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Activities & Travel Guide

2018 Veterans Tribute

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Bone Health Facts:

- 50% of all women and up to 25% of all men will suffer a fragility fracture in their lifetime.
- If you have had a previous fracture, you are two times as likely to sustain another.
- Recognition and treatment of your fragility fracture can reduce risk of future fractures by 50%.

Osteoporosis is the most common bone disorder and a major health care issue. With osteoporosis, the body loses bone mineral density and bone strength, increasing the risk of fracture. There are no warning signs at the beginning. In fact, most people don't even realize they have it. Bone fracture, pain, deformity and disability may not appear until osteoporosis becomes more advanced. That's why osteoporosis is often called the 'silent killer'. The good news is that it is preventable.

If you are at risk for osteoporosis, a BONE DENSITY TEST is recommended. How much does it cost?

MEDICARE PART B – No out-of-pocket expense for screening every 2 years.

PRIVATE INSURANCE – No out-of-pocket expense with most health insurance companies, if you have any of the conditions/risk factors. Check with your insurer.



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Are You a Job-Seeking Veteran? What to Know

(StatePoint) With the veteran unemployment rate at a record low, many who have served in the military are now in the driver's seat when it comes to civilian job hunting. This is in part because employers understand that veterans bring a wealth of translatable skills and experience to the workforce, including leadership, teamwork and attention to detail.

"For veterans, the right employer is one who values the leadership, discipline and service record of military members and veterans," says Jerry Quinn, Wells Fargo Military Affairs Program manager. "They seek an employer that goes above and beyond to empower them to succeed in and out of the workplace."

Wells Fargo, which established its Military Affairs Program in 2012, is an example of an employer committed to hiring and retaining veteran team members. A variety of job options, confidential resources, educational information and career guidance tools are available to those who served. In fact, eligible team members called to active duty receive military leave benefits and other programming designed to mitigate the burden on their families. Are you a job-seeking veteran? Before accepting an offer, find out whether your potential employer values veterans' contributions to the workplace.

"Start by asking the hiring manager or human resources contact what benefits and programming are offered," suggests Quinn. "You'll quickly get a feel for the company culture."

To help get the conversation started, Quinn suggests the following topics of discussion:

- Growth opportunities. Is this position one on track for promotions and raises? Does this company offer resources and support to employees looking to grow? Discover what your future at this company could look like.

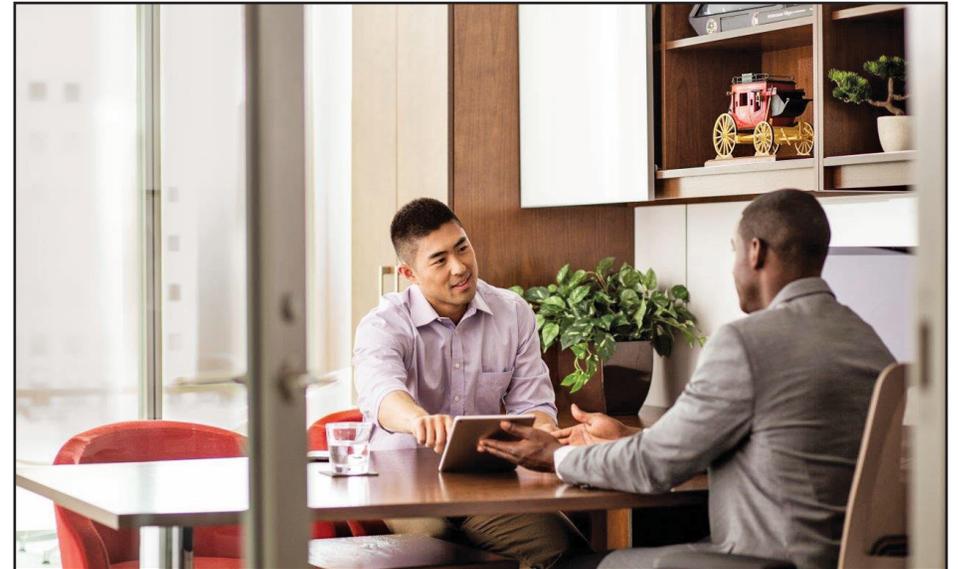
- Development programs. From apprenticeships and internships to transition services and leadership programming, ask about opportunities that will offer a chance to make new contacts, find a mentor, develop professional skills and learn how to translate existing skills to a new position.

