

# Flag waving, recognition just a start

As Veterans Day approaches, it is great that we fly the American flag and recognize the sacrifices made by our country's soldiers. But we need to do more than that for many of them.

Thousands of veterans nationwide are in need of mental health treatment.

The wars in Afghanistan and Iraq continue to increase the demand on an already stretched Veterans Affairs system. In addition, the stigma attached to mental illness prevents many veterans who are in need of care from seeking needed treatment.

In 1982, Chris Hill (no relation to the writer) was honorably discharged from the Marine Corps and now works as a mental health counselor for the Jefferson Center for Mental Health in Wheat Ridge, Colo.

When discharged, Chris, who was experiencing severe anxiety attacks, admits that he made sure to remove the medical records in his permanent file about his visits to a psychiatrist, for fear of being



## high plains mental health

- plain sense

their wounds can present particular challenges for years to come.

The wars overseas rarely make front-page news these

days, but still loom large for families of soldiers as they wait at home for their soldier's return, and then continue when they deal with the war's aftermath in the form of veterans who come back with post-traumatic stress disorder, anxiety, depression and substance abuse.

Nearly 300,000 veterans from the wars in Iraq and Afghanistan suffer from either post-traumatic stress or depression, according to a recent study by the RAND Corporation. The Department of Veterans Affairs says mental health is the second largest area of illness for veterans of these wars.

Here in northwest Kansas, High Plains Mental Health Center serves as a resource for some of these troubled veterans.

High Plains is part of a network of community mental health centers nationwide. The centers' deep roots in their communities make them well suited to counsel veterans, and to make an effort to reach out to the veterans' entire family by engaging churches, schools and other community stalwarts to become involved.

Soon more veterans may be able to receive counseling from community-based organizations. On Friday, Oct. 10, President Bush signed "The Veterans Mental Health and Other Care Improvements Act of 2008" into law.

The new law directs the Veterans administration to contract with community-based healthcare organizations to provide mental health services in rural areas where access to Veterans Affairs services is inadequate.

But we should not expect mental health professionals to go it alone. Everyone has a role to play to help veterans overcome the stigma of mental illness including the following:

- Talk about your own and your family's experiences with mental illness and addictions as you would about any other medical condition, such as cancer or heart disease. Mental illness and addiction need to be discussed openly, not hidden away.

- Learn more about mental illnesses and addictions. Read and ask questions about these conditions and look for courses on mental health literacy in your community.

- Support veterans groups and your local mental health center's efforts to make mental health and addictions treatment available in every community.

On this Veterans Day, whether

we are a veteran, family member, friend, coworker or simply a concerned citizen, we all need to make sure we continue to fight the stigma attached to seeking mental health treatment. We need to go the extra yard to ensure that veterans who may be suffering from mental illness receive the help they need.

*Contributed by Walt Hill, Director of High Plains Mental Health Center.*

*The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.*

**MANTA RAY**  
EARTH ANCHOR SYSTEMS

Is your basement wall cracked and bowing in? We can stabilize it using the patented Manta Ray Anchor System. It's cheaper than replacing the wall! Call Jim at Last Chance Services for a free estimate! 970-386-2357 or Mobile: 970-554-0271.

**Blue Star Flag Program at the Elks**

Do you have a spouse, son, grandson, daughter or granddaughter in the active duty military? If so, please call the Goodland Elks #1528 at 785-890-6251 or drop by at 1523 Arcade in Goodland for information about this program.

**Take Your Pick From These Perfect Homes!**

Lowered price on this 5 bedroom, 2 bath home, lots of remodeling done for you. Some new carpet, new window, new furnace, large garage with shop area, priced to sell!

If you want small town living, this listing in Kanorado is for you. 4 bedrooms, 3 baths in this 2,688 square foot home, full basement, cathedral ceilings, jacuzzi bath, all new windows, sprinkler system, 4 car detached garage, geo decking on front porch, 130x150' lot provides lots of room for outside fun! Call for your personal showing today!

Lowered Price! 3 bedroom 2 bath home, custom kitchen, partial basement, 2 garages, lots of remodeling. Take a look today!

A very cute bungalow! Cozy 2 bedroom home with central heat and air, eat-in kitchen, new siding and new windows, detached newer 2-car garage. Perfect starter home! Call today!

**Cole Real Estate**  
www.goodlandksmls.com

112 West 13th, Goodland, KS 67735 785-899-2683

Charlene Cole-Broker Diana Spinney-Salesperson

**Goodland Kiwanis Hoop Shoot**

6:15 - 6:30 p.m. (Registration)  
BE THERE NO LATER THAN 6:30 p.m.

**Thursday, Nov. 13**

Goodland Activities Center  
For children in third through sixth grades. Kids, please bring one adult partner.

The winning hoop shoot pair in eight categories will receive a free turkey (approximately 15-20 pounds) compliments of Goodland Walmart and the Goodland Kiwanis Club. Winners will have until December 23, 2008 to redeem their coupons. All kids participating will get a certificate for the Goodland McDonalds. Come out and play!

