



VETERANS DAY

Honoring all who served



November 11, 2019

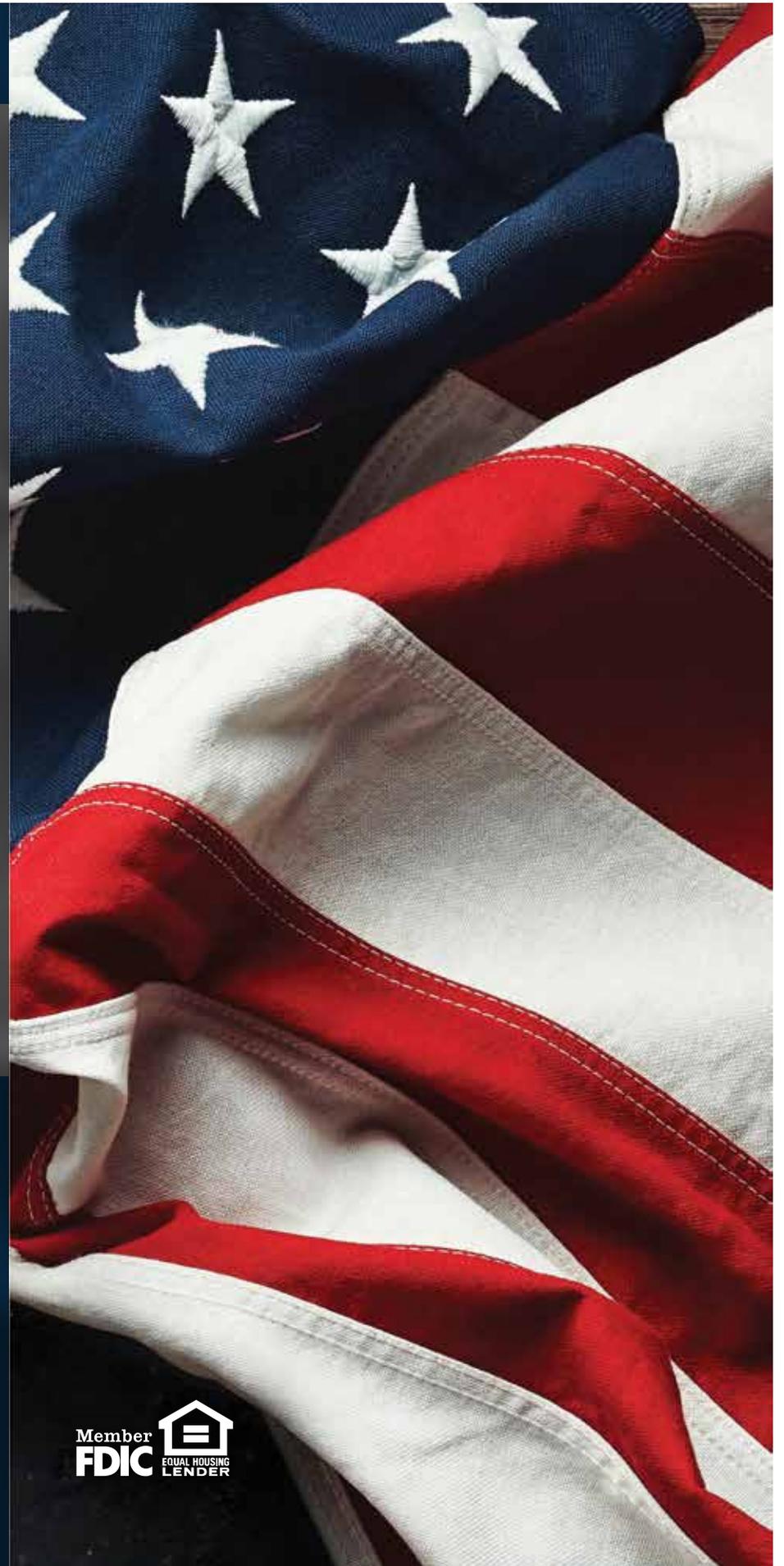


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Command Historian discovers Maine veterans were very active in overseas wars

Bratten visits tunnels, underground rooms with film crews

BY VALERIE TUCKER
Correspondent

Captain Jonathan Bratten, command historian for the 133rd Engineer Battalion of the Maine Army National Guard, grew up in Ohio. Fortunately for Maine, he has adopted this northern New England state as his home. He and his wife met when they were in college and, in 2009, they moved to southern Maine, where she was raised.

While she studied for her law degree, he began his studies in the Master's Degree in History from the University of New Hampshire. He said he has never regretted his choice to settle in the Pine Tree state.

"Moving into New England is like moving to the heart of history," he said.

Bratten said he's always had strong interest in military history, even as a boy.

"I ran out of kids' reading by the time I was 11, so I started on the adult selections," he said.

He was hooked permanently after he saw the movie "Gettysburg" and the acclaimed Civil War series by Ken Burns. He also read about Joshua Chamberlain and the 20th Maine Volunteer Regiment's battle at Little Round Top and victory at Gettysburg. Fittingly, he attended a special presentation about the regiment and Chamberlain. The "Ballad of the 20th Maine," written and performed by the Ghost of Paul Revere, was declared by Governor Janet Mills in June as Maine's official anthem.

Today, Bratten combines that passion for history with his military career. He collaborates with other professionals at Maine's State Library, State Museum and State Archives. Most recently, he worked on the "Over There and Down Home: Mainers and World War I" exhibits of extraordinarily rare photographs and film footage.

Past generations of his family have served in different wars, and he also continues that tradition, completing a non-combat tour in Afghanistan.

He travels the entire state regularly to speak to historical societies, schools and veterans' organizations, often during evenings and weekends. Still, he considers his job "the best job in the world." Although he doesn't seek the unusual opportunities tossed his way, he doesn't turn away the chance to offer his assistance. He had been

When he saw the writings and drawings on the walls, he had a strong hunch that several symbols were put there by Native American soldiers who served in WWI, specifically the Passamaquoddy tribe.

CAPTAIN JONATHAN BRATTEN



Photo contributed by Captain Jonathan Bratten, Maine National Guard
Captain Jonathan Bratten serves as the command historian for the 133rd Engineer Battalion of the Maine Army National Guard. During the 100th year anniversary of Maine's part in WWI, he was invited by a Smithsonian Institution film and research crew to provide his expertise on a documentary: "Americans Underground: Secret Cities of WWI." The time he spent in France visiting the "Allied Forces' underground cities was emotionally compelling, he said. He had spent so much time studying these Maine soldiers and never expected to see where they lived and fought.

studying and speaking extensively about the 100th anniversary of World War I, especially about Maine's contributions, and Smithsonian Institution researchers and filmmakers

"planned to make a documentary about the underground cities in France discovered after the war.

France had mined stone for hundreds of

years to build churches, forts and homes, leaving vast miles of tunnels and rooms that were used as hospitals, sleeping quarters and offices. The documentary, "Americans Underground: Secret Cities of WWI," showed many of the hundreds of writings, symbols and other graffiti Allied Forces soldiers had carved and written during their long days underground. Since many were a mystery, Bratten received an unexpected invitation to travel with the film crew on a whirlwind trip to France.

"One day, I was sitting at my desk, and I got a call from one of the writers, asking if I knew of any battlefield archaeologists," he said. "They wanted to know if I knew anything about the 103rd Infantry Regiment."

He said he wasn't sure what a battlefield archaeologist was, so he said he couldn't help. He got a second call five minutes later.

"Would you like to go to France as our battlefield archaeologist?" the writer asked.

That chance was one he said he would put at the top of his list of life experiences. He found the time he spent with the film crew down in the underground cities to be emotionally compelling, because he had spent so much time studying these Maine soldiers and never expected to see where they lived and fought.

When he saw the writings and drawings on the walls, he had a strong hunch that several symbols were put there by Native American soldiers who served in WWI, specifically the Passamaquoddy tribe. Several young men from the tribe had volunteered, even though they didn't become citizens until the Indian Citizenship Act in 1924.

"They couldn't vote, they didn't have the same property rights, there were a whole list of things they couldn't do because they weren't American citizens," according to the film's notes. "But they loved America; they were devoted to their country."

When he returned, Bratten traveled to the reservation at Pleasant Point in Washington County, seeking family members related to those volunteers. When he shared his photos from the French underground cities, he learned from the Passamaquoddy tribe historian that ancient tribal symbols for peace and friendship in the caves dated back thousands of years.

To request Capt. Jonathan Bratten for a speaking engagement, call (207)626-4429 or visit www.me.ngb.army.mil/doms.

