



A Supplement of
The Ulysses News

Veterans Day Services will be held on
November 11th, 2021 @ the Grant County
Civic Center beginning at 11:00 a.m.

VETERANS DAY ACTIVITIES

HOSTED BY DEXTER D. HARBOUR
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AND THE AMERICAN LEGION
AUXILIARY

THURSDAY, NOVEMBER 11, 2021 AT

11:00 AM

SOUTH ROOM - GRANT COUNTY
CIVIC CENTER

Flag & Gun Salute @ 11:00 am
Chili & Cinnamon Rolls @ 11:30 am
Veterans Day Program @ 12:15 pm



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NOVEMBER 11, 2021

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A Day to Honor All Veterans

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. TF20B466

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.

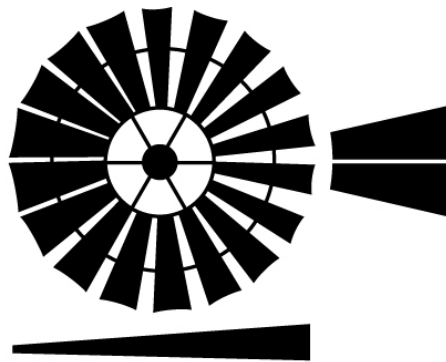
Veteran's Day takes place on November 11 and marks an important moment in history. On November 11, 1918, World War I, known at the time as "The Great War," unofficially ended when an armistice, or temporary cessation of hostilities, took place between Germany and the Allied nations on the eleventh hour 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.

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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Thank You Veterans!



Facts About Veterans Day

In 1918, on the 11th hour of the 11th day of the 11th month, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in World War I, then known as "the Great War." On the first anniversary of the end of World War I, "Armistice Day" was founded. In the aftermath of World War II and the Korean War, President Dwight D. Eisenhower officially changed the name of the holiday from Armistice Day to Veterans Day.

In 1926, Congress passed a resolution for an annual observance, and Nov. 11 became a national holiday beginning in 1938.

Unlike Memorial Day, Veterans Day pays tribute to all American veterans—living or dead, especially giving thanks to living veterans who served their country honorably during war or peacetime.

Thank You Veterans For Your Service!



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A graphic featuring a silhouette of a soldier saluting, with an American flag behind him. The text "WE APPRECIATE" is in large, bold, blue letters with a white outline, flanked by two blue stars. Below it, the word "OUR" is in smaller, red, bold letters with a white outline. A dark blue banner with white text reads "VETERANS & MILITARY". Below the banner, the text "THANK YOU FOR YOUR SERVICE!!" is in large, bold, black letters. At the bottom, there is a logo for Ulysses, Kansas, featuring a stylized green and yellow plant, with the text "Ulysses, Kansas - a Town on the Move" in green. Below that is the logo for the Grant County Chamber of Commerce & Tourism, featuring a large green letter "G" and the text "Grant County Chamber of Commerce & Tourism" in green, with the address "113B S. Main / Ulysses, Kansas 67880" in orange below it.



Facts About Veterans Day

Great Britain, France, Australia and Canada also commemorate the veterans of World War I and World War II on or near November 11th: Canada has Remembrance Day, while Britain has Remembrance Sunday (the second Sunday of November).

In Europe, Great Britain and the Commonwealth countries it is common to observe two minutes of silence at 11 a.m. every November 11.

Every Veterans Day and Memorial Day, Arlington National Cemetery holds an annual memorial service. The cemetery is home to the graves of over 400,000 people, most of whom served in the military.

Today, the military men and women who serve and protect the U.S. come from all walks of life; they are parents, children, grandparents, friends, neighbors and coworkers, and are an important part of their communities. Of the 16 million Americans who served during World War II, about 325,000 were still alive as of 2020. Seven million veterans served during the Vietnam War. Two million veterans served during the Korean War. Three million veterans have served in support of the War on Terrorism. 18.2 million living veterans served during at least one war as of 2018.



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**Thank You To Our
Men & Woman
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Served!**



A combination of bad luck, loss, and trauma put Lidia on a path to joblessness and homelessness almost immediately after she left the U.S. Navy. But it was only when she got into a fight in the notorious Skid Row neighborhood of Los Angeles that Lidia realized she needed help.

From Ship to Shelter: One Veteran's Story of Homelessness

Lidia had enlisted in the Navy immediately after graduating high school. She was serving when the USS Cole was hit by a suicide bomber off the coast of Yemen in October 2000, injuring 39 sailors and killing 17. One of them was a very close friend.

Lidia and her crewmates helped pick up debris from the bombing. "The things that we were picking up out of the water were human bodies," she says. The crew never talked about the situation — acknowledging what they were doing would have made it too difficult to continue.

Later, even the sight of the USS Cole was hard, like seeing a tough, celebrated soldier fall.

"To see one of the most powerful ships ... not in the water, but being dragged back to the United States like it was injured, you know? That was very traumatic," Lidia says.

