

Veterans Day

HONORING ALL WHO SERVED

★ 2018 ★





VETERANS DAY

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ARMISTICE CENTENNIAL

Event concludes year-long look at Mainers in WWI

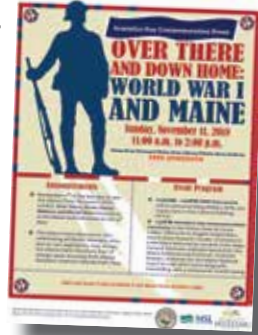
Exactly 100 years ago today, on Nov. 11, 1918, after four years of fighting and millions of lives lost, an armistice between Germany and the Allies was enacted. This important first step to bringing an end to World War I is currently celebrated as Veterans Day, a day to honor all veterans.

The armistice centennial offers a chance to look back on Mainers' contributions from the war zone to the home front. Join the Maine State Museum, Maine State Library and the Maine State Archives on Sunday, Nov. 11 from 11 a.m. to 2:30 p.m., for a free event that looks back at this important time in history and acknowledges the debt America owes to its veterans.

The Armistice Centennial Commemoration event will be held at the Maine State Cultural Building in Augusta.

Events include:

- 11 a.m. - 1 p.m., World War I Reenactors will be demonstrating military drills and inspections in the Cultural Building Archives.
- 1:30 p.m., Armistice Day Commemoration Ceremony, with remarks by Maj. Gen. Farnham, adjutant general for the Maine National Guard, and Capt. Jonathan Bratten,



Contributed images
A program for the centennial event, at left, and a World War I-era recruitment poster.

historian for the Maine National Guard, as well other honored guests.

- 2:30 p.m., ceremonial wreath laying.
- Last day to see the Maine State

Museum's WWI exhibit, "Over There, Down Home: Mainers and World War I."

• The Maine State Museum is also celebrating all Maine veterans who, due to new legislation, may access the Maine State Museum free of charge upon showing their Maine Resident Lifetime Veteran Park Pass.

The Maine State Museum is open Tuesday through Friday, 9 a.m.-5 p.m., and Saturday, 10 a.m.-4 p.m. For more information, call 287-2301, or visit the Maine State Museum website at www.mainestatemuseum.org.



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Iraq veteran offers Mobile Vascular Access and opiate-free anesthesia services

BY WANDA CURTIS
Correspondent

One Maine veteran who benefited from his service in the U.S. Military and who has used his military benefits to improve the lives of others is Dan Rice.

After serving two tours in Iraq, in support of Operation Iraqi Freedom at Camp Bucca, Iraq and Baghdad, Iraq, Rice decided to take advantage of educational benefits that he earned as the result of his military service.

He began investigating different programs in which he could use those benefits after returning from Iraq.



DAN RICE

"Upon returning from my second tour in Iraq, I got out of the military," Rice said. "I had planned to attend physician's assistant school, but when my application was approved and sent to the GI bill processing center, they denied me funding because my bachelor's in Criminal Justice didn't meet their

standard for possessing an undergraduate degree in a related field. So, I decided to get my bachelor's in nursing (which they would provide funding for) as a stepping stone in that direction. I was concerned about what I would do after getting off active duty.

However, taking on that challenge and succeeding, laid the foundation for future investments in myself."

Rice said that he sought assistance from the AMVETS representative at a local VA in Montgomery, Alabama. He said the representative assisted him with filing paperwork for disability compensation, education benefits, and was key to understanding how things worked in the veterans system.

Rice utilized his benefits under the GI Bill



Contributed photo

Dan Rice, left, owner of New England Vascular Access, based in Farmingdale, "provides ultrasound guided central and peripheral vascular access" to patients in small rural hospitals and office settings. "The right line at the right time eliminates delays in treatment, decreases health care costs and improves patient satisfaction," Rice said.

More ANESTHESIA, PAGE 5

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to their spouses, family, and
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Anesthesia

CONTINUED FROM PAGE 4

and from Vocational Rehabilitation to earn an undergraduate nursing degree and then decided to specialize in anesthesia. He received his Doctorate of Nurse Anesthesia through the United States Army Graduate Program, which he said was fully funded by the Department of Veterans Affairs. He then worked several years at Togus VA Medical Center in Augusta to pay back the government for his education.

Rice encourages other veterans to take advantage of their military benefits too. He said that it's an opportunity to not only better themselves, but also to improve their communities.

"GI bill benefits, the Vocational Rehabilitation and Education program, veteran specific scholarships and programs exist as a benefit for their service," Rice said. "Veterans should be encouraged to utilize these resources not only for themselves, but as a tool to continue improving our communi-

ties. The first step is reaching out to resources like the New England Veterans Chamber of Commerce or AMVETS for assistance navigating the system."

When he began thinking about starting his own business, Rice enrolled in the Entrepreneur Bootcamp for Veterans (EBV) Program at the University of Connecticut School of Business, which offers experiential training in entrepreneurship and small business management to post-911 veterans and military family members who serve in a caregiver role to a veteran with a service-connected disability.

The website ebvfoundation.org states that the purpose of the program is "to open the door to economic opportunity for veterans and their families by developing their competencies in creating and sustaining an entrepreneurial venture."

New England Vascular Access

Rice later started two businesses that serve Maine, New Hampshire and Vermont residents.

The first is New England Vascular Access based in Farmingdale, which he said "provides ultrasound guided

central and peripheral vascular access" to patients in small rural hospitals and office settings.

"The right line at the right time eliminates delays in treatment, decreases health care costs and improves patient satisfaction," Rice said.

The website for New England Vascular Access is www.nevascularaccess.com.

Collaborative Anesthesia Partners

The second business, Collaborative Anesthesia Partners, provides anesthesia coverage for small rural hospitals in Maine, New Hampshire, and Vermont. Rice said that he noticed that small, rural facilities often find it difficult to get after hours anesthesia coverage. He said that personnel from Collaborative Anesthesia Partners not only provide coverage, but they also have managed entire anesthesia departments.

