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SUPPORT VETERANS HISTORY OF

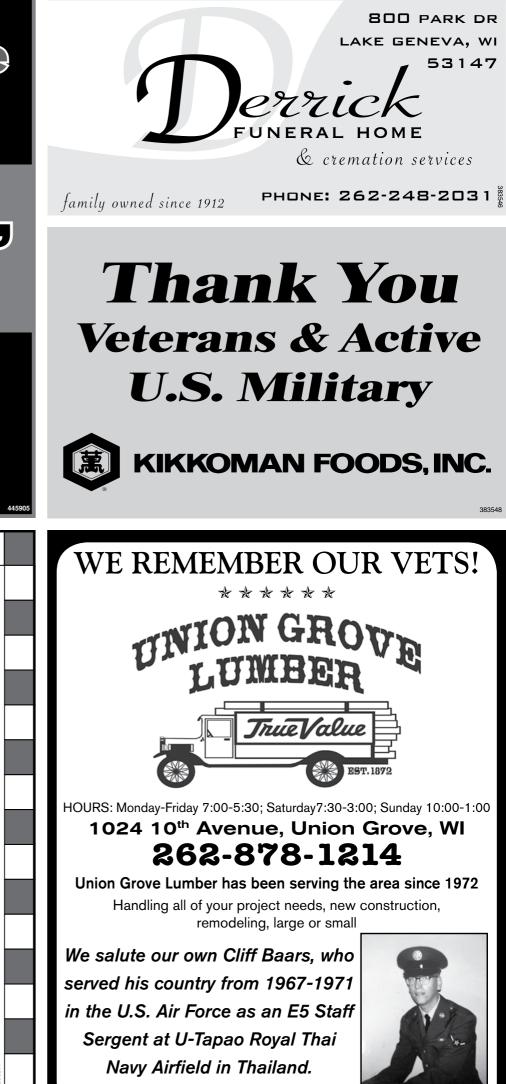
VETERANS DAY SERVICE DOGS

Honoring all who served

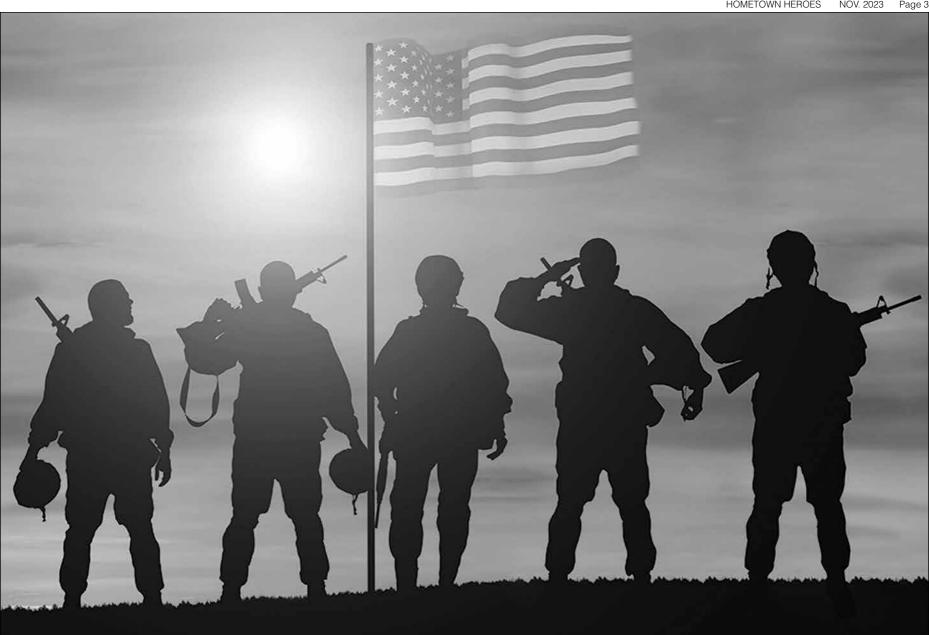




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The history of Veteran's T

The month of November is a special time for the nation's veterans. While Memorial Day honors fallen soldiers and service people, Veteran's Day, which takes place each November, is an opportunity to commemorate the efforts of all who have been in the armed forces, with a special emphasis on living veterans.

While people are encouraged to thank veterans throughout the year, Veteran's Day is a particularly poignant time to show your appreciation for the men and women of the military.