That event was followed less than a year later by 9/11. Lidia says she watched on television with her crewmates as the planes hit the World Trade Center. Then all communication was cut off — totally and suddenly. "To me, experiencing that was like

having a heart attack," she recalls. After retiring from the service, Lidia graduated from college and headed

to California, where she had lined up a job and a place to live. But when her would-be boss was fired, she no longer had a job — and her landlord rented out the apartment where Lidia had planned to live.

Without a job or a home, Lidia went from sleeping in a queen-sized bed and looking forward to her new life ahead to lying on a cot in a shelter and experiencing depression for the first time. "I really thought me going to school — I wouldn't face homelessness," Lidia says. At first, she maintained the attitude of a determined Veteran, thinking, "I am victorious; I am an overcomer; I can overcome this. ... I can do anything." After all, she had graduated, landed a great job, and moved to a new state.

But Lidia just couldn't seem to find her way out of homelessness. She says she grew increasingly depressed and disgusted with herself. Getting into a fight "was the straw that broke the camel's back."

"That was the day I had said, 'You know what? I am an educated, beautiful, single, strong woman. What ... am I fighting for?'" Lidia answered her own question: "I am fighting for a better job; I am fighting for a better environment to live in."

The fight spurred Lidia to get help at VA, where a psychiatrist helped her realize she wasn't what she calls a "macho mouse." The VA programs that are specifically designed to help women handle trauma resonated with her, and she urges her fellow Veterans to find the VA resources that will work best for them.

The VA is made up of a lot of "Veterans just like us that want to help, but they don't know — you have to come to them first," Lidia says. "The quicker you get there, the better off you're going to be."

Homelessness is a complex and difficult challenge to overcome, but you don't have to go it alone. There's a whole community of support ready to help with whatever you're going through. Veterans who are homeless or at risk of homelessness, as well as their family members and friends, can access a variety of resources and benefits through VA. Trained VA staff members are on call and available 24 hours a day, seven days a week, to assist Veterans and their families at 1-877-424-3838.



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Painting a Picture of Recovery



When Mike, a U.S. Army Veteran, was seeking treatment for changes in his behavior, he became overwhelmed by all of the options. Eventually, “I was going to two, three appointments a day, five days a week,” he says. “I had to do speech therapy, vision therapy, physical therapy, [and] occupational therapy.”

Those types of proven therapies have helped many Veterans manage their mental health concerns, but Mike says it was hard for him to vocalize what he was going through. “I didn’t like it,” he recalls.

Then one day, Mike discovered art therapy, and everything changed.

“People think that it’s painting your feelings and playing with arts and crafts, but it’s deeper than that,” Mike explains. “You’re addressing pain and trauma.”

Coming from a military family, with a grandfather who served in World War II and a father who served in the Vietnam War, Mike wanted to follow in their footsteps. But after being injured in an attack near the Army base where he was stationed, he was evacuated from the base and transferred to Walter Reed National Military Medical Center.

“As soon as I got to Walter Reed, I went right into surgery,” Mike recalls. But the team there focused only on his physical health. When he was sent back home, his wife, Jacquelyn, began noticing changes in her husband.

“He was forgetting things, and he would get agitated very easily, and it felt like he was becoming more detached,” Jacquelyn remembers. “It was very stressful. It affected my own health, and eventually it affected his, too, because not dealing with stuff doesn’t make problems go away.” Mike admitted that he didn’t know where to turn, and Jacquelyn encouraged him to speak with someone.

Mike entered the Warrior Transition Unit (WTU) program at Fort Belvoir, just miles from his home. It was the first time he had ever received behavioral health counseling or treatment, and he felt a bit overwhelmed. He was eventually diagnosed with a traumatic brain injury and PTSD, but it was through art therapy that he was able to address his behavior and advance his recovery.

“The therapists — they’re not just the arts and craft supervisors,” says Mike. “They’re behavioral health professionals trained to see and read what you put on the canvas.”

“I didn’t have to talk. If something was bothering me, I just had to figure out how to say it in paint,” Mike explains. “Once you realize that you have the ability to control your response over time, you become better at it. You can then channel that energy instead of being in a hypersensitive or hyperaware state all the time.”

Mike also began painting at home, which made the positive changes even more noticeable to his wife. “It was cool to see his passion ignite again,” Jacquelyn says. “After he had been in treatment for a while, I really started noticing that he was happier. It felt like a fresh start as a family.”

Like Mike, some Veterans don’t find a treatment program that clicks for them right away. But as his experience demonstrates, it’s important to explore all of the options available when seeking mental health treatment. “You seeking help is about yourself,” Mike says. While it’s also about the people who want the best for you, “[it’s] not for their sake — but so that you’ll be happy.”

Thank You For Your Service And Sacrifice Veterans!

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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 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.



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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. 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 found that while many Americans 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.

1. 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.

2. 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.

3. 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.

God Bless America & Our Veterans

Thank you for
your Service to
our country!



