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A day to honor all veterans

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. Veteran's Day takes place on November 11 and marks an important moment in history. On November 11, 1918, World War I, known at the time as "The Great War," unofficially ended when an armistice, or

temporary cessation of hostilities, took place between Germany and the Allied nations on the eleventh hour of the eleventh day of the eleventh month. World War I ended on paper when the Treaty of Versailles was signed on June 28, 1919. In November 1919, President Woodrow Wilson proclaimed November 11 as the first commemoration of Armistice Day, according to the U.S. Department of Veterans Affairs.

Armistice Day became a federal holiday in the United States in 1938. However, after subsequent wars, including World War II and the Korean War, veterans' service organizations lobbied for Armistice

Day to be revised so it would be more inclusive of all veterans. On June 1, 1954, President Dwight D. Eisenhower signed legislation to strike the word "Armistice" from the holiday's name in favor of "Veterans." Since then, November 11 has been known as "Veterans Day" and has honored veterans of all wars.

Veterans Day was moved to the fourth Monday in October for roughly seven years under the Uniform Monday Holiday Act, which sought to ensure three-day weekends for federal employees by celebrating certain national holidays on Mondays. But since November 11 bore such significance, many

states disapproved and continued to observe the holiday on November 11. In 1975, President Gerald Ford signed legislation to return the observation of Veterans Day to November 11 beginning in 1978. Should the day fall on a Saturday or Sunday, the federal government observes the holiday on the previous Friday or following Monday, respectively, according to History.com.

The United States isn't the only country to celebrate its veterans. Canada, Great Britain, Australia, and France also commemorate the veterans of World War I and II on or near November 11 as Remembrance Day or Remembrance Sunday.

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Honoring all heroes this Veteran's Day

Veteran's Day, which is celebrated annually on November 11, commemorates the hardworking men and women who sacrifice their time and put

themselves in harm's way to defend the country's core values of freedom and opportunity. While Veteran's Day certainly is a chance to honor those who have donned the uniform

during wars and military installments, it also can be a chance to recognize the unsung heroes of wartime - those who step into roles so that soldiers and strategists can focus their attention elsewhere.

Take for example Naomi Parker Fraley. In 1942, Fraley was a machine shop worker

With Gratitude, Happy Veterans Day!



On Veterans Day, we'd like to share our admiration and appreciation for the brave men and women in uniform whose service and sacrifice have protected our freedom and our way of life through the generations. To all of our dedicated soldiers both past and present, our deepest gratitude and best wishes remain with you and your families on Veterans Day and always!

Rosie the Riveter helped to tout the contributions of female war employees who were defending America by working on the homefront. Rosie was a successful morale-booster, and some may be surprised to learn that Rosie has various incarnations.



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at the Naval Air Station in Alameda, Calif. She was one of scores women who worked in factories and shipyards during World War II, helping to produce munitions and war supplies. Parker was 20 years old in 1942 and served as the inspiration for what would become one of the most indelible images of the era, known as "Rosie the Riveter." Parker unknowingly inspired the iconic image after she was photographed at work bent over an industrial machine in a jumpsuit with her hair tied back in a polka-dot bandana. In 2018, Naomi Parker Fraley died at the age of 96, not nearly the household name she perhaps should have been.

Rosie the Riveter helped to tout the contributions of female war employees who were defending America by working on the homefront. Rosie was a successful morale-booster, and some may be surprised to learn that Rosie has various incarnations.

Norman Rockwell's depiction of a female riveter, which appeared on the cover of the Saturday Evening Post on May 29, 1943, became an iconic staple of that

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On November 11 each year, we honor the generations of men and women who have served in the United States Armed Forces. As we celebrate this Veterans Day, we salute these dedicated Americans for their service, their sacrifices and their contributions to our country. Thank you, veterans for all you have done and all you continue to do to protect our freedom and our nation.