It begins with Armistice Day

Veteran's 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 "Veteran's Day" to honor veterans of all wars.

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.

Veteran's Day in October?

According to Military.com, for a short time - thanks to the Uniform Holiday Bill, which in 1968 established threeday weekends for federal employees by celebrating national holidays on Mondays - Veteran's Day was moved to the fourth Monday of October, the first being October 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 Veteran's Day to November 11 beginning in 1978.

Since then, parades, memorial events, volunteer efforts, and other celebrations revolving around veterans have been held on Nov. 11.

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.

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.

(METRO CREATIVE)

Hometown Heroes

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Veterans Day 2023

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above: Veteran's Day, which takes place each November, is an opportunity to commemorate the efforts of all who have been in the armed forces, with a special emphasis on living veterans. STOCK PHOTO Hometown Heroes





Estimates from the Department of Veterans Affairs indicate that in 2021 – the most recent year on record, there were around 19 million veterans in the United States. STOCK PHOTO Hametown Heroes

Did you know?

The Department of Veterans Affairs indicate that there are around 19 million veterans in the United States, according to estimates.

Veterans Day, observed each year on Nov. 11, honors all those who served honorably in the U.S. military during both wartime and peacetime.

Data from the VA indicates that Gulf War veterans account for the largest share of all U.S. veterans. Roughly 7.8 million veterans served during the Gulf War.

Vietnam veterans also make up a sizable percentage of U.S. military veterans, as Veterans Affairs estimates indicate there are approximately 5.9 million veterans who fought in the Vietnam War.

Though veterans need not have served in wartime in order to be recognized and honored on Veterans Day, the vast majority of U.S. veterans served during wartime. According to the VA, 78 percent of veterans have served during wartime.



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.

SUBMITTED PHOTO Hometown Heroes

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Service dogs make a difference for veterans

Canine Companions places service dogs with military veterans and veterans with disabilities entirely free of charge. Service dogs can assist veterans with a variety of physical, auditory and trauma-related disabilities

The organization's expertly trained service dogs can perform physical tasks to enhance independence, including retrieving dropped items, opening doors, picking up prosthetics and alerting a veteran with hearing loss to important sounds in their environment, according to the website.

With the increase in military veterans returning with post-traumatic stress disorder (PTSD), Canine Companions launched a program in 2018 to directly place service dogs with veterans with PTSD.

"Dogs are trained to identify each veteran's unique stressors and perform tasks that directly disrupt escalation of symptoms, thus enhancing their quality of life. Tasks may be performed for anxiety, hypervigilance, and generalized fear," the website states.

"The dog supports their handler in crowded public situations by creating barriers and distance that might provoke anxiety for an individual with PTSD. Additional tasks, such as nightmare interruption, turning on lights and retrieving items, are taught to support the veteran's daily life," it states.

Applicants for the PTSD program at Canine Companions - which has provided hundreds of service dogs to U.S. war veterans across the country - must be United States Armed Forces veterans.

Recognizing the need

"With the increase in wounded veterans who could benefit from a service dog, we want to do more. For a veteran starting to put their life back together from an injury, a service dog can provide the help they need to regain independence," the website states

Canine Companions recognizes the urgent and growing need for programs that provide support to veterans with disabilities. Many of the brave men and women returning home from combat with disabling injuries – visible and invisible experience a litany of new challenges.

Often, they face difficult transitions back to civilian life, as well as uncertain futures with new disabilities. Canine

Companions service dogs can empower veterans to regain physical independence, pride and hope.

"Beyond much-needed physical assistance, the love, loyalty and positivity of a canine partner can make a profound, lasting impact on someone dealing with difficult emotions that are hard to communicate," it states.

One veteran, Charlie, said his service dog, Devon, has had a positive impact.

'Just having someone with me to help do things that are difficult for me really affects my life positively," he said.

Canine Companions is the first service dog organization to be accredited by Assistance Dogs International and has provided service dogs to over 7,400 people with disabilities.

The dogs can be trained to perform a variety of tasks, and we place our dogs in teams that will utilize their training and celebrate their spirits.

One of the ways the organization assists veterans is through a program that focuses on training and matching service dogs with veterans based on their needs.