VA offers hope and help for veterans living with grief

Wars leave U.S. troops struggling with pain, depression

BY WANDA CURTIS
Correspondent

Kennebec County resident Ken Ainsworth was 18 years old when he signed up for the U.S. Army. He had no idea what lay ahead of him. It was 1968 and a fierce war was raging in Vietnam.

"I thought it must be better than the struggles I was having with school," said Ainsworth. "So I quit high school and joined the army. It was the big thing back then—going in the service."

After spending seven or eight months in Germany, Ainsworth was notified that he was being transferred to Vietnam in 30 days.

"Back then, who even knew where Vietnam was—somewhere in Southeast Asia," said Ainsworth. "I was from a rural town in Connecticut."

Thirty days later, ready or not, Ainsworth was headed for Vietnam. It was boiling hot outside when the plane landed.

"I remember not being able to breathe because it was so hot," Ainsworth said.

Shortly after arriving in Vietnam, he was transported to a training school where he was taught survival skills. Then he and his unit were transported to their first post. He said that when they got there, small arms fire with the Vietnamese was taking place.

"We were trained to kill," said Ainsworth. "So I grabbed my M 16 and went running off into the jungle. The point man in my unit knocked me out cold. He told me that the Vietnamese were trying to lure me into the jungle ... I was scared to death the whole time that I was there."

The jungles were very thick and it was difficult to see the enemy.

"It was a triple canopy jungle so that no sunlight got through," said Ainsworth. "It was so dark in the afternoon that it was like dusk. The elephant grass was six to seven feet tall. They could hide right in the trees and you couldn't see them. It was about 120 degrees and the clothes were rotting off your body. I was covered with ringworm and boils."

Ainsworth recalls that he learned early to hate the enemy because they killed his friends.

"When you see a brother blown up in front of you, it makes you hate people," he said. "As soon as you have a friend that gets killed, you hate them—a whole race of people."

Ainsworth said that the men in his unit got very close to each other. He said when they were walking through the jungles there were usually

seven to nine people on the trail watching one another's backs.

"When someone said 'I got your back,' it meant they were willing to die for you," said Ainsworth. "The point man was from Queens, New York. He was like an idol, but when he went into the jungle, his whole body shook. He was so scared because he was responsible for all of the people behind him."

One of Ainsworth's good friends, from the same hometown, was shot in the head by a sniper while he was on R&R.

"I didn't get to see him again," said Ainsworth. "I didn't get to say goodbye."

Like Ainsworth, many of America's veterans experience grief. It may be grief related to comrades who died in battle, grief caused by actions they had to take while under fire, or grief related to time lost with their families and missing out on important events that took place while they were away from home, realizing that their families' lives went on without them.

Nurse Tracy Charette is a mental health staff member at Togus VA Medical Center in Augusta. She said that while grief is a normal response to loss, it must be addressed at some point or it can be harmful physically, emotionally and/or spiritually.

"Grief is a normal response to life challenges, and most people will experience grief at some point in their life," said Charette. "Grief goes beyond feelings of sadness, and if not addressed and attended to it can impact a person's thoughts, feelings, acts, physical well-being and spiritual well-being."

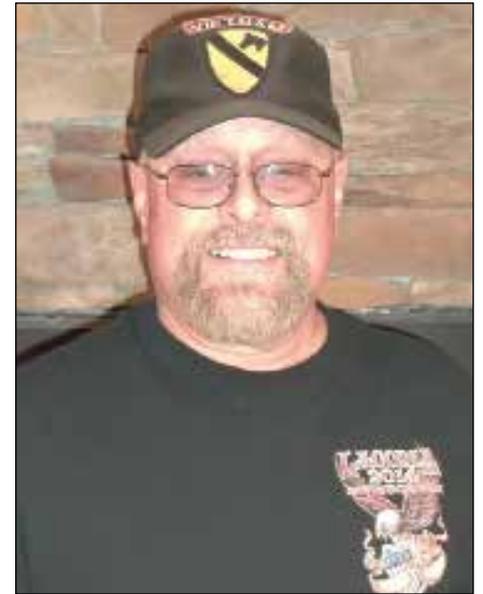
Charette acknowledged that people grieve for many reasons, and how a person grieves may be different for every individual. She said that loss of a loved one, losing a job, loss of a home and loss of a beloved pet can all be sources of grief. She confirmed, however, that members of the military may experience their own private grief related to events that occurred while they were in the service.

"These events of distress can be related to combat, but not necessarily," said Charette. "Service members and veterans may be experiencing pain and grief over actions that may have harmed others, creating grief and guilt that is unforgiven and not yet mourned."

Ainsworth said that he felt a lot of guilt related to the war when he returned home. He said that he wasn't able to forgive himself for a lot of things that he had to do in the heat of battle and didn't have any peace.

As soon as you have a friend that gets killed, you hate them — a whole race of people.

KEN AINSWORTH



"How do you forgive yourself for doing something that you think is wrong?" said Ainsworth. "You have to find peace."

Ainsworth said that he was finally able to find peace when he asked God to forgive him for things that he'd done.

"I placed my faith in Christ and asked for forgiveness of things that I'd done," said Ainsworth. "I became a lot more sensitive and loving person then. I no longer had an intense hatred for an entire nation of people."

Though he still struggles sometimes with bad memories, Ainsworth said since that experience he has a lot more control over his life.

According to Charette, the type of training that military personnel receive may make it more difficult for some veterans to work through grief. She said that military personnel are taught "to adapt and overcome."

"This can equate to not realizing the emotions that they are feeling, or feeling like we must be stoic in our pain, or that it is not okay to reach out and talk to someone," said Charette. "Asking for help and talking to someone takes strength, and this can feel counterintuitive to all that a veteran or service member has been taught."

One of the first steps in working through grief, said Charette, is for a person to recognize they're grieving. She said that grief reactions may include withdrawing from others, restlessness, trouble sleeping, changes in eating habits (eating too much or too little), feelings of sadness, anger, guilt, loneliness, numbness, confused thinking, difficulty concentrating, feeling hollow inside, low energy, questioning spiritual or religious beliefs, or questioning whether your life has lost purpose or meaning.

Charette advised that steps that can be taken to help with the grieving process include attending grief support groups, talking to family and friends, taking part in enjoyable activities, participating in stress reduction activities or reaching out to a professional for help and guidance through the process.

"Grief is not a linear process," said Charette. "It can be more intense at times, better in other mo-

ments, or triggered by anniversary dates. These are common and it is recognized that the process is very individual."

VA offers many services to help veterans with grief

The VA offers many resources for active and retired military personnel experiencing grief. Clinical social workers, psychiatrists, psychologists and advanced mental health nurse practitioners diagnose and treat complicated grief, depression and stress disorders. The VA also has clergy available to assist with grief and a host of support groups and talk training that veterans may access. Charette recommends that veterans talk to their primary care provider and request a referral if they're interested in any of these services.

The VA has mental health same-day access services that veterans can access 8 a.m. to 4 p.m. Monday through Friday. Charette said that veterans can be triaged and aligned with care there. She said the Veterans Crisis Line, 1-800-273-8255 (option 1 for veterans) is available 24/7, 365 days per year.

Family members or friends who need assistance in getting a veteran or member of the military into care can call Coaching Into Care, 1-888-823-7458, from 8 a.m. to 8 p.m. Monday through Friday.

The suicide prevention team is also available to assist with persons who need their service. That team can be reached by calling (207) 623-8411 ext. 5017 from 7:30 a.m. to 4 p.m. from Monday through Friday (except holidays). Charette advised that this is a non-crisis number. For emergencies, she said to call the Veterans Crisis Line, or 911.

Charette said there also are many resources available in the community that can help veterans work through grief besides those provided by the VA. She urges veterans to take advantage of the many programs that are available. She said the first step is to talk with their primary care provider to find out which resources are best suited to them.

"What is important, most important, is reaching out!" Charette said.

UMA: A welcoming place for military service personnel, veterans and their families

BY BRENT WOOTEN

Director of enrollment marketing UMA
Special to Veterans Day 2019

At the University of Maine at Augusta, veterans and active duty military personnel will find a wide range of courses, degrees and services available to them at campuses in Augusta and Bangor, at nine statewide UMA Centers, and online.

Since the University's founding in 1965, when a sign that read "Welcome Veterans" encouraged Vietnam-era veterans to enroll, UMA has continued a tradition of supporting military-experienced students. Currently, UMA has more than 300 students who are using federal education military and veteran benefits.

The Veterans Academic Center (VAC) on the Augusta Campus is a key component and a notably visible element of UMA's allegiance to veterans and their families. First opening its doors in Nov. 2017, the VAC provides dedicated space for UMA's veteran student population, and serves as a place to study, write and print papers, take online exams, or just hang out with friends.