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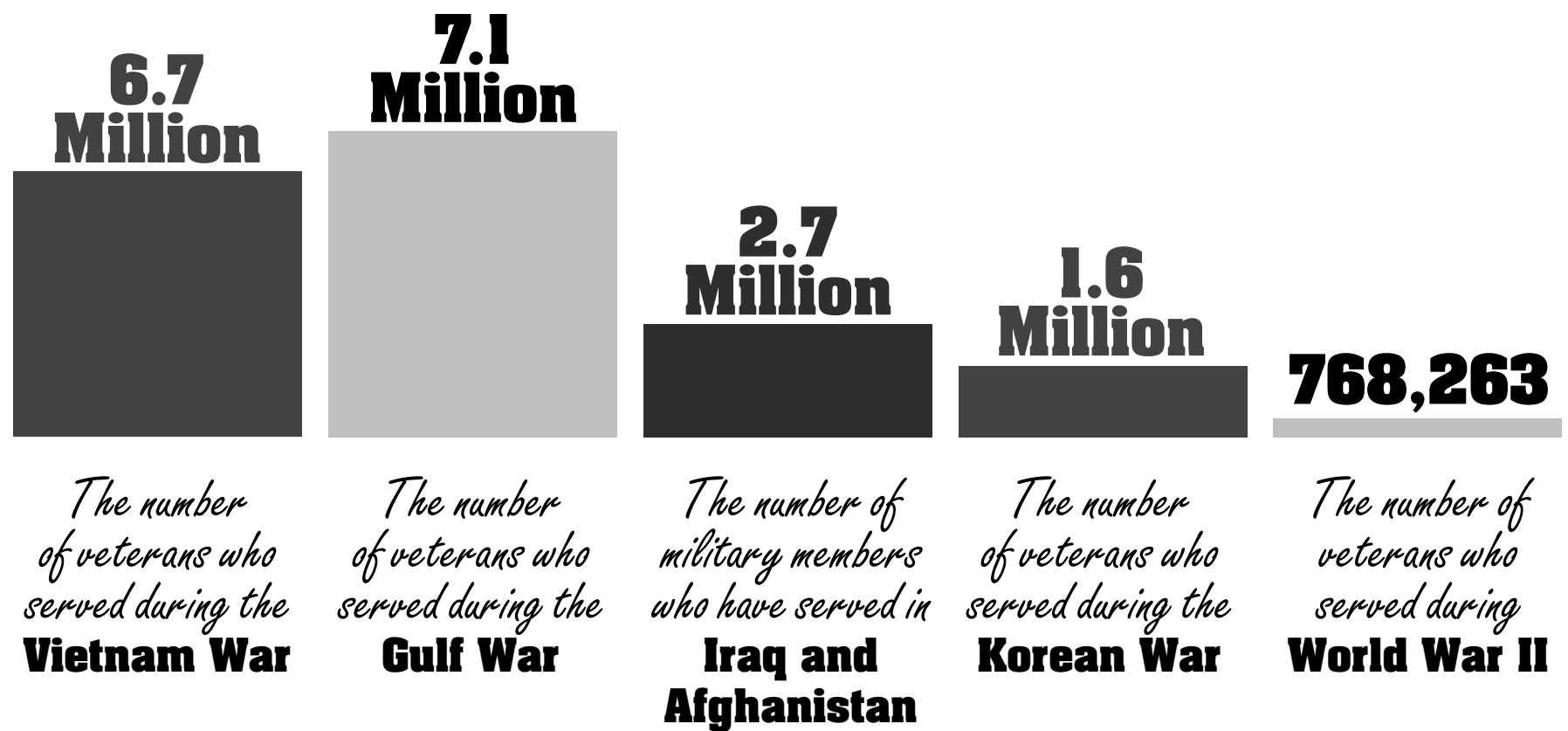
On November 11 each year, we honor the generations of men and women who have served in the United States Armed Forces. As we celebrate this Veterans Day, we salute these dedicated Americans for their service, their sacrifices and their contributions to our country. Thank you, veterans, for all you have done and all you continue to do to protect our freedom and our nation.



