

OPINION

Honor those who served

EDITORIAL

Saturday is Veterans Day, when we honor military veterans in our nation, people who have served in the United States Armed Forces.

When Nov. 11 is on a Sunday, the holiday is observed on the following Monday and, likewise, whenever it is on a Saturday, as it is this year, Veterans Day is observed on the preceding Friday. It is a federal holiday, so non-essential government offices will be closed on Friday, as will banks, which mostly follow the holiday calendar of the U.S. Federal Reserve. All federal workers will be paid for the holiday and those required to work sometimes receive holiday pay, in addition to their wages. No mail will be delivered on this Saturday.

Veterans Day was originally known as Armistice Day, and it takes place on Nov. 11 because all major hostilities of World War I formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the armistice with Germany went into effect. Exactly one year later, President Woodrow Wilson issued an address to his fellow countrymen, in which he stated: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in this country's service, and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations."

The ceremonial aspects of this holiday didn't end there. The U.S. Congress adopted a resolution in 1926 requesting President Calvin Coolidge to issue a proclamation calling for the observance of Nov. 11 with appropriate ceremonies, something every president has done to this day. Although originally only celebrating veterans of World War I, in 1945 the idea was put forth to expand Armistice Day to celebrate all veterans. This bill was signed into law in 1954 and, shortly thereafter, Congress amended the bill and replaced "Armistice" with "Veterans," and it has been known as Veterans Day ever since.

An easy mistake many make is confusing Veterans Day with Memorial Day, a U.S. public holiday in May. Veterans Day celebrates the service of all U.S. military veterans, while Memorial Day honors those who died while in military service.

It should not to be confused with Armed Services Day,

a U.S. remembrance that also occurs in May, which honors those currently serving in the U.S. military.

We see so much bloodshed on news programs and in movies and television shows that it is very easy to become desensitized. Those of us who haven't served in the Armed Forces during wartime have a difficult time imagining exactly what it's like for combat veterans, and video games such as Mortal Kombat and Call of Duty only further disconnect us from what their service actually entails.

All too often, the return to civilian life for members of the military has been far from easy, and only in recent years have our soldiers begun to be effectively treated for post-traumatic stress disorder and similar conditions. We need to be more accepting and accommodating for our peacekeepers as they re-enter the civilian world. They need our support with programs and treatment, but they also need to be treated with respect, friendship and compassion.

Too often, once the war is over and the fighting has ended, we allow our soldiers to blend into the background and become forgotten. We must make the effort to remember their sacrifices and the causes for which they fought. There were 16,112,566 members of the U.S. Armed Forces during World War II who suffered 291,557 battle deaths, 113,842 other deaths in service or non-theater and 670,846 non-mortal woundings.

According to the the Department of Veteran Affairs, around 558,000 American veterans of this war are estimated to still be alive, as of 2017, to say nothing of the veterans of the Korean War, Vietnam War, Gulf War, Iraq War and countless other wars and military actions in which our nation has been involved. In 2016, the Department of Veterans Affairs estimated that 362 American World War II veterans die every day.

These men and women deserve our praise and respect throughout the year, but especially on Veterans Day. If you see any members of the U.S. Armed Forces on Veterans Day, say hello, thank them and shake their hands. Perhaps buy them a cup of coffee or pay for their meal. Tell them how much they mean to you. Your thanks will mean so much to every one of them.

Happy Veterans Day, and remember to fly your flag.

Have borscht, burritos and babka

LIBRARY MATTERS

BY MARY JEAN GURZENDA

Are you sometimes at a loss for how to make dinner exciting? Sure, you have lots of cookbooks and there are millions of recipes online. Yes, you can Google and find recipes, but how can you be sure where they come from? How about if you want to cook something really exotic — and authentic — for dinner this weekend? If you're looking for some inspiration, take a look at the West Orange Public Library's new resource, A to Z World Food.

Loaded with more than 7,000 recipes from 174 countries, A to Z World Food is a feast for the eyes as well as the tummy. You can search for recipes by country or choose an ingredient you would like to explore. Recipes are arranged by course as well:

There are appetizers, soups, salads, breads, main courses, side dishes, desserts and beverages. It's also fun to just pick a country and read about its food culture and national dishes. Take a look at the country from which your family emigrated; you might recognize your grandma's signature dishes. There are many ways to make use of this interesting resource.

In the spring my husband came home from the farmers market with a bag of really interesting looking vegetables. I recognized them as "fiddleheads" but I wasn't

sure what to do with them. A to Z World Food had two different recipes for fiddleheads: one an appetizer from Brunei and the other a salad from the Solomon Islands. When he brought home cassava, I had no idea what it was. I discovered it is the root of a tropical vegetable that originated in Brazil. It has other names, among them tapioca and yucca. I found more than a dozen recipes for cassava that included bread, cake, dumplings and salads, mostly from Latin America. There are more than 800 articles on ingredients alone.

If you're looking to have an "international night" with your family or friends there are thousands of authentic options to See **EATING**, Page 13

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CHILI CHAMP — Longtime West Orange resident Susan Hammer was the champion at the first Keller Williams Suburban Realty 'Chili Cook Off' in Livingston recently.



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Photo Courtesy of Vicki Kalmus

Eating internationally

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choose from. You can start with japrap, or stuffed grape leaves, from Albania, follow it with kulajda, or dill soup, from the Czech Republic and azifa, or green lentil salad, from Ethiopia. Your main course could be pastitsio, baked pasta, from Greece or bigos, a hunter's stew, from Poland. For dessert, how about watalappan, or coconut custard, from Sri Lanka or sweet potato pudding from Zambia?

What goes great with a new recipe? Why, a new beverage of course. Beverages are another part of the mix. Read about tea culture, wine, beer and other beverages and how they are treated and enjoyed all over the world. As West Orange becomes more diverse, you can find many unusual international spirits at your local liquor store. Check out a mixed drink recipe and serve a Chufalay using Singai, a brandy from Brazil. A to Z World Food will also be helpful

for the children's school projects, like country reports. There are more than 1,400 articles on food culture that cover all 174 countries, such as national and regional cuisines, daily meals, dining etiquette, special occasion foods and food trivia.

To celebrate A to Z World Food, we will be presenting a "Share a Dish" program, using the A to Z World Food recipes, at the West Orange Public Library early in 2018. So check out the library calendar for a date and time.

To give this new resource a test drive, visit us on the web at www.wopl.org and look for "Research" under "Digital Resources." You'll find A to Z World Food under "World Culture and Geography." Or visit the library and ask one of our reference librarians to show you how it works.

Mary Jean Gurzenda is the department head of reference services at the West Orange Public Library.

Assisted living benefits

(Continued from Page 11)
Assisted living communities provide transportation to doctor's appointments with the provision of social workers and escorts, and/or onsite doctor visits. There is 24/7 access to health care, emergency and non-emergency assistance. Immediate response time can prevent or mitigate a

larger health challenge from developing. Assisted living care that is 24-hour enables providers to easily recognize developing health issues and address them quickly.

Donna Lazartic is the president and executive director of Green Hills in West Orange.

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