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How to show your support for veterans

Supporting veterans is a worthy endeavor at any time of year, though such efforts tend to be more prominent in November. Veterans Day is celebrated annually on Nov. 11 in honor of the millions of individuals across the United States who are military veterans.

The day coincides with holidays such as Armistice Day and Remembrance Day, which are celebrated in other countries and also honor military veterans.

There's no denying that veterans need the support of the people whose freedoms they protect. According to a 2021 study from researchers at Brown University's Watson Institute for International and Public Affairs, the percentage of veterans with disabilities is significantly higher among post-9/11 veterans (40%) than it was with veterans from previous eras (25% for Gulf War I veterans and 13% for veterans of previous wars).

Veterans can benefit from support legislated by elected officials in Washington, D.C., but there's also many things ordinary citizens can do to show how much they appreciate the sacrifices veterans and their families have made and will make in the years to come.

Visit wounded veterans

The United States Census Bureau reports that more than

• CONTINUED ON PAGE 4

DID YOU KNOW?

Veterans Day in the United States is celebrated annually in November to honor the many individuals who have served in each country's military. That figure is a sizable one in the United States, as data from the Department of Veterans Affairs indicates there were around 19 million U.S. military veterans in 2021.

(METRO CREATIVE)



Hometown Heroes

Veterans Day 2022

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above: Veterans Day is a time to show veterans that their service and sacrifices are not taken for granted. Visiting wounded veterans and supporting efforts to ensure veterans get what they need to live full, healthy and happy lives is a great way to send the message that veterans are appreciated.

STOCK PHOTO Hometown Heroes

SUPPORT FOR VETERANS

• CONTINUED FROM PAGE 3

One-third of the nearly 3.8 million men and women who have served in the U.S. Armed Forces since September 2001 have a service-connected disability.

Many of these individuals are fighting to overcome physical injuries sustained while on active duty. Individuals who want to show their support for veterans can contact their local VA facility to arrange a visit to wounded veterans. Such visits can lift veterans' spirits and reassure them that their sacrifices are both acknowledged and appreciated.

Support new laws

Support legislation that supports veterans. Though it might seem like a no-brainer, legislation to support veterans often faces an uphill battle to get passed.

By supporting legislation that ensures veterans get the support they need, individuals can send a message to veterans that they haven't been forgotten and that the very democratic principles they fought to protect are alive and well.

Citizens can write letters to their elected officials, urging them to support veteran-friendly legislation, and raise awareness of bills and laws through social media.

Raise awareness

Help raise awareness about homeless veterans. Data from the U.S. Department of Housing and Urban Development estimates that approximately 40,000 veterans are homeless on any given night. But that figure doesn't tell the whole story, as the National Coalition for Homeless Veterans notes that, over the course of a year, roughly twice that many veterans experience homelessness. The NCHV believes that programs to assist homeless veterans should focus on helping them reach a point where they can obtain and sustain gainful employment.

In addition, the NCHV feels that the most effective programs are community-based, nonprofit, "veterans helping veterans" groups. Individuals can offer their support to such groups through financial donations or other means so they can continue to ensure no veteran sleeps on the street.

(METRO CREATIVE)



Thank you for serving

Scott Maier, of Union Grove Lumber and True Value Hardware, salutes his father, Butch, who served his country as an E5 sergeant in the U.S. Army from 1966 to 1968 in the 4th Battalion, 84th Artillery Division stationed at Fort Carlson, Colorado.

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These retailers offer year-round military discounts

Active military members and veterans make and have made untold number of sacrifices to protect the freedoms of their fellow citizens, neighbors, friends, and family members.

There's no such thing as too much support for members of the military, and many retailers acknowledge that by offering year-round discounts to active-duty military and veterans. Individuals who qualify for such discounts should confirm their eligibility prior to making any purchases, but the following are just some of the many retailers who offer year-round discounts to veterans.

Adidas

Adidas offers an exclusive discount of 30% online and in-store and 20% at factory outlets to all active duty military, veterans, retirees, spouses, dependents, and more. More information is available at adidas.com/us/discount-programs.