Opiate-Free Anesthesia

In response to the current opioid epidemic, Rice is especially proud of the fact that they provide opiate-free anesthesia. He said that

opiate-free and opiate-sparing techniques help to address the opioid problem before it gets started. He notes that, according to the Maine attorney general's report, the number of opioid related deaths in Maine doubled between 2015 and 2017. He said that many people are first introduced to opioids when they have surgery.

"The average American undergoes nine surgical procedures in their lifetime," said Rice. "This is normally where we are first introduced to opiates and begin the dependence process. With opiate-free techniques, though, we avoid exposure by providing a multimodal approach involving advanced regional anesthesia techniques in conjunction with other non-opiate medications.

"As someone who has lost a large number of close friends due to opiate overdose, this is something near and dear to my heart," he said. "Our providers train and practice uniformly to achieve reproducible outcomes at all of our service locations."

Rice said that he learned much about regional pain control from the military. He said that the Military Advanced Regional Anesthesia and

Analgesia initiative (MARAA) was a significant advancement that came about during the Iraq and Afghanistan wars. He said that, not long after the invasion of Iraq and Afghanistan in 2003, a military provider commented that "pain control in Baghdad, 2003, was about the same as pain control provided during the Civil War — a nurse with a syringe of morphine." He said that the Army Regional Anesthesia and Pain Management Initiative led to the first continuous peripheral nerve block in Operation Iraqi Freedom, which was performed on Oct. 7, 2003. He said that changed the way that anesthesia and analgesia are currently provided.

"Today this information has evolved through best practice techniques and has been tailored to treat another battle that we face here at home, the opioid epidemic," Rice said.

For more information regarding Collaborative Anesthesia Partners, see www.anestpartners.com or contact Drice@anestpartners.com or call (302) 440-6382.

To contact the New England Veteran's Chamber of Commerce, email Lisa@NEVCC.org.



VETERANS DAY

A thank you to all veterans for your service and sacrifice!

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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.

Bombs in the middle of the night in Vietnam



BY GEORGE F. SMITH
Winslow

For the past few years I've written to this newspaper about some of the things we did when we had some down time. Well, this one episode of my year in 'Nam is sort of

funny when dealing with intelligence at HQ.

It's been a long time, but I remember it happening in May or June of '69 at, I think, a forward base called Tây Ninh, Northwest of Saigon, along the Cambodian border.

Your usual night, quiet when we hit the sack. Then, about 0300 hours, I got woken up by sounds of small arms fire, incoming and outgoing. Then a big explosion. I looked out my bunker and can see Charlie coming in our compound alongside a tank. I grabbed my weapon, ammo and grabbed some ARVN Airborne and went to protect my plane. All of a sudden that tank blew up and lit up the whole sky. We just kept shooting and No. 2 tank blew up.

When the sun came up we had to clean up the dead and put them on a net for a helicop-

"And, that was not to be the last time intelligence gave us wrong info. But, it turned out OK for me, I made it home with some extra metal in me. LOL."

GEORGE F. SMITH

ter to pick them up. It was a mess.

But, I got to talking with the RO (radio operator). He said he was trying to convince HQ we had enemy tanks on the compound. HQ said that intelligence said there are no tanks within 20 miles of Tây Ninh, basically across the Cambodian border. I left Tây Ninh and I had no clue how they got their tanks off the base.

And, that was not to be the last time intelligence gave us wrong info. But, it turned out OK for me, I made it home with some extra metal in me. LOL.

— George F. Smith is chaplain of VFW Post 8835

Canfield proud to be an American, supports Maine Honor Flight 22



BY ROBERT CANFIELD
Maine Veterans Home

I am proud to be an American, especially in consideration under the providence of God and the price paid by our forefathers in the fight against tyranny.

In consideration of the recent conflicts, for freedom's challenges for expressions are shown by each state in "Honor Flights" to our nation's capital to experience firsthand a view of the many monuments in honor of those

who gave their lives and those still alive who served in the military.

For myself, having served in military service in World War II, I feel so unworthy in Maine Honor Flight to represent the many who fought and died in the conflicts for our freedom.

My prayer, in part, is that in the life I have been given and the protection from tyranny, it may from this experience, the Honor Flight, show a God-given patriotism along with all others that we may continue to be a free country under God, united to one another in appreciation for one another in patriotic living, 'til death do us part!

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Homeless doesn't need to mean hopeless

Three of five homeless Maine vets housed in emergency shelters

BY WANDA CURTIS
Correspondent

Homelessness is one of the veteran's issues that has received much attention nationwide.

A recent study by the U.S. Department of Housing and Urban Development revealed that, in January 2017, there were 40,056 homeless veterans living in the U.S. in a single night. The study showed that three out of five homeless vets were housed in emergency shelters or transitional housing facilities, and two out of five were living in places that weren't suitable for human habitation.

According to Maine Homeless Veterans Action Committee (HVAC), great strides have been made during the last several years in reducing the number of homeless veterans in Maine. Committee member Erin Kelly said recently that they are now better able to identify which veterans are homeless so that they can assist them in accessing services.

However, she said that many more veterans are still at risk for becoming homeless because the skills they learned in the military aren't transferable into the civilian workforce. That means they may have to accept a lower paying job, and some are unable to pay their bills or afford their rent. Others are at risk because of post traumatic stress disorder or other health issues, which make it difficult for them to get or keep a job.

Maine veteran Thomas Ptacek was employed as a psychiatric technician at Bethesda Naval Hospital while serving in the U.S. Navy. He later moved to Maine around the time of the 2008 economic recession and had difficulty finding work.

He said that he worked at a low paying job at a convenience store for several months, but eventually became resigned to not finding a better job. He said that, when he was unable to find a better job, the time intervals between when he applied for jobs became longer and longer.

"I became defeated in my head," said Ptacek. "I remember when I worked on the psychiatric unit at



Contributed photo

The Grand Opening of Thomas Heights, an Avesta Housing 18-unit apartment building in Portland named after Thomas Ptacek, which houses low-income individuals with a focus on homeless veterans.

Bethesda Naval Hospital I heard the terms 'helplessness' and 'hopelessness' used a lot. I suddenly knew what it meant to feel hopeless."