- Employee resource groups (ERGs). ERGs can provide resources, opportunities and camaraderie to employees. Find out if the company has a similar group for veterans.

- Diversity. Is this a company that values diversity, particularly when it comes to veteran status and disabilities? Will the employer accept your veteran status and value it as an asset?

- Benefits. Beyond military leave, are benefits available that provide supplemental pay and continued healthcare when individuals are called to active duty? Research whether the company offers additional fringe benefits to ease the burden of being away on active duty. For example, some employers provide lawn mowing and snow removal to those away from home on military orders.

More information about career transition services and the type of workplace benefits offered to veterans are available at wellsfargojobs.com/military.



Remember, military skills and experience is an asset to employers. Hold out for a position that will value what you bring to the table through tangible workplace benefits and programming.



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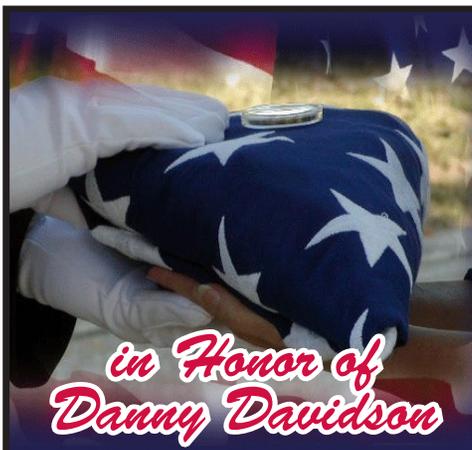
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Congrats to SSgt Candi Jackson Mitchell (on the right) for recognition as the MDG quarterly award winner for outstanding performance!

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2018 Veterans Day Parade and Opening Ceremonies

(PADUCAH, KY) – The Paducah Parks & Recreation Department invites the public to attend the Veterans Day Opening Ceremony and Parade in addition to the Global War on Terrorism Memorial Dedication on Monday, November 12.

The dedication ceremony for the Global War on Terror Memorial will be at 9:45 a.m. The Memorial, located on the Clark Street Side of Dolly McNutt Memorial Plaza, was unveiled to the public earlier this year on Memorial Day. The opening ceremony for the Veterans Day Parade will begin at 10:15 a.m. at the Korean War Monument located on the 6th Street side of the Plaza with a welcome by Paducah Mayor Brandi Harless and the invocation by Rev. Charles Uhlik. Paducah Ambassador and Vietnam Veteran Robert Worden will serve as the Master of Ceremonies. Students who are winners of the Veterans Day Essay contest organized by the Daughters of the American Revolution will be recognized at the opening ceremony. The Concord Elementary School Singers will sing the National Anthem and a medley of patriotic music. The opening ceremony includes the recognition of two 2018 Distinguished Veterans who will serve as the parade's grand marshals. The ceremony also includes the presentation of the 2018 Patriot Award. The Patriot Award honors a

non-veteran who dedicates his or her time to serving veterans and veteran causes in this community.

The annual parade will begin at 11 a.m. at 6th and Washington Streets. It will travel along Washington Street until it turns right on 7th Street. It will then turn right on Broadway and head toward the riverfront. At 2nd Street, it will turn left and disband in the parking lot adjacent to the Farmers' Market.

The WKCTC Television Production Department will record the opening ceremonies and parade (weather-permitting), set it to music, and televise it at a later time on Government 11 and Paducah-2 (for Comcast subscribers). Following the opening ceremony and parade on November 12, the Annual Veterans Day Grill-out will be held at noon at the Veterans of Foreign Wars (VFW) Post 1191 at 1727 Washington Street. Veterans and the general public are welcome to attend.

The Parks & Recreation Department thanks the local veterans and veteran associations for their guidance in the organization of the parade and opening ceremony. For more information about the Veterans Day Parade or related activities, visit the Parks & Recreation Department at 1400 H.C. Mathis Drive, call 270-444-8508, or visit online at www.paducahky.gov.



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Dr. Gerald Weir, resident of Stonecreek



Jerry Bandy, resident of Stonecreek, photographed with Jennifer Rodgers.



