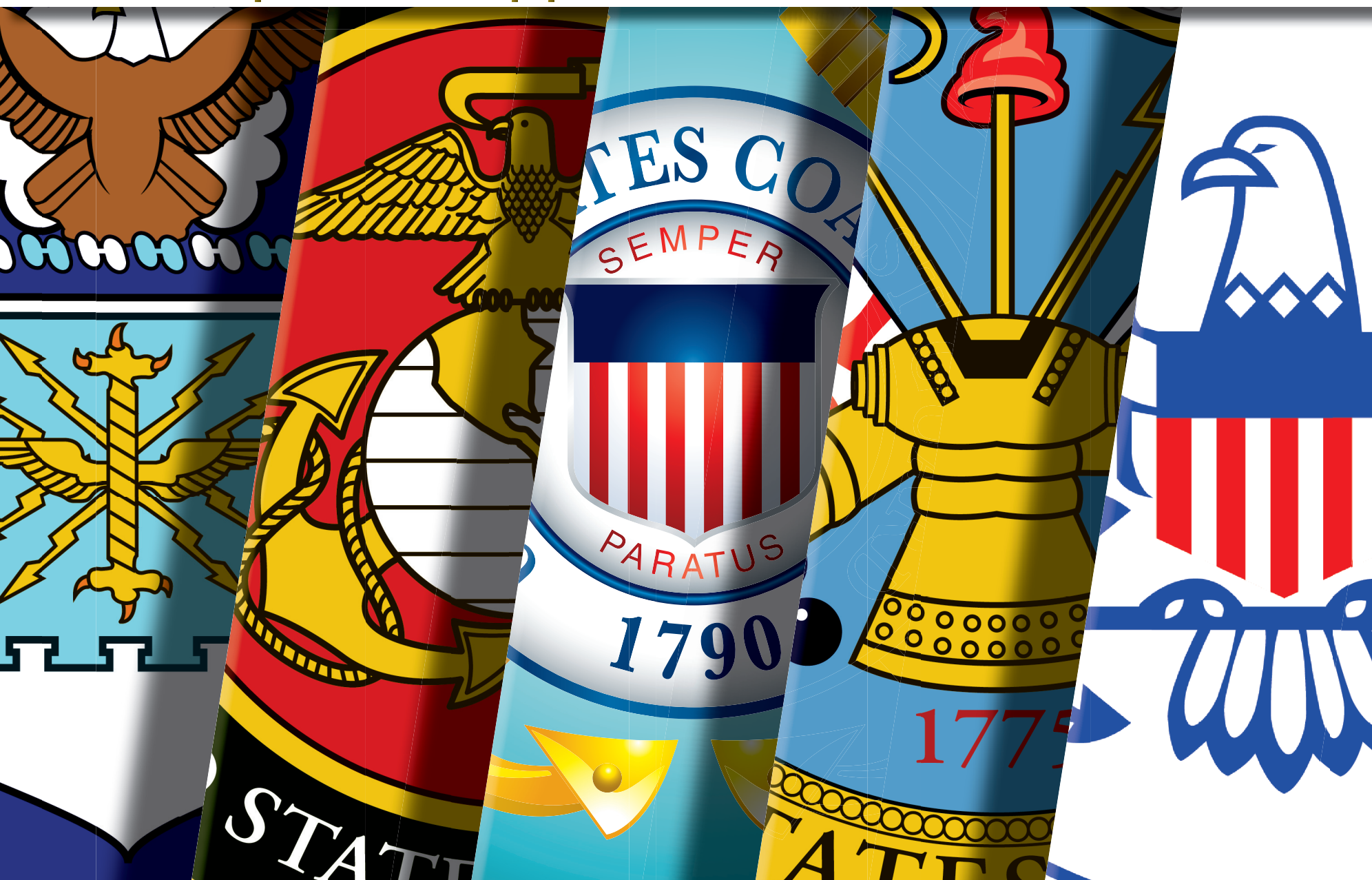


A Special Supplement to *The Vindicator*



Salute to  
**VETERANS**



# To all who have served:

Each year before Veterans Day this newspaper, like many others, produces a special supplement or section dedicated to honoring America's military veterans.

In recent years we have built our "Salute to Veterans" around interviews with a number of our oldest vets then still living; we gave special attention in another year to Vietnam vets; and to the centennial of World War I in another.