Ptacek eventually ended up at a homeless shelter where he lived for the next 1 1/2 years. He said that he learned to survive at the homeless shelter by disconnecting. He said that he didn't worry about the big things while there because he had too many little things to worry about, such as getting in line at the homeless shelter by 5 p.m. to get a mat to sleep on for the night, or making sure that he arrived at exactly the right time for breakfast or he wouldn't have anything to eat.

According to Ptacek, he never availed himself of any of his veteran's benefits because he didn't really consider himself to be a "veteran." He said that many veterans think of a "veteran" as being a Vietnam combat veteran and they wouldn't consider themselves to be in the same class if they hadn't served in active combat. He said that veterans have great respect and honor for those who have served in active combat.

After he'd been at the shelter for about 1 1/2 years, Ptacek said that money became available through a government grant to help veterans with housing. He said that representatives traveled to homeless shelters across the U.S. searching for veterans who might be eligible to use the VASH vouchers. He said that when they came to the homeless shelter where he was living and asked who the veterans were, he quickly spoke up and said "I'm a veteran!" Though he appreciated the services he'd received, living in a homeless shelter isn't a bowl of cherries, he said.

The VASH voucher enabled Ptacek to start down the road of becoming independent, but he said that what helped him just as much was receiving SNAP (Supplemental Nutrition Assistance Program) benefits. He said that he grew up in a home where he knew nothing about SNAP or any other government benefits. He said that he first found out about SNAP benefits when another veteran invited him over for a meal.

"He had all kinds of good food and his cupboards were full," said

Ptacek. "He told me about SNAP and that was the beginning of a new way of life."

The largest program in the domestic hunger safety net, the SNAP food and nutrition service works with state agencies, nutrition educators and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits, according to information online.

Ptacek explained that receiving SNAP benefits didn't just enable him to have good nutrition. He said that he suddenly started to feel like he had some control over his own life. He said that he hates to hear about cuts to the SNAP program because he knows that will affect not only the general public but also veterans.

"I think the SNAP benefits were the single most important thing that helped me to get back on the road to taking care of my own self," said Ptacek. "Suddenly I could decide which food that I wanted to buy and what meals that I would have. It gave some semblance of being in control of my own life."

Eventually Ptacek was hired to help veterans sign up for the Affordable Care Act. He said that some veterans were reluctant to sign up for those benefits and give up their VA benefits because they didn't know how long the Affordable Care benefits would last. However, he said that not all veterans are eligible for VA benefits and some have no insurance.

Today, Ptacek is employed with Preble Street Veterans Housing Services in Portland. He helps homeless people transition back to a self sufficient life after they leave the shelter. He said they may need a food box or transportation to a doctor's appointment or other temporary services. He helps to identify those needs and make sure those people don't fall through the cracks after they leave the shelter. He is not only a hard working employee, but also a powerful advocate for the homeless and especially veterans. He's a welcome and familiar face to both homeless veterans and other advocates.

One of HVAC's co-chairpersons, Robert Marcroft, reports that by the end of June 2018, 105 homeless veterans were newly identified in Maine. He said that HVAC's system housed 59 veterans in permanent rental housing during the 90 days prior to that.

"I think this data speaks volumes about the need for more landlords to partner with HVAC member providers, and rent to our state's homeless veterans," said Marcroft. "This would help address the increase in veterans becoming homeless in our state. As the numbers suggest, this is a solvable problem."

Helplines for the homeless

For veterans who are homeless or are in danger of becoming homeless, Marcroft said that the best way to find out about services available to them would be for them or a friend or family member to contact the National Call Center for Homeless Veterans Hotline (877) 424-3838. The call center is part of the U.S. Department of Veterans Affairs and someone is available to receive calls 24/7. They will direct veterans to local resources in their area. A resource number in Maine is Preble Street Veterans Housing Services in Portland. Their number is 956-6556. They can take referrals from throughout the state and can also direct veterans to local resources in their area. The staff at Preble Street can be reached from 8 a.m. to 4:30 p.m. Monday through Friday.

Landlords needed to partner with HVAC

Any landlord interested in partnering with HVAC to help house homeless veterans may contact Robert Marcroft at (207) 239-2795 or (207)874-1100 ext. 1295 or email rmarcroft@preblestreet.org.

They can also contact HVAC's other co-chairperson Wendy Thomas-Blais at (207) 623-8411 x 2892 or email wendy.thomas-blais@va.gov.

Anyone else interested in inquiring about how to support HVAC's efforts in other ways can contact either of those two individuals as well.



All Quilts of Valor® are awarded in a ceremony, whether for groups of veterans, or to an individual veteran. The quilts are awarded to thank and honor the veterans for their service to our nation.

Quilts of Valor® express gratitude, offer comfort

BY WANDA CURTIS
Correspondent

Quilts can be a source of comfort. From the cradle to the grave, wrapping oneself snugly in a quilt can have a calming effect. The founder of the nonprofit Quilts of Valor®, Catherine Roberts, thought that quilts could also be healing. Roberts came up with the idea of awarding handmade quilts to service men and women as a gesture of gratitude for their service, sacrifice and valor in defending our nation during wartime.

According to their website, the Quilts of Valor® Foundation originated in 2003 when Roberts had a dream while her son Nat was deployed in Iraq. Roberts said that the dream was as vivid as real life.

"I saw a young man sitting on the side of his bed hunched over in the middle of the night," said Roberts. "The permeating feeling was one of utter despair. I could see his war demons clustered around, dragging him into an emotional gutter. Then, as if viewing a movie, I saw him in the next scene wrapped in a quilt. His whole demeanor changed from one of despair to one of hope and well-being. The quilt had made this dramatic change."

Roberts suddenly had an idea. She thought of how a volunteer team could

donate their time and materials to make quilts for active and retired military personnel. Some volunteers could make quilt pieces for the top and others could quilt it. Each quilt would be called a "Quilt of Valor®." These quilts would be awarded to express gratitude for the service and sacrifice rendered to our nation.

According to the website www.QOVF.org, the first Quilt of Valor was awarded in November 2003, to a young soldier at Walter Reed Army Medical Center who had lost his leg in Iraq.