Roy Vasseur, Stonecreek resident



Orval Wooley at the Wall that Heals, he is accompanied by Amanda Heines, Activity Assistant and Jackie Franklin, Restorative Aide.

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VETERANS DAY ~ LEST WE FORGET

BY SANDY HART

You haven't heard from me in awhile. I was busy at the Kentucky Veteran & Patriot Museum at a Turkey Shoot with a bunch of 'good ol' boys', Flag Retirement with Ballard County Boy Scouts & random yard sales to help pay the bills. My thoughts have been on 16 years ago this month when Greg LeNeave asked me to do the Veterans Day edition. I was scared to even try since I had been told to never bother a Veteran with questions.

Syl Mayolo was the mayor then & made it happen. He got a roomful of Veterans together, mostly WWII Veterans, most of them never opened up until that day & I witnessed it all & started writing. That led to the WWII DC Trip with seventeen buses of World War II Veterans traveling to Washington DC together for free to see their Memorial finally finished. That will be 15 years ago this coming May.

The bus captains included Korean War Vets, Vietnam Vets & widows. That led to the Kentucky Veteran & Patriot Museum (KVPM) for all the generations, which will be open 7 years ago this coming March. All of this happened because of two things.

The Veterans of all generations sharing their stories & folks contributing to help make it all happen. That first year Marshall Pennebaker insisted we hold a special gathering for Veterans Day, since it was on a Sunday & there was no parade that day. We held it at 2:00 since we all could go to church, eat lunch & then gather. It was a spectacular gathering. We lost Marshall that week. I had promised him every time Veterans Day landed on a Sunday I would have a special gathering.

So I am requesting you come to honor your Veterans. If you are a Veteran, come let us thank you. Just an hour or so out of your busy day, stop & think about the ones who have served to protect us. As always, there is no charge to come but there will be collection containers sitting around in case someone wants to drop something in, even a little pocket change. It all adds up to pay the bills. Remember, November 11th at 2:00. Call 270-210-2452 for information. Donations can be sent to KVPM PO Box 633 Wickliffe, KY 42087 or dropped off at Citizens Deposit Bank.

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WKCTC Offering Dental Clinic for Veterans During Month of November

Appointments Being Accepted Now

Paducah, KY — West Kentucky Community and Technical College will offer “Smiles and Salutes,” a dental hygiene clinic to provide dental cleanings for military veterans during the month of November. Veterans will receive a special price of \$20.

“We want to honor our service men and woman for putting themselves in harm’s way for our freedom,” said Amanda Stringer, WKCTC dental assisting/hygiene instructor. “It’s not only a wonderful learning experience for our dental hygiene students, but they are looking forward to meeting the veterans and thanking them

personally for their service.” The students, under the supervision of WKCTC dental hygiene faculty, will treat the military patients on Wednesdays and Thursdays at 8 a.m. or 1 p.m. in the dental clinic located in the Anderson Technical Building, Room 230. Appointments are required and can be made by calling (270) 534-3437. Proof of military affiliation and a photo ID is required. The plan of care can take three to three and a half hours.

“We want to take our time and provide great dental care for our veterans,” said Stringer.



Dental clinic for veterans at WKCTC in November.

May God always bless America in all ways and may God protect our warriors, “We will not waver, we will not tire, we will not falter, and we will not fail. Peace and freedom will prevail.”

~ George W. Bush, 2001

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State Parks offer discounts to current military, retirees, veterans

FRANKFORT, Ky. – (Oct. 31, 2018) -- Current and former members of the nation's armed forces can receive lodging discounts at Kentucky State Parks with the "USA Military Discount" program from Nov. 1, 2018, to March 31, 2019. Those on active military duty, retired members of the military, veterans, members of the National Guard and reservists, are eligible for the program.

"We want to show our appreciation to the women and men who serve or who have served in uniform for our country with this discount offer," Parks Commissioner Donnie Holland said.

With the USA Military Discount, lodge rooms are available starting at \$59.95 a night; one-bedroom cottages for \$79.95 a night; two-bedroom cottages for \$89.95 a night and three-bedroom cottages for \$99.95 a night. Tax is not included in these rates. These rates are good at resort parks and the cottages at John James Audubon State Park.

