



**CONGRESSMAN JERRY MORAN** spoke to a group at a town meeting held in St. Francis on Monday evening.  
*Herald staff photo by Karen Krien*



**MONEY FOR WIRING** at the Cheyenne County Museum was presented to Pastor David Rossbach, treasurer of the Cheyenne County Historical Society, by Laura Pope, manager of Walmart in Goodland. Lucille Rossbach, wife of Pastor Rossbach, wrote the grant proposal which won the \$1,000 Community Generator Grant. Above, Janet Carman, curator, fluffs the pillows on the bed in the bedroom setting.  
*Herald staff photo by Karen Krien*

## VISITS

Continued from Page 1A

the same. Tests need to be more individualized.

It was pointed out that schools are held accountable. Also, classes such as vocational education have been eliminated. Hands as well as the brains need to be educated.

Rick Reeser, St. Francis, thought that kids should be educated in consumer math. He said that many students graduate without knowing about credit and loan truths. They don't understand credit cards, compound interest or even basic math and figuring a check book.

Dorothy Smestead, St. Francis, said she saw the reason for losing ag and other vocational programs in the schools was a lack of teachers. She also thought teachers should be "capable" to teach. Often, she said, teacher unions stand behind teachers who should not be teaching.

Francis O'Leary, St. Francis, asked why the United States deals with the United Nation? Mr. Moran said the United Nations has a corrupt agenda all of its own and he was not in favor of working with it.

Norman Morrow, St. Francis, asked about the individual rights that might be jeopardized owning guns. Mr. Moran said that he felt there were enough Democrats

coming from the country who understand that it doesn't make sense to take guns away from law abiding citizens. These people would be left defenseless because those committing crimes would still have the guns they needed.

Mrs. Smestead said she had read the 10 commandments of customer service. The 10th commandment said that the person who buys, is the person who signs their pay check. Congress, she said, needs to learn that. They need to realize that it is the people out there who are supporting them.

She said that when the government puts a higher tax on businesses, it is the customers who will suffer as the businessman will have to raise their prices to cover the tax.

Congressman Moran talked about taxes on utility companies will be passed down to customers and, in rural Kansas, it would be bad.

There was also discussion on air pollution, keeping kids in rural areas and consolidation of counties and schools. What was supposed to be a 30-minute town meeting, stretched into around 60 minutes.

Attending the meeting with Congressman Moran was Sue Boldra, who is seeking to fill the congressman's position in the near future.

## Plain Sense

### Mental Health First Aid

When it comes to mental health issues, one frequently hears about the inherent challenge of the stigma of mental illness. Stigma is a feeling of shame or disgrace that also involves a great deal of fear; the fear of not understanding a problem, of doing or saying the "wrong" thing, and of not knowing what to do when someone needs help. Therefore, one of the best ways to decrease stigma is to provide current and accurate information on mental illness and on how to help an individual who is experiencing an emotional crisis.

One of the most promising evidence-based public education programs in the United States today is Mental Health First Aid (MHFA). This program is a 12-hour training course that is designed to educate people on key skills needed to help someone who is developing a mental health problem or experiencing a crisis. Just as cardiopulmonary

resuscitation (CPR) or basic first aid training helps a lay person (without a medical background) assist an individual following an accident or heart attack, Mental Health First Aid training helps a lay person assist someone experiencing a mental health crisis.

This program teaches a five-step process that includes assessing the situation, selecting and implementing appropriate interventions, and helping the individual in crisis connect with appropriate care. Participants learn the risk factors and warning signs of specific illnesses such as anxiety, depression, psychosis and addiction. Because professional help is not always readily available, this program emphasizes skills that can be

used until professional help can be obtained.

Studies have shown that this first aid training increases mental health literacy by helping participants identify, understand, and respond to signs of mental illness, and also helps them to feel more comfortable managing a crisis situation. Interestingly, studies have found another unexpected benefit in that the program appears to improve the mental health of those who participate in the training. As a result of taking the class, participants say they are better able to monitor and deal more effectively with their own levels of stress and frustration.