Designed in a thoughtful manner with an eye to improving accessibility for those who use the space, the VAC is the hub of activity almost every day. Most importantly, the VAC



Contributed photo

Leo Porter, U.S. Navy Veteran and 2019 UMA Rising Scholar, gets a fist bump from Amy Line, also a U.S. Navy veteran, and director of Military & Veteran Services at UMA.

provides a safe environment and place for fellow veterans to seek and lend support to each other and interact with the UMA Office of Military and Veterans' Services staff.

On the UMA Bangor Campus, a newly-refurbished Veterans Lounge provides students and staff with a dedicated space to study before or after class, as well as a place to seek sup-

port from fellow veterans. Located on the third floor of Belfast Hall, the lounge is an important part of the Bangor Campus.

Amy Line is a UMA alum, adjunct faculty member, a U.S. Navy veteran, and director of Military & Veteran Services at UMA. Line helps students navigate veteran benefits and resources. She was instrumental in securing the private grant funding that allowed for the creation of the VAC. Having this dedicated space allowed the Veterans Administration to fund and locate four VA peer mentors at UMA.

This fall, at UMA's Convocation, Leo Porter, a U.S. Navy Veteran, was recognized as a Rising Scholar.

"If it were not for the VAC, I would not be here working toward a degree in Computer Information Systems, or actually a major in CIS with a minor in Cybersecurity," said Porter, who is a Lead Peer Mentor at the VAC. "Those who serve share a common bond. Having the VAC provides a place to find someone who understands your experiences and is able to support you."

UMA's commitment to educating and providing opportunities to veterans, service members and their families has earned it the following designations: Military Friendly School by "G.I. Jobs Magazine"; Best for Vets by "Military Times" and Best Online Bachelor's Degrees for Veterans by "U.S. News & World Report."

Learn more at uma.edu/veterans.

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VA offers grants to qualified veterans for home and vehicle modifications

BY WANDA CURTIS
Correspondent

One of the tragedies of war is that many soldiers return home injured and/or disabled. About 1.52 million American veterans had a service-connected disability rating of 70 percent or higher in 2018, according to one website. Many disabled veterans require services to maintain their health and independence, which are difficult to afford. The website with that information is www.statista.com/statistics/250316/us-veterans-by-disability-status.

Fortunately, the Veterans Administration offers many services to assist disabled veterans to maintain their health and independence. However, some veterans may not be aware of the benefits or know how to apply for them.

Kim Michaud, service chief of the Prosthetics and Sensory Aids department at Togus VA Medical Center, said recently that one grant some disabled veterans may qualify for is the Home Improvement and Structural Alterations (HISA) grant, which is administered by her department.

“The HISA grant is based on medical necessity for access/egress to the home and essential lavatory and sanitary facilities,” said Michaud. “If a patient is interested in this grant, they must be enrolled in the VA and discuss their medical need with their

primary care provider (pcp). Their pcp may then refer them to an occupational therapist for an assessment, to help determine what items or improvements are medically needed.”

Michaud explained that the grant money may be awarded to a qualifying veteran 1.) to make medically necessary improvements and structural alterations to a veteran’s primary residence to allow entrance to or exit from their homes 2.) to make essential lavatory and sanitary facilities more accessible, such as the installation of a roll-in shower 3.) to make kitchen or bathroom sinks or counters more accessible by lower counters and/or sinks 4.) to improve entrance paths or driveways to the home and to make homes more accessible by constructing permanent ramping, 5.) to make improvements to plumbing or electrical systems that are necessary due to the installation of home medical equipment. HISA funds cannot be used for routine home repairs, new construction, a spa, hot tub or Jacuzzi.

According to Michaud, a lifetime benefit of up to \$6,800 may be provided for qualifying veterans and service members who are rated 50 percent or greater, or have a service-connected condition requiring the modification. She said that some veterans who have a non-service-connected condition may qualify for a smaller HISA grant of \$2,000.

Michaud said that her department also can assist qualified disabled veterans, who are enrolled in the VA, with certain vehicle modifications, such as wheelchair lifts, wheelchair tie downs, or items to assist the disabled veteran with entering and exiting the vehicle.

To find out more about the HISA grant for home modifications or funding for vehicle modifications, contact Togus’ prosthetics and sensory aids department at (207) 623-8411 ext. 5246.

The Veterans Benefits Administration (VBA) also offers several other grants to assist veterans with certain service-connected disabilities to live independently in a barrier-free environment.

One of those grants is the SAH (Specially Adapted Housing) grant, which is offered to veterans and service members with severe service-connected disabilities to assist them in building, remodeling or purchasing a specially adapted home.

For more information about these grants, call VBA toll-free 1-800-827-1000.

The SAH grant may be made available to qualifying veterans who are entitled to disability compensation due to one of these conditions:

- Loss or loss of use of both lower extremities, such as to preclude locomotion without the aid of braces, crutches, canes or a wheelchair.

- Blindness in both eyes, plus loss or loss of use of one lower extremity.

- Loss or loss of use of one lower extremity together with (1) residuals of organic disease or injury, or (2) the loss or loss of use of one upper extremity, affecting balance or propulsion as to preclude locomotion without the aid of braces, crutches, canes or a wheelchair.

- Loss or loss of use of both upper extremities at or above the elbows.

- A severe burn injury.

A VA grant that may be available to certain disabled veterans is the SHA (Special Housing Adaptation) grant.

Another VA grant is the SAH (Special Housing Adaptations) grant. This grant can be used to increase the mobility of certain disabled veterans and service members in their homes. It may be available to qualified veterans who receive disability compensation for the following conditions:

- Blindness in both eyes with 20/200 visual acuity or less in the better eye with the use of a standard correcting lens or
- The anatomical loss or loss of use of both hands or extremities below the elbow.

- A severe burn injury.

A TRA (Temporary Residence Assistance) grant may be available to SHA and SAH eligible veterans and service members who are temporarily residing in the home owned by another family member.

Explore the history of Veterans Day

Service members make numerous sacrifices in defense of their countries. While the debts to service members may never be the kind that can be repaid in full, paying tribute to veterans, on Veterans Day and throughout the year, can be a great way to show them just how much their efforts are appreciated.

Veterans Day begins with Armistice Day

Veterans Day is a byproduct of the end of World War I, when Germany and the Allied Nations signed the Treaty of Versailles, formally ceasing fighting and establishing terms of peace. On November 11, 1919, the first anniversary of the signing of the treaty, the first Armistice Day events were held. Armistice Day was initially a legal holiday to honor the end of World War I only, according to *History.com*. The United States Congress passed a resolution in 1926 for an annual observance, and Nov. 11 became a national holiday starting in 1938. However, in 1954, after the country had been embroiled in both World War II and the Korean War, Congress

amended the Act of 1938 by renaming the commemoration “Veterans Day” to honor veterans of all wars.

Veterans Day in October?

According to *Military.com*, for a short time, thanks to the Uniform Holiday Bill, which in 1968 established three-day weekends for federal employees by celebrating national holidays on Mondays, Veterans Day was moved to the fourth Monday of October — the first being Oct. 25, 1971. However, many people did not agree with this decision, continuing to honor the holiday on the original date. In 1975, President Gerald Ford signed a new law that returned Veterans Day to Nov. 11 beginning in 1978. Since then, parades, memorial events, volunteer efforts, and other celebrations revolving around veterans have been held on Nov. 11.

Veterans around the world

Many countries, including the United States, celebrate veterans on or near Nov. 11. America’s closest neighbor

to the north, Canada, commemorates veterans on Remembrance Day (also November 11), as does the United Kingdom. Britain also has Remembrance Sunday, which is the second Sunday of Nov. Remembrance Day also is called Poppy Day, when people of the Commonwealth member states wear a red poppy flower in honor of military members who have died in the line of duty.

Paying tribute

There are various ways to honor veterans on Veterans Day and Remembrance Day. Federal government closings, educational efforts in schools, parades and visits to military hospitals or cemeteries may take place. In Europe, it is common to observe two minutes of silence at 11 a.m. every Nov. 11.

Veterans Day and its sister holidays mark the honoring of veterans of all wars, with a particular focus on living veterans. It is a day to celebrate the dedication and selflessness of hardworking military men and women.

White pine serves as a symbol for Maine veterans

CONTRIBUTED BY
CAPTAIN JONATHAN D. BRATTEN

Ever since the Colonial era, the eastern white pine has served as visible symbol of Maine military dedication, as well as a symbol of our region. However, it originally began as a symbol of British military might. White pines were prized for their use as masts for the powerful warships of the British Royal Navy. Pines marked with the royal stamp could not be cut under pain of criminal action. Maine proved to be a valuable source of white pines for Great Britain.