The rate is \$5 more per night at these parks: Barren River, Cumberland Falls, Kentucky Dam Village, Lake Barkley, Lake Cumberland and Natural Bridge.

The Kentucky State Parks have 17 resorts that offer golf, fishing, hiking on scenic trails, beautiful scenery and restaurants. Many resorts are near or include historic sites and museums and offer programs during the fall and winter, such as elk tours, eagle watching tours and entertainment. This offer may not be used in conjunction with other special discounts or packages. The discount is based on availability, for leisure travel only, and may exclude special events and holidays. Proof of military service is required at check-in.

For more information about Kentucky State Parks and to make reservations, visit www.parks.ky.gov.

During the months of April through October, current and former members of the military can get a 10 percent lodging or camping discount.

(If you're making your reservation online, use "USA" for the promo code for reservations between Nov. 1, 2018 and March 31, 2019. During the April through October period, select "military discount" when making an online reservation.)



Cumberland Falls State Resort Park during the fall

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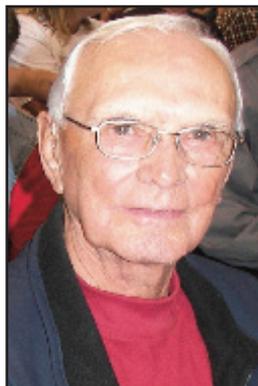




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Carl Duane "Red" Nickell
Rank: Private 1st Class
Date of Service:
3/18/1944 - 6/30/1945
Branch of Service:
US Army 106th Infantry
Division Golden Lions



Thomas Reese "T.R." Nickell
Rank: Corporal
Date of Service:
1944 - 1947
Branch of Service:
US Army - Artillery



Claude Martin
1918-1919
WWI



Earl Wallace Hargrove



David Dowdy
U.S. Army



U.S. Army Air Force
"Craw Pappy" David
Mullen
Deceased October 1974



PFC Donald Hensley
U.S. Army



Pvt. Eddie Mullen Jr.
U.S. Army
101st Airborne Division
Camp Breckinridge, Kentucky
1953 502nd Infantry Regiment



James Thomas "Tom"
Willoughby
Rank: Seaman 1st Class
Date of Service:
7/6/1946 - 6/29/1948
Branch of Service: US Navy



Eugene "Spike" Willoughby
Rank: Coxswain
Date of Service:
3/20/1944 - 6/11/1946
Branch of Service: US Navy



Larry Boulton
U.S. Army



Lelon W. Moyers
WWI
1918 -1919
Died in Service



Lewis Martin-DeNancy
WWI
France
1918 - 1919



Morris Jackson
Korean War
1950-1953



Oman Stone
U.S. Army



Paul Edward Willoughby
Rank: Unknown
Date of Service:
11/1948 - 2/1949
Branch of Service:
US Army



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Throgmorton
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Tommy Throgmorton
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Contact our KPAP Coordinator below to schedule an appointment.

KPAP Coordinator:

Phyllis Cansler 270.988.7278

pcansler@lhhs.org

NOTE: Restrictions apply, however, generally, a family of two can make up to \$64,000 or a family of 4 can make up to \$98,000 combined annual income and still apply for assistance. Need is determined by participating Pharmaceutical Companies.

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US Army
& National
Guard

Shannon Edging,
Deputy
US Army

Brian Coleman,
Deputy
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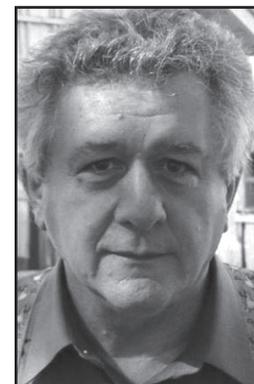
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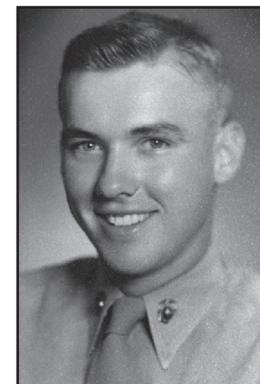
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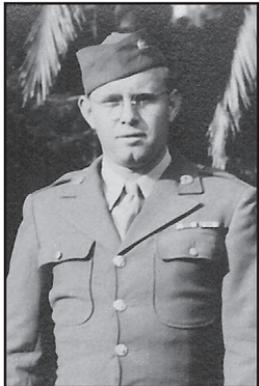
Thomas L. Stewart
U.S. Army



Waymon Morphew
U.S. Army



William Howle



**William Marvin
Monroe**



**William "Junior"
Morton Stephens, Jr.**
U.S. Navy



Willie Garner

Thanks, Veterans!