Chaplain John Kallerson opened the door to the concept of the quilt because his wife was a quilter and he understood. Kallerson thought that the act of awarding quilts to wounded soldiers would convey the message that someone cared. The movement spread across the nation.

The organization's mission statement says that their purpose is "to cover those service members and veterans touched by war with comforting and healing Quilts of Valor®."

In the beginning, the group's primary focus was on awarding quilts to service members wounded in Iraq or Afghanistan conflicts. However, they heard complaints that it wasn't fair to award quilts to one group and exclude others.

The QOV Foundation eventually broadened their quilt distribution to include

any service member touched by war, even those in the mortuary who remained at home to receive and prepare the bodies of service members fallen in war. As QOV Foundation members listened to a description of how bodies were prepared and delivered to family members, they came to the realization that, although those service members were stateside, they too were touched by war.

"We awarded quilts to eight veterans at the hospice unit at Togus and one of the veterans was a Vietnam veteran Brookings said. "He told us that he had never been thanked for his service before and the quilt just made his day and his service worthwhile. He said that he didn't know what he did to deserve the quilt, but he was so glad that he got it. We found out yesterday that he has been using the quilt daily. We also have had veterans tell us that when they get anxious or upset, they wrap the quilt around themselves and just sit there, and the quilt calms them down, and they can feel the love."

Brookings said that while many quilts already have been donated, they can't keep up with all of the requests that they receive. She said they've awarded 525 Quilts of Valor® in Maine since 2003 and they currently have 35 veterans waiting to get quilts. She said they not

only need more quilts, but they also need volunteers to help put the quilt tops together and do the quilting once they receive the tops.

"We have groups in Chelsea at Maine Mystic Quilt shop and they also have a sewing group that makes Quilts of Valor®," said Brookings. "We have groups in Litchfield, Gorham, Norway, Fort Kent, Houlton, Yarmouth, Saco and Bridgton that all help make quilts. We have many individuals all over the state, as well, who help make quilts. All Quilts of Valor have the veterans' names on the back."

One requirement for donated Quilts of Valor® is that they must be quilted. They don't accept tied quilts. Patriotic colors are preferred, but they will also accept quilts made with other colors. More information regarding the size requirements for Quilts of Valor quilts and the fabrics that should be used can be found on the website www.qovf.org.

The Quilts of Valor® foundation accepts not only quilt donations but also donations of money and/or materials.

To find out more about making donations or to refer service members or veterans to receive a quilt, contact State of Maine Coordinator Donna Brookings at (207) 523-9322 or email donna.brookings@QOVF.org. Active and/or retired service members touched by war can also request a quilt for themselves.



This veteran was thrilled with his quilt awarded at the Togus Va Medical Center.



Both male and female members of the military and veterans are awarded Quilts of Valor®.



Contributed photos

Awards ceremonies can take place in private homes, hospitals or institutions.

More QUILTS OF VALOR®
PAGE 12

WELCOME VETERANS.



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Veteran Community, military programs are active at UMA

SUBMITTED BY BRENT WOOTEN
Director of Enrollment Marketing
University of Maine at Augusta

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 both campuses, and at eight statewide UMA Centers.

Since the University's founding in 1965 when a simple blue and white sign that read "Welcome Veterans" encouraged Vietnam-era Veterans to enroll, UMA has continued a rich tradition of supporting military-experienced students. Laurie Krzywda, UMA's Veterans Affairs School Certifying Official (SCO), assists students with the required paperwork to access veteran educational benefit programs.

"Currently, we have over 300 students that are using federal education military and veteran benefits," Krzywda said.

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.

Amy Line is a UMA alum, adjunct faculty member and a Navy veteran.

"This space was designed in a very thoughtful manner with an eye to improving accessibility for veterans," Line said. Color schemes and LED lighting provide

"Currently, we have over 300 students that are using federal education military and veteran benefits."

LAURIE KRZYWDA, UMA'S VETERANS AFFAIRS SCHOOL CERTIFYING OFFICIAL.

a more conducive environment for those with the invisible wounds of war, such as traumatic brain injury and post-traumatic stress disorder. Touch screen computers and other technology upgrades are also part of the center's design.

Line is also the director of Military and Veteran Services at UMA, and helps students navigate veteran benefits and resources. She was instrumental in securing the private grant funding that allowed for the creation of the VAC itself and the ability to hire four veteran peer mentors at UMA.

On Oct. 4, 2018, the VAC was buzzing with activity as several of the peer mentors and a dozen student veterans, including Marine veteran Brad Blais and his service dog, Romulus, witnessed the installation of five red cedar seals, each representing one of the five branches of the military. Between classes, students had the opportunity to check in with others, share home-baked snacks and enjoy fresh picked apples— and do some studying. Zaid Dajani, business major and Jordan U.S. Army veteran, said it best: "This is just a great place to study. It's our own space."

Elaina George, veteran peer mentor and U.S. Army veteran, enjoys the camaraderie of the group. "Having a role here, and being able to come and help out really gives me a greater purpose to be on this

campus. It's a real close community."

George, a Mental Health and Human Services student, was previously a veteran's case manager for an Augusta shelter.

"Working here at UMA in the Vet Center exemplifies what we're used to as service members." George said. "We are accustomed to serving others because we ourselves have served our country."

Most importantly, UMA and specifically the VAC, provides a safe environment and friendly place for fellow veterans to seek and lend support to each other and to interact with the UMA Office of Military and Veterans' Services staff. Support for veterans is augmented by the Military and

Veterans Advisory Council, composed of UMA alumni, local community members, faculty and staff.

"It's the people who make this place special," said Samantha Brown, U.S. Navy veteran, pre-med biology student and aspiring Doctor of Osteopathy. "I can come here and talk with others who've served, and work on our courses. We also take hikes together on the trails around campus. It's just a great community."

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; Top Colleges & Universities by Military Advanced Education & Transition; 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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Thank you for your service



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thanks to all
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UMA photo
UMA student veterans with Amy Line (6th from left), Director of Military & Veteran Services at the Veterans Academic Center.

