Veterans Day
HONORING ALL WHO SERVED
2018
VETERANS DAY

Today, and every day, we honor our heroes.

For those who served, thank you for your dedication to our country and our local communities!

Kennebec Savings Bank is proud to support our veterans of the past, present, and future.

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, 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.
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.

“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 and opiate-free anesthesia services

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
Anesthesia
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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 communities. 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 tww.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 analgesia 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.
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 helicopter 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

In Their Own Words

Bombs in the middle of the night in Vietnam

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!
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 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 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 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) 993-1100 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@vaj.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.
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, Quilts of Valor® Foundation originated in 2003 when Roberts had a dream while her son Nat was deployed in Iraq. Roberts said when Roberts had a dream while her son Nat was deployed in Iraq. Roberts said, “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.
WELCOME VETERANS.

At KVCC, we want our service men and women to know that we appreciate your service. Now it’s our turn to serve you! Let us help you move forward with your career plans.

KVCC offers over 30 certificate and degree programs in a wide variety of career fields. We have the lowest tuition rates in the state, with the added bonus of small class sizes. We can even help you transfer if a bachelor’s degree is in your plans after KVCC.

We strive to make our campus as Veteran-friendly as possible. Our skilled financial aid personnel can help you to access your VA benefits, and our advisors will help you discover if you are eligible for college credit based on your service and training.

Spring Semester Begins
Jan. 22, 2019

KVCC
Kennebec Valley Community College
92 Western Avenue | Fairfield, ME 04937
(207) 453-5822 (KVCC)
www.kvcc.me.edu
Veteran Community, military programs are active at UMA

“A currently, we have over 300 students that are using federal education military and veteran benefits.”

Laurie Krzywda, UMA’s Veterans Affairs School Certifying Official.

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 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.
We Remember...

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

Plummer Funeral Home
16 Pleasant Street, Augusta • 983 Ridge Road, Windsor
1-877-622-9311
www.plummerfh.com • Plummerfh@Plummerfh.com
Quilts of Valor®
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“We awarded quilts to eight veterans at the hospice unit at Togus and one of the veterans was a Vietnam veteran. 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.”

DONNA BROOKINGS, MAINE’S COORDINATOR FOR THE QUILTS OF VALOR® FOUNDATION

For their courage, hard work and dedication to their country, we salute the men and women of our Armed Forces past and present. It is because of their sacrifice that America remains the land of the free, and we thank them for protecting our citizens and our country.

Wishing all of our veterans and soldiers a very happy Veterans Day.

Honoring the Best & the Bravest
For their courage, hard work and dedication to their country, we salute the men and women of our Armed Forces past and present. It is because of their sacrifice that America remains the land of the free, and we thank them for protecting our citizens and our country.

Wishing all of our veterans and soldiers a very happy Veterans Day.

Veterans Day
Thank you for your service!

EYE CARE OF MAINE
325A Kennedy Memorial Drive
Waterville, Maine 04901
873-2731 (800) 660-3403

Contributed photo
Quilts of Valor® are made and quilted by volunteers from across the nation to be presented to veterans in each state.
Thank you for your service and your commitment to protecting our freedom.
The following Maine service members have given their lives in defense of freedom since September 11, 2001.