Colie Sullivan
U.S. Army



Franklin E. Allen
U.S. Army
Private 1st Class
Stationed at Fort
Breckenridge
Korean War



Bobby E. Morris
U.S. Air Force



Heartland Church's family proudly salutes America's many veterans, especially those from our region, for their commitment, bravery and courage in keeping America free and one nation under God.

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'Wall' comes to region

KPI Staff Report

It was an era in our nation's history where many opposed America being involved in any war or conflict. Yet, a generation of our youngest and bravest fought in the war in Vietnam. Many lived and chose to tell their stories. Others still remain silent on their war experience. Still, others never came home to their families, having died on the battlefield.

Last month, a replica of the Vietnam Memorial in Washington, D.C., fittingly titled, 'The Wall That Heals,' was on display in Paducah. The Wall honors more than three million Americans who served in the U.S. Armed Forces in the Vietnam War and bears the names of

more than 58,000 men and women who made the ultimate sacrifice during that conflict.

The Wall That Heals is a three-quarter scale replica of the Vietnam Memorial in Washington D.C. It was presented by Milner & Orr Funeral Home, WPSD Local 6, and The Paducah Sun and was on display at Carson Park through Oct. 28. Because of its educational element, The Wall was an entirely free, multi-day community experience that was open 24 hours.

For many, visiting The Wall and reading the list of names of service members was just as emotional and poignant as traveling to the permanent monument in Washington.





Thank you Veterans!

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Lt. Governor Jenean Hampton promoted to Lt. Colonel, Civil Air Patrol at Kentucky Personnel Cabinet Exhibit Opening



FRANKFORT, Ky. - Lt. Gov. Jenean Hampton thought she was only presiding over the unveiling of a new exhibit commemorating the history and significance of the Civil Air Patrol (CAP). A veteran of the United States Air Force and member of the Kentucky Military Hall of Fame, Lt. Gov. Hampton joined the organization in December, 2014 after the commander of the Kentucky Wing's Bowling Green Senior Squadron invited her to be the unit's public affairs officer.

"I started to go through the training modules, had completed the first one successfully and was beginning the second, when Matt Bevin called me and completely ruined my plans," she said jokingly.

The exhibit ceremony unveiled a combined effort of the Personnel Cabinet and the CAP, with historical accounts of the organizations purpose, missions, and heroes.

During the ceremony, however, Sr. Master Sgt. Cory Felts, Director of Cadet Programs from Bowling Green arrived. "Good afternoon ladies and gentlemen," he said, "and welcome to the promotion ceremony for Major Jenean Hampton."

He continued, "The Civil Air Patrol National Commander, acting upon the recommendation of the Great Lakes Region Commander and Kentucky Wing Commander, has placed special trust and confidence in the patriotism, integrity,

and qualities of Major Jenean Hampton. In view of these special qualities and her demonstrated potential to serve in the higher grade, major Jenean Hampton is promoted to the grade of Lieutenant Colonel, Civil Air Patrol."

"I am so honored and certainly did not expect this!" Lt. Gov. Hampton said. "This is such a worthy organization. For those who get involved, it gives our young people the chance to get hands-on aviation experience, and to become familiar with the military. I am proud to be a part of it. And actually, I think I just surpassed my husband in rank!"

Founded in 1941 to mobilize the nation's civilian aviation resources for national defense service, CAP has evolved into a non-profit organization that serves as the official civilian auxiliary of the U.S. Air Force. Its mission is to provide emergency services and disaster relief, support aerospace education and cadet programs for youth.

A special thanks to the Kentucky Aviation Museum for their generous contribution of items incorporated in this exhibit, and to the Filson Historical Society for the museum cases. The exhibit will be on display at the State Office Building, 501 High Street, in Frankfort through January.