This year's "Salute to Veterans" is without any central theme and is a bit of a mixed bag. The past 6 weeks have been unusually busy ones, and it occurred to us only at the last minute to request contributions from readers, but our readers responded with enough to fill two pages.

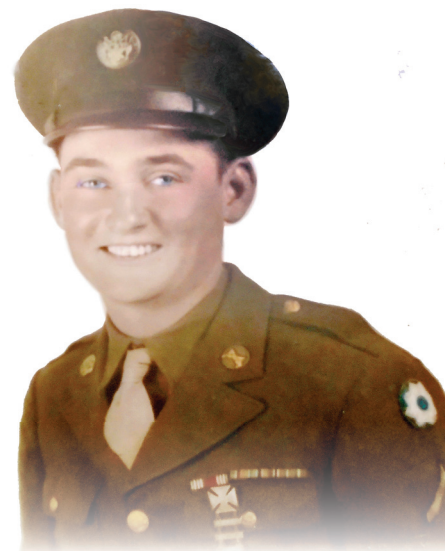
While The Vindicator wants to express its own appre-

ciation for the service rendered by our nation's veterans, the folks who are really behind this annual tribute are our local businesses and business owners. They are the ones who are expressing their gratitude through this publication, and they are the ones who pay for it all. This newspaper merely delivers their messages of thanks.

So, our thanks go to them and to our readers who support us week in and week out, and of course, our deepest gratitude goes out as well to the men and women who have served to keep us all safe and free.

**Yours now and always,**  
*The Vindicator's staff*

# The Vindicator



**Travis H. Johnson**  
U.S. Army, 42nd Div.  
(Rainbow Division)  
1943-1945

The Vindicator asked its readers and Facebook followers to submit photos of veterans they wanted to honor in this year's "Salute to Veterans." Billy Johnson sent in this photograph of his father, World War II veteran, Corporal Travis H. Johnson. See more veteran photos submitted by readers on pages 4-5.

**Bless**  
**OUR TROOPS & VETERANS**

**HARDIN BANK**  
A Branch of Anahuac National Bank

11116 HWY 146 • Hardin, TX 77561  
936-298-2265

Member FDIC

EQUAL HOUSING LENDER

**We support our Veterans**  
**Thank you for your service**

**John Brandt Proudly served U.S. Navy 1985-1989**

**MAINFRAME**  
**24HR WRECKER**  
**936-258-5069**  
Towing, accidents, pullouts, auto lockout  
SERVING LIBERTY COUNTY SINCE 1998

**JOHN & TARA BRANDT, OWNERS**



# Explore the history of Veteran's Day

Service members make numerous sacrifices in defense of their countries. While the debts to service members may never be the kind that can be repaid in full, paying tribute to veterans, on Veteran's Day and throughout the year, can be a great way to show them just how much their efforts are appreciated.

## VETERAN'S DAY BEGINS WITH ARMISTICE DAY

Veteran's Day is a byproduct of the end of World War I, when Germany and the Allied Nations signed the Treaty of Versailles, formally ceasing fighting and establishing terms of peace. On Nov. 11, 1919, the first anniversary of the signing of the treaty, the first Armistice Day events were held. Armistice Day was initially a legal holiday to honor the end of World War I only, states History.com. The United States Congress passed a resolution in 1926 for an annual observance, and Nov. 11 became a national holiday starting in 1938. However, in 1954, after the country had been embroiled in both World War II and the Korean War, Congress amended the Act of 1938 by renaming the commemoration "Veteran's Day" to honor veterans of all wars.

## VETERAN'S DAY IN OCTOBER?

According to Military.com, for a short time, thanks to the Uniform Holiday Bill, which in 1968 established three-day weekends for federal employees by celebrating national holidays on Mondays, Veteran's Day was moved to the fourth Monday of October — the first being Oct. 25, 1971. However, many people did not agree with this decision, continuing to honor the holiday on the original date. In 1975, President Gerald Ford signed a new law that returned Veteran's Day to November 11 beginning in 1978. Since then, parades, memorial events, volunteer efforts, and other celebrations revolving around veterans have been held on Nov. 11.