### Veterans Memorial Post 205

**Veterans Memorial Post 205**

**Major’s The**

**CDR SCHLEGEL ROBERT A**

**SGT GELINEAU CHRISTOPHER D.**

**SGT ROUKEY LAWRENCE A.**

**CPT TRANCHEMONTAGNE DANIEL J.**

**SGT DOSTIE THOMAS J.**

**1SG JONES MICHAEL D.**

**SFC DOSTIE SHAWN C.**

**SPC HUMBLE JOSHUA U.**

**SPC HARRIS DUSTIN J.**

**SSG KELLY JR. DALE J.**

**SSG VEVERKA DAVID M.**

**CPT DAMON PATRICK D.**

**CPL LIBBY DUSTIN J.**

**SSG CIRASO KRISTOFER R.**

**LCPL ROSA ANGEL**

**1LT ZIMMERMAN JAMES R.**

**PFC SPRINGER, II CLINTON E.**

**SGT MCDONALD EDMUND W.**

**CPL. BRIAN M. KENNEDY,25 3-20-03 KUWAIT HOUSTON, TX MARINES MELISSA DERBYSHIRE, (MOTHER), PT CLYDE**

**LCPL BRUNS CEDRIC E.**

**SGT MCMILLIN HEATH A.**

**CW5 SWARTWORTH SHARON T.**

**MSG HORRIGAN ROBERT M.**

**L CPL ARREDONDO ALEXANDER S.**

**2LT COUTU MATTHEW S.**

**SPC MERCHANT CHRISTOPHER S.**

**SPC SCHNEIDER MATTHEW E.**

**SSG JACKSON II WILLIAM S.**

**SPC LITTLE KYLE A.**

**CPL GOYET MARK R.**

**Thank You Veterans!**

**Thank You for Your Service!**

**WE SALUTE OUR FALLEN MAINE VETERANS**

**Alice E. Knapp**

**Harry Sheperd**

**Anne Sprague & Marc Curtis**

**Thank You For Your Service!**

**Windsor Veterinary Clinic**

**Thank You!**

**We As Elks Will Not Forget...**

**Thank You For All Your Support!**

**Thank You For Your Service!**

**Thank You!**

**We As Elks Will Not Forget...**

**Thank You For All Your Support!**
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.”

“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 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 said.

“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

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.
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 the military’s communication system.

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

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.
We miss and love you dearly. Sending this message with a loving kiss for eternal rest.

Always in our Hearts, Your Wife and Family

In Honor and Memory Of
Richard E. Fowler, Sr.
Airman 2nd Class - Korea
October 13, 1936 - January 8, 2010

Proud to have known this Vet from Jackman.

Family and Friends

In Honor and Memory Of
Francis Doyon
Military Police Corporal
1942 - 1946 Yukon Territory

We miss and love you dearly. Sending this message with a loving kiss for eternal rest.

Always in our Hearts, Your Wife and Family

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

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 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
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 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
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

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We were always so proud of you, and your service.
Love: Wife, Arlene,
Children: Patricia, Cindy, RoseMarie, Charlene, Scott and Families.
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
Hallee’s
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 Honor Of
Val Labrie, Sr.
July 24, 1924 - November 2, 2002
WWII
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!

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 of
Morris Z. Shapiro
40th British Fusiliers
“The Jewish Legion” World War I
Fought The Turkish Army in Palestine
Samuel Shapiro USN

In Honor and Memory Of
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

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

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

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We Love and Miss You Every Day,
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Corporal U.S. Army
97 Years Young
We are so proud of your service in WWII
Your Loving Family
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.

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 expert Sam Howes has document-ation on Col. Presson’s part in WWI, visit digitalmaine.com/mainearchives to access to—collections related to Maine history, genealogy, culture and government.

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Veterans!

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everyday!

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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 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.”

With this spirit of the Legion, the organization has grown to become the American Legion, one of the most recognized and respected veterans’ organizations in the United States. It seeks to serve those who were in service, it seeks in fuller measure to serve America.

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.
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

Carson stressed that anyone with a 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 disable 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

More REHABILITATION, PAGE 26
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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.
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Reference:
This Veteran’s Day, Darling’s Augusta wants to say THANK YOU to our veterans.

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Lease for only $299 per mo.

Lease for 36 months with 10,000 miles/year. $1,000 down plus first payment due at signing. Includes tax, title, and documentation fee. No security deposit. Must qualify. Offer includes all incentives and rebates. OFFER INCLUDES $500 MILITARY REBATE. Additional miles available. Lease overage at $0.20 per mile. See dealer for details. Stock #608619. MSRP $44,615. Model K508742. Offer expires 12/03/18.

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