

# Hastings Rigollet Honored For Service In Vietnam

By Gina Violette Rigollet  
For the Beacon

As many of you already know, Route 4 traveling through the state of New Hampshire is designated as "The Purple Heart Trail," in honor of all our American war veterans who have been physically wounded while defending our country.

The name shown on this sign is my husband, Hastings Rigollet who I am so very proud of. He was born in Sweden in 1949 and became a United States citizen as a young boy. He volunteered for the US Marines in 1967, and fought for the United States of America in Vietnam from 1967 to 1968, when he was wounded severely enough to be sent home.

We as a country did not welcome him home or thank him for all he had sacrificed. Most turned their heads the other way or criticized the heroic actions of the soldiers as a whole. Vietnam veterans, rather than boasting proudly about all they had done, chose not to talk about it at all, as they were looked down upon rather than being treated as the heroes they all are. We who sat comfortably at home pointing fingers should be thoroughly ashamed of ourselves.

It is too easy today and much too common with our fast-paced, too-busy lives to forget about our active soldiers fighting for us right now as you read this, and it is even easier to overlook yesterday's war veterans who, without today's modern conveniences, defended our country. Many of them sacrificed their lives. Many sacrificed their families; many sacrificed their arms or legs. Many sacrificed the ability to hear, see, or speak. All sacrificed nights filled with sweet dreams. Many were prison-



ers of war – for years!

Today my husband and I live in New Hampshire with our children, Curtis age 14, and Olivia age nine. Jason, age 27 lives in Atlanta, Georgia and is a student at their university. Matthieu, age 23, is currently residing in San Antonio, Texas.

Today, as I write this letter my husband's name is being placed on one of the Purple Heart signs. What an overdue honor! Please recognize these signs for what they are: a reminder of peace and freedom, life and death, sacrifice and honor, and the heroes of yesterday, today, and tomorrow.

To each and every war veteran out there, I want to say, "Thank you, and welcome home."

# Linda Varnum Prepares For Avon Walk For Breast Cancer

By Linda Varnum  
For the Beacon

I am just weeks away from participating in my third Avon Walk for Breast Cancer, which is taking place on May 5 and 6 in Washington, DC. As I write this, I have completed four weeks of training and I have a total of 77.3 miles under my feet. I'm feeling strong, and I hope that bodes well for the coming weeks of training.

The location of the DC opening and closing ceremonies has been announced. We will be gathering at the John F. Kennedy Center for the Performing Arts. I am looking forward to being in DC again and visiting the JFK Center for the first time. And, I'm already imagining the tons of pictures I will take along the way during the marathon walk on Saturday and the half marathon on Sunday.

Although I have visited DC before, this visit will be a very up-close and personal look at the city and its surrounding areas. I am going to have all kinds of fun seeing new things and at the same time I will be making a difference in the fight against breast cancer. You just can't beat that!

If you have already made a gift toward my DC walk, many thanks again for your participation. If you haven't made

a gift I hope you are still considering doing so. Every dollar makes a difference and will put me that much closer to my goal of \$7,500. You can make a gift on my Web page at [tinyurl.com/v8dws](http://tinyurl.com/v8dws).

Did you know early detection can save lives? There is a 97% five-year survival rate when breast cancer is caught before it spreads to other parts of the body.

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