

N.H. man seeks to honor BIA troop greeters

Yet another Memorial Day is upon us and, as we honor those who have served and remember those who died serving their country, we pray for the safety of those who continue to find themselves in the line of fire: That they are able to return home soon to their families, safe and whole, in mind, body and spirit.

"World Airways, Omni International, ATA and others fly large aircraft through Bangor on their way to or from Europe," he wrote. "Coming west, from Europe, Bangor gives troops their very first chance to touch U. S. soil."



JONI AVERILL

Here's an interesting idea relating to the activity of our Maine Troop Greeters from **Chris Van Veen** of Brookline, N.H.

Several months ago, Van Veen wrote the Bangor Daily News.

He is an aviation enthusiast who follows "aircraft movements throughout New England's major airports."

Van Veen believes Bangor International Airport (which he refers to as BGR) deserves special attention.

Anticipating that "troop charters will slowly reduce in number," Van Veen says his hope is that the efforts and contribution of BGR "will never be forgotten."

"My hope is for some way to commemorate the crucial role BGR played in getting troops to and from the theater of war in Iraq."

Admitting that he really doesn't "know what to do" to make that a reality, Van Veen wrote he would be "happy to contribute

money, and my efforts to help, albeit from afar.

"While I'm neither a resident of Maine, nor involved with the military, I feel a sense of duty to help what is clearly a noble cause.

"The airport deserves recognition, and so, too, do the scores of volunteers who greeted each flight and gave what they could to the cause," he wrote.

"Three cheers for BGR." If you're interested in Van Veen's idea, call me, and I'll put you in touch with him.

Speaking of the Maine Troop Greeters, we continue to receive thanks for their efforts on behalf of troops passing through Bangor International Airport.

Among those grateful writers is **Debra Baillargeon Groesser** of Ralston, Neb., who wrote that her son-in-law passed through BIA in March, and that

she found a picture of him "and the guys from Maine" on the Maine Troop Greeters Web site, www.mainetroopgreeters.com.

"It is so amazing to see the picture of all the people hugging the guys and cheering them on," she wrote.

Her son-in-law told her "it was pretty awesome," and that "he even got a box of his favorite Girl Scout cookies."

"It is so comforting to know that there are still Americans who care that much to see them off before war."

Groesser's maiden name may be familiar to some of you since, she explained, she "lived in Bangor and Greenville as a child."

"My dad is from the Jackman area. I still have relatives in Jackman and Dover-Foxcroft."

"I just want the Maine Troop Greeters to know you will forever have a place in our hearts as well.

"God Bless you for caring, and for the wonderful work you do for our men and women in uniform."

"It means so much to them and to us, their families."

According to a recent press release, several Bangor-area Dunkin' Donuts franchises have joined other area businesses in making contributions to the activities of the Maine Troop Greeters by providing freshly brewed coffee and doughnuts each week for the Troop Greeters to offer troops passing through BIA.

"We have been very thankful to have the support of Dunkin' Donuts," said **Bill Knight**, one of the founders of the Maine Troop Greeters.

"I know the delicious coffee and doughnuts have put big smiles on the faces of the troops as they have come and gone."

Taylor Lovejoy, 13, of Bernard Jones Post 92 in Brownville Junction is the Maine Honorary American Legion Junior Auxiliary President.

Brenda Roberts reports the post hopes to raise \$2,000 to send Taylor and her mother, **Theresa Lovejoy**, the junior group's senior adviser, to the American Legion Auxiliary National Convention in August in Reno, Nev.

Planned fundraisers include scrapbook events and a spaghetti supper in June. Readers can help by sending a contribution to Maine Savings Federal Credit Union, Post 92 Junior Auxiliary, Park Street, Milo 0463, with Taylor Lovejoy National Convention Fund on the memo line.

For more information, call Roberts, 965-3631, or Theresa Lovejoy, 965-8015.

Joni Averill, Bangor Daily News, P.O. Box 1329, Bangor 04402; 990-8288.

Giles

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He's served as an adviser for film productions on WWII including Clint Eastwood's "Flags of our Fathers." But in 35 years of trying, he hadn't been able to get to Iwo Jima.

He said recently from his home in South Yorkshire, England, that being on Mount Suribachi was a very moving experience.

"To actually stand on the exact spot where the famous flag raising and photograph happened, it's a very emotional time to realize that and — after so many years and seeing everything in books and films — to actually be there," Moran said.