Allen Edmonds

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with valid ID are eligible for a 15% discount. Visit allenedmonds.com/about/exclusive-offers for more information.

Carhartt

Carhartt offers a 25% discount on apparel and accessories to all members of the military and first responders. Additional information is available at carhartt.com/discount-program.

Champs Sports

The Champs Sports military discount provides a 10% discount on most online and store purchases. More information is available at help.champssports.com.

Columbia Sportswear

Columbia Sportswear offers a 10% discount for all military. Learn more at shop.id.me/stores/506-columbia-sportswear.

Eddie Bauer

Eddie Bauer offers a 10% discount on in-store purchases to U.S. military. Learn

more at ebi.eddiebauer.com.

Foot Locker

All active duty, veteran and retired service members of the Army, Navy, Air Force, Marines, Coast Guard, and their eligible dependents are offered a 10% discount in Foot Locker stores and online.

More information can be found at sheerid.com/shoppers/product/foot-locker-military-deal.

Kohls

Servicemembers are eligible for a 15% discount every Monday on in-store purchases. More information is available at cs.kohls.com.

Nike

All active, reservist, veteran and retired U.S. military personnel, as well as their spouses and dependents, are eligible for a 10% discount on in-store and online purchases. More information is available at nike.com/help/a/military-discount.

Ray-Ban

Ray-Ban offers a 15% military discount after online verification. Visit military.com/discounts/ray-ban-military-discount for more information.

Timberland

Active duty military, retirees, reservists, veterans, and spouses/dependents are eligible for a 10% discount off select styles. More information is available at timberland.com/military-discount.html.

Under Armour

A 20% discount is available for all active duty service members, retirees, veterans, military spouses, and military family members. More information is available at underarmour.com/en-us/t/troop-id-instructions.html.

(METRO CREATIVE)

Many retailers offer year-round discounts to active-duty military and veterans.

STOCK PHOTO *Hometown Heroes*

Where to donate

Charities with missions support veterans, active military and their families

The support Americans have for their armed forces is evident in how much they donate each year to charities with military-related missions. According to Charity Navigator, Americans donate more than \$2.5 billion annually to charities with missions dedicated to the military.

Individuals who want to donate to a charitable organization with a military-related mission may not know where to start, and that can be daunting given the number of organizations that fit that criteria.

Charity Navigator indicates there are more than 40,000 American charities with military-related missions, which underscores how difficult it can be to find one to support.

Charity Navigator, which has provided donors with free access to data, tools and resources to guide their philanthropic decision-making since 2001, has curated a list of highly rated organizations that provide a variety of services to military members and their families.

The following is a brief rundown of that list that can serve as a solid foundation for prospective donors. The full list can be found at charitynavigator.org.

Wounded troops

- Air Warrior Courage Foundation, airwarriorcourage.org;
- DAV, Disabled American Veterans, Charitable Service Trust, cst.dav.org;
- Fisher House Foundation, fisherhouse.org;
- Higher Ground, highergroundusa.org;
- Homes for Our Troops, hfotusa.org;
- K9s for Warriors, k9sforwarriors.org;

- Operation Second Chance, operationsecondchance.org;
- Wounded Warrior Project, woundedwarriorproject.org;
- Yellow Ribbon Fund, yellowribbonfund.org.

Military social services

- AMVETS National Service Foundation, amvetsnsf.org;
- Hire Heroes USA, hireheroesusa.org;
- Honor Flight Network, honorflight.org;
- Iraq and Afghanistan Veterans of America, iava.org;
- Operation Gratitude, operationgratitude.com;
- Operation Healing Forces, operationhealingforces.org;
- Soldiers' Angels, soldiersangels.org;
- The Mission Continues, missioncontinues.org.

