward a brighter future, where optimism reigns over anxiety and where healing becomes a collective, empowering experience.

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Chapter 17 Summary: - The Back of the Bus

In Chapter 17 of "Until Tuesday" by Luis Carlos Montalván, the author recounts his experiences navigating life with his service dog, Tuesday, amidst societal challenges posed by PTSD and stigma surrounding disabilities. This chapter delves into the myriad of difficulties faced, both emotional and practical.

- 1. Increased Comfort in Public Spaces:** While crowded environments often induce anxiety, Montalván finds solace in daily walks through New York City, bolstered by Tuesday's instinctual ability to detect danger. However, he also grapples with the social stigma attached to being a veteran and a person with disabilities.
- 2. Challenges in Access:** Montalván faces continuous harassment when attempting to enter stores with Tuesday. Store owners, often unfamiliar with service dog laws, refuse him entry despite his legal rights. This series of rejections fosters feelings of betrayal as he grapples with the discrimination against veterans and the lack of understanding from the public.
- 3. Impact of Discrimination:** Each confrontation exacerbates Montalván's PTSD, causing him to relive past traumas. The constant rejection becomes a source of deep psychological distress, underscoring how social interactions can be fraught with anxiety for those suffering from



invisible disabilities.

4. Physical Responses to Stress: Montalván describes the toll that such discrimination takes on his physical health, leading to debilitating migraines and heightened anxiety. The presence of Tuesday is crucial for managing his conditions, but each negative interaction reminds him of his vulnerability and isolation.

5. Public Speaking and Personal Growth: Despite his struggles, Montalván experiences a career resurgence, receiving invitations to speak on veteran issues. With Tuesday by his side, he gains confidence, allowing him to communicate passionately about crucial topics affecting veterans.

6. Dating and Vulnerability: A significant moment occurs when he asks a woman out after a public speaking event. This date marks a milestone in his journey towards normalcy but is marred by an incident on the bus where the driver questions Tuesday's status as a service dog. The confrontation heightens Montalván's anxiety, reflecting his internal battle with PTSD.

7. Climactic Confrontation: The refusal of the bus driver and the subsequent ridicule from passengers deteriorate Montalván's mental state. Although he ultimately gains entry onto the bus, the encounter leaves him shaken and reinforces the fear that his disability renders him less capable in social situations.

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8. Outcome of the Date: Upon reaching the restaurant, Montalván encounters further resistance. The combination of social embarrassment, trauma from past experiences, and the weight of public scrutiny culminates in disappointment. He is left feeling rejected once again, reinforcing his struggles with connecting to others.

9. Lasting Effects and Reflection: The chapter concludes with deep emotional turmoil for Montalván as he experiences a severe migraine following the date. This ultimately defines a setback in his journey, leading him to retreat from social interactions for an extended period.

The chapter poignantly emphasizes the duality of Montalván's journey—how Tuesday facilitates moments of joy and liberation while simultaneously highlighting the barriers and misunderstandings that persist in society regarding disabilities. The narrative builds a vivid illustration of the day-to-day realities faced by veterans with PTSD, capturing their struggles for acceptance and understanding.

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Chapter 18: - Tuesday's Handle

In this chapter, the narrative revolves around the experiences of Luis Carlos Montalván and his service dog, Tuesday, highlighting their unique relationship and the ways in which they confront the challenges of Montalván's PTSD and physical disabilities. The significance of Tuesday's handle, or lack thereof, becomes pivotal in understanding how they navigate the world together.

1. The concept of visible versus invisible disabilities is crucial in Montalván's reflections. He notes that PTSD, unlike his physical injuries, does not leave visible scars. This often leads to skepticism from others regarding the legitimacy of his need for assistance. He acknowledges that while his physical injuries draw attention and empathy, the emotional and psychological scars of his service remain largely unrecognized.

2. Tuesday's role as a stabilizing force in Montalván's life illustrates the profound impact of service animals. His red vest signifies Tuesday's role as a working dog, adorned with patches that represent pride in military service

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Chapter 19 Summary: - Tuesday Talks

In Chapter 19 of "Until Tuesday," Luis Carlos Montalván shares a deeply personal narrative that intertwines vulnerability, self-realization, and the transformative power of companionship, particularly through his relationship with his service dog, Tuesday. The chapter begins with a poignant quote from Albert Camus, underscoring the theme of friendship as a vital element in navigating life's challenges.

1. Personal Awakening Through Adversity: Montalván reflects on a humiliating incident that left him feeling vulnerable and hesitant to engage with others. This experience marked a turning point where he recognized the substantial shift in his identity, acknowledging his disability. He emphasizes that while the term "disabled" can carry a stigma, embracing this identity has led to profound personal growth and an understanding of the collective struggles faced by wounded veterans.