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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CONTINUED FROM PAGE 9

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Students prepare for National History Day

BY VALERIE TUCKER
Correspondent

Students in Maine's elementary, middle and high schools are preparing for National History Day competition in January 2019. They will push themselves and each other to create inspiring projects relating to world, national or state history and the past's influence on current events.

It's all part of the annual contest by the nonprofit National History Day organization in College Park, Maryland.

The organization's 2019 theme, Triumph and Tragedy in History, challenges students to develop critical thinking, problem-solving, research and reading skills. Three Maine teachers also were chosen to receive graduate-level training, travel and studies with their peers around the country while they guide their students in the individual and group projects.

Nov. 11, 2018, marks the 100th anniversary of the end of the war, and Crystal Polk, a social studies and reading teacher in Regional School Union 58's Strong Elementary School, knew she wanted to study more about the "war to end all wars."

"They don't have the same kind of memorials in Europe as they do here in the United States."

JOHN TAYLOR,

State Coordinator for Maine National Day

"My grandfather was in World War I," she said. "I've always wanted to know more about it myself."

While doing her graduate studies after school and on weekends, she and colleagues Wendy Morrill and Candace Dunham will be guiding their students as they to prepare for National History Day regional competitions in January 2019 in Lewiston and Orono. Finalists will go on to the state competition in April.

"In addition to what we're doing in our regular social studies classes, Candace, Wendy and I are collaborating, so that across grade levels, students are in groups," she

More STUDENTS, **PAGE 17**



Contributed by John Taylor, State Coordinator for Maine National Day

Maine National History Day, a year-long educational program for high school and middle school students, is co-organized by the University of Maine and the Margaret Chase Smith Library. Last year's winners in the Senior Paper category included Laura Parent, Maranacook Community High School; Kiersten Jones, Noble High School and Autumn Littlefield, Messalonskee High School.



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"My experience with UMA has been amazing. The community here is great and I love being an active member at the Veterans Academic Center."

Samantha Brown

UMA 2018 Rising Scholar and U.S. Navy Veteran

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BACHELOR'S
2018

HONORING ALL WHO SERVED

Students

CONTINUED FROM PAGE 16

said. "They are doing individual and group research connected to the National History Day's Triumph and Tragedy theme."

One student is studying Cornelia Thurza Crosby, also known as "Fly Rod" Crosby. Born in Phillips, she became the first registered Maine guide in 1897. She also traveled and wrote for national newspapers and magazines, promoting Maine as a travel destination in the early 20th century. Polk said other study topics include the World War I restrictions on German immigrants and the community of Shakers who cared for war orphans.

National History Day's monthly webinars have introduced Polk to new topics that allow her to enhance her students' learning experience. One book, "The Hello Girls: America's First Women Soldiers," tells the story of America's first women soldiers who operated the military's communication systems in Europe and are credited with helping win World War I.

Other partners and supporters have included the University of Maine, the Maine Humanities Council and the Maine Historical Society. Many donations of time and money from schools, teachers, parents, students,

BEHIND MAINE NATIONAL HISTORY DAY

Maine National History Day, a year-long educational program for high school and middle school students, is co-organized by the University of Maine and the Margaret Chase Smith Library.

This year's major contributors are: Margaret Chase Smith Foundation, the University of Maine at Orono's College of Liberal Arts and Sciences, College of Education and Human Development, the McGillicuddy Humanities Center and the Department of History, the Maine Masonic College and the Maine Humanities Council.

Schools, teachers, parents, students, and local historical societies and cultural organizations also donate time and money to make the program possible, said state coordinator John Taylor.

and local historical societies and cultural organizations from across the state make the program possible, according to John Taylor, state coordinator for Maine National Day.

Each year, students choose from a wide variety of project options. They can do a research paper, an exhibit, a performance, a documentary or a website, either as individuals or in a group of two to five. Each category in each division is judged separately, and group participants do not have to be in the same grade to compete together, but they must be in the same division, Taylor ex-

plained.

Each state has a central point of contact. Maine's affiliate of the National History Day organization is the Margaret Chase Smith Library and Museum in Skowhegan.

Taylor serves as Maine's coordinator for the national organization and provides participating Maine teachers with resource materials. He said he, too, loves history, but wasn't prepared for the impact of the museums and artifacts he encountered on a trip to Europe with his wife.

Taylor said World War I wasn't a period of time he had a great interest before his trip,

where he visited some of the sites of the greatest devastation and loss of life, he said.

"They don't have the same kind of memorials in Europe as they do here in the United States," Taylor said.

In an area roughly half the size of Manhattan, thousands of men died in 1916 during the nearly-year-long battle in Verdun, France.

"When I saw the trenches and how close the soldiers had to have been when they were shooting at each other, it really hit home for me," he said.

Visiting the Douaumont Ossuary was one of the most powerful experiences he encountered at the former Western Front. This building in Verdun was started in 1920 as a place of sanctuary for the hundreds of thousands of bones that were scattered throughout the battlefield site. The ossuary cloister contains the bones of 130,000 unidentified soldiers, arranged according to the area of the Verdun battlefield in which they were found, Taylor said.

For information about Maine National History Day program, contact Taylor at the Margaret Chase Smith Library, email john.m.taylor@maine.edu or call 474-7133.

National History Day is nonprofit organization based in College Park, MD and has affiliates in all 50 states, Washington, DC., Puerto Rico, Guam, American Samoa, South Korea, China, South Asia and Central America.

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VETERANS DAY

November 11, 2018

Central Maine Veterans Memorial Park wants to thank all the people who have helped at the park this year.

Thank you to the Patriot Riders of America, Maine Chapter 3 and the Boy Scout Troop 41, The Central Maine Jeep Owners, and our gardening gals (MJ Stafford, Connie Mitchell, Pat Poulin and Linda Dart) and anyone else who pulled a weed or two while they were visiting the Veterans Park. Without all the above named, I don't know what we would do..

Thank you to Jim Elias of Elias Monuments, located in Madison, Maine. He engraves all the stones and delivers them to the park.