Military family support

- Army Emergency Relief, armyemergencyrelief.org;
- Blue Star Families, bluestarfam.org;
- Children of Fallen Patriots Foundation, fallenpatriots.org;
- Folds of Honor, foldsofhonor.org;
- Operation Homefront, operationhomefront.org;
- Our Military Kids, ourmilitarykids.org;
- Travis Manion Foundation, travismanion.org;
- VFW National Home for Children, vfnationalhome.org.

(METRO CREATIVE)



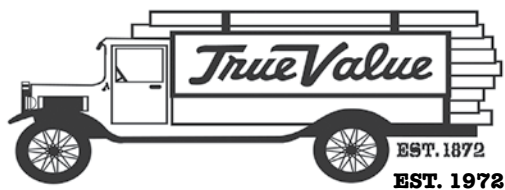
Before donating to charities that claim to support veterans and military service members, do a little research. Make sure your charity dollars are going to the people who need them.

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Meet five PTSD service dogs changing the lives of veterans

Did you know that roughly 3.5 million military veterans suffer from posttraumatic stress disorder?

PTSD can severely affect a veteran's life, but there is hope for those who are impacted. Research shows that veterans with properly trained service dogs show lower symptoms of PTSD, reduced depression and increased social participation compared to those who utilize more traditional clinical care for PTSD alone. However, only 1% of those in need who seek a service dog receive one each year.

Purina Dog Chow is on a mission to ensure more veterans in need can experience the life-changing benefits that PTSD service dogs provide.

This year, to highlight and celebrate the remarkable impact these dogs have on the daily lives of veterans, Dog Chow launched its first-ever Visible Impact Award in partnership with the Association of Service Dog Providers for Military Veterans.

Meet the five service dog finalists who are making life better for their veterans:

Bjorn

After U.S. Army Veteran Derek left his third inpatient treatment for attempted suicide, he knew he needed help to treat his complex PTSD. Everything changed when he met his service dog Bjorn, who helps him break out of negative thought spirals by interrupting flashbacks and thoughts of self-harm.

At night, Bjorn sleeps with or on top of Derek to help him sleep and wakes him if he's experiencing night terrors. "I have pushed myself farther than I have in a long time," said Derek. "I do so because I know that Bjorn will never quit on me. So, I can't quit on myself."

Ivy

U.S. Army Veteran Todd was on the brink of ending his life when a well-timed conversation with a fellow veteran inspired him to apply for a service dog to manage his PTSD. Ivy, a Great Pyrenees service dog, was the companion he needed. "Ivy has given me a second chance at life," said Todd. "I now cherish every minute of every day since the day I chose not to leave this earth."

Ivy can smell changes in Todd's body chemistry when he gets hypervigilant, angry or anxious in crowded social situations. She quickly moves to bring him back to the present by interrupting his train of thought. When entering a room, Ivy will survey the environment, alleviating the feeling of threat before Todd enters a space, and if there is something in the room that could make Todd uncomfortable, Ivy will block him from entering.

Liberty

After an explosive went off under his Humvee outside Kirkuk, Iraq, Army Veteran Carlos's life changed forever. Ten years after the incident, Carlos had trouble leaving his home and managing his PTSD symptoms. Since receiving his service dog, Liberty, Carlos has been able to enjoy everyday life again.

If Carlos is sitting down when he experiences anxiety, Liberty will perform deep pressure therapy by laying her two front legs and head down on Carlos's lap until he releases her. Because of Liberty, Carlos was able to overcome his anxieties and attend a Los Angeles Dodgers game.



Many veterans who suffer from PTSD find comfort and assistance with a service animal.

STOCK PHOTO Hometown Heroes

How you can help
To learn more about these veterans, their service dogs and how you can support Dog Chow's mission, visit DogChow.com/Service.

Liberty kept Carlos calm as they stood on the field and received a standing ovation from over 50,000 people.

Raphael

Constant panic and anxiety attacks made life a daily struggle for U.S. Air Force Veteran Bernard. Even on medication, Bernard's PTSD caused him to become withdrawn and depressed, making simple tasks intolerable. His life changed when Raphael, an eight-week-old English cream golden retriever, "picked" him as his forever person.