*Worship warms the heart*

**Calvary Gospel Church**  
Pastor: Ben Coats, youth pastor  
Fourth & College • 890-3605  
Sunday: Kid's Church: 10:30 am  
Morning Service: 10:30 am  
Evening Service: 5:00 p.m.  
Wednesday: Royal Rangers Missionettes 6:30 p.m.  
Adult mid-week service: 7:00 p.m.  
Youth @ the Rock House: 7:00 p.m.  
Small Group Ministries meets through out the week.  
www.calvarygospel.net

**Our Lady of Perpetual Help**  
Pastor: Father Norbert Diabal  
307 W. 13th • 890-7205  
Sacrament of Reconciliation:  
4:30-5 pm Saturday or by appointment  
Mass Schedule:  
Saturday: 6 pm, Sunday: 10:30 am  
Spanish Mass:  
Sunday: 12:30 pm

**Word of Life A Foursquare Church**  
10th & Clark • 899-5250  
Pastor: John Coumerilh  
Associate Pastor: Ben Coumerilh  
Sunday: Worship Celebration and Kids' Church: 10:30 am  
Life Groups - call for times and locations  
www.wordoflifegoodland.org

**Pleasant Home Church**  
Serving the rural community  
for over 100 years  
Rt. 1, Box 180 • 694-2807 • 3190 Road 70  
Pastor: Perry Baird  
890-3375  
Sunday: Worship Service: 9 a.m.  
Sunday School: 10 a.m.

**Bible Baptist Church**  
Pastor: Clifford Middlebrooks  
Fifth & Broadway  
890-7368  
Sunday: Sunday School: 9 a.m.  
Morning Service: 10 a.m.  
Evening Service: 6:30 p.m.  
Wednesday: Evening Bible Study: 7 p.m.

**Church of Jesus Christ of Latter-Day Saints**  
1200 15th Street • Burlington, CO  
(719) 346-7984  
Sacrament Meeting: 10 a.m.  
Sunday School: 11:15 a.m.  
Priesthood/Relief Society: 12 a.m.

**Iglesia Del Dios Vivo**  
La Luz Del Mundo  
Spanish Speaking Church  
Minister: Esteban Ortiz B.  
1601 Texas • 899-5275  
Daily Prayer: Sunday thru Saturday: 5a.m. & 6 p.m.  
Sunday: Sunday School: 10 a.m.

**United Methodist Church Brewster:**  
Pastor: Dorine Chambers  
Worship Service: 10:45 a.m. CST  
Sunday School: 9:45 a.m. CST  
Winona:  
Minister: Sheryl Johnson  
Worship Service: 9:45 a.m. CST  
Sunday School: 10:15 am CST

**First Christian Church (Disciples of Christ)**  
Pastor: Rev. Carol Edling Jolly  
Eighth & Arcade • 890-5233  
Sunday: Worship Service: 10:30 a.m.  
Sunday School: 9:15 a.m.  
Activities: Junior High & High School Youth Groups, Adult Bible Study, Choir, Men's and Women's Groups, Devotions Study, Monthly Fellowship  
Special Notice: Handicap Accessible, Hearing Assistance Equipment and Infant and Toddler Nurseries Available

**Kanorado United Methodist Church**  
Pastor: Leonard Cox  
399-2468  
Sunday: Sunday School: 9 a.m.  
Worship Service: 10:15 a.m.

**Church of the Nazarene**  
Pastor: Bob Willis  
Third & Caldwell  
899-2080 or 899-3797  
Sunday: Sunday School: 9:45 a.m.  
Worship Service: 10:50 a.m.  
Evening Service: 6 p.m.  
Wednesday: Evening Service: 7 p.m.

**First United Methodist Church**  
1116 Sherman 899-3631  
Pastor:  
Saturday: Worship: 5:30 p.m.  
Sunday: Adult Classes: 9:15 a.m.  
Worship: 10:30 a.m.  
Wednesday: Wednesday Nite Live  
5:45 - 6:45 p.m. Simple Supper "Free will Offering  
6:30 - 7:30 p.m. Classes for all ages

**Goodland Bible Church**  
109 Willow Road • 899-6400  
Pastor: Chad DeJong  
Sunday: Sunday School: 9:30 a.m.  
Morning Worship: 10:45 a.m.  
Evening Worship: 6 p.m.  
Wednesday: AWANA (Winter) and prayer: 7 p.m.

**First Baptist Church**  
Pastor: Travis Blake  
Bateman's Funeral Home, 211 E. 11th  
890-3450  
Sunday: Sunday School for all ages:  
11 a.m. (Child care provided)  
Morning Worship: 10 a.m.  
Thursday: Bible study 9:30 a.m.  
Wheatridge Center

**St. Paul's Episcopal Church**  
13th & Center  
Church 890-2115 or Rectory 890-6969  
Priest: Father Hal Lycett  
Holy Eucharist: 10:00 a.m. Sunday  
10:00 a.m. Thursday  
Morning Prayer: Daily, 8 a.m. Thursday and Sunday  
For emergencies 890-6969

**Harvest Evangelical Free Church**  
104 E. Hwy. 24 • 890-7918  
Pastor: Brian Fugleberg  
Sunday: Worship: 10:30 a.m.  
Sunday School: 9:30 a.m.  
Wednesday: Junior high 6:30 p.m.  
at Fugleberg's, 708 Washington  
Senior high 6:30 p.m. at church

**Seventh Day Adventist Church**  
1160 Cattletrail  
Pastor: Jerry Nowak  
Saturday: Sabbath School: 9:30 a.m.  
Worship Service: 11 a.m.

**Emmanuel Lutheran Church**  
13th & Sherman • 890-6161  
Sunday: Christian education/fellowship:  
10:15 a.m.  
Worship Service: 9 a.m.

**Church of Christ**  
401 Caldwell  
890-6185  
Sunday: Bible Study: 9:45 a.m.  
Worship Service: 10:45 a.m.  
Wednesday: Bible Study: 7 p.m.

**The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:**

**Short & Son Trucking** Hwy. 24  
**Koons Funeral Chapel** North Main  
**Good Samaritan Center** 208 W. 2nd

**KLOEIKKQJIKWGB**  
3023 W. 31