He said Eastwood did an excellent job in his movie of showing the view of the beaches from Mount Suribachi, even though they were filming in Iceland, but added that nothing could compare to the real thing.

Looking down onto the invasion beaches and seeing what a superb field of view the Japanese must have had on the landings, gave a new level of appreciation, he said.

"Certainly with Memorial Day coming up, we really ought to just take time out to remember what all these guys



U.S. and Japanese soldiers have carved their names into the rock outcropping in which a memorial was carved on Iwo Jima.

did," Moran said.

He is striving to ensure that the memories aren't forgotten.

"We're losing veterans of World War II very quickly these days. It will not be such a long time before we've lost just about all of them," he said. "If we haven't managed to get down all

the memoirs and memories of these people, with no records in existence backing them up, then we've lost them forever."

Giles, too, is working to record the memories. He said he plans to publish a book or a photo book of the information he's gathered so far. Some of it

will go to interactive museums and into films, lectures and seminars.

"This is saying thank you for all the sacrifices that those guys went through for us," Giles said. "World War II is a fading memory for us. We need to keep it ever present."

Holiday

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There were three people killed on highways — two motorcyclists and a woman whose vehicle collided with a moose on Interstate 95.

One of the motorcyclists, Richard Ingargiola, 58, was killed Saturday morning when his cycle veered into a guard rail on the Maine Turnpike in Wells, troopers said.

In Orland, a car collided with a motorcycle around 9 p.m. Friday, killing the 49-year-old cyclist, Michael S. Handzel of Orland, riding a 2004 Yamaha, was traveling south on Route 1, when a 1999 Buck Regal driven by Robert A. Garrecht, 63, also of Orland, attempted to cross Route 1 from the Fish Hatchery Road towards the Back Ridge Road and failed to see the motorcyclist.

Garrecht's car crossed into the path of Handzel's motorcycle, Lt. Timothy Cote of the Hancock County Sheriff's Department said in a prepared release.

Handzel, who was wearing a helmet, was taken by ambulance to Eastern Maine Medical Center in Bangor with massive head injuries. He later died, the lieutenant said.

Garrecht, who was wearing a seat belt, received bruises and abrasions and was treated at the scene by ambulance personnel.

The accident remains under investigation and will be reconstructed by Lt. Patrick Kane of the Sheriff's Department.

Deputies Jeffrey Turcotte and Rob Morang, along with Kane assisted Cote at the scene. Also assisting were the Orland Fire Department, County Ambulance, Bucksport Fire and Rescue and the Peninsula Ambulance, Cote said.

The moose collision, on I-95 in Medway, was the third crash

involving a moose in 24 hours along a 30-mile stretch of I-95, said Stephen McCausland, spokesman for the Maine Department of Public Safety.

Hoang Nguyen, 26, of Arundel died from her injuries following the collision Friday night; her passenger, Andrew Gallagher, 25, of Saco was seriously injured and remained hospitalized at Eastern Maine Medical Center, when troopers last checked, said Sgt. Sean Hashey, of the Maine State Police.

This is the time of the year when moose are on the move, leaving the dense woods and wandering into open areas, McCausland said.

"Motorists at night have to be especially cautious because the animals are virtually invisible after dark despite their size," he said.

The deaths came as state troopers stepped up enforcement for the holiday weekend with extra patrols looking for drunken and aggressive drivers.

"We want to ID the chronic speeders," said Lt. Arthur Murdock of the Maine State Police. "We also categorize those who intentionally make bad passes or follow too close as aggressive drivers."

Murdock joined law enforcement from New Hampshire and Massachusetts on Friday to describe a cooperative effort to reduce speeds, prevent crashes and identify aggressive drivers on I-95.

Authorities said too many drivers think they can drive faster because the road is relatively straight but don't realize how tragic the consequences can be.

"Imagine an accident at 30 miles per hour," said Murdock. "Now imagine it six times worse."

Going into the weekend, fatalities were down for the year with 53 people killed on Maine roads so far this year, compared to 63 at the same time last year, said Col. Patrick Fleming, state police chief.

PTSD

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ings — fear, anxiety, horror or helplessness — typically accompany the episodes, and in a less acute form may become part of the individual's everyday life.

