

I'd like to wish a belated happy birthday, to Benito Juarez', whose birthday is celebrated on 21 Mar in Mexico. I know, this has nothing to do with veterans, but I thought it might get you to reading this column today. Stick with me, it gets worse.

Have you thought about writing an email thank you note to a military person who is deployed to the front? Well, think about it-- then write one. You can use this website—www.operationdearabby.net—to reach a warrior.

Got your **Support Our Troops** license plates yet? Why not? Easy to do, costs just a tad more than a regular plate and the proceeds go directly to help MN veterans and their families. Come on now Darrell and you others, there are only 7 of us with these plates in the whole county.

PTSD. Know what it is? **Post Traumatic Stress Disorder.** If you've seen some bad stuff, as many have in any of the conflicts since WW II, you may be suffering from PTSD and there is help available. Here are some of the symptoms:

- Trouble sleeping at night
- Emotionally unstable
- Feelings of fear and anxiety
- Bothered by loud noises
- Flash-backs to a bad time
- Trouble concentrating
- Withdrawn from other people
- Go into a vacant room and just unload with the tears

If you can relate to any of these, you should come in and we should talk. There's nothing to be ashamed of, I keep it all to myself, and you know, it might just be the first step towards getting you back to 100 percent. Give it a try. Plus, there may be some disability pension benefits involved, if you want to pursue them.

New subject: Are you a war-time vet who is over 65 and makes less than about \$10,500 (\$13,000 if you have a spouse) annually? Are you the widow of such a vet and make less than about \$7,000 annually? If you are, give me a call, we may be able to get you a VA pension. Won't know unless we try, right?

Over and out.