18.5 Million
The total number of veterans in the U.S.

1.6 Million
The number of female veterans in the U.S.

58 Years
The average age of a U.S. veteran



4 Million
The number of veterans with a service-connected disability



**California
Florida
Texas**
States counting more than 1 million veterans each among their populations

Sources: United States Census Bureau 2016 American Community Survey, U.S. Department of Veterans Affairs



On Veterans Day and always, we appreciate America's veterans. **Thank you** to all of the men and women who have served and continue to serve our nation!

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U.S. Navy
1960 - 1964
U.S.S.
Kitty Hawk
U.S.S. Coral Sea



MARINE CORP
Kenneth J. Vanyo
Sgt. Six years Of
Service Camp Lejune N.C.
U.S. Marine Corps



Nickolas Varee
U.S. Army



Spec. 5 Jarrett J. Sullivan
US Army 1967-1970
Vietnam 1968-1969
DOB 1946 - DOD 2016



Kevin Vincent Melaragno
United States Airforce -
Sergeant
Desert Storm



Pat D. Mauro
Private First Class
United States Army
Hammelburg Germany
1951-1953



Ronald "Pat" McCluskey
Korea 1953
"Paid the Ultimate"



Charles Angelo Candela
Lt. United States Army
Vietnam War
Served 5/70 to 4/74



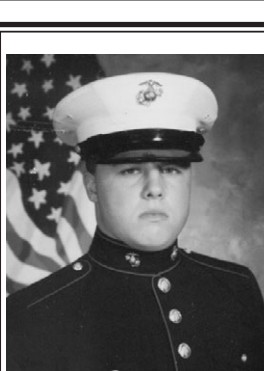
Charles Angelo Candela
PFC 143INT 36 DIV
United States Army
World War II
10/26/43 to 10/8/44
KIA
Buried in France
EPINAL AMERICAN
Cemetery and Memorial



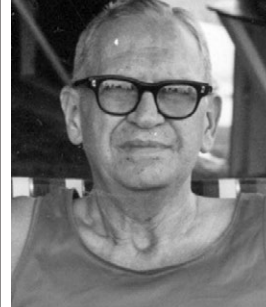
P.F.C. John M. Mate
U.S. Army Korean
Occupation 1946
U.S. Air Force Reserves 1948
1950 U.S. Air Force
U.S. Honor Guard
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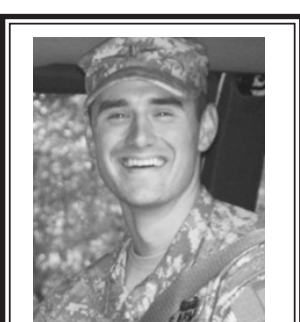
Kilian V. Baker
United States Army
Rank E-4
Stationed in Georgia &
Germany
Desert Storm 1991
3-1/2 Months
Years Served 1989-1993



Cpl. Richard A. Hamrick
U.S. Marine Corp.
Mogadishu, Somalia
1990-1994



RUSSELL CARLSON
United States Army
During WWII
1942 - 1946



ILT Michael L. Runyan
U.S. Army
Schofield Barracks, HI
Bravo Company
52nd Infantry (AT)
May 2008 - KIA
July 21, 2010 Iraq



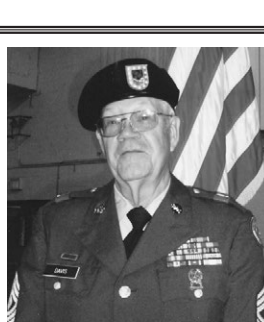
Edward G. Rigo
U.S. Navy
WWII



Joseph J. Pete Sr.
U.S. Army Sergeant
1959-1961
Served in Korea,
Fort Dix & Fort Hood