Like other PTSD service dogs, Raphael performs a "standing hug" to give Bernard compression therapy when he begins to experience an anxiety or panic attack. This hugging happens for a couple of minutes and works to place Bernard's focus on Raphael instead of the anxiety trigger. Additionally, Raphael's ability to create a protective buffer in public spaces has allowed Bernard to reenter society and do things like go to the grocery store and travel.

Trigger

After U.S. Navy Veteran Rebekah returned from service in 2011, she could not go out in public on her own. Luckily,

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The roles of the various branches of the U.S. military

Each November, people across the United States and its territories honor the brave men and women who serve and have served in the various branches of the country's military.

Veterans Day is observed annually every Nov. 11 and honors the service of all U.S. military veterans. The day should not be confused with Memorial Day, which is celebrated each year in May and honors all military personnel who have died in service.

Veterans Day is a great time for anyone to learn more about the various branches of the U.S. military.

Army

The U.S. Department of Defense notes that the Army is the largest and oldest service in the country's military. The Army provides the ground forces that protect the United States. Members of the Army are trained to defeat enemy ground forces and to seize and control enemy lands and resources. Army also are trained to control

and interact with the general population in countries where members are stationed.

Marine Corps.

It might surprise some to learn that the Marine Corps. is a component of the Department of the Navy. That's one reason why maintains amphibious and ground units for contingency and combat operations. The Marine Corps. is divided into four groups: the operating forces that fight; the headquarters for leadership; the supporting establishment that provides logistical support; and the Marine Corps. Reserve.

Navy

The Navy protects America at sea. Despite its massive land mass, the United States is a maritime nation, which underscores how important a strong Navy is to the safety of the country and its residents. The Navy works alongside American allies and partners to keep the seas open and free.

Air Force

The Air Force has five core missions: air superiority; global strike; rapid global mobility; intelligence, surveillance and reconnaissance; and command and control. The Air Force defends the country and its residents in air, space and cyberspace and is capable of delivering forces anywhere in the world within hours.

Space Force

The existence of the Space Force may come as a surprise to many Americans. Organized under the Department of the Air Force and established in 2019, this branch of the military organizes, trains and equips space forces in order to protect the interest of America and its allies in space.

Coast Guard

During peacetime, the Coast Guard is part of the Department of Homeland Security. In times of war, it operates under

the Navy. The Coast Guard provides law and maritime safety enforcement as well as environmental protection. In addition to promoting national security, border security and economic prosperity in the maritime environment, the Coast Guard saves those in peril on the sea.

National Guard

The National Guard is comprised of the Army National Guard and the Air National Guard. The National Guard has a diverse array of responsibilities that range from supporting combat missions to responding during domestic emergencies to assisting in humanitarian efforts and more.

The U.S. military is made up various branches, each with its own unique missions and responsibilities. Veterans Day marks the perfect occasion to celebrate the many individuals who have served and continue to serve in the U.S. military.

(METRO CREATIVE)

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SUBMITTED PHOTO Hometown Heroes

A hero for the ages

Boulden honored as 2021 Veteran of the Year

BY STANDARD PRESS STAFF

Bob Boulden joined the U.S. Marine Corps when he was 18 years old in 1948. He traveled with a small box camera and documented his experiences in Hell Fire Alley and the harrowing trek out of North Korea.

In 1950, Sgt. Boulden fought in The Battle of Chosin Reservoir in which the Marines were encircled by the Chinese and had to battle their way out amid frigid temperatures and massive casualties. He was wounded in action.

Boulden, 92, of Burlington, experienced the horrors of war like few other distinguished service members and proudly wears the title of Chosin Few – a name given to the survivors of the pivotal battle.

Boulden was recognized last year by U.S. Rep. Bryan Steil, R-Janesville, as the First Congressional District 2021 Veteran of the Year.