Possibly in response to this symbol of monarchic rule, rebellious colonists adopted the white pine as a symbol during the early 1770s. During the American Revolution, Brunswick militia wore sprigs of pine in their hats and carried a branch as a

banner during operations against the British Royal Navy around Portland in 1775. The Cumberland County Regiment of Militia served under the "An Appeal to Heaven" standard during the siege of Boston, bearing a large image of the white pine tree.

Upon achieving statehood in 1820, the Maine Militia requisitioned new flags for its regiments, bearing the Maine coat of arms—a white pine tree with a recumbent moose beneath. During the bloodless Aroostook War, the Civil War and the Spanish-American War, many Maine soldiers served under colors that bore the Maine state seal, with the white pine front and center. By 1909, it would be this flag—the state seal on a field of blue—that the Maine Legislature would choose as the state flag.

In World War I, members of the Maine National Guard's 103rd Infan-

try Regiment longed for a reminder of their home so far away and, consequently, chose the white pine tree as their regimental image. This was painted on everything from helmets to footlockers to vehicles, a sign of the boys from the "Pine Tree State."

The tradition of the symbolism of the white pine continued in the Maine National Guard, with the tree being the dominant heraldic feature in unit crests. During World War II, the Maine State Guard was formed under the office of the Adjutant General to take over the state role of the Maine National Guard, which was all on Federal service. The patch for the State Guard consisted of a green pine tree on a blue background with the letters "M.S.G." around it.

In 1949, the Maine National Guard adopted a distinctive shoulder patch bearing a pine tree with a yellow trunk silhouetted against a yellow

sun with pointed rays and issuing from a green mound.

The pine tree was given pride of place once again, according to the U.S. Army Institute of Heraldry, as historically the central figure of the State of Maine seal and illustrative of Maine as the Pine Tree State. This continues to be the patch for the Maine Army National Guard.

It was in 1974 when the next variation of the pine tree appeared. The 101st Fighter-Interceptor Group (today the 101st Air Refueling Wing) of the Maine Air National Guard adopted the MAINEiacs moniker, featuring the word encircled by the flight path of a fighter jet. The "A" in the nickname was replaced by a pine tree in the logo, giving birth to one of the most recognized symbols in military communities. The MAINEiacs sticker can be found at military bases all across the world because



Photo courtesy Captain Jonathan Bratten, Maine National Guard
The Maine National Guard adopted a distinctive shoulder patch 70 years ago to honor the symbol of the state and its history.

of how often the Wing members are deployed in support of U.S. operations.

So this Veterans Day, when you see our state symbol, take a moment to think about its history and how just a simple tree can have so much meaning.

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In Their Own Words

The Kennebec Journal and Morning Sentinel asked the veterans of central Maine to share their wartime stories and photos in celebration of Veterans Day. Thank you to those who contributed. Stories from veterans are published as submitted.

Missile on fire



Dear Friends,
I can't give dates, names or places because these were classified and may still be.

It was early on a Sunday morning. I was Sergeant of the guard, of which duties included supervising the inspection of our missiles

for readiness and safety. We had a crew of six men.

We could smell smoke and then we saw sparks coming from one missile. I ordered two of my men to stay and help me disarm this one. Both men were severely burned on hands and arms. I was also burned. We completed and made all safe. I was given a letter of commendation for saving lots.

Roger Goodrow



Christmas in Vietnam



I guess if you spent a holiday in Vietnam, you have a story to tell about it. My Christmas in Vietnam in 1969 was, to say the least, both a joyful and a sad story.

A few days before Christmas, I received a "care package." I was

always happy to get a box of goodies from home. When I opened it, I was expecting it to contain all foods, snacks and cards. I found all of that plus another box packed inside. I opened the inner box and discovered a 10-inch Christmas tree that was made of green colored cotton balls with little red beads glued to the cotton balls. The Christmas card had a letter inside that was signed by all the girls from the parks and recreation department from my hometown in Jersey City, N.J. My youngest sister was a member of that group.

The Care package arrived when I was in Song Be, northwest of Saigon towards Cambodia. I set up the little tree on some 2.75 rocket crates in my bunker and enjoyed it immensely for a few days. It's always in the back of your mind— thinking about all of the fun back home that you might be missing.

Well, my Christmas started out alright— that is until we got hit by Charlie about 0300 on Christmas day. It was supposed to be a cease fire, yeah right! We lost one American and one S. Vietnamese ARVN (Army of the Republic of Vietnam).

It's sad, knowing all these years later that I like to remember that little Christmas tree sent from home, and it always ends up with my thoughts of the two good men we lost that day. Nobody should die on Christmas, but sadly, it happens.

There is a lot more to this story, but I think enough is said about my Christmas in Vietnam 1969.

Merry Christmas to all and let's not forget about all our men and women that will be away from home this holiday season.

George F. Smith, Chaplain VFW Post 8835 Winslow



Warrior and the Lamb

A land not known to a young man's heart,
Somewhere far away to a brand new start.
A part of a life that was new that day,
When we landed from a ship at Cam Ranh Bay.
Was morning when we heard the command to awake,
Went top side to see a land in our mind was a mistake.
This place had wondrous beauty and the water was blue,
Most beautiful thing a man could ever view.
As time went on by and shelling began,
The cries of the wounded made this land not to shine.
Missions we were told was why we were here,
To kill and destroy and never to fear.
Bullets and mortars sang through the night
Like a lamb to the slaughter, what is wrong? What is right?
The blood of my brothers and the cry in the night,
Where is my mom? I need her to hold me tight.
Please tell them I love them and no more I will write,
As they lay me down gently, and hear a chopper in flight.
Not too many people knew what went on in that land,
But we lost over 58 thousand in that beautiful land.
Like a lamb to the slaughter, in a far distant land,
We went as a child and came back as a man.

Sonny Perry

**Army two tours combat – may we never forget.
(South Vietnam 1966 – 67)**



Capt. Brendan J. Weed received the Bronze Star for his 10-month tour of duty in Afghanistan 2016 – 2017. He is a graduate of Northeastern



Bunker equipment on the ready



I was a specialist 4th class with the 20th Combat Engineers. I was in the U.S. Army. Sometimes, when we had a chance, we took some pictures of different people and times we had in Vietnam. The photo shows some of our equipment and a bunker that we used in case of enemy activity (if necessary.) Picture taken 1966 in Vietnam.

Gary Leighton

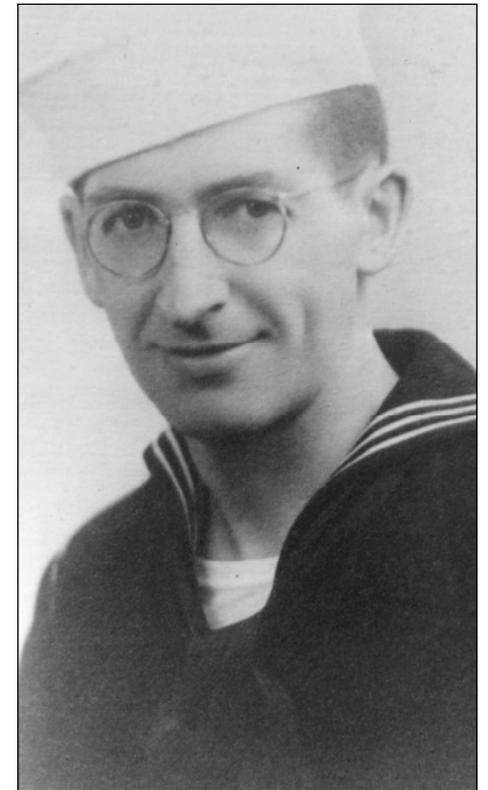
Remembering a beloved father



Edward James McCarthy was born in Lynn, Massachusetts on Valentine's Day in 1913. He was the son of Callahan and Maude Pooler McCarthy. The family soon moved to Waterville, Maine, which had been Maude's home. He graduated from

Waterville High School and after three years of schooling at Colby College, he withdrew to take a position with the U.S. Postal Service. He had a wife and two daughters when he joined the U.S. Navy on Nov. 13, 1943, in the United States Naval Construction Battalions. (USNCB or CB, pronounced Seabee). This year marks the 77th anniversary of when the Seabees officially coined their name. It was said if humans could occupy any area, the Seabees weren't far behind. On May 4, 1945, in the Philippines, he had an accident that resulted in a broken leg and a concussion. He returned home after the war and had two more girls! He died on March 31, 1959 after a courageous battle with brain cancer.

