

Cianchette

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fine individuals, they have no direct sense of deployment or the warrior ethos.

That doesn't stop candidates from trying to claim a military mantle and show their grit. For example, Hillary Clinton famously invented a story about landing in Bosnia under sniper fire to prove her toughness. In her telling, she only went because it was too dangerous for President Bill Clinton to go. Meanwhile, Donald Trump tells people that being in an IED-attack is just a "little ride" and that attending a military prep school provided him more military training than most people in the military.

And Bernie Sanders? He was jaunting off to Nicaragua in the 1980s to stand in solidarity with crowds chanting "here, there and everywhere, the Yankee will die."

None of these candidates is perfect, and this weekend isn't about them. Yet, as voters, because we know they do not have military experience, let's try and ensure the victor remembers the reason we have a Memorial Day. It is for these men and women:

Andrews. Arredondo. Aubin. Balduf. Barron. Bean. Beaulieu. Bernard. Brainard. Brochu. Bruns. Buxbaum. Cash. Cassavant. Cherry. Ciraso. Clukey. Cofin. Coutu. Cunningham. Damon. Dan. Dore. Dostie. Dostie. Emery. Feeks. Frank. Garver. Gelineau. Golding. Goyet. Halvorsen. Har-



GARY CAMERON | REUTERS

Burial flags are carried during a service for U.S. Army Sgt. First Class Matthew McClintock, who was killed in action in Afghanistan in January, at Arlington National Cemetery in Virginia in March.

ris. Hasenflu. Heidtman. Henderson. Holmes. Horrigan. House. Humble. Hutchins. Jackson. Jones. Keating. Kelly. Kennedy. Kennie. Krik. Koelsch. Krueger. Leigh. Libby. Little. Love. Lowery. Lucas. McDonald. McLain. McMillin. Merchant. Olmsted. Parker. Pelotte. Picard. Poulin. Robertson. Rosa. Rose. Ross. Roukey. Roy. Roy. Russell. Schlegel. Schneider. Severance. Shaw.

Silk. Slack. Small. Small. Smith. Smith. Springer. Springman. Swarthworth. Swiger. Taylor. Thibedeau. Tranchemontagne. Veverka. Wilson. Wing. Zimmerman.

These are the last names of the 95 Mainers who have died in service to the United States since Sept. 11, 2001. They gave everything to allow ad-makers to advertise their great deals, to give you

an extra day off of work and hold a cookout with friends and family. They gave up their ability to do those things to preserve yours. And it wasn't because they were Democrats or Republicans; it was because they were Americans.

Quite simply, Memorial Day is their day. It is a meager gift we offer back to them for what they sacrificed, and the very least we can do with that mea-

ger gift is honor it.

So to those 95 men and women and the families they left behind, thank you. That is all there is to say.

Michael Cianchette is former chief counsel to Gov. Paul LePage, a Navy reservist who served in Afghanistan and in-house counsel to a number of businesses in southern Maine.



COURTESY OF MAINE NATIONAL GUARD ARCHIVES

Guardsmen with the Second Maine during their assembly at Camp Keyes in Augusta in 1916.

Guard

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Many men joined just for the opportunity for adventure. The entire University of Maine band joined up, becoming the regiment's band section. It was the only college band in the entire U.S. Army.

Incidentally, the band leader was Adelbert W. Sprague, the man who set the "Maine Stein Song" to music. This song would not only become Maine's state song but also the regimental march of the 103rd Infantry Regiment, which is what the Second Maine would become in World War I.

On June 29, the men of the Second Maine boarded trains for Laredo, Texas. For two days they traveled in uncomfortable day coaches with three men to a seat. When they reached Kansas City, they were switched to sleeper cars, which were far more comfortable and allowed the men to get some sleep. The 1,043 men of the Second Maine arrived in the important border town of Laredo on July 4.

Two years later to the day, most of these same men would arrive at Belleau Wood, France, to relieve the Marines there in some of the worst combat of World War I. But this was all in the unknown future to the Maine men, who quickly set up a neat and orderly camp outside the town and began settling in.