“Robert’s commitment to service, excellence, and dedication was clear in our nomination process,” Steil said in a statement. “His distinguished career in the military and commitment to service in our veterans community is a shining example of leadership for all Americans. We cannot thank each of our veterans in Wisconsin enough for their service and sacrifice to our country.”

“I remain committed to shining a light on heroes in our community working day in and day out to support our veterans.” Steil was scheduled to present the award

to Boulden during a ceremony at Veterans Terrace in Burlington on Wednesday. (The ceremony took place after deadline for this edition).

In addition to his military service, for more than 50 years Boulden has volunteered his time in various veterans organizations including the Marine Corps League, VFW, and Korean War Veterans Association, according to Steil’s office.

Boulden is a lifetime member of the American Legion Post 79 in Burlington, Chosen Few, Rifle Squad for Military Funerals, Lifetime Member of Veterans of Foreign Wars, Marine Corps League, and Veterans of Foreign Wars, Anderson Murphy Post 2823.

He is a familiar figure at Memorial Day and Veterans Day observances – wearing a crisp white shirt and leading the color guard or rifle squad in solemn tribute to those who’ve served.

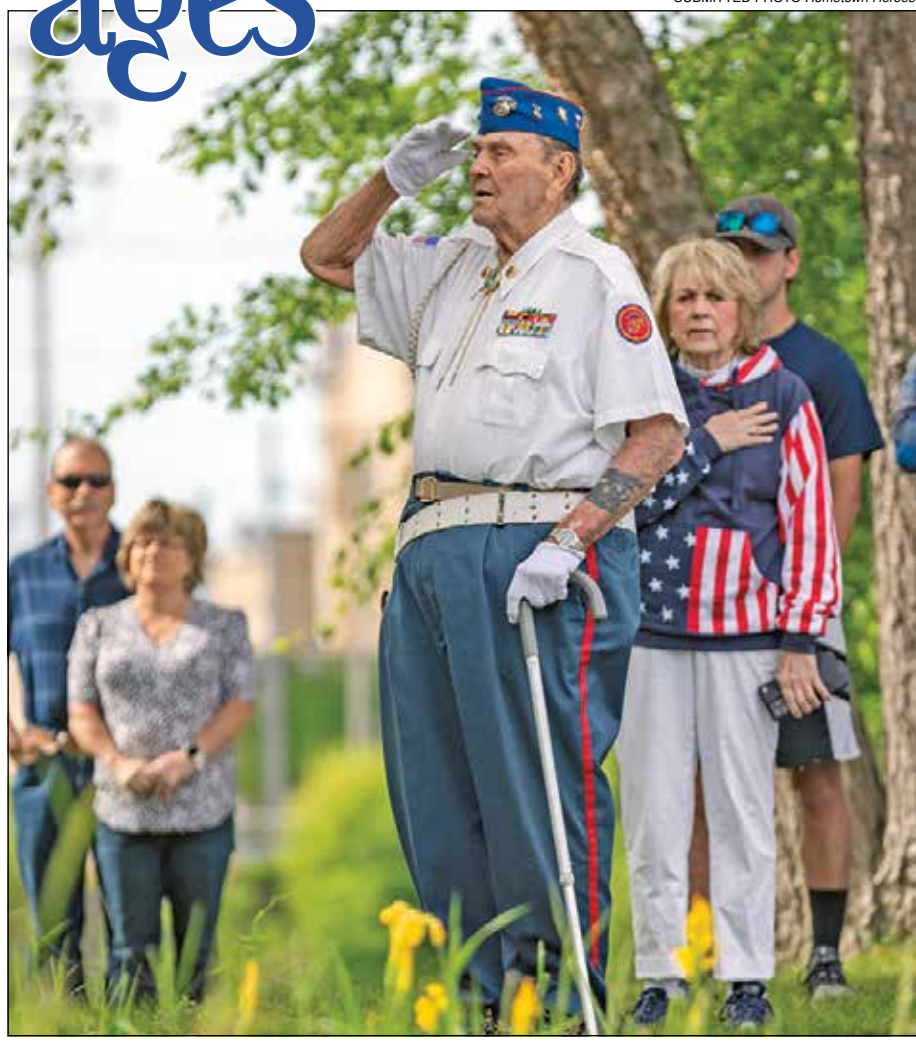
Boulden was included in a 2016 Netflix documentary about The Battle of Chosin Reservoir in the Korean War.