'(We) recognize the urgent and growing need for programs that provide support to veterans with disabilities," the website

"Many of the brave men and women returning home from combat with disabling injuries experience a litany of new challenges. Often, they face difficult transitions back to civilian life as well as uncertain futures with new disabilities," it states

Canine Companions service dogs can help veterans regain independence, pride and hope.

"Beyond much-needed physical assistance, the love, loyalty and positivity of a canine partner can make a profound, lasting impact on someone dealing with difficult emotions that are hard to communicate," it states.

To support veterans with PTSD, dogs are trained in tasks including anxiety and nightmare interruption, turning on lights, retrieving items, and supporting their handler in crowded public situations that might provoke anxiety for individuals with PTSD.

Victor, a veteran, talked about what a blessing his service dog has been to his life

"She's the best thing that ever happened

• CONTINUED ON PAGE 10

Canine Companions places service dogs with military veterans and veterans with disabilities entirely free of charge. The dogs are trained to assist

in a variety of ways, from retrieving items needed to helping those who struggle with PTSD.

CANINE COMPANIONS PHOTO Hometown Heroes

Honoring the Men and Women Serving Our Country





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There are many ways to support veterans

Sacrifice is a big part of serving in the United States military. Active duty personnel spend significant time away from their families, and many who have served overseas return home with injuries that affect both their physical and mental well-being.

As the nation commemorates Veterans Day, individuals and organizations can take steps to honor the sacrifices millions of veterans have made on behalf of their families, friends and neighbors who call the United States home.

Encourage a veteran to share his or her story

Individuals who know a veteran can encourage that individual to share his or her story about serving. This can reassure veterans that others care about the sacrifices they made and let veterans know that their sacrifices and service to their country were not in vain. Individuals who ask veterans to share their story also benefit, gaining valuable insight into what is required to protect their freedoms.

Provide a free restaurant meal

Offer to take out a veteran for breakfast, lunch or dinner. If you see a veteran eating in a restaurant, anonymously pay the bill for that person.

Send care packages

- Communities can gather resources and
 - CONTINUED ON PAGE 10



Community-wide events tend to be held on Nov. 11, but any day of the year is a good time to pay respect to veterans. On a local level, people can do a variety of different things to thank veterans for their service and sacrifice.

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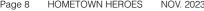




On this Veterans Day, the employees and volunteers of Rainbow Hospice Care wish to express their heartfelt gratitude to all the men and women who have served our country in the United States Armed



Forces. Just as you were there for us, we'll WE HONOR VETERANS be there for you in your time of need.





The roles of the []. S. military branches

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 an ideal 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



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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How you can help

Charities whose 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 militaryrelated mission may not know where to start, and that can be daunting given the number of organizations that fit the 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. Thankfully, 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.

- 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.

• 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 Kinds (ourmilitarykids.org)
- Travis Manion Foundation
- (travismanion.org)
 VFW National Home for Children (vfwnationalhome.org)

(METRO CREATIVE)

Charity Navigator, which has provided donors with free access to data, tools and resources to guide their philanthropic decision-making for more than 20 years, has curated a list of highly rated organizations that provide a variety of services to military members and their families.

STOCK PHOTO Hometown Heroes



SERVICE DOGS · CONTINUED FROM PAGE 5

to me. Violet is amazing and so welltrained," he said.

Gaining independence

Stories shared on the website support the difference service dogs make for veterans. As a result of his service in the U.S. Air Force, Josh Gage developed post-traumatic stress disorder, severe back injuries and neuropathy. Upon his retirement, it was up to his wife Sarah to care for his every need.

"We didn't communicate, Josh didn't want to talk," Sarah recalls. "Josh didn't go anywhere."

Josh says he was at a low point in his life. "I was super depressed thinking I'd never be able to do anything ever again." Then he found Canine Companions.

Josh was partnered with Service Dog Maverick, trained in tasks to assist with Josh's physical disabilities and PTSD. Sarah knew that Maverick would provide a benefit to Josh, but she didn't anticipate the true scope of Maverick's impact on their whole lives.

"Maverick reconnected us – we do everything as a family now."

On Victor Prato's first mission to Afghanistan, a suicide bomber blew the doors off their armored vehicle, leaving Victor with significant injuries.

Victor received a Purple Heart and a service dog from Canine Companions. Since then, Service Dog Barbossa has helped Victor regain independence. Barbossa is trained in tasks including picking up items and pulling Victor's wheelchair.