Central Maine Veterans Memorial Park lost a loyal friend recently. Alta Lambert was always there every Memorial Day and Veterans day as soon as the parade she rode in had ended. We will truly miss you Alta.

Applications for stones and benches can be obtained by stopping by Winslow Supply Inc., 567 Benton Ave., Winslow, Maine or by calling 873-5608.

We also have a beautiful website at www.maineveteranspark.com

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Remembering Our Veterans



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Richard V. Awalt
Sergeant U. S. Marine Vietnam



You were a light in my life that burns forever

Love You Forever, Your Sister, Gloria and Brother-in-Law Clinton

In Honor Of

Real A. Bernard
World War II, PFC 103 INF 43 Division
1918 - 1944



Thank you and many blessings for your service.

Son of Joseph and Emma Bernard

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

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



Always in my heart.

Sadly Missed by Nephew, Mike

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 and Memory Of

Norman Chavarie
U. S. Marine Corps, 1st Marines,
9th Engineering, Tunnel Rat



Miss You, Dave, Maggie, Ray and Andy

In Honor Of

Richard Cyr
10 Years in U. S. Air Force
Happy 85th Birthday



We're glad you're still with us.
Love Your Baby Sister Mary and Nephews David, Alton and Terry

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.

In Memory Of

Harry Dixon Jr.
Tech 5



We appreciate your service and all you went through during WWII.
Love, Carol, Gwyn and Families

In Honor Of

Francis Doyon
Military Police Corporal
1942 - 1946 Yukon Territory



Proud to have known this Vet from Jackman.
Family and Friends

In Honor and Memory Of

Richard E. Fowler, Sr.
Airman 2nd Class - Korea
October 13, 1936 - January 8, 2010



We miss and love you dearly. Sending this message with a loving kiss for eternal rest.
Always in our Hearts, Your Wife and Family

Remembering Our Veterans

In Honor Of

Vincent W. Gill



May God bless you always.
We miss and love you always.
*Ma, David, Alton, Frankie, Roland
and Terence*

In Honor and 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 Honor Of

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Combined 112 Years of Military
Service



Left to right: Chuck Hallee 25 years;
E. Roger Hallee 30 years; Bernie Hallie
5 years in NAM; Luc Hallee 26 years;
Claude Hallee 26 years.
Thanks for Serving

In Honor and Memory Of

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 Loving Memory Of

Val Labrie, Sr.

July 24, 1924 - November 2, 2002
WW II



In the hearts of those he touched.
Nothing loved is ever lost.
He was loved so much.
Miss You. Love, Marion

In Honor Of

Roland H. LeClair

CPL, Army, WWII
July 23, 1921 - Oct. 9, 1994



It's been 24 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!*

In Loving Memory Of

Ralph A. Lee



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

In Honor Of

Jason Maddocks

Sergeant 1st Class



Proud of your accomplishments and raising
two men that serve to keep us safe.
Love, Momma!

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 Honor Of

Wilder G. Purdy

1st Lieutenant Co-Pilot WWII USAAF
February 1919 - October 1943



Forever Proud and Never Forgotten
Love, Your Family

In Honor and Memory Of

Morris Z. Shapiro

40th British Fusiliers
"The Jewish Legion" World War I
Fought The Turkish Army in Palestine



Samuel Shapiro USN

Samuel Shapiro

P/O 3rd, Navy World War 2
Military Aide De Camp to
Governors Ken Curtis and
Joseph Brennan



Samuel Shapiro USN



Happy Veterans Day

*November 11
2018*

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.

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

Alexander J. Routhier

Specialist



We are beyond proud of you!

*Love and Miss You,
Mom, Memere and Pepere*

In Honor Of

Wade Alan Slack

Specialist - 707th EOD KIA Operation
Enduring Freedom, Afghanistan
March 22, 1989 - May 6, 2010



Your courage and bravery still inspire us all, and the memory of your smile fills us with joy and laughter.

Love, Mom, Family and Friends

In Honor Of

Eugene C. Smith

Chief Warrant Officer



*We Love and Miss You Every Day,
Eva and Family*

In Honor Of

Ervin H. Tyler

Corporal U.S. Army
97 Years Young



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

In Honor Of

Douglas Withee

E-5



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

Wife, Dotti and Family



Courtesy of the Maine State Museum

Col. George McLellan Presson did not see active duty in World War I, but he worked diligently on the home front to ensure that Americans continued to support their soldiers overseas. One historic incident involved relief efforts for Maine's neighbor to the north. Halifax, Nova Scotia was rocked on Dec. 6, 1917, by a massive explosion after two ships collided in the harbor. One of them, the SS Mont Blanc, was packed with explosives, and the enormous blast killed nearly 2,000 people and injured approximately 8,000 more. A train from Maine brought 110 doctors, four nurses, and 10 non-medical staff to the relief effort.



Photo by Holly Price

Volunteers, from left, Deb Probert, Sam Howes, Jane Woodman and Maxine Brown, tackle the job of cleaning Col. George McLellan Presson's stone in the Riverside Cemetery in Farmington. Not pictured is photographer Holly Price.

Farmington native honored for efforts in World War I

Presson helped organize the American Legion

BY VALERIE TUCKER
Correspondent

Volunteers from Maine Old Cemetery Association and other local and state historic preservation groups gathered in October to clean the stone of Col. George McLellan Presson, who is buried in the Riverside Cemetery in Farmington.

The son of David and Doris (Hillman) Presson, he was born Aug. 1, 1864 and raised in Farmington, along with his younger brother Alexander. According to the 1900 census, he was living in Farmington with his wife Geneva (Huston) Presson, with their two young daughters, Doris and Cora, and listed his profession as optician. In 1890, he was assigned to the 15th Maine Regiment and, although he never saw active combat, he oversaw military matters in Maine. He spoke on college campuses, at town meetings and elsewhere to increase enlistments and encourage civilian support for the troops fighting overseas in World War 1.

During the war, he helped organize relief efforts for Maine's neighbor to the north. Halifax, Nova Scotia was rocked on Dec. 6, 1917, by a massive explosion after two ships collided in the harbor. One of them, the SS Mont Blanc, was packed with explosives, and the enormous blast killed nearly 2,000 people and injured approximately 8,000 more.