In the documentary, he said, “I wanted to let people know what really happened. In 18 days, we lost 900 Marines and 2,000 Army brothers. It was so cold that your eyelids would freeze shut if you didn’t keep blinking.”

Temperatures plunged to estimates as low as -36 F. Boulden had just turned 21 when he was sent to Hagaru-ri.

Other veterans honored

In addition to the Veteran of the Year award, Steil awarded Iraq War Veteran James Fialkowski, a retired Marine Corps gunnery sergeant from Greendale, and Vietnam War Veteran John Margowski,



top: Korean War veteran Bob Boulden (seated, center) is joined by other area veterans last year during a ceremony in his honor at Veterans Terrace in Burlington. Boulden was recognized as the First Congressional District Veteran of the Year for 2021 by U.S. Rep. Bryan Steil during the event. Boulden survived the harrowing battle of the Chosin Reservoir in 1950 and continues to serve the community as a member of veterans service groups. **above:** Bob Boulden offers a heartfelt salute during Burlington’s 2021 Memorial Day observance at the Veterans Memorial in Echo Lake Park.

FILE PHOTO BY CHAD HENSIK Hometown Heroes

BOULDEN HONORED • CONTINUED FROM PAGE 9

a retired Air Force navigator from Muskego with Congressional Recognitions of Service.

Fialkowski served 20 years in the Marines. He joined the corps at 17 after his father, a USMC Korean War Veteran, passed away. At the time of the award, he was the service officer of the American Legion in Milwaukee, where he had been serving for 15 years.

After retiring from the Marines in 2005, Fialkowski has worked to help veterans who are struggling or looking to receive wartime health related benefits as well as retirement benefits that many were unaware that they were entitled to receive.

Margowski served as the Assistant Waukesha County Veteran Service Officer starting in 1977 and then became the CVSO of Waukesha County in 1986 and served in that position for 32 years.

He is a long-time member of the Vietnam Veterans of America and has served as State Director and Region Director coordinating and overseeing activities in five states. He has served

“ I wanted to let people know what really happened. In 18 days, we lost 900 Marines and 2,000 Army brothers. It was so cold that your eyelids would freeze shut if you didn't keep blinking. ”

– Bob Boulden in Korean War documentary

and is currently serving on the National Board for more than 15 years. He has also served as Chairman and member of their Veterans Benefits Committee.

The honorees for the First Congressional District Awards

were nominated by residents across Southeast Wisconsin, according to Steil's office. In total, 16 veterans were nominated. The First Congressional District's Veterans Advisory Board reviewed all nominations; evaluated each applicant's commitment to service, spirit of excellence, and dedication to community and fellow veterans; and selected the Veteran of the Year Award recipient based on the overall evaluation.

The First Congressional District's Veteran Advisory Board, according to Steil's office, evaluates nominees by the following criteria:

- **Service:** Demonstrate a commitment to service in their community. This could be through advocacy, community projects, an act of heroism, or other actions.
- **Excellence:** Provide an example of how this veteran exudes a spirit of excellence.
- **Dedication:** Have a dedication to supporting their fellow veterans and building bridges between veterans and our greater Southeast Wisconsin community.



U.S. Marine Sgt. Bob Boulden as he appeared in 1950 during the height of the Korean War.

FILE PHOTO Hometown Heroes

SERVICE DOGS • CONTINUED FROM PAGE 7

her service dog, a rescued boxer mix named Trigger, helped reduce her PTSD symptoms.

When out in public, Trigger always remains by Rebekah's side, standing between her legs and

decreasing her hypervigilance. Trigger inspired Rebekah to start her own business, which works to support other veterans struggling with PTSD and raises awareness of the fact that 22 veterans commit

suicide every day. Thanks to Trigger, Rebekah is now able to speak to large crowds about her experience and how her service dog has changed her life.