For more on the Civil Air Patrol, visit <https://www.gocivilairpatrol.com>.



Lt. Gov. Hampton opens the Civil Air Patrol exhibit at the Personnel Cabinet in Frankfort, Oct. 29.



Celebrating
VETERANS
DAY

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Murray State offers tuition discounts for military students

MURRAY, Ky. (AP) - Murray State University says it is offering tuition discounts for military students that will allow them to earn their college degrees at little or no out-of-pocket cost.

The school in western Kentucky

says the initiative is available to service members in the U.S. armed forces. It's available to military students interested in pursuing undergraduate or graduate degree programs.

Murray State officials say the

school will now waive course fees, provide free textbooks and match remaining tuition costs not covered by the U.S. Department of Defense Military Tuition Assistance Program.

The school says the students will

have the flexibility of taking courses in their preferred setting. These include Murray's main campus, at Fort Campbell or at any of the school's regional campuses in Paducah, Hopkinsville, Madisonville and Henderson.





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How to help veterans in need

via Metro Services

Millions of men and women serve in the military and make the sacrifices that such service requires. Risking their lives to serve their countries, veterans sometimes endure mental and physical trauma, returning home to face uphill battles as they deal with their injuries.

Many veterans in need are not just in need of medical attention. Learning that their efforts and sacrifices are recognized and appreciated by the ordinary citizens they protect can make a world of difference to veterans as they recover from their injuries. Men, women and children who want to help veterans in need can do so in various ways.

- Visit a veterans hospital. Contact a local veterans' hospital to inquire about their volunteer programs. The U.S. Department of Veterans Affairs notes that each year more than 75,000 volunteers spend more than 11 million hours in service to America's veterans. Visiting veterans at the hospital to hear their stories can lift their spirits and aid in their recoveries. In addition, veterans' hospitals may have vol-

unteer opportunities that make it easier for hospitals to operate at optimal capacity.

- Help a neighbor. Unfortunately, many veterans return home with injuries that affect their ability to make it through a typical day without assistance. Disabled veterans may be unable to do their own grocery shopping or maintain their homes. If a neighbor or nearby veteran is facing such hurdles, offer to do his or her shopping or mow his or her lawn. Such tasks won't take much time but can make a world of difference to veterans.

- Offer professional services free of charge. Professionals who want to help veterans can offer their services free of charge.

Accountants can offer to prepare veterans' tax returns for free, while attorneys can provide legal advice to veterans who need it. Contractors can help disabled veterans by offering to make alterations to their homes for free or at cost.

- Employ social media to help local veterans. Many people who want to help local veterans might not be able to do so more than one day per week. But some veterans may require daily assistance. Men and



women can start a locally-based Facebook group for fellow members of their community who want to pitch in to help local veterans. Such a group can make it easier to share information and arrange help for veterans in need.

Many veterans return home from serving overseas in need of help. Offering such help can improve veterans' lives while letting them know their efforts and sacrifices are appreciated.

"A hero is someone who has given his or her life to something bigger than oneself."

--Joseph Campbell



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we will not falter, and we will not fail.
Peace and freedom will prevail."*

~ George W. Bush, 2001

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A Soldier, A Man

*A gun on his shoulder, a pack on his back,
A far cry fro his cap pistol and choo-choo train track.
Marching and fighting a long way from home,
A young soldier now, afraid and alone.
He remembers the days when he was a small boy,
Christmas was a time for Santa and joy.
Jumping from bed so early Christmas Day,
To see his new toys and to laugh and to play,
He remembers the many years that Santa came,
But he knows now that things can't be the same.
For that small laughing boy has grown into a man,
And for his country he's doing all the he can.*

*This soldier is thinking of his own pain and sorrow,
And he can see no hope for a brighter tomorrow.
The people on earth are so full of lust and greed,
That they don't care to look and see a fellow man's need,
He can't understand why he's over there,
Fighting a war - if the people don't care.
Why couldn't he be at home safe in bed,
With a big soft pillow under his head,
Or out with the gang just goofing around,
Instead of in Nam on a bloody battleground.
But then he realizes that he's really a man,
And for his country he must do all that he can.*