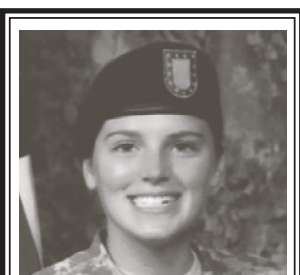
Sgt. Kurt D. Schamberg
KIA
Baghdad, Iraq
May 20, 2005



Richard C. Davis
Army National Guard
Oct. 1955 -
Retired June 7, 1997
Last duty position
1st Sergeant E8 &
Active Sergeant Major E9



Steven Candela
CPL United States Army
World War II
1560th Service
Command Unit
Company A
SEPARATION CENTER
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ITALY - AFRICA



Ashley (DeForest) Millard
of Ashtabula, Ohio
Age 29
Army
Twinsburg, Ohio
HHC 2nd Psychological
Operations Group
Sergeant



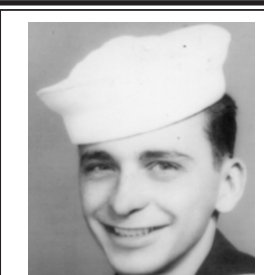
Elmer M. Rose
Private-United States Army
World War II
Company B 741st Railway
Operating Battalion
Battles and Campaigns
Rhineland
Ardennes
Central Europe
Dec. 1942 - Dec. 1945



Joshua A. Nasca
US Army
Iraqi Freedom
9/24/1987-9/3/2019



MARCO CINCIARELLI
United States Navy
During WWII
Rank FIC
1944 - 1946



ROBERT J. SCALISE
U.S. NAVY
1952 - 1954



THOMAS CINCIARELLI
United States Army
Including 1 Year in
Vietnam
E-4
1968 - 1970



Brandon Alan DeForest
U.S. Navy
Petty Officer E6
Stationed in
San Diego, CA



James D. Markijohn
Served in the
U.S. Army
in the Korean War
1951-1952
Rank of Corporal
3rd Infantry
Division



SGT. Keith Bennett, Sr.
U.S. Air Force 1948-1952
Korean War 1950-1952
From Pusan
to the frozen Chosin
Aimed high and proudly
served with the
U.S. Air Force;
502nd Tactical Control Group



Nick DiCamillo
Sergeant
Vietnam War



Roger B. DelPrince
Korean War



William "Bill" McCluskey
Italy-Africa
1941 - 1946



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Three unique ways to give back to service members

Military service in the United States was once more common than it is today. According to the Council on Foreign Relations, the draft for military service was ended in 1973, a point in time when 2.2 million men and women made up the country's active military personnel. By 2018, the number had dipped below 1.3 million. Military service in Canada is also somewhat uncommon, as the Department of National Defence reports that active military personnel totaled just 68,000 as of 2018.

The vast majority of people in countries where military service is not compulsory will never serve in the military. But that does not mean non-military personnel do not appreciate the sacrifices service members and their families make. In fact, a recent report conducted for Canada's Department of National Defence found that while many Canadians seem only vaguely aware of what their military does, appreciation for service members was high.

Service members and their families make many sacrifices to protect the lives and

freedoms of their fellow citizens. The following are three unique ways to give back to these selfless men and women, who often benefit greatly from even the simplest of gestures.

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

SERVE AS A DRIVER FOR VETERANS

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

DONATE YOUR AIRLINE MILES

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

SPONSOR A SERVICE DOG

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

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

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HEROES: Honoring all on this Veteran's Day

FROM PAGE B2

time. Muscular, with a rivet gun on her lap, a sandwich in hand and a boot stomping on a copy of "Mein Kampf" - and timed perfectly to coincide with the release of a song called "Rosie the Riveter" by Redd Evans and John Jacob Loeb - Rosie became a household name. But another Rosie image actually predates Rockwell's Post cover.