Janet M. Weymouth



"Here in the Veterans Academic Center, Veterans help other Veterans grow and expand their knowledge – not only on campus, but in the community, too."

Elaina G.

2019 Rising Scholar and US Army Veteran

HONORING ALL WHO SERVED





Sisters unite to serve their country

In March, 1952, my sister and I decided to do our patriotic duty and joined the U.S. Women's Army Corps (WACs). My name is Doris Trussell Hinote Swasey and my sister is Clarice Trussell Taylor. We were 19 and 18 years old and had graduated from Bridge Academy in our hometown of Dresden, and the Kennebec School of Commerce.

We did our Basic Training at Fort Lee, Virginia, then went on to Camp Gordon, Georgia for teletype school. We were assigned to the Signal Corps and sent to Ft. Benning, Georgia, where we worked in the Communication Center and sent and received messages from all over the world. Clarice and I were stationed together all through our enlistment.

Eisenhower became President during our service and his son, David, was stationed at Ft. Benning while we were there. He came in to send messages to his father at the White House, so we had a direct line to the President.

It was hot down there, but we still loved

marching in parades.

Clarice and I are proud to have served our country and would do it again if we were young.

Doris Trussell Hinote Swasey
Clarice Trussell Taylor



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Photo submitted by

Randy & Traci Grant, Canaan

This picture represents the bird that soars for our freedom. The picture that soars for our freedom. The picture was taken right outside our home, a home that was built by my father-in-law, Harry F. Grant, who was wounded in the Korean War while serving with the 7th infantry in Korea. He died Dec. 1979, but it would have brought a tear to his eye to have the symbol of America perched right outside his back door like this eagle was. My husband is not really a photographer, but he made sure that the eagle and our flag were in the picture. We thank all who served for our freedom.

Honoring all who served



To our men and women in uniform, past, present, and future, we thank you for your bravery, hard work, and dedication to our country.

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All U.S. veterans matter



Full disclosure, while I am writing as a combat veteran of Vietnam, this is not my story. It is written to recognize veterans who never served in a war zone, but served their country honorably nonetheless.

I decided to draft this missive after several discussions with my father-in-law, Ron Gamage. Ron is a World War II Veteran who rarely, if ever, mentions his service to our country. If asked about his service, he downplays what he did, saying, "I never went overseas."

After several discussions with Ron and other veterans who performed stateside duties or were assigned to parts of the world other than war zones, I decided to write this note in their honor. This is my way of offering a public thank you for their service to our country.

As anyone who has served in the U.S. Armed Forces can attest, you don't normally get to choose your duty station. So, the fact that someone served stateside in support of their brothers and sisters in arms was not their call.

Their contribution is critical to the success of every set of "Boots on the ground."

GARY CROCKER

All of us were given a job to do and a place to do it and you followed orders, just like I did when I sailed to Vietnam aboard the USS Boston to provide fire support for the soldiers who had been ordered to enter the jungles of that country.

The United States Military is a massive organization with millions of moving parts and it is incumbent on each and every member of the team to do the job they have been assigned and do it well. Their contribution is critical to the success of every set of "Boots on the ground."

I hope every Veteran who served this Country honorably but never qualified for combat pay will accept this grateful and sincere public thank you for doing their part to assure our collective success.

Gary Crocker
U.S. Navy Veteran

3 ways to give back to service members

Military service in the United States was once more common than it is today. According to the Council on Foreign Relations, the draft for military service was ended in 1973, a point in time when 2.2 million men and women made up the country's active military personnel. By 2018, the number had dipped below 1.3 million.

The vast majority of people in countries where military service is not compulsory will never serve in the military. But that does not mean non-military personnel do not appreciate the sacrifices service members and their families make.

Service members and their families make many sacrifices to protect the lives and freedoms of their fellow citizens. The following are three unique ways to give back to these selfless men and women, who often benefit greatly from even the simplest of gestures.

1. Serve as a driver for veterans.

Unfortunately, many service members return from overseas missions with disabilities, some of which prevent them from driving. Adults who want to help service members can serve as drivers for veterans who can't drive themselves. Such a gesture ensures they won't miss any appointments with doctors or physical therapists, helping them get on the road to recovery that much quicker.

2. Donate your airline miles.

Some disabled veterans receive medical treatments far away from home at facilities that specialize in treating certain types of injuries, which can make it difficult for their families to be there for them during their recoveries. By donating airline miles to military families, ordinary adults can ensure injured servicemen and -women can still see their families during difficult times in their lives. Access to such support systems can be a big help as veterans work to recover from their injuries.

3. Sponsor a service dog.

A significant percentage of veterans return home with post-traumatic stress disorder, or PTSD. PTSD has been linked to a host of conditions, including depression and anxiety. However, programs such as Companions for Heroes, an organization that places service dogs with veterans, has helped many veterans successfully cope with PTSD. By sponsoring a service dog through an organization such as Companions for Heroes, adults who want to help service members can provide an invaluable service to men and women fighting to regain their quality of life.

There are many ways for ordinary citizens to show their support for the brave men and women who selflessly serve in the military.

We Remember...

Take a moment out of your day to remember all those who have given so much for the freedom we enjoy today.



Leo Murphy



Patrick Murphy



Michael Murphy



Jeffrey Popadak



David Ames

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WE SALUTE OUR FALLEN

The following Maine service members have given their lives

The families of these heroes were presented the Maine Gold Star Honorable Service Medal in recognition of their service me

TO ALL FALLEN HEROES FROM MAINE WHO HAVE DIED IN THE DEFENSE OF FREEDOM

Name	Date of Death	Manner of Death	Branch	Name	Date of Death	Manner of Death	Branch
Adams, Blaine N. B.	11/25/2008	Training Accident	Army	Jones, Michael Dean	03/03/2005	Illness	Army
Alward, Daniel George	06/09/2012	Auto Accident	Army	Keating, Benjamin David	11/26/2006	Auto Accident	Army
Andrews, Evander	10/10/2001	Accidental	Air Force	Kelly, Dale James	05/06/2006	Killed In Action	Army
Aubin, Jay	03/21/2003	Killed In Action	Marines	Kirk, Joshua	10/3/2009	Killed In Action	Army
Beaulieu, Beau	5/24/2004	Killed In Action	Army	Libby, Dustin	12/06/2006	Killed In Action	Marines
Bernard, Joshua	8/14/2009	Killed In Action	Marines	Lowery, Jonathan Allen	12/14/2007	Killed In Action	Army
Brainard III, John	05/28/2012	Killed In Action	Army	McDonald, Edmund Wayne	03/29/2007	Accidental	Army
Brochu, Jordan Mykle	08/31/2009	Killed In Action	Army	McLain, Buddy Wendall	11/29/2010	Killed In Action	Army
Buxbaum, Justin Lee	05/26/2008	Killed In Action	Army	Milliken, Kyle Jeffrey	05/05/2017	Killed In Action	Navy
Cash, Christopher Scott	06/24/2004	Killed In Action	Army	Parker, Richard Kevin	06/14/2007	Killed In Action	Army
Ciraso, Kristofer	12/7/2006	Killed In Action	Army	Poulin, Lynn Robert	12/21/2004	Killed In Action	Army
Clukey III, Robert	11/03/2002	Other	Navy	Robertson, Nicholas A	04/03/2008	Killed In Action	Army
Coffin, Christopher Dupont	07/01/2003	Killed In Action	Army	Rosa, Angel S	03/13/2007	Combat Injuries	Marines
Cross, Benjamin R	08/05/2017	Training Accident	Marines	Ross, Eric Shea-Edward	02/09/2007	Killed In Action	Army
Cunningham Jr, Daniel F.	04/04/2003	Accidental	Army	Roukey, Lawrence Arthur	04/26/2004	Killed In Action	Army
Damon, Patrick Daniel	06/15/2006	Illness	Army	Shaw, Eric Byron	06/27/2010	Killed In Action	Army
Dan, Corey Alan	03/13/2006	Killed In Action	Army	Slack, Wade Alan	05/06/2010	Killed In Action	Army
Dodge, Corey J.	08/22/2015	Killed In Action	Army	Small, Andrew Richard	08/11/2006	Killed In Action	Army
Dore, Jason Edward	07/08/2007	Killed In Action	Army	Smallwood, Gregg Herold	09/11/2001	Other	Navy
Dostie, Shawn Christopher	12/30/2005	Killed In Action	Army	Smith, Tyler Jacob	03/21/2008	Combat Injuries	Army
Dostie, Thomas John	12/21/2004	Killed In Action	Army	Springer,II, Clinton	9/24/2010	Other	Army
Emery, Blair William	11/30/2007	Killed In Action	Army	Springmann, Tyler Michael	07/17/2011	Killed In Action	Army
Garver, Corey Edwin	06/23/2013	Killed In Action	Army	Swiger, Jason W	3/25/2007	Killed In Action	Army
Gelineau, Christopher	4/20/2004	Killed In Action	Army	Tranchemontagne, D. John	05/30/2004	Illness	Army
Golding, Nicholes Darwin	02/13/2004	Killed In Action	Army	Wilson, Christopher M	03/29/2007	Combat Injuries	Army
Gordon, Gary Ivan	10/03/1993	Killed In Action	Army	Zimmerman, James R.	11/02/2010	Killed In Action	Marines
Harris, Dustin James	04/06/2006	Killed In Action	Army				
Hasenflu, William Earl	09/28/2008	Killed In Action	Army				
Henderson, Aaron Arthur	10/02/2012	Killed In Action	Army				
Holmes, Jeremiah John	03/29/2004	Killed In Action	Army				
House, Joel Amos	06/23/2007	Killed In Action	Army				
Humble, Joshua Ut	02/26/2006	Killed In Action	Army				
Hutchins, Andrew Lewis	11/08/2010	Killed In Action	Army				