(BPT)

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Support offered for caregivers

VA program for family caregivers expands to veterans of all eras

The U.S. Department of Veterans Affairs' Program of Comprehensive Assistance for Family Caregivers has been expanded to include eligible Veterans and family caregivers of all eras.

Previously, the program was only available to eligible veterans who served on or after Sept. 11, 2001. The expansion opens the program to eligible veterans of all eras, including those who served after

May 7, 1975, and before Sept. 11, 2001.

The program provides caregivers of eligible Veterans with resources, education, financial assistance, health insurance, beneficiary travel, peer support and more. The program is a cornerstone of VA health care, ensuring that Veterans get the world-class care they deserve and that caregivers get the comprehensive support they need.

"For the first time, eligible Veterans of all service eras can participate in the VA's Program of Comprehensive Assistance for Family Caregivers," Deputy Secretary of Veterans Affairs Donald Remy said. "We recognize the critical role family caregivers play in caring for Veterans, and through this expansion, we're able to

ensure that family caregivers of all eligible Veterans have access to the comprehensive support they deserve."

This is the second expansion of the program, and it will expand access to the program for tens of thousands of Veterans and their family caregivers. The first expansion of program began in October 2020, as part of implementation of the VA MISSION Act of 2018. The program has added about 20,000 active veteran and family caregiver participants during the past two years.

Additionally, the VA announced an interim final rule that will extend program eligibility for legacy participants, legacy applicants and their family caregivers,

by three years to Sept. 30, 2025. Legacy participants or legacy applicants are veterans and their family caregivers who participated in the program prior to Oct 1, 2020.

To learn more about the program's expansion and VA's Caregiver Support Program, reach out to a local CSP team or call the Caregiver Support Line at 855-260-3274 Monday through Friday, 7 a.m. to 9 p.m., and Saturday, 7 a.m. to 4 p.m.

The U.S. Department of Veterans Affairs has expanded its Program of Comprehensive Assistance for Family Caregivers. Help is available for family members assisting a veteran.

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DID YOU KNOW?

The U.S. Department of Veteran Affairs estimates that around 8 million adults in the United States experience post-traumatic stress disorder in a given year.

Women experience PTSD at a much greater rate than men. Estimates from the U.S. Department of Veterans Affairs indicate that 10% of women and 4% of men are affected by PTSD.

Though no one is immune to

PTSD, rates of the disorder among combat veterans are significantly higher than the rates among the general population. The VA reports that one study of 1,938 veterans found that the prevalence rate among Gulf War veterans was around 14%, while an older study from the American Psychological Association found that about 30% of Vietnam War veterans had PTSD in their lifetime.

(METRO CREATIVE)

What to know about PTSD

Traumatic events and experiences can affect individuals for a long time. Though it's often associated with combat veterans, post traumatic stress disorder, or PTSD, affects people from all walks of life. Because no one is immune to PTSD, it can benefit anyone to learn more about this potentially debilitating yet treatable condition.

What is PTSD?

The American Psychiatric Association defines PTSD as "a psychiatric disorder that may occur in people who have experienced or witnessed a traumatic event."

Some examples of events that can lead to PTSD include war/combat, a terrorist attack, rape, or incidents in which people have been threatened with death, sexual violence or serious injury. PTSD also can occur after witnessing traumatic events,

including natural disasters or serious accidents.

Is PTSD a recent phenomenon?

PTSD has been around as long as there have been traumatic events, though its name is more recent. The APA notes that PTSD has been known by various names in the past, including "shell shock" and "combat fatigue." These names are no longer used in part because they give the impression that post-traumatic stress is exclusive to combat veterans.

That's a misperception, as the Sidran Institute, a nonprofit organization that helps people understand and recover from PTSD, notes PTSD will affect one in 13 people in the United States and 9 percent of Canadians at some point in their lives.