Very soon after the explosion, a Boston banker received a message on the private banking telegraph from an American in Halifax: "Organize a relief train and send word to Wolfville and Windsor [towns near Halifax] to round up all doctors, nurses and Red Cross supplies possible to obtain. Not time to explain details but list of casualties is enormous."

The banker immediately contacted the head of the Massachusetts Committee on Public Safety, a new kind of organization created earlier in 1917 to respond to public emergencies. It was the first U.S. public emergency response unit and had members from public and private organizations—and its first test would be in Canada rather than the United States. Maine and the nation provided significant relief efforts. Delayed by snow storms, American medical units arrived between Dec. 9 and 12 from the Massachusetts State Guard, Maine National Guard and Red Cross units from Boston and Rhode Island. One train from Maine brought 110 doctors, four nurses, and 10 non-medical staff to the relief effort.

Maine State Archives (digitalmaine.com/ww1_halifax_explosion/53) has documented many of Adjutant General Presson's records, which provide a rare glimpse into the tragedies of war. Presson's Jan. 2, 1918 expense reimbursement request included all the usual costs for transportation, room, board and incidentals. One miscellaneous

expense — cigars, \$15.50 — indicates that he may have had an occasional opportunity for some relaxation. As Adjutant General, Presson attended the St. Louis caucus in 1919 as one of the 10 Maine delegates who supported the organizing of the American Legion on both the national and state level. He served until 1921 and retired with the rank of Colonel.

Maine State Archives expert Sam Howes wanted to do something to commemorate the close of the centennial year of the Nov. 11, 1919 Armistice and the end of World War 1. He decided that the Presson family's stones were in need of cleaning, so he contacted Maine Old Cemetery Association member Deb Probert in Farmington, who gathered a group of volunteer cleaners to meet with him on a chilly October afternoon. They sprayed, scrubbed and sprayed again until the Presson family's stones began to lose its lichen growth and ugly dark stains and return to its former appearance. The entire effort was a great way to honor a veteran who name might otherwise be forgotten in state and national history.

The Digital Maine Repository is one of several services of the Maine State Library to facilitate digitization of— and enhanced access to— collections related to Maine history, genealogy, culture and government through digitalmaine.com. For more information on Col. Presson's part in WWI, visit digitalmaine.com.

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American Legion has strong history

Membership is more than 2 million

BY VALERIE TUCKER
Correspondent

A year after the United States joined Allied Forces in April 1917, the Allies signed a cease fire, or armistice, with Germany at 11 a.m. on Nov. 11, 1918. According to the Library of Congress, President Woodrow Wilson proclaimed the first Armistice Day the following year on Nov. 11, 1919, with these words: “To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations...”

World War I was supposed to be “the war to end all wars.”

Until World War II, Armistice Day was celebrated in the United States, Great Britain and France. In 1954, after World War II, the remembrance day was renamed Veterans Day in tribute to veterans of all U.S. wars. This is the centennial year for one of the country’s most recognized and respected veterans’ organizations, according to Donald Hands, state committee organizer and commander of Ramsdell Rogers Post 56.

“We have a lot of activities planned throughout the year,” Hands said. “We have a lot of American Legion history we’re sharing with Maine people.”

According to the organization’s historical records, the American Legion’s start began in the wake of devastating casualties in Europe. In March 1919, members of the American Expeditionary Force convened in Paris, France, for the first meeting to find ways to boost the morale of troops overseas and support from home. Lt. Col. (and future U.S. President) Theodore Roosevelt Jr. was among the attendees and suggested forming an organization of veterans.

That May, delegates gathered for a second caucus in St. Louis, Missouri, and adopted American Legion as the organization’s official name. They adopted their emblem in June and were chartered by Congress in 1919 with the mission of service to veterans, service members and communities. Over the past century, the American Legion has evolved from a group of war-weary veterans of World War I into one of the most influential service organizations in the country.

The July 4, 1919 issue of the American

BORN OUT OF A PURPOSE TO SERVE

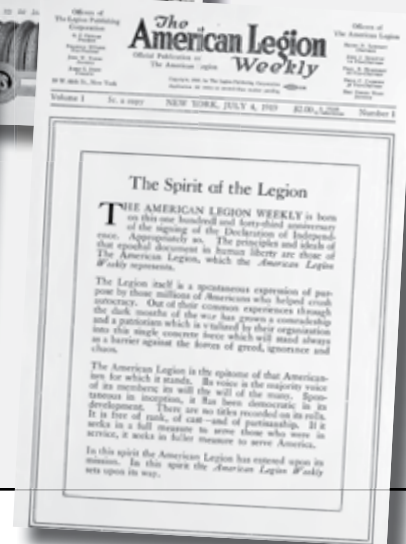
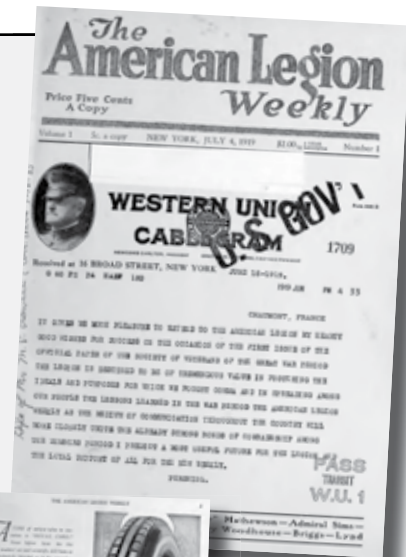
The July 4, 1919 issue of the American Legion Weekly said, “The Legion itself is a spontaneous expression of purpose by those millions of Americans who helped crush autocracy. Out of their common experiences through the dark months of the war has grown a comradeship and a patriotism which is vitalized by their organization into this single concrete force which will stand always as a barrier against the forces of greed, ignorance and chaos. The American Legion is the epitome of that Americanism for which it stands. Its voice is the majority voice of its members; its will the will of the many. Spontaneous in inception, it has been democratic in its development. There are no titles recorded on its rolls. It is free of rank, of cast — and of partisanship. If it seeks in a full measure to serve those who were in service, it seeks in fuller measure to serve America.”