## VETERANS AROUND THE WORLD

Many countries, including the United States, celebrate veterans on or near Nov. 11. America's closest neighbor to the north, Canada, commemorates veterans on Remembrance Day (also Nov. 11), as does the United Kingdom. Britain also has Remembrance Sunday, which

is the second Sunday of November. Remembrance Day also is called Poppy Day, when people of the Commonwealth member states wear a red poppy flower in honor of military members who have died in the line of duty.

## PAYING TRIBUTE

There are various ways to honor veterans on Veteran's Day and Remembrance Day. Federal government closings, educational efforts in schools, parades, and visits to military hospitals or cemeteries may take place. In Europe, it is common to observe two minutes of silence at 11 a.m. every Nov. 11.

Veteran's Day and its sister holidays mark the honoring of veterans of all wars, with a particular focus on living veterans. It is a day to celebrate the dedication and selflessness of hardworking military men and women.

### Armistice Day Program.

Armistice Day program to be rendered in the auditorium of the public school, Tuesday, Nov. 11th, at 3 p.m. Business men, parents, county and district court officials are invited to attend. Are you too busy to lay aside your affairs that you cannot assemble yourselves in honor of the thousands of American boys that gave their lives in the prime of manhood that you and I might be free?

Song—Holy, Holy, Holy—Audience  
Invocation—Rev. J. C. Marshall.

Song—Don't Forget the Boys Who  
Won't Come Home—Marjorie  
Hayes, Hattie Cocke, Katie Lou  
Cocke, Sophie Abshier, Louise  
Chambliss, Bernardine Pickett and  
Cynthia Cress.

Vocal Duett—Jona Lilley and Nellie  
Sampson.

Address—America, Sull America—  
Hon. C. H. Cain.

Musical Recitation—Mary Louise  
Riviere.

Reading—In Flander's Field—Mrs.  
Ray Partlow.

Song—Ring Out Sweet Bells of Peace  
—Madie Chambliss, Nellie Sampson,  
Myrtle Cocke, Jona Lilley,  
Lucy Sampson, Mary Frances  
Llewellyn

Address—The War's Aftermath—  
Hon. E. B. Pickett, Jr.

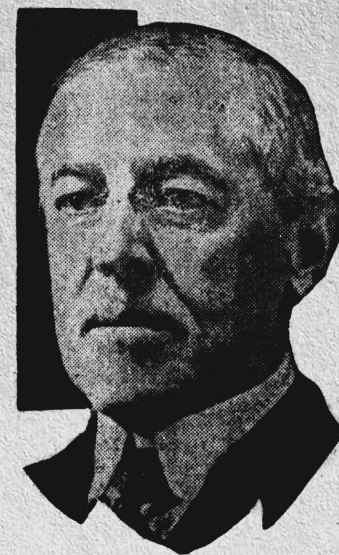
Vocal Solo—Mrs. Bertrand Riviere.  
The Star Spangled Banner.

This schedule of the proceedings at Liberty's first Armistice Day observance was printed in the Nov. 7, 1919 edition of The Liberty Vindicator.

## PRESIDENT WILSON'S ARMISTICE ADDRESS

To my fellow countrymen:  
A year ago today our enemies laid down their arms in accordance with an armistice which rendered them impotent to renew hostilities and gave to the world an assured opportunity to reconstruct its shattered order and to work out in peace a new and juster set of international relations. The soldiers and people of the European allies had fought and endured for more than four years to uphold the barrier of civilization against the aggressions of armed forces. We ourselves had been in the conflict something more than a year and a half. With splendid forgetfulness of mere personal concerns, we remodeled our industries, concentrated our financial resources, increased agricultural output and assembled a great army, so that at the last our power was a decisive factor in the victory. We were able to bring the vast resources, material and morale, of a great and free people to the assistance of our associates in Europe who had sacrificed without limit in the cause for which we fought.

Out of this victory there arose new possibilities of political freedom and economic concert. The war showed us the strength of great nations acting together for high purposes and the victory of arms foretells the enduring conquests which can be made in peace when nations act justly in furtherance of the common interest of men. To us in America the



PRESIDENT WILSON

reflections of armistice day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because 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 nations.  
WOODROW WILSON  
The White House, Nov. 11, 1919.

*Thank you for your service  
to our country*

Shannon W. Walker

Yolanda Walker, Retired

Kevin C. Walker

Sgt. Felix Bernard Jr. DECEASED

*By Lillie Bernard and Arthur J. Walker III*



# Thank you

On short notice The Vindicator posted requests that readers send in photos of veterans they wanted included in this year's Salute to Veterans.