Source:

www.maine.gov/veterans/recognition/maine-heroes/gold-star-honor-roll.html



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TO ALL FALLEN HEROES WITH TIES TO MAINE WHO HAVE DIED IN THE DEFENSE OF FREEDOM

Name	Date of Death	Manner of Death	Branch	Name	Date of Death	Manner of Death	Branch
Arredondo, Alexander S	8/25/2004	Killed In Action	Marines	Little, Kyle Andrew	05/08/2007	Killed In Action	Army
Balduf, Kevin B	05/12/2011	Killed In Action	Marines	Lucas, Joseph Alan	12/15/2005	Killed In Action	Army
Bean Jr, Alan Norman	05/25/2004	Killed In Action	Army	McMillin, Heath A	7/27/2003	Killed In Action	Army
Brunkhorst, Scott William	03/30/2010	Killed In Action	Army	Merchant, Christopher S	3/1/2006	Killed In Action	Army
Bruns, Cedric E.	5/9/2003	Accidental	Marines	Olmsted, Andrew James	01/03/2008	Killed In Action	Army
Cherry, Craig William	08/07/2004	Killed In Action	Army	Rodriguez, Daniel Anthony	07/18/2012	Combat Injuries	Army
Coutu, Matthew S	6/27/2005	Killed In Action	Army	Rose, Scott Christopher	11/07/2003	Killed In Action	Army
Goyet, Mark	06/28/2011	Killed In Action	Marines	Schneider, Matthew E	8/28/2006	Accidental	Army
Halvorsen, Erik A	4/2/2003	Killed In Action	Army	Sullivan, Christopher J	01/18/2005	Killed In Action	Army
Horrigan, Robert Mark	06/17/2005	Killed In Action	Army	Swartworth, Sharon T	11/7/2003	Killed In Action	Army
Jackson, William S	11/11/2006	Killed In Action	Army	Taylor, Deon L	10/22/2008	Killed In Action	Army
Kennedy, Brian M	3/20/2003	Killed In Action	Marines	Veverka, David	5/6/2006	Killed In Action	Army
Lane, Shawn A.	07/28/2004	Killed In Action	Marines				

Source:

www.maine.gov/veterans/recognition/maine-heroes/gold-star-honor-roll.html

- 2019 ME Hero In Theatre List

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In Their Own Words

The Kennebec Journal and Morning Sentinel asked the veterans of central Maine to share their wartime stories and photos in celebration of Veterans Day. Thank you to those who contributed. Stories from veterans are published as submitted.

A New Uniform

BY REVEREND ROBERT G. HARRIS



One day I was wearing a business suit with tie, a parish pastor. The following day after driving hundreds of miles, I arrived at Fort Gordon, Georgia, wearing a Class B Uniform (Summer tans). With my family moved into a rental

home in the outer suburbs, I reported to Fort Gordon for duty as a military chaplain.

Initially, I was assigned to the Third

Training Brigade. Daily uniforms were greenish/grey BDUs (Battle Dress Fatigues/Uniforms). This unit was a BIT (Basic Infantry Training) group and its primary duty was to physically and mentally prepare the young trainee to survive in a hostile environment. . . to deter/destroy any enemy, foreign or domestic, and his will to resist. It was a rigorous eight weeks of physical training with classes on first-aid, personal hygiene and character development. . . also, classes in survival, evasion and escape, in the event of capture.

The days in Georgia were hot, humid and long. The nights were always too short. Training "grunts" (foot soldiers) was a priority, for the Vietnam War was "hot" (explosive and expanding). Replacements were needed immediately for those killed or wounded. For the survivors who rotated home every 12 months, they, too, were looking for their replacement. The survivor looked for the arrival of his "turtle" (replacement). . . they always seemed "very slow" in arriving. Everyone in the "line of fire" was in a hurry to pull their time and "get back to the real world" (go home)!

The new recruits were mostly just kids out of high school, who had never been very tired or lonesome, needed encouragement. Their training was so intense, the trainees had short nights of rest,

very little personal time and could hardly afford to miss training to see a chaplain about any problem.

One night per week, their Drill Sergeants would allow a "Chaplain's Night" . . . any trainee who wished to speak to their unit chaplain could go to the Chapel after chow. Most evenings, I would have from 30 to 40 trainees waiting to see me. Problems focused on homesickness, loneliness, missing sweethearts, unplanned pregnancy just announced, thinking about going AWOL (Absent Without Leave), processing a "Dear John" letter (romantic breakups), family emergencies (new birth or death in the immediate family), poor money management, or an inquiry about the "Conscientious Objector" status.

More UNIFORM, PAGE 15

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Uniform

CONTINUED FROM PAGE 14

One young soldier came in and tearfully spilled his concerns. After I listened patiently, I said to him that he sounded quite "homesick." He corrected me quite adamantly, saying "Sir, I am not homesick. . . I am "here-sick." He was quite right, as I chuckled. Had he made such a statement to his Drill Sergeant, his Sergeant would have commanded him to drop to the ground and "give me 50 pushups. . . as you are "here-sick," I think that you should push it away." But, since his feelings had been blurted out to me, I was much kinder and nodded that I understood.

Bizarre counseling cases made for interesting evenings, but sometimes there just did not seem to be any good options.

The evening was always late before everyone was seen. In the following days, help and help agencies (ARC, AER) addressed their needs, so as to keep them focused on their training.

I quickly learned that the "non-directive" counseling techniques taught at my seminary did not work in this crisis-counseling setting. It took too much time and

everyone would not be seen, much less helped. Reality Therapy Counseling ("Here and Now" approach) offered a more direct solution to most situations with some help or a good referral, which could be offered. "The Chaplain's Night" follow-up with individual trainees was generally in the field while they were training, on "Take Five" breaks, or on Sunday after Chapel Service.

Within 90 days of this assignment, my records from DA finally arrived at Fort Gordon. Upon review of my specialized training in the hospital ministry, I was quickly reassigned to The Fort Gordon Specialized Treatment Center (later renamed the Eisenhower Hospital.) Our mission was simple . . . to restore the injured soldier (from training or combat) and to return him or her to their fighting strength.

While stationed at Fort Gordon as Chaplain (CPT), an officer and a gentleman. . . commissioned by an Act of Congress, a funny bureaucratic "screw-up" did occur. One day I received a notice from my hometown Draft Board, to report for the draft. I laughed and reported to them that I had been on active duty for more than six months and gave them the date of my commission. Maybe they were embarrassed, but I was not reporting again. Probably they laughed too.

ABOUT MR. HARRIS

Reverend Robert G. Harris, Jr. is a retired United Methodist minister from Ayden, North Carolina. He completed his formal training at High Point University (BA degree), High Point, N.C.; Duke Divinity School (M.Div. Degree), Durham, N.C.; and completed his Clinical Pastoral Education Internship at Iliff School of Theology and the University of Colorado Medical Center, Denver, CO. He served 10 years in parish assignments in Linwood, Hillsborough, Roxboro and Durham, N.C. In his formative years, he labored as a meat cutter in his father's grocery store, was a camp counselor for the Y.M.C.A, a medical technician for an ambulance service and an assistant to a funeral home director.

Additionally, for 30 years he was under "special assignment" from the United Methodist Church to the U.S. Army Chaplain Corps serving combat troops in Korea, Vietnam and Desert Storm (Persian Gulf War). Additional medical assignments included Walter Reed Army Medical Center, Washington D.C. and Fitzsimmons Medical Center, Denver, CO. Chaplain Harris retired from the U.S. Army Reserves in 1991 with the rank of Colonel.