On July 17, morale was greatly lifted when the Mainers received light khaki uniforms to replace their heavy woolen ones. This was a great relief, as the heat was something to which the Mainers were ill-acustomed. The three battalions of the regiment prepared to take over patrolling duties from other units in the area that were leaving.

The Second Maine shared their duties in Laredo with National Guardsmen from Missouri and New Hampshire, as well as several outfits of active duty soldiers, referred to as Regulars. Conditions at Laredo were generally good: The Army supplied good food and required the local municipality to put in modern plumb-

ing and medical facilities.

When not on duty, troops could go into town to take in a movie or go shopping for souvenirs, which they would then send home. The regimental bands made quite an impression, holding frequent concerts in the town square, for soldiers and civilians alike. One incident of note was that the Mainers on border service were allowed to cast absentee ballots for the Maine gubernatorial election that year.

But the Second Maine was there to establish security, and the soldiers grew restless at not being used. At the end of July, the regiment was broken up by companies and sent out to secure San Ignacio, Zapata, and various crossings along the Rio Grande. Here, the Maine men learned how to march long distances with full packs and equipment, how to set up outposts and how to sustain themselves as soldiers. It was a valuable learning experience for all of the men, especially the officers.

By September, the Second Maine was assembled in Laredo again. In a short time, they were relieved by the Second Florida Infantry and were on their way home again. The city of Laredo was sad to see them go.

The city newspaper wrote, "Laredo regrets to lose the Maine boys and their excellent college band. Since their coming here they have made an excellent reputation as gentlemen as well as soldiers and leave Laredo with a clean record, not a single one of their men having been arrested for any violation of the civil law while here."

The Second Maine was mustered out of active service and returned to the control of the Maine National Guard in Augusta on Oct. 28, 1916.

Less than six months later, the men would be called back into federal service, this time bound for France. The officers and men of the Second Maine — now the 103rd U.S. Infantry in 1917 — would take the lessons they learned on the Mexican border and apply them in combat in World War I.

First Lt. Jonathan Bratten is the Maine National Guard historian.

Health

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Meanwhile, even in the most generous plans offered to those who buy their own coverage through the ACA's marketplaces, the portion of health care costs borne by consumers has left many unable to afford care.

As insurers have shortened their lists of "in network" doctors and hospitals, another out-of-pocket spending problem is becoming more common: The "surprise medical bill." Those are bills for services provided outside a patient's insurance network that the patient did not know was out-of-network when he or she sought care.

Some of the candidates — notably Clinton and Sanders — have talked about the issue. But serious discussion about ways to ensure health care services remain broadly affordable have been overshadowed by the fight over the fate of the federal health law.

2. Drugs — more than prices. Rising drug prices at the pharmacy counter also have proved problematic for patients. And both Republican and Democratic candidates have discussed proposals to address the cost of prescription drugs.

But there is more involved in this issue than the prices paid by patients.

Drugmakers point out their industry is a risky one, and the big rewards on breakthrough drugs offset the losses for those who never make it to the pharmacy. But at what point does the cost to society for a drug, such as new treatments for hepatitis C that tally more than \$80,000 for a course of treatment, become prohibitive?

Meanwhile, scientists are rapidly approaching the point of being able to develop specific drugs for specific individuals, a trend known as "personalized medicine" or "precision medicine." But even if everyone could be screened so they would only get the expensive drugs that will help them specifically, how could those costs be spread over society as a whole?

And how fast should promising drugs be brought to market? Some decry the lengthy testing required for Food and Drug Administra-



JIM YOUNG | REUTERS

Democratic presidential candidates Hillary Clinton and Bernie Sanders debate in Flint, Michigan, in March.

tion approval. They say people are dying who could potentially be helped. But others are equally concerned that putting a drug on the market too soon poses risks to the public.

3. Long-term care. Every day, another 10,000 baby boomers turn 65 and qualify for Medicare. An estimated 70 percent of people who reach that threshold will need some sort of long-term care.

It's not cheap. The annual cost of these services can range from approximately \$46,000 for a home health aide to \$80,000 or more for a bed in a nursing home.

Yet Medicare, the health program for the elderly and some disabled, does not pay for most long-term care services. Medicare has nursing home and home care benefits, but they are temporary and limited to those with specific medical needs.

Most people who need long-term care don't need special medical interventions, just help with "activities of daily living."