2. The Reality of PTSD: The author delves into the complexities of Post-Traumatic Stress Disorder (PTSD), noting the common reluctance among veterans to fully accept their condition. He gently challenges the societal misconceptions surrounding mental health, emphasizing that PTSD, while internal, is a legitimate and lifelong injury that requires acknowledgment and support.

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3. **Activism as Healing:** Montalván reflects on how his journey into activism began as a means of coping with his inner turmoil. Writing about the shortcomings of the military's approach to veterans and feeling connected to a broader community became a therapeutic outlet. His sense of responsibility to others, coupled with his own struggles, motivated him to speak out on behalf of fellow veterans.

4. **The Role of Tuesday:** Tuesday, Montalván's service dog, emerges as an invaluable presence in his life. Their bond offers not only practical assistance but also emotional support during challenging times. Montalván chronicles a memorable public speaking engagement where he shares the impact of Tuesday on his life, showcasing the dog's training and capabilities—highlighting that service animals play a crucial role in the lives of those who are disabled.

5. **Community Engagement and Recognition of Challenges:** Through “Tuesday Talks,” Montalván connects with various communities, raising awareness about the needs of disabled individuals and the challenges they face, especially concerning discrimination. He acknowledges the mixed responses from audiences, revealing the stark contrast between the experiences of veterans and the general disabled community, which has its own set of resilience and support networks.

6. **Addressing Discrimination:** Montalván's talks often highlight the

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discrimination faced by those with service dogs, sharing personal anecdotes that resonate with audiences. He reflects on how this shared struggle fostered a sense of community among those present, many of whom have faced similar discrimination.

7. The Burden and Empowerment of Advocacy: Marshalling his experiences for advocacy is both empowering and challenging for Montalván. He grapples with the emotional weight of reliving past traumas while using these memories to fuel his mission for change. His interactions with the community begin to reshape his perspective, propelling him from isolation to a sense of belonging in a larger cause.

8. Nurturing Connection and Friendship: The chapter culminates in the deepening bond between Montalván and Tuesday, showcasing how the dog transcends his role as a service animal to become a true companion. Tuesday's intuitive understanding of Montalván's emotional state serves as a reminder of the healing power of connection and friendship, underscoring that true companionship holds the ability to facilitate healing and resilience.

Through this chapter, Montalván artfully captures the intersection of personal struggle, the importance of companionship, and the powerful message of advocacy, ultimately leading to a profound self-discovery and a renewed sense of purpose in life.

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Chapter 20 Summary: - Summer Days

Chapter 20 of "Until Tuesday" by Luis Carlos Montalván unfolds during the summer of 2009, a period marked by significant personal progress and challenges. The narrative begins by introducing Ali, the author's former translator from Iraq, who has settled in New Jersey after fleeing danger. Despite facing struggles such as finding employment and dealing with debt, Ali enjoys a newfound safety in the U.S. This sentiment of safety resonates with Montalván himself, as his medical condition shows signs of improvement. He benefits from an effective support system, which includes a dedicated therapist and physician. The numerous medications he takes contribute to managing his ailments, underlining an overall positive trend in the care provided to veterans.

1. Shifting Perceptions on Veteran Care

The summer of 2009 also reflects a broader shift in how veterans' health issues—particularly those related to PTSD and brain injuries—are treated in America. The increased budget for the VA under the Obama administration leads to a crucial change in the perception of these conditions, emphasizing the importance of addressing mental health alongside physical injuries. Articles penned by Montalván during this time serve as a rallying cry, addressing ongoing issues faced by veterans, including discrimination in hiring and the tragic suicides linked to untreated PTSD.

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2. Advocacy and Community Involvement

Montalván's advocacy reaches new heights as he collaborates with notable organizations to enhance acceptance and accessibility for disabled veterans. The culmination of this effort is marked by the introduction of the Service Dogs for Veterans Act, which leads to emotional victory for Montalván, reinforcing his belief in the transformative power of service dogs in veterans' lives. In personal terms, he reflects on experiences that highlight both the challenges and positive moments of life as a veteran, especially as he reconnects with his past in Sunset Park, Brooklyn.

3. Confronting the Past and Embracing Change

Returning to Sunset Park evokes a wave of anxiety for Montalván, bringing back memories and confrontations with previous traumas. Yet amidst these feelings, he finds solace in his bond with Tuesday, his service dog. Their relationship evolves as they both navigate the complexities of Montalván's condition and the broader struggles of being a disabled veteran in urban life. The raw emotions experienced during these interactions highlight the healing power of companionship and understanding.

4. Finding Joy in the Small Moments

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A pivotal scene unfolds at Sunset Park's dog run, where Montalván unleashes Tuesday for the first time in public. The exhilaration of seeing his dog run free ignites a vicarious joy within him, as he connects his own healing journey with Tuesday's newfound happiness. The park's scenery serves as a metaphor for Montalván's life, reminding him of the beauty of his surroundings and hope for the future.