Naomi Parker Fraley was reportedly the inspiration for an ad created by a lesser known artist named J. Howard Miller. Miller produced a "We Can Do It!" poster for West-

inghouse Electric in 1942 aimed at boosting spirits among the company's workers. The poster helped to recruit

This Veteran's Day is a prime time to delve into American wartime history, with interesting stories.

new female personnel, according to scholar James J. Kimble. This Rosie was portrayed in a red bandana with her bent arm flexed, rolling up her shirtsleeve. Both Miller's and

Rockwell's depictions of female war workers became ingrained in popular culture. Rockwell's cover art was eventually loaned to the U.S. Department of the Treasury for use in war bond drives for the duration of the war. Miller's version has been emulated for generations and still epitomizes a strong female presence in the workforce.

This Veteran's Day is a prime time to delve into American wartime history, with interesting stories like the origins of Rosie the Riveter, and pay homage to all of the heroes that help ensure America's reputation as a great nation.



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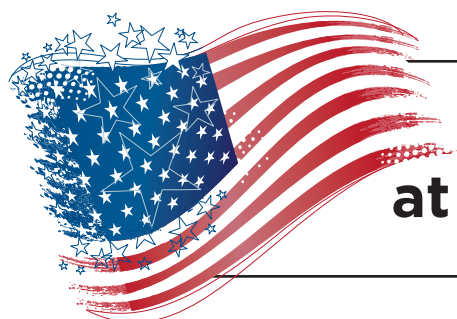
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Paying tribute to veterans, on Veteran's Day and throughout the year, can be a great way to show them just how much their efforts are appreciated.

Explore the history of Veteran's 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 Veteran's Day and throughout the year, can be a great way to show them just how much their efforts are appreciated.

VETERAN'S DAY BEGINS WITH A ARMISTICE DAY

Veteran's Day is a by-product of the end of World War I, when Germany and the Allied Nations

While the debts to service members may never be the kind that can be repaid in full, paying tribute to veterans, on Veteran's Day and throughout the year, can be a great way to show them just how much their efforts are appreciated.

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



Memorial Day and Veterans Day each honor the military, though the two holidays are not the same.

How Memorial Day and Veterans Day differ from each other

Memorial Day and Veterans Day each honor the military, though the two holidays are not the same. Memorial Day, which is celebrated annually on the last Monday in May, honors the brave men and women who lost their lives while serving in the American military.

Many communities host memorial ceremonies honoring their fallen soldiers on Memorial Day, ensuring such soldiers' bravery and sacrifices are never forgotten. While many people now view Memorial Day weekend as the unofficial start of summer, the weekend should not be celebrated without also pausing to reflect on and recognize the military personnel who lost their lives in defense of freedom and the American

way of life.

Veterans Day is celebrated annually on November 11 and recognizes all men and women who have served in the military. Veterans Day coincides with Remembrance Day, which is a celebrated by the Commonwealth of Nations, an association of 53 member states with connections to the British Empire. Though Veterans Day and Remembrance Day are each celebrated on November 11, the latter recognizes armed forces members who died in the line of duty, making it more similar to Memorial Day than Veterans Day. It's not uncommon for people to recognize fallen soldiers on Veterans Day, but many use the holiday to express their appreciation to existing veterans.

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 November 11.

VETERANS AROUND THE WORLD

Many countries, including the United States, celebrate veterans on or near November 11. America's closest neighbor to the north, Canada, commemorates veterans on Remembrance Day (also November 11), as does the United Kingdom. Britain also has Remembrance Sunday, which is the second Sunday of 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 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 November 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.