Many of his duty years also were co-assignments to the Department of Veteran Affairs, serving as Chief, Chaplain Service to the Medical Centers at Togus, ME (1975 - 1980) and Lexington, KY (1980 - 97). During his Lexington, KY tour of duty, he additionally served as an adjunct professor in pastoral care at The University of Kentucky/College of Allied Health, at the Lexington Theological Seminary and at the Asbury Theological Seminary. He retired from the Department of Veteran Affairs in 1997.

In retirement, he continues to accept certain speaking engagements, has written several books of family genealogy, written on the "end-of-life" focus / experiences ("The Journey"), meaningful dreams ("Dreamland"), "The Old Homeplace", "The Making of a Patriot."

Mr. Harris and his wife, Donna, currently reside in Farmingdale, Maine.



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Remembering our veterans

The men and women who defend the liberties and freedoms of the countries they represent hold a special place in people's hearts and an eternal spot in their countries' histories.

Any opportunity is a good time to commemorate the bravery and selfless deeds of military personnel, but certain prominent holidays in November make this an especially important time to thank veterans for their service.

November 11 is Veterans Day in the United States and Remembrance Day in Canada. It's also known as Armistice Day in other parts of the world. These holidays honor all military veterans who have provided service to their countries, and that each falls on November 11 is no coincidence, as the day commemorates the anniversary of the end of World War I on the 11th hour of the 11th day of the 11th month of 1918.

Many places around the world pause and remember fallen veterans on November 11, but a good majority of Veterans Day and Remembrance Day commemorative events focus on past and current veterans who are still alive. There are many ways to honor the military at home and abroad in time for the November festivities. The following are just a handful of ways to show appreciation for military men and women.

- When dining out, ask your server if you can pay the tab for a soldier or veteran you see in the restaurant.
- Attend a military parade with your family and explain the significance of the day to children in attendance.
- Draft letters and send care packages to soldiers cur-



rently in service far away from home.

- Ask your company if Veterans Day or Remembrance Day can be an observed holiday at your place of business each year to pay homage to servicemen and women.
- Visit a military memorial in a city near you. Your town also may have its own memorial.
- Petition town officials to erect a memorial if your town does not already have one. Such memorials can be a

source of inspiration for your community.

- Support a military family in your town who may be missing a loved one stationed elsewhere. Make meals, mow the lawn, help with grocery shopping, or simply provide emotional support.
 - Volunteer time at a veterans' hospital. You may be able to read with veterans or engage in other activities.
 - Get involved with a military support charity that can provide much-needed funds to struggling families or disabled veterans.
 - Have children speak with veterans in your family, including grandparents, uncles and aunts or even their own parents. It can help them gain perspective on the important roles the military plays.
 - Ask a veteran to give a commencement speech at a school or to be the guest of honor at a special function.
 - Drive disabled veterans to doctors' appointments or to run any errands.
 - Support a local VFW organization.
 - Create a scrapbook for a veteran in your life.
 - Cheer for or thank military personnel each time you see them.
 - Visit the veterans' portion of a nearby cemetery and place poppies or other flowers on the graves.
 - Always keep the military on your mind and never forget those who have served and didn't return home.
- Armistice Day, Remembrance Day and Veterans Day are great ways to honor past and current military for their service and sacrifice.

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Veterans Day facts and figures

Veterans Day, once known as Armistice Day, was first celebrated on Nov. 11, 1919, the anniversary of the end of World War I. In 1928, the United States Congress passed a resolution for Armistice Day to be an annual observation, and by 1938, the day became a national holiday.

Differing from Memorial Day in May, Armistice Day, which would be renamed Veterans Day in 1954 under President Dwight Eisenhower, pays tribute to veterans who survived various wars. Memorial Day commemorates those veterans who lost their lives.

Americans celebrate Veterans Day, while residents of Great Britain, Canada and Australia celebrate Remembrance Day. Those who want to learn more about Veterans Day can consider the following facts.

- According to the American Community Survey, there were 19.3 million military veterans in the United States in 2014. Of those, 1.6 million were female.
- California, Texas and Florida comprise the states with the largest number of veterans, equalling one million or more.
- Veterans consist of people who served in the military. This includes the U.S. Army, U.S. Navy, U.S. Marine Corps, U.S. Air Force and U.S. Coast Guard. Veterans serve in times of war and peace.
- The word "veteran" comes from the Old English language and means "old, experienced soldier." The first use of the word was documented in 1789.

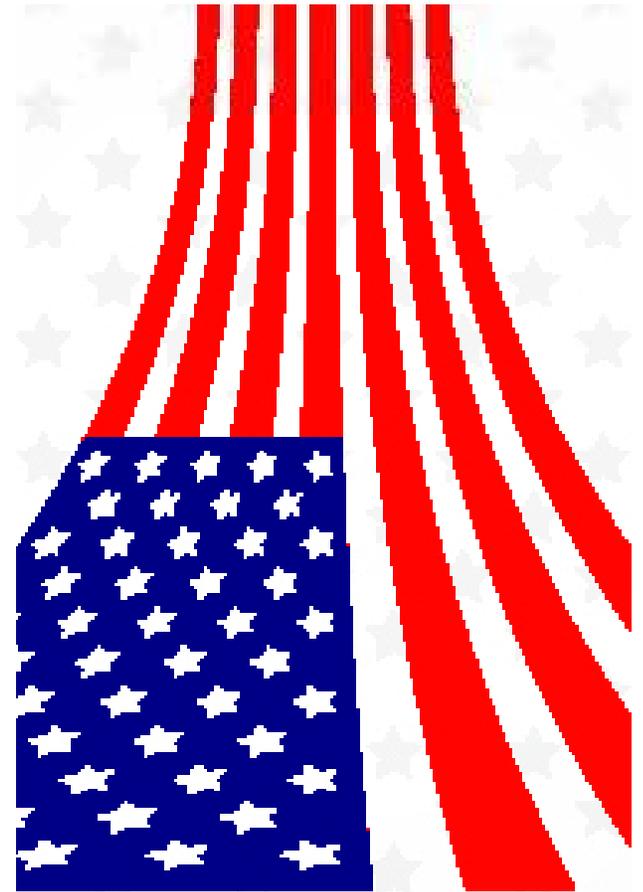
- Although many veterans are working, and the average annual income of male veterans is \$37,000, some veterans continue to be unemployed. According to data from the U.S. Bureau of Labor Statistics, the overall unemployment rate for veterans rose to 7.6 percent in January 2013. The unemployment rate of post-9/11 veterans or those who participated in the Gulf War reached 6.2 percent.

- Upon retiring or being discharged, veterans may need help acclimating to life outside the military. The Department of Veterans Affairs says about 30 percent of Vietnam War veterans have been diagnosed with post-traumatic stress disorder, or PTSD.

- Between 1971 and 1977, Veterans Day was celebrated on the fourth Monday in October. It was changed back to its original date, Nov. 11, in 1975 when President Gerald Ford signed bill S.331 into law. The change went into effect beginning in 1978.

- An American soldier was buried at the national cemetery in Arlington on Nov. 11, 1921. His identity was unknown, and the gravesite is known as the "Tomb of the Unknown Soldier." A guard from the Society of the Honor Guard stands watch over the grave each year on Veterans Day, and the president or another high-ranking member of the government places a wreath on the grave.

Veterans Day occurs each year on Nov. 11, marking the end of World War I. The day has evolved into a celebration and remembrance of the heroism of America's brave soldiers.



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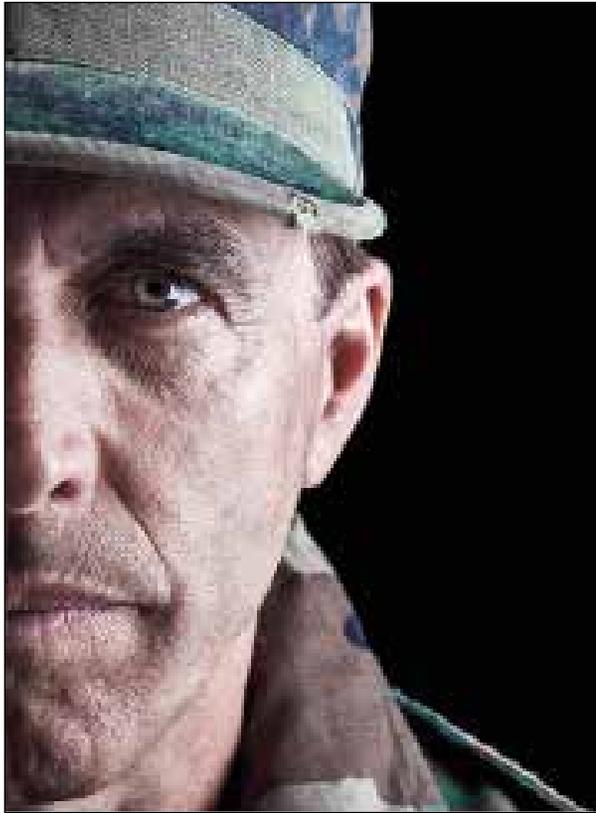
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Combat veterans and the threat posed by PTSD



Every day men and women in the military put themselves in harm's way to protect the lives and freedoms of their fellow countrymen. These brave men and women pay a steep price for their service, spending time away from their loved ones and putting themselves at risk of long-term physical and mental injuries.