5. New Opportunities and Closure

In August 2009, Montalván's application for graduate housing at Columbia is accepted, marking a significant step forward in his postmilitary life. With support from friends and his community, he prepares for this new phase, symbolizing a fresh start devoid of the burdens that had previously held him back. The truck ride, where he sees his past life fade away, encapsulates the change that has been brewing throughout the chapter.

The thread running through Chapter 20 emphasizes resilience and the power of companionship in confronting life's challenges. Montalván's journey, alongside Tuesday, serves as a testament to the possibilities that emerge from hope, connection, and continued advocacy for veterans.

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Chapter 21: - Crash and Groom

In Chapter 21 of "Until Tuesday," Luis Carlos Montalván reflects on his challenging transition to living in Manhattan with his service dog, Tuesday. This chapter illustrates the profound emotional and psychological complexities that arise as Montalván navigates a new environment while grappling with post-traumatic stress disorder (PTSD) and the loss of his support network.

1. The initial disillusionment with Manhattan starkly contrasted Montalván's expectations. He had envisioned vibrant social interactions within the graduate housing at Columbia University, where friendships would blossom among fellow students. Instead, he found himself in a sterile apartment building characterized by isolation, with most interactions limited to brief encounters at the mailbox. This solitude was further compounded by the harassment and discrimination they faced due to Tuesday's presence, leaving them feeling more isolated than they had in Sunset Park.

2. Montalván's mental state deteriorated in these new circumstances. His

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Chapter 22 Summary: - The Little Things

In the heartfelt narrative of Chapter 22 from "Until Tuesday," Luis Carlos Montalván illustrates the profound impact his service dog, Tuesday, has on his life, focusing on the transformative power of small, everyday interactions. The chapter encapsulates the essence of companionship, love, and the quiet strength that emerges from their bond.

1. Every morning begins with Tuesday's soothing presence, as he greets Montalván with affection and joy. His enthusiastic "happy dance" not only lifts Montalván's spirits but sets a positive tone for the day ahead. This simple yet significant routine acts as a balm for lingering anxiety and the weight of past traumas, emphasizing the therapeutic power of a loving pet.
2. Beyond just companionship, Tuesday performs a variety of tasks that aid Montalván in managing his PTSD and agoraphobia. From retrieving shoes to providing support on stairs and navigating the world outside, Tuesday's role extends beyond that of a pet; he is a reliable partner in facing daily challenges. Montalván reflects on how these small acts of service grant him the confidence to step outside and confront the chaos of urban life.
3. The bond between Montalván and Tuesday deepens through shared experiences, particularly during moments spent with family. Tuesday's exuberance serves as a reminder of safety and love, helping Montalván

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reconnect with his family and overcome feelings of isolation. This sociability fosters interactions that offer Montalván solace, reminding him of the human connections that matter most.

4. The chapter also touches on the importance of social interactions facilitated through Tuesday. Montalván observes how Tuesday attracts attention and sparks conversations with strangers, particularly veterans who recognize their own struggles in Montalván's journey. These moments enrich Montalván's life, transforming feelings of solitude into shared experiences that foster connection and understanding among those affected by similar challenges.

5. A harrowing incident highlights the depth of Montalván's connection with Tuesday when the dog is attacked by a pit bull. In a spontaneous act of protection, Montalván defends Tuesday, illustrating a bond forged in instinctive loyalty and bravery. This encounter not only reaffirms Montalván's commitment to Tuesday but also symbolizes the lengths to which he will go for his companion, encapsulating the idea of partnership beyond mere utility.

6. The narrative reveals the fragility of the bond shared with service dogs, as Montalván grapples with the fear of losing Tuesday. His emotional turmoil over a friend's potential loss of her service dog reflects a deeper recognition of the indispensable role these dogs play in mental health recovery. The



chapter emphasizes that service dogs are not only trained companions but also lifelines, essential for navigating the complexities of trauma, recovery, and everyday life.

In this chapter, Montalván artfully underscores that it is often the "little things"—the daily routines, the protective instincts, the affectionate moments—that build an unbreakable bond with a service dog. Tuesday embodies unconditional love and support, helping Montalván reclaim his life, one small step at a time. Through rich, evocative descriptions, Montalván invites readers to appreciate the profound impact that love and companionship can have on healing and resilience.

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Chapter 23 Summary: - For Veterans Everywhere

Chapter 23 of "Until Tuesday" explores the emotional journey of Luis Carlos Montalván, a veteran advocating for disabled veterans while coping with his own struggles. As he embraces his new life in Manhattan, he reflects on the intersection of personal healing and the challenges faced by veterans, as well as the societal perceptions of PTSD and disability.