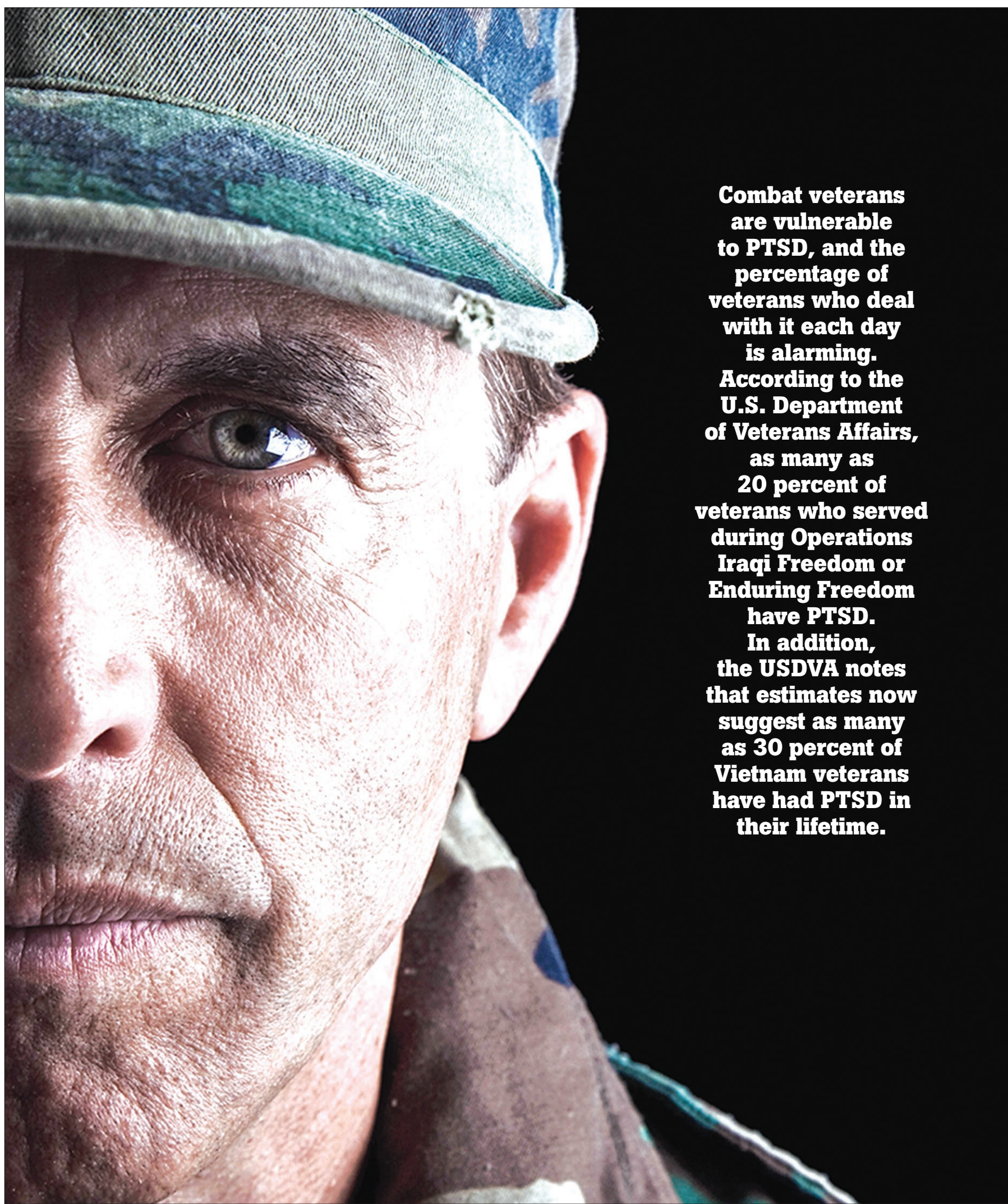
War II and the Korean War, veterans of all wars.

Congress amended the Act of 1938 by renaming the commemoration "Veteran's Day" to honor

VETERAN'S 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



Combat veterans are vulnerable to PTSD, and the percentage of veterans who deal with it each day is alarming. According to the U.S. Department of Veterans Affairs, as many as 20 percent of veterans who served during Operations Iraqi Freedom or Enduring Freedom have PTSD. In addition, the USDVA notes that estimates now suggest as many as 30 percent of Vietnam veterans have had PTSD in their lifetime.