*All his life he has known freedom and love,
Granted American by our Great God above.
What kind of future would Americans know,
If communistic threats were allowed and let go.
This soldier wants his children to share,
In a new generation of people who care.
Of people who know the wrong from the right,
And are willing for others to stand up and fight.
He wants his son to know Christmas and joy,
And have pleasant memories of his life as a boy,
But when his small laughing boy grows into a man,
He wants him for his country to do all that he can.*

By Vickie S. Gross

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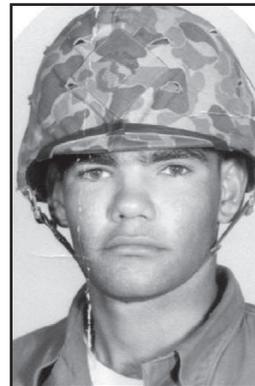
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101st Airborne soldiers at Camp Breckinridge during Korean Conflict



These jaunty, smiling 101st Airborne Division, 502nd Infantry Regiment soldiers, circa 1953, are pictured during their days at Camp Breckinridge. From left to right: Privates Vernon Neihoff, Eddie Mullen and John Millay

Man gets jail term for killing Navy veteran's service dog

STAFFORD, N.J. (AP) — A New Jersey man who killed a Navy veteran's service dog in training has been sentenced to 90 days in jail.

A judge recently handed down the term to Joseph Russo. The 25-year-old Stafford man had pleaded guilty in June to causing serious bodily injury and death to the dog, 3-year-old Pomeranian named Diesel

Russo had rented a room to the dog's

owner. He told the owner that Diesel had died after suffering a seizure in May.

But the owner contacted township police, and a necropsy found the dog had bruising on its skull and a severed spinal cord.

Besides the jail term imposed Friday, Russo also must complete 30 hours of community service and undergo anger management counseling.

Veteran seeks to add names on Norman memorial

By MACK BURKE

NORMAN, Okla. (AP) — Norman veteran Terry O'Dea wants to see more names etched into the wall of the Cleveland County Veterans Memorial by Veterans Day.

He has gathered over 50 applications, but to get the next batch engraved at the Reaves Park installation, he'll have to reach 200 applications. Anyone with a tie to Cleveland County who has served, or is still serving, in the U.S. Armed Forces is eligible and O'Dea is trying to get the word out.

"We would like to have them all in by then, because it's the 100-year anniversary of Armistice Day," he told The Norman Transcript. "It's important because they deserve every bit of recognition they receive. ... It's just really important."

Nov. 11 was originally celebrated as Armistice Day in recognition of the end of hostilities on the Western Front in World War I. It is still celebrated in Europe (not Germany), but in 1954, Congress voted to change the name to Veterans Day to honor all U.S. military veterans.

O'Dea, a Vietnam War veteran whose father served in World War II, said the Armistice Day centennial is an important anniversary.

"(World War I) was supposed to be the war to end all wars," he said. "And, apparently, it wasn't. It was probably the worst war that the United States ever got into in Europe and led right into World War II. Hopefully there will never be another one, but we need to recognize all the doughboys (service

members) from the United States that died in that terrible war."

O'Dea currently works with Dale K. Graham's Veterans Corner and has served on the Veterans Day parade committee for years.

Parks and Recreation Director Jud Foster said he is familiar and appreciative of O'Dea and his efforts. He said he isn't the only one pushing to get more names engraved. Other veterans, such as Mark Braley, are also involved in the effort, he said.

Foster said the city currently has around 70 names in the queue. Foster said he wants to see more names added, but there is a reason for the 200-name minimum.

"I suppose we could get them to engrave one name, but we'd pay the same amount as if they filled out a full tablet," he said. "Since the initial engravings, that's the way we've done it."

Foster said it may be difficult to get all of the names accounted for and on the slab by Nov. 11, but he supports the effort.

"(The engravers) do it in a day — it doesn't take that long once they get here from out of town. If they were able to make it by then that will be awesome," he said. "We're all for it. The more names we get on there, the better."

Names were last added to the memorial in September 2016. There are currently 3,194 names on the memorial, which was officially dedicated on Veterans Day in 2008.

Foster said even if new names aren't added by Nov. 11, he suspects a new batch will be added soon.

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