Mental Health First Aid was developed in Australia and has since

been replicated in other countries including England, Canada, and Singapore. The National Council for Community Behavioral Healthcare is currently in the process of training instructors in the program and making the program available throughout the United States. If you are interested in learning more about the program, please contact your local mental health center or the National Council.

Contributed by Ken Loos, MS, LMLP, LCP Prevention, Education, and Outreach Department. Mail questions to: High Plains Mental Health Center; Plain Sense, Prevention, Education, and Outreach Department (PEO), 208 East 7th, Hays, KS 67601

## Biggest & Best Selection of Pre-Owned In the Area

PRICES SLASHED!

Special rates available at just 4.9% on select units!

### Shop Vans!



**2008 Chevy Uplander EXT**  
4 door, LT, Gray,  
14,759 miles,  
**REDUCED**  
to \$16,250!



**2006 Chrysler Town & Country**  
White,  
34,016 miles  
**REDUCED**  
to \$13,950!



**2004 Chevy Venture Van**  
Auto, Silver,  
83,675 miles,  
**REDUCED**  
to \$5,950!



**2008 Dodge Caravan**  
Auto, white,  
17,862 miles,  
**REDUCED**  
to \$18,450!

### Pickups Just In!



**2006 GMC Sierra 1500**  
Crew Cab, Steel gray,  
39,956 miles,  
**REDUCED**  
to \$20,900!



**2007 Chevy Crew Cab**  
4 WD, Z71, silver,  
26,000 miles,  
**REDUCED**  
to \$24,500!



**2007 Chevy 3/4 Reg. Cab**  
4 WD, white,  
24,000 miles,  
**REDUCED**  
to \$21,500!



**2005 GMC Canyon EXT. Cab, 2 WD,**  
black, 50,695 miles,  
**REDUCED**  
to \$12,650!

### Always a great selection of cars!



**2004 Buick LeSabre**  
Limited edition, red,  
leather, heated,  
**REDUCED**  
to \$9,950!



**2005 Cadillac DeVille**  
Auto, white,  
38,561 miles, 8 cylinder,  
**REDUCED**  
to \$14,950!



**2006 Saturn Ion LE**  
4 cylinder, beige,  
49,478 miles,  
**REDUCED**  
to \$9,950!



**2007 Chrysler PT Cruiser**  
white, 15,000 miles,  
**REDUCED**  
to \$10,700!

### Small SUVs!



**2008 Toyota Rav 4**  
Auto, silver, 33,000 miles,  
**REDUCED** to \$16,950!



**2008 Buick Enclave CXL**  
Auto, gold mist, 11,795 miles,  
**REDUCED** to \$32,900!



**2005 Chevy Trailblazer LS**  
White, Auto, 27,119 miles,  
**REDUCED** to \$15,450!



**2006 GMC Envoy SLE**  
White, 36,178 miles, Auto,  
**REDUCED** to \$16,950!

## Finley Motors, Inc.

(785) 899-2346 OR (800) 525-3701 Highway 27, Goodland  
www.finleymotorsinc.com "Your Volume & Variety Dealer!"

Are you ready for spring showers?

Protect your investment and your family with a new roof and siding from the professionals.

A local and licensed Roofing and Construction company.



**TAMKO**  
BUILDING PRODUCTS



INNOVATIONS FOR LIVING®

**DECRA®**  
STONE-COATED STEEL ROOFING SYSTEM

## Aqua Shield Roofing and Construction

**WOODSHAKES • TILE  
METAL • ASPHALT  
Steel & Vinyl Siding  
Cement Board Siding**

**202 W. Commercial  
Oberlin, KS  
785-475-2533**

Fully Insured — FREE Estimate  
References Available — Serving Western Kansas