- 1. Finding Solace in Nature:** Montalván opens with a quote by Anne Frank, emphasizing that moments of solitude in nature offer clarity and tranquility. As winter approaches, he begins to cultivate a sense of belonging in his new environment, aided by supportive relationships with his healthcare providers and his service dog, Tuesday.
- 2. Healing Through Connection:** The author recounts daily rituals at Tom's Restaurant, a place where he feels at home. His bond with Tuesday deepens as the dog provides unwavering support during Montalván's moments of anxiety and despair, demonstrating the transformative power of companionship in healing.
- 3. Confronting Hostility:** A pivotal moment arises when Montalván receives a harshly critical call from an AP reporter questioning his integrity regarding PTSD. The reporter's accusations strike at the heart of Montalván's identity as a veteran, leading him to sense a broader cultural narrative

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undermining veterans' experiences of trauma.

4. The Impact of Misinformation: The chapter delves into the ramifications of the reporter's eventual article, which raises unfounded suspicions of fraud among veterans claiming PTSD. Montalván highlights the damaging nature of such narratives, which perpetuate stigma and create an environment where veterans feel marginalized and doubted.

5. The Reality of PTSD: Montalván reflects on the reality of war and its traumatic impacts, arguing against the misconception that PTSD can be easily feigned. He underscores the complexity of PTSD, emphasizing that each veteran's experience is unique and influenced by countless variables beyond simplistic definitions.

6. The Moral Complexity of Combat: The author candidly shares recollections of his time in Iraq, detailing ethically ambiguous situations that illustrate the moral complexities of war. Through harrowing experiences—such as witnessing torture and making life-and-death decisions—Montalván stresses that the true burdens of war extend beyond individual incidents, weighing heavily on soldiers' psyches.

7. Countering Negative Stereotypes: Despite the painful attacks on his credibility, Montalván finds solace in the support of the veteran community, which rallies against regressive stereotypes. He understands that the attempts

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to marginalize veterans' experiences will not succeed, as collective voices rise to validate their sacrifices and struggles.

8. Reclaiming Family Bonds: As the chapter progresses, Montalván recounts heartwarming moments of reconnection with his estranged family during the Christmas holiday, epitomizing healing and resilience. Joyful interactions with his sister and her children signify restorative relationships that form an essential part of his emotional recovery journey.

9. Embracing Joy in the Present: The narrative culminates in a serene winter walk home with Tuesday after a late-night visit. Montalván's description of the quiet streets and the twinkling lights evokes a sense of peace and fulfillment, punctuating the chapter with hope and the potential for renewal.

Montalván's reflections encapsulate a powerful truth: the struggles and triumphs of veterans are real and deserving of empathy and understanding, as they navigate the complexities of post-traumatic life while striving for connection and purpose.

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Critical Thinking

Key Point: Healing Through Connection

Critical Interpretation: As you navigate the complexities of your own life, consider how the power of connection can serve as a lifeline in moments of despair. Much like Montalván and Tuesday, you might discover that fostering meaningful relationships—whether with friends, family, or even a beloved pet—can bring you solace and support during challenging times. Embrace the healing potential that comes from companionship; it can provide you not just with someone to share your burdens, but with the courage to confront life’s difficulties with renewed strength. Allow this understanding to inspire you to nurture the connections in your life, as they can lead to profound emotional healing and a sense of belonging.

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Chapter 24: - A Quiet Life

In the reflective narrative of Chapter 24 from "Until Tuesday" by Luis Carlos Montalván, the author shares his personal journey during his final semester at Columbia University, revealing both a calming period and the tumultuous challenges he faced.

1. Transition from Advocacy to Personal Connection As Montalván's public advocacy efforts receded, he found solace in supporting fellow soldiers and veterans via emails and calls. This personal engagement resonated deeply, particularly as many of these soldiers grappled with the lingering emotional scars of combat, leading to their own struggles in civilian life. He dedicated himself to listening and providing comfort, driven by a sense of responsibility as a former U.S. Army captain.

2. The Impact of Military Life on Daily Routine: Montalván's living space became a reflection of his military identity, characterized by order and discipline amid an otherwise chaotic emotional landscape. His studio apartment, though small, became a microcosm of his life, dominated by

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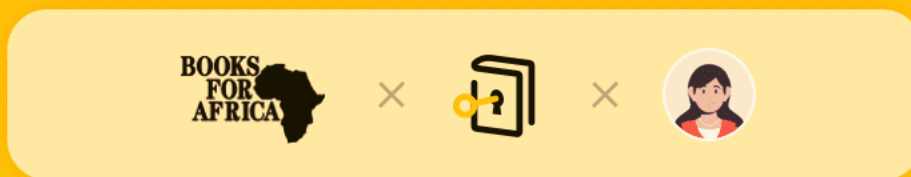
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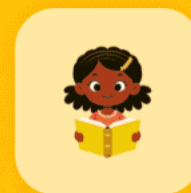
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