The affected person may become withdrawn, depressed, paranoid, argumentative and prone to violence and substance abuse. Untreated, PTSD can disrupt family life, render the individual unemployable and lead to incarceration and suicide.

In April, a bipartisan group of U.S. senators asked the Government Accountability Office to investigate ongoing complaints of systematic stigmatization, inappropriate military discharges and lack of screening or outreach in the health systems of both Defense Department and the Department of Veterans Affairs.

Next Saturday's event is the second PTSD symposium sponsored by the Maine chapter of Veterans for Peace, a national organization founded in 1985 and dedicated to raising public awareness of the costs of war and to seeking nonviolent alternatives.

The symposium last year was held in Augusta and attracted 135 attendees from all across the state.

This year's event features

presentations by:

- Dr. Judith Lewis Herman, a clinical professor of psychiatry at Harvard Medical School. She will review the effects of traumatic events, with special attention to the experiences of women, in both military and civilian life.

- Edward Tick, who specializes in using psychospiritual, cross-cultural and international reconciliation practices to help veterans and communities heal from the traumas of war.

- U.S. Rep. Jim McDermott, D-Wash., a medical doctor who recently submitted legislation to study PTSD and the health effects of exposure to depleted uranium on soldiers and their children.

- Kate Dahlstedt, a licensed mental health counselor in New York and co-director of Soldier's Heart, a nonprofit organization dedicated to helping service members return to civilian life.

- Michael Uhl, a longtime peace activist and a charter member of Veterans for Peace.

The cost of the symposium is \$15 for veterans and family members and \$35 for health care professionals and others. Lunch is included. To register, or for more information, contact Bob Lezer, president of Maine Veterans for Peace, at 865-0655 or by e-mail at boblezervfp@suscom-maine.net. Registration information is also available online at www.vfp-maine.org/vfp.htm.

Joshua

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readers in January as the Spin Skater of Pinpoint Pond, the young man from Trescott who prompted a children's story about perseverance and courage.

As a teenager, Barker wanted nothing more than to be an Olympic skater. His spinning and skating on a small pond in front of his family's home caught the eye and the imagination of Linda Godfrey of Eastport, who wrote a moving children's story about a skater and his determination to become the very best despite difficult circumstances.

But the freckle-faced young man with a huge smile was derailed from his dreams when he was diagnosed at age 19 with cardiomyopathy. He had to stop skating and leave college. Barker managed his illness for several years with medication.

In Barker's case, the heart muscle fibers pressed tighter and tighter against one another, trying to create a stronger contraction as the heart began to fail. As the heart worked harder, the muscles grew in size.

In February 2006, Barker suffered a major heart attack. A defibrillator and a pacemaker were implanted in his chest and he began pursuing the opportunity to get on a heart transplant list.

The first hospital that he dealt with refused him. Thinking his options for medical intervention

were used up, Barker moved into an assisted-living facility in Bangor and began slowly moving through his days, preparing to die. His condition worsened and he began retaining up to 30 pounds of extra fluid.

But the young man was given a second chance when the BWH transplant team called and offered him the opportunity to be re-evaluated.

"Before the party in Eastport, I had been wondering about possibly just giving up," Barker said earlier this year after a day of evaluations at Maine Medical Center in Portland. "I felt really, really alone going into all of this. The doctors made me feel like I wasn't good enough for a heart." In tears after the exhausting day of medical tests, Barker admitted to the difficulty of the situation.

"I'm exhausted and frustrated," he said. "Everything seems so out of my control."

Touching his chest, Barker said "It's hard to think of someone else's heart in here."

Gay-Barker said her son appreciates the support shown to him by the people of Maine. "He loves all the cards especially," she said. "When he isn't strong enough, I open them for him and read them to him."

Teens and young adults are at a higher risk for opiate drug addiction than in the past.

True False

The social stigma and fear of using needles is no longer a barrier to opiate abuse. Prescription painkillers are often used by young people in the false belief that because they come from a doctor they are safe. Using any drug not prescribed for you is potentially dangerous and can lead to a lifelong addiction.

Opiate addiction is closer to home than you think. For more information, go to www.close-to-home-campaign.org If you or someone you know needs help or treatment, call 2-1-1.

This public service campaign is sponsored by The Acadia Hospital with support from many community and media partners. To view the list of partners please visit www.close-to-home-campaign.org. Acadia Hospital is grateful for their involvement.

31
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