Many men and women, even those who never served in the military, are aware of post-traumatic stress disorder, or PTSD, a mental health problem that some people develop after experiencing or witnessing a life-threatening event. Combat veterans are vulnerable to PTSD, and the percentage of veterans who deal with it each day is alarming. According to the U.S. Department of Veterans Affairs, as many as 20 percent of veterans who served during Operations Iraqi Freedom or Enduring Freedom have PTSD. In addition, the USDVA notes that estimates now suggest as many as 30 percent of Vietnam veterans have had PTSD in their lifetime.

Though it's not exclusive to men and women who have served in the military, PTSD has long been linked to combat

veterans. In fact, the American Psychiatric Association notes that PTSD has been referred to as "shell shock" and "combat fatigue" in the past.

While the APA notes that a diagnosis of PTSD requires exposure to an upsetting traumatic event, that exposure can be indirect rather than firsthand. Because some people may assume that only firsthand exposure to trauma can lead to PTSD, many may be suffering in silence. That makes it all the more important that people learn to recognize the symptoms of PTSD. According to the APA, symptoms of PTSD, which can vary in severity, fall into four categories.

1. Intrusive thoughts: Flashbacks, distressing dreams and repeated, involuntary memories are examples of intrusive thoughts symptomatic of PTSD. The APA notes that some people with PTSD experience flashbacks so vivid that they feel they are reliving the traumatic experience or that it is unfolding before their eyes.

2. Avoiding reminders: Some people with PTSD may avoid people, places,

activities, objects or situations they feel will trigger distressing memories. Soldiers, for example, may avoid interacting with fellow combat veterans. Avoiding discussions about a traumatic event and how they feel about it is another symptom of PTSD.

3. Negative thoughts and feelings: The APA says that negative thoughts and feelings may include ongoing and distorted beliefs about oneself or others; ongoing fear, horror, anger, guilt or shame; considerably diminished interest in activities previously enjoyed; and a sense of estrangement and detachment from others.

4. Arousal and reactive symptoms: These symptoms may include irritability and angry outbursts; reckless or self-destructive behavior; being easily startled or have difficulty concentrating or sleeping.

PTSD poses a significant threat to the men and women who serve in the military. Additional resources about PTSD is available at www.ptsd.va.gov and www.psychiatry.org.

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George Hamel

Airman 2nd Class - Petty Officer
U. S. S. Gilbert Island



Oct. 24, 1931 - May 29, 2011

Thank you for teaching us the value of service, honor and duty.
You will always be our hero.
We Love and Miss You Every Day

In Honor Of

Douglas Withee
E-5



We are forever proud and grateful for your strength and courage.

Missing you always.

Love, Wife Dotti and Family

In Honor Of

Laurent Dutil
WWII 1942 - 1944
England - France



Dad, Pepere, We love and miss you for all the kindness you have shown us.

MM and Kathy

In Honor Of

Francis J. Morin
Agent Orange Veteran
August 1970 - March 1972
Buried: November 28, 2016



Dad, We miss you awful - your smile and kindness. Sorry you had to suffer so much, 46 years

Kathy Ann and MM

In Honor Of

Mike Morin
November 1953 - October 28, 2013



Uncle Mike, We miss you terrible.
Hoping you found peace.

Kathy A. and MM

In Honor Of

Sergeant Philip C. Buck

U. S. Army Air Corp. - WWII
November 13, 1920 - March 29, 2007



You are in my thoughts and prayers from morning to night and from year to year.

Sadly Missed by Son, Mike

In Honor Of

Norman B. Buck
January 12, 1924 - August 25, 2013



Always in my heart.

Sadly Missed by Nephew, Mike

In Honor Of

Ervin H. Tyler
Corporal U.S. Army
98 Years Young



We are so proud of your service in WWII
Your Loving Family

In Honor Of

Douglas Mulhall
Sept. 24, 1932 - Sept. 23, 2019



Missed you yesterday, today and all of the tomorrows.

The Mulhall Family



Remembering Our Veterans

In Memory Of

Randy Knox
Sgt.



Fond memories fill our hearts when we think of you.
Sadly Missed, Much Loved, Mom, Dad, Carla & Dave

In Honor Of

John A. Soucy
Ensign



Forever proud of our Dad, Pepère and Great Pép for his courage and services.
Love, Your Family

In Honor Of

Joseph A.L. Martin
Staff Sergeant



We are proud that you served and thank you for making our world a better place.
Love, your family

In Loving Memory Of

Val Labrie, Sr.
July 24, 1924 - November 2, 2002
WW II



A million stars up in the sky,
one shines brighter I can't deny
A love so precious, a love so true
a love that comes from me to you.
You are the love of my life,
Love always and forever, Marion

In Honor Of

Guy F. Davis
Air Police Squad,
U. S. Air Force and Reserves
December 29, 1932 — March 2, 2011



We were always so proud of you,
and your service.
*Love: Wife, Arlene,
Children: Patricia, Cindy, RoseMarie,
Charlene, Scott and Families.*

**THANKS
For Serving Our
Country!**

**Dad, Wendell E. Brown and
His Brothers, Myron,
Laurice and Nelson;
My Brother, Lloyd W.
Brown and Our Uncles,
Arthur L. Benner and
Clarence R. Jones
*Love, Linda J. Brown***

In Honor Of

1st LT. Wilder G. Purdy



Always Remembered, Always Proud
Love from your family

In Loving Memory of

LTC Merton L. Rowe
Nov. 1, 1918 - Sept. 8, 2011
U.S. Army
From Your Family



BLAINE DEOJAY
Sept. 4, 1942 - Dec. 31, 2004
U.S. Navy

Your courage and
bravery still inspire us
all, and the memory of
your smile fills us with
joy and laughter.
*Loved and sadly missed
by his Family and
Friends*

Remembering Our Veterans

In Honor Of

**Francis "Frank"
Folsom**
Vietnam 1968 - 1969



Thank You. You are not forgotten.
Bill

In Honor Of

Peter M. Johnson
US Navy Vietnam
1947-2019



Shotgun, Sea Fan, Led Zep
We'll never forget that smile
Teddy & Don

In Honor and Loving Memory Of
Douglas F. Gleason
May 7, 1925 - Sept. 17, 2002
WWII U. S. Army & U. S. Air Force
Also in Paratroopers



Thank you for the wonderful days
we shared together. My prayers will
be with you until we meet again.
Never forgotten, always loved.
Marion and Family

In Loving Memory of
**Sgt. Richard O.
Fairfield, Sr.**
June 5, 1928 - June 11, 1970
U. S. Army



From Your Family

In Loving Memory Of
Ralph A. Lee



A proud WWII Veteran!
Forever missed and always loved,
Your Wife and Family

In Honor Of
Paul Fletcher
US Navy WWII



We love and miss you every day, Dad
Mary and Roger Lockhart

In Honor and Memory Of
Richard E. Fowler, Sr.
October 13, 1936 - January 8, 2010
U.S. Air Force 1954 - 1957
Airman 2nd Class - Korean Conflict



We are forever proud and grateful for
your strength and courage.
Your Loving Family

In Honor Of
Roland H. LeClair
CPL, Army, WWII
July 23, 1921 - Oct. 9, 1994



It's been 25 years you've been gone.
May God's angels guide you and protect
you throughout time.
*Still Remembered by Kevin & Pat LeClair, Darlene
Franklin, Kerry LeClair, Nephew Brandon, Niece Jasmin
and her son Mason, too! Stan & Jackie Redmond*

In Honor Of
Vincent W. Gill



We miss you always and think of you daily.
We love you always
*Ma, David, Alton, Frankie,
Ronald and Terry*

In Honor Of
Frank Lockhart
US Army, WWII



We miss you and love you
every day, Dad
Mary and Roger Lockhart

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