Combat veterans are vulnerable to PTSD, and the percentage of veterans who deal with it each day is alarming.

Combat veterans and the threat posed by PTSD

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

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

Though it's not exclusive to men and women who have served in the military, PTSD has long been linked to combat veterans. In fact, the American Psychiatric Association notes that PTSD has been referred to as "shell shock" and "combat fatigue" in the past.

While the APA notes that a diagnosis of PTSD

Support charities that help prevent suicide

The recent rash of high-profile celebrity suicides has put suicide in the limelight and underscored how suicide is a problem that affects people regardless of personal wealth or stature.

Within the last year, designer Kate Spade, chef and author Anthony Bourdain, alternative rockers Chris Cornell and Chester Bennington, and popular deejay Avicii took their own lives.

Suicide is a significant problem that impacts many people. According to the National Center for Health Statistics, suicide in the United States has surged to its highest levels in nearly 30 years. For middle-aged women, the rate has increased by 63 percent, and for men in the same age range it rose by 43 percent.

While suicide can be an uncomfortable subject, it is important to speak about it so that those who need support and possible care can find the help they need. Mental health conditions such as depression, bipolar disorder, schizophrenia, and substance abuse are risk factors for suicide, which has climbed to the 10th leading cause of death worldwide, according to The World Health Organization.

Offering support to people who are at risk for suicide, educating yourself about signs of depression and limiting vulnerable people's access to harmful substances and items are some ways to reduce the risk of someone you love committing suicide. In order to help

requires exposure to an upsetting traumatic event, that exposure can be indirect rather than firsthand. Because some people may assume that only firsthand exposure to trauma can

lead to PTSD, many may be suffering in silence. That makes it all the more important that people learn to recognize the symptoms of PTSD. According to the APA, symptoms of PTSD,

as many people as possible, the public also can choose to support any number of charitable groups that make it their mission to address suicide prevention.

The National Suicide Prevention Lifeline provides free and confidential support 24 hours per day for people in distress. It also offers resources for loved ones and information for professionals. The lifeline is a national network of local crisis centers. Counselors are always needed, and volunteers can help at crisis centers nationwide.

The American Foundation for Suicide Prevention is another influential organization. People can participate in programs such as walks to fight suicide, volunteerism and bringing prevention information to schools and businesses. Part of ASF's mission is funding scientific research and rallying for public policies on suicide prevention to be implemented.

Befrienders Worldwide is an organization devoted to suicide prevention around the world. Resources are available in multiple languages, and crisis centers are located in 32 countries.

Veterans can seek help through the Veterans Crisis Line, which helps veterans and active duty military personnel, as well as their friends and families, get the support they need.

These nonprofit organizations provide crucial assistance for millions of people and can offer alternatives for those contemplating suicide.

thoughts symptomatic of PTSD. The APA notes that some people with PTSD experience flashbacks so vivid that they feel they are reliving the traumatic experience or that it is unfolding before their eyes.

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

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

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

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

which can vary in severity, fall into four categories.

1. Intrusive thoughts: Flashbacks, distressing dreams and repeated, involuntary memories are examples of intrusive



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On Veterans Day, we salute the American veterans and active-duty military whose courage and dedication have protected our freedom and our way of life for generations. We recognize their service and their sacrifice, their selflessness and bravery, their hard work and their faith. Please join us in celebrating the men and women of our military, past and present, this Veterans Day. Proudly fly your flag, thank a veteran and show your support for those who continue to serve today.



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It takes a special, selfless person to stand for an idea or a person one has never met and defend a country or person that may never appreciate what is being done on their behalf. I celebrate you. My hope and prayers for you all is that you know you are appreciated, loved and what you do and/or have done does mean something, especially to me.



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To all the men and women of the United States military who have served and continue to serve our country. We salute you.



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