Putting Your Military Experience To Work In The Electronics Industry

By Rob Mortensen, Senior Manager, North American MEGASYS Operations at EMD Electronics

The MEGASYS organization at EMD Electronics provides a unique service, as our employees actually work onsite in our customers' facilities to maintain our delivery systems equipment and safely handle our materials (chemicals and gases) throughout the stages of manufacturing semiconductors.

I recently sat down with Walter Marrable, a Chemical Operations Supervisor on our MEGASYS team in Austin, TX, to learn about how the skills he acquired in the U.S. military translate to his role in our organization.

Marrable served in the United States Navy for six years as a nuclear-trained machinist. "I was responsible for supervising an engine room that directly controlled the maneuverability of aircraft carriers and power generation. Managing the engine room included conducting regular maintenance and repairs. When I left the military, I had over 1000 hours of applied experience in maintenance work."

Marrable said that what drew him to apply for a position in MEGASYS directly after leaving the military was the technical aspect of the role. He was interested in semiconductor technology and had long-admired our customers and wanted to be a part of the industry. Drawing parallels from his work in the engine room to the fab; he shared that moving materials and regulating pressure temperatures were very similar.



"You still have (material) levels and equipment that operate in a specific way. You need to understand the ins and outs of those systems and why components are designed the way they are, and where they are located and processed. All of that definitely translated over into working in MEGASYS," Marrable shares. "Once you understand the technical pieces of equipment, it's easier to learn additional types of equipment in the fab."

Thank you Veterans!

105 W Oklahoma
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(620) 356-3507

On Behalf Of The Ulysses News Team, We Would Like To Thank Our Men And Women Who Served Our Country.

Happy Veterans Day

In speaking to Marrable, it's quite apparent that he brings a high level of discipline to his position and makes safety and quality a priority in his work.

"In the military, just like in here at MEGASYS, we have a chain of command. As a supervisor, I am responsible for developing the team and adhering to strict protocols, procedures. There's more PPE here at our customer site for good reason, and safety is a top priority," he says. "Onboarding new team members and continuing education for our tenured employees related to our protocols are essential. Safety is everyone's job, just like in the military. We can't ignore potential hazards. We have to know how to take action," Marrable concludes.

At EMD Electronics, we are committed to hiring U.S. veterans. Marrable's advice for anyone leaving the military who may be interested in working for us was pretty straightforward. "Like any career, you're going to get out what you put into it. There's a lot to learn, and there's so many opportunities," he says. "From a technical side of things, MEGASYS is a phenomenal place to be. We have so much exposure to the manufacturing process and working with technical equipment. Not to mention building relationships with the customer and understanding their needs.

"MEGASYS has a variety of work. Whether you decide to pursue operations like me or work on the maintenance team, you have options to expand your skills. You also have the opportunity to explore different shifts and decide which kind works best for you.

The operations team works a rotating shift—three on/three off, four on/four off in 12-hour shifts. If you are on the maintenance team, you'll work Monday to Friday, 9-5. So, if you're somebody who doesn't like shift work, apply for the maintenance team," he suggests.

Putting Your Military Experience To Work In The Electronics Industry



Marrable noted that opportunities to grow are similar in MEGASYS too. "There's definitely a runway ahead. Leaders work with you to guide you in the right direction to advance your career. There's a lot of hands-on learning to build your skill set."

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Women Who Has Served,
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Veteran's Best Friend

Service dogs can be trained to do anything from pushing buttons to sniffing out an infection
By Stephanie Bouchard

Just by being themselves, dogs offer love and companionship. Add in some specialized training, and our sometimes-goofy companions become something almost miraculous: helpmates for those with physical disabilities and saviors of those with life-threatening disorders.

How do dogs go from pets to special agents?

First, note that service dogs and emotional support dogs are two different things. A service dog is trained to do specific tasks, while comfort animals are not, says Audrey Trieschman, communications manager for NEADS, a Massachusetts-based nonprofit that trains service dogs.

Most trained service dogs start as young as eight weeks. The first weeks of training usually focus on socialization and obedience. Puppies are exposed to handling, and to different noises and people, before being introduced to working on specific tasks. They'll also be exposed to different environments so they can get used to getting on and off buses, walking on city streets, being in crowds and not reacting to other dogs.

After dogs are matched, they are trained in tasks that will be of use to that particular veteran's disability. Dogs trained to work with veterans who can hear, get command-based training

("push this elevator button"), and dogs working with those with impaired hearing are trained to touch their person then run to the source of the sound—say, a smoke detector—to alert him

or her. Dogs and their matches then train together so they know how to work as a team when they go home.

Dogs trained to detect physiological changes—such as a drop in blood sugar for veterans with diabetes—learn to use their sense of smell to recognize the chemical components that make up the smell of, say, a bacterial infection.

Length of training and any associated costs vary by organization. If you're up for it, with a lot of patience and some research, you can even train a dog yourself.



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