• CONTINUED ON PAGE 13



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

STOCK PHOTO *Hometown Heroes*

Explore the history of Veterans Day

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

Veterans Day begins with Armistice Day

Veterans Day is a byproduct of the end of World War I, when Germany and the Allied Nations signed the Treaty of Versailles, formally ceasing fighting and establishing terms of peace. On Nov. 11, 1919, the first anniversary of the signing of the treaty, the first Armistice Day events were held. Armistice

Day was initially a legal holiday to honor the end of World War I only, states History.com.

The United States Congress passed a resolution in 1926 for an annual observance, and Nov. 11 became a national holiday starting in 1938. However, in 1954, after the country had been embroiled in both World War II and the Korean War, Congress amended the Act of 1938 by renaming the commemoration Veterans Day to honor veterans of all wars.

Veterans Day in October?

According to Military.com, for a short time, thanks to the Uniform Holiday Bill, which in 1968 established three-day weekends for federal employees by celebrating national holidays on Mondays,

Veterans Day was moved to the fourth Monday of October – the first being Oct. 25, 1971.

However, many people did not agree with this decision, continuing to honor the holiday on the original date. In 1975, President Gerald Ford signed a new law that returned Veterans Day to Nov. 11 beginning in 1978. Since then, parades, memorial events, volunteer efforts, and other celebrations revolving around veterans have been held on Nov. 11.

Veterans around the world

Many countries, including the United States, celebrate veterans on or near Nov. 11. America's closest neighbor to the north, Canada, commemorates veterans on Remembrance Day (also Nov. 11), as

does the United Kingdom. Britain also has Remembrance Sunday, which is the second Sunday of November.

Remembrance Day also is called Poppy Day, when people of the Commonwealth member states wear a red poppy flower in honor of military members who have died in the line of duty.

Paying tribute

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

(METRO CREATIVE)

PTSD • CONTINUED FROM PAGE 12

Who can get PTSD?

The APA notes that exposure to an upsetting traumatic event is necessary before a diagnosis of PTSD can be made. However, that exposure can be indirect. For example, police officers who are repeatedly exposed to details of heinous crimes can develop PTSD even though they are not victims of those crimes and did not witness them. But the U.S. Department of Veterans Affairs reports that individuals are more likely to develop PTSD if they are directly exposed to a

trauma or injured.

What are some symptoms of PTSD?

The APA places symptoms of PTSD into four categories:

- **Intrusion** – Symptoms in this category include intrusive thoughts, such as repeated, involuntary memories; distressing dreams; or flashbacks of the traumatic event;
- **Avoidance** – People with PTSD may avoid reminders of the traumatic event.

These reminders can include places, activities, objects, and even people. Individuals also may resist talking about the event and how they feel about it;

- **Alterations in cognition and mood** – PTSD can result in an inability to remember details of the traumatic event. Individuals also may develop negative thoughts and feelings that lead to ongoing and distorted beliefs about themselves and others. Individuals may blame themselves for the event or experience ongoing fear, horror, anger, guilt, or shame. A sense of

detachment or estrangement from others also may occur; and

- **Alterations in arousal or reactivity** – Symptoms in this category may include being irritable and having angry outbursts; reckless, and potentially self-destructive behavior; being overly watchful of surroundings; being easily startled; or experiencing difficulty sleeping or concentrating.

More information about PTSD is available at www.psychiatry.org.

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Honoring our veterans

Area veterans participate in Veterans Day and Memorial Day observances each year. **clockwise from left:** Members of Burlington's veterans' organizations bow their heads in prayer for those who lost their lives defending the country during this year's Memorial Day observance at Echo Lake Veterans Memorial Park; Veterans come into the Elkhorn Area High School gymnasium for the 2021 Veterans Day program; Local veterans march in last year's Veterans Day parade in downtown Elkhorn; Bugler Grant McMillan plays taps during a Veterans Day ceremony last year in downtown Elkhorn; Guest speaker John Cook was shown on screen at Elkhorn Area High School during the Veterans Day celebration.



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