"Having Barbossa is one of the few things that has panned out the way it was supposed to following my injury," says Victor. "He encourages me to interact with the world in a way I otherwise wouldn't. We support each other." Tracy Claudio was diagnosed with PTSD while still in the Navy after witnessing traumatic events.

"My PTSD symptoms were getting worse - I was jumpy and afraid to come home because it was dark," Tracy says.

A Canine Companions service dog named Hannon would make all the difference. Hannon assists Tracy with her symptoms of PTSD. She's not scared to go home now. Hannon turns on the lights and even decreases her nightmares. He also makes sure Tracy doesn't let her anxiety and depression keep her shut away.

"I worried that having a dog would make people look at me differently. It did, positively. Thanks to Hannon, I can finally talk about my PTSD."

Help veterans get a dog

There are numerous ways to support Canine Companions including donating specifically to the program they offer that helps veterans.

*Let's honor and support our veterans who served our country—it is our time to give back. With a large population of veterans with physical and mental disabilities as a result of their service, Canine Companions supports our servicemen and servicewomen through our Veterans Initiative program," the website states.

Statistics shared on the website reveal that 18 veterans die by suicide every day, 30% of veterans experience PTSD and there is a 50% higher suicide rate for veterans vs. nonveterans.

However, with a service dog, 100% of veterans experience increased independence, 95% notice a decrease in the severity of PTSD symptoms and 89% report feeling happier, according to the website. For more information, visit canine.org.



WE SALUTE SERGEANT MAJOR R.A. MEYERHOFER FOR HIS MANY YEARS OF ARMY SERVICE





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SUPPORT VETERANS · CONTINUED FROM PAGE 7

chip in to make care packages for veterans who live in town, and even to send to troops stationed elsewhere. Include foods and comforts from home.

Buy from veterans

Seek out veteran-owned businesses in the area, and then make purchases from their retail stores or utilize their services.

Volunteer at a VA hospital

Spend time with veterans where they receive care for current health needs or past injuries suffered in combat.

Decorate cemeteries

Honor fallen veterans by placing flowers or flags by their gravesites.

Participate in a parade

If your town hosts a Veterans Day or Remembrance Day parade, find out how you can volunteer or be a part of it. Oftentimes parade officials enable youth groups, such as high school marching bands or scouting troops, to participate in the parade.

Begin an oral history project

Oral histories are invaluable resources because they are told through first person perspectives. This is similar to encouraging veterans to share their stories, but documentation takes things one step further and lends a sense of permanence to veterans' experiences and accounts of their service.

When speaking with local veterans, ask them if they would like to be recorded. Advancements in technology have made oral histories easier than ever to compile, and individuals can work with local veterans groups and universities to identify veterans who served and want to share their stories on the record.

Visit local memorials

Spend time visiting memorials nearby and paying homage to the veterans who devoted their time, or even their lives, to service.

Work with 'We Honor Veterans'

We Honor Veterans is a program sponsored by the National Hospice and Palliative Care Organization that is designed to help organizations serve veterans in their communities.

The program was initially designed for hospice providers, but has since expanded to welcome other community-based health organizations. The program aims to provide the highest quality of care to military veterans.

Organizations can learn more at wehonorveterans.org.

Community members have plenty of opportunities and ways to give back to veterans.

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There are numerous retailers that offer year-round discounts to veterans, 10 to 30 percent off purchases for example, with some extending to military spouses and family members as well. STOCK PHOTOS Hometown Herces

Many retailers offer yearround 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 percent online and in-store and 20 percent 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: Students, veterans and active military with valid ID are eligible for a 15 percent discount. For more information, visit allenedmonds.com/about/exclusive-offers.

• Carhartt: Carhartt offers a 25 percent 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 percent discount on most online and store purchases. More information is available at help.champssports.com.

• Columbia Sportswear: Columbia Sportswear offers a 10 percent discount for all military. Learn more at shop.id.me/stores/506columbia-sportswear. • Eddie Bauer: Eddie Bauer offers a 10 percent 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 percent 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 percent 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 percent 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 percent military discount after online verification. Visit military.com/discounts/ray-ban-militarydiscount for more information.

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

• Under Armour: A 20 percent 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-idinstructions.html.



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