Legion Weekly said, “The Legion itself is a spontaneous expression of purpose by those millions of Americans who helped crush autocracy. Out of their common experiences through the dark months of the war has grown a comradeship and a patriotism which is vitalized by their organization into this single concrete force which will stand always as a barrier against the forces of greed, ignorance and chaos. The American Legion is the epitome of that Americanism for which it stands. Its voice is the majority voice of its members; its will the will of the many. Spontaneous in inception, it has been democratic in its development. There are no titles recorded on its rolls. It is free of rank, of cast—and of partisanship. If it seeks in a full measure to serve those who were in service, it seeks in fuller measure to serve America.”

In November 1919, the first Legion convention gathered in Minneapolis to adopt their constitution and preamble. They voted to locate the Legion’s national headquarters

Photos reprinted with permission from the American Legion National Headquarters in Indianapolis, Indiana.

This telegram, printed on the July 4, 1919 cover of the American Legion Weekly, was sent from Chaumont, France by General John Pershing, the American Expeditionary Forces Commander for American soldiers in World War I. Pershing told the American Legion members, “It gives me much pleasure to extend the American Legion my hearty good wishes for success on the occasion of the first issue of the official paper of these society of veterans of the Great War. The Legion is destined to be of tremendous value in fostering the ideals and purposes for which we fought, and is spreading among our people the lessons learned in the war. The American Legion weekly as the medium of communication throughout the country will more closely unite the already strong bonds of comradeship among the members. I predict a most useful future for the Legion and the loyal support of all for the new weekly.”



in Indianapolis and passed a resolution to support the Boy Scouts of America. A century later, the organization is the chartering agency for more than 1,700 Scouting units. In 1937, they organized and have continued to support the annual Boys State and Girls State, which are summer leadership programs for high school juniors.

The Legion’s efforts also resulted in the creation of the U.S. Veterans Bureau, which preceded the Veterans Administration. In 1925, members created the American Legion Baseball program. Today, according to American Legion statistics, more than 50 percent of Major League Baseball play-

ers are graduates of the program. About 82,000 youths play on Legion-sponsored teams each year.

Today, American Legion membership is over 2 million, with more than 13,000 posts organized into 55 departments: one each for the 50 states, along with the District of Columbia, Puerto Rico, France, Mexico and the Philippines.

For more information about the American Legion and locations of posts in Maine, visit legion.org; write to American Legion National Headquarters, 700 N. Pennsylvania St., P.O. Box 1055, Indianapolis, IN 46206; or call (317) 630-1200.

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Vocational rehabilitation could help to save a veteran's life

BY WANDA CURTIS
Correspondent

One of the benefits to which some veterans with service-related injuries may be entitled is Vocational Rehabilitation.

Iraq veteran Chris Carson knows from firsthand experience what a difference that program can make in the lives of veterans. Carson said that after the Veteran's Administration (VA) determined that he had a service-related disability, he learned that he was entitled to benefits through the VA's Vocational Rehabilitation and Employment program. He used those benefits to earn his master's degree and to find his current position as a vocational rehabilitation counselor for the state of Maine. Today, he works with other veterans to help them through the same type of situations that he faced when he returned home from serving in the military.



According to Carson, the federal Vocational Rehabilitation and Employment program can help to cover education and employment related expenses. The state of Maine's Vocational Rehabilitation program can help fill in holes that the VA can't assist with. He said that veterans can apply for both programs and then the people who administer those programs can coordinate the benefits.

"If they apply for both state and federal help, both agencies will process the applications, coordinate together and maximize the resources."

CHRIS CARSON,

Veteran Vocational Rehabilitation Counselor for Maine

disability can apply to find out if they're eligible for the state of Maine's Vocational Rehabilitation program, but only veterans with a service-related disability can be found eligible for the federal Vocational Rehabilitation and Employment program. So the good news is that, even if a disabled veteran doesn't qualify for services through the federal program because their disability is not service related, they may still possibly qualify for the state of Maine's program. He said that if they are denied services, they have the right to appeal the decision.

Both programs will cover education and/or some types of training for veterans with a disability. They may also cover other expenses that are necessary for a person so they can perform and get to work.

"Working with the state Vocational Rehabilitation program, I was able to get a

"If they apply for both state and federal help, both agencies will process the applications, coordinate together and maximize the resources," Carson said. "They can apply at any Career Center and it can take up to 60 days (by policy) to determine eligibility—but I can sometimes find them eligible in a few days or weeks."

Carson stressed that anyone with a

More REHABILITATION, **PAGE 26**

Dreams Thrive at Monmouth FCU



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Rehabilitation

CONTINUED FROM PAGE 24

hearing aid due to my hearing loss in Iraq," said Carson. "The hearing aid makes doing my job much more tolerable and efficient."

Carson believes that one reason 22 veterans in America take their own lives by suicide each day is because they have difficulty transitioning back into civilian life. He said part of that transitioning involves finding employment; if they're injured or suffering from PTSD, it may be difficult for them to get hired or keep a job. That's where a vocational rehabilitation counselor may be able to help by directing them to resources that they may not know about.

State of Maine Vocational Rehabilitation counselors are housed at the Career Centers throughout the state. The new Career Center on the Hinckley campus in Fairfield and the one located in Augusta both serve central Maine veterans.

For information about the federal Vocational Rehabilitation and Employment program, call (888) 442-4551 or contact Chris Carson at (207) 624-5149 for questions regarding the state or federal program.



Courtesy Chris Carson

Iraq war veteran Chris Carson in October 2009.

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Reference:

¹ J Chow. "Modified Micro-Superior Percutaneously-Assisted Total Hip: Early Experiences & Case Reports." Current Reviews in Musculoskeletal Medicine (2011) 4:146-155. Trademarks and Registered marks of MicroPort Orthopedics Inc. © 2018 MicroPort Orthopedics Inc. All Rights Reserved. 015583 OCT2018

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