By contrast, Medicaid, the joint state-federal health program for people with low incomes, paid just over half of the nation's estimated \$310 billion tab for long-term care in 2013, the most recent year for which this information is available. But you either have to be very poor or spend nearly all of your savings in order to qualify.

Private insurance for long-term care exists, but it is expensive and remains uncommon — paying for just 8 percent of the 2013 bill. And private insurance for long-term care has been getting more difficult to purchase as insurers pull back from the products because of rising costs as peo-

ple, especially women, live longer.

4. Medicare. Speaking of seniors, Medicare, which provides health insurance to an estimated 55 million people — 46 million older than age 65 and another 9 million with disabilities — is also in a financial bind.

Medicare accounts for 14 percent of all federal spending, and that is expected to grow rapidly as those boomers reach their highest health-spending years. The program already accounts for one of every five dollars spent on health care in the U.S.

Interestingly, Medicare spending has slowed dramatically in recent years. That has prompted a lively debate among health policy experts: How much is the slowdown due to the deep recession that caused spending to fall in all sectors of the economy, and how much to other factors that could continue even with stronger economic growth?

The Obama administration contends that changing the way Medicare pays health care providers, as begun in the ACA, has helped put the program on more sustainable footing.

Many Republicans, however, led by House Speaker Paul Ryan, R-Wisconsin, want to effectively privatize Medicare, which would transfer the risk for cost increases from the government to private insurers.

But even smaller changes can kick up big political pushback from those who rely on Medicare for their livelihoods. A recent Obama administration proposal to change the way the program pays for expensive drugs administered in doctors' offices or clinics has brought cries of complaint from Democrats and Republicans.

5. Dental care. In 2007, a Maryland 12-year-old named Deamonte Driver died from a tooth infection that spread to his brain. That cast a harsh spotlight on the difficulty low-income Americans — even those with insurance through the Medicaid program — have getting dental care.

Yet research has shown repeatedly that care for the mouth and teeth is inextricably linked to the rest of the body. Oral problems have been linked to conditions as diverse as heart disease, diabetes and Alzheimer's disease.

Lack of dental care is particularly significant for children. Dental problems are common in youngsters and in addition to discomfort lead to school absences and poorer academic performance.

Findings such as that are one reason the federal health law made pediatric dental care an "essential benefit" for most insurance plans. But for complicated reasons, including the fact that dental insurance traditionally has been sold separately from other health coverage, many children insured under the law are not getting dental coverage.

Coverage for adults remains spotty as well. According to the Centers for Disease Control and Prevention, one in every three adults has untreated tooth decay. More than 100 million Americans do not have dental insurance, the government reports. And more than a third — 38 percent — of adults ages 18 to 64 reported no dental visits in 2014.

Kaiser Health News is a national health policy news service that is part of the nonpartisan Henry J. Kaiser Family Foundation.

Hatred

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edge who they really were inside become circus animals in the eyes of their peers, who ogled them as if transgender meant being infected with some grotesque yet fascinating disease.

But the judges, mockers and humiliators did not realize they were the ones plagued by sickness, and they did not realize the virus devouring them was

not color, love or revelation but ignorance.

We must end this now.

Schools, which are the so-called havens of enlightenment, often are rife with ignorance and hatred, which spreads like an unseen cancer among us, consuming us, blinding us. We must acknowledge the wars being fought by the students who only attempt to know themselves, love themselves and free themselves from the suffocating labels forever strapped around their necks. We must challenge

students to think, to speak, to make this invisible illness a visible one, for only then can it be vanquished.

Because I am a child, still, and children always ask for things that can never be, I ask for this: I was born in a white, silent shivering. Please, when the time comes, do not let me die in one.

Clara Bradley, a junior at Bangor High School, won the Maine Civil Rights Team Project's first essay contest

with this piece and read it to hundreds of Maine students at the Civil Rights Team Project State conference on May 23 in Augusta. She is a member of Bangor High School's Civil Rights Team. The essay prompt was: "Why is it important to challenge students in our schools to think and talk about issues related to race and skin color, national origin and ancestry, religion, physical and mental disabilities, gender (including gender expression and identity), and sexual orientation?"