To those included here, and to all of America's veterans, we thank you for your service and dedication to country.



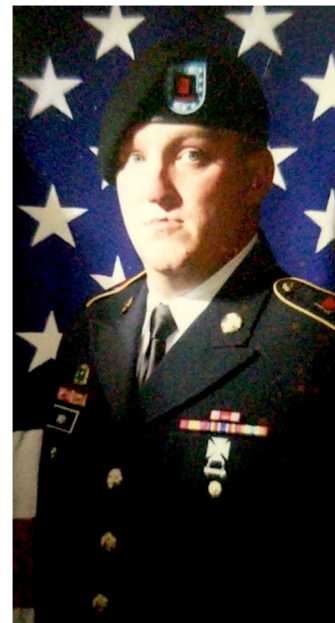
**LeAnn Coker**  
U.S. Army  
1999-2007



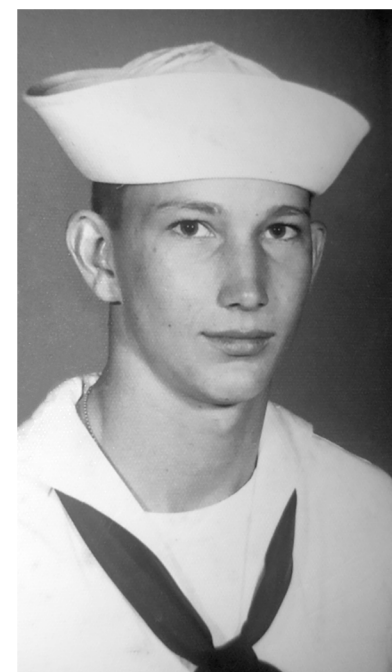
**Willie Harryman**  
U.S. Navy  
1961-1965



**Carl Kenneth Primrose**  
U.S. Army  
3 years Erlang Germany



**Charles Irby**  
U.S. Army  
2009-2012



**Kenneth R. Bird**  
U.S. Navy  
1968-1972



**Aaron DeLaughter**  
U.S. Marine Corps  
11 years



**Happy Veterans Day**

**Christopher Farmer**  
U.S. Army  
1986-2007



**Brett Clark**  
U.S. Marine Corps

8 years

*Veterans Day*

**Allison Funeral Service**

1101 North Travis  
Liberty, Texas 77575  
(936) 336-6418  
fax: (936) 336-3325

**OUR VETERANS,  
OUR HEROES**

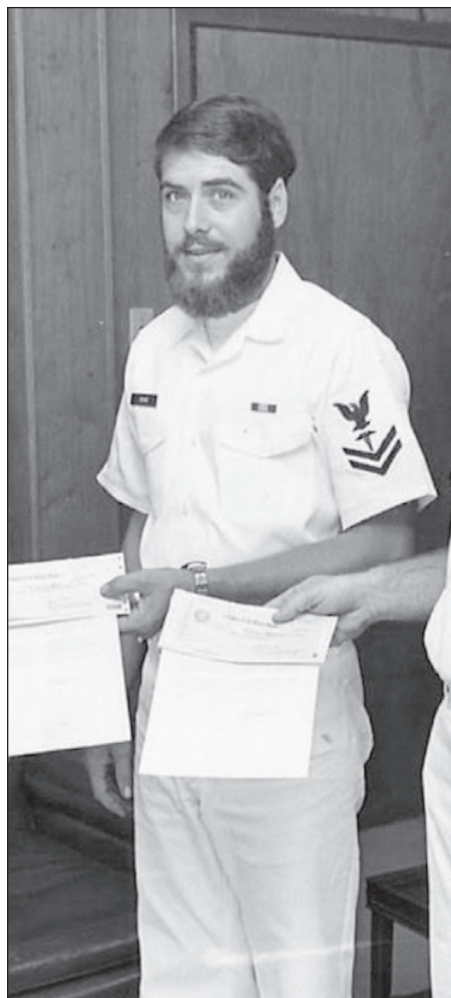
**Western Auto®**

106 West Clayton • Dayton • 936-258-3181  
[www.wadayton.com](http://www.wadayton.com)





**Daniel H. Votaw Jr.**  
U.S. Marine Corps  
2005-2009



**Michael Orand**  
U.S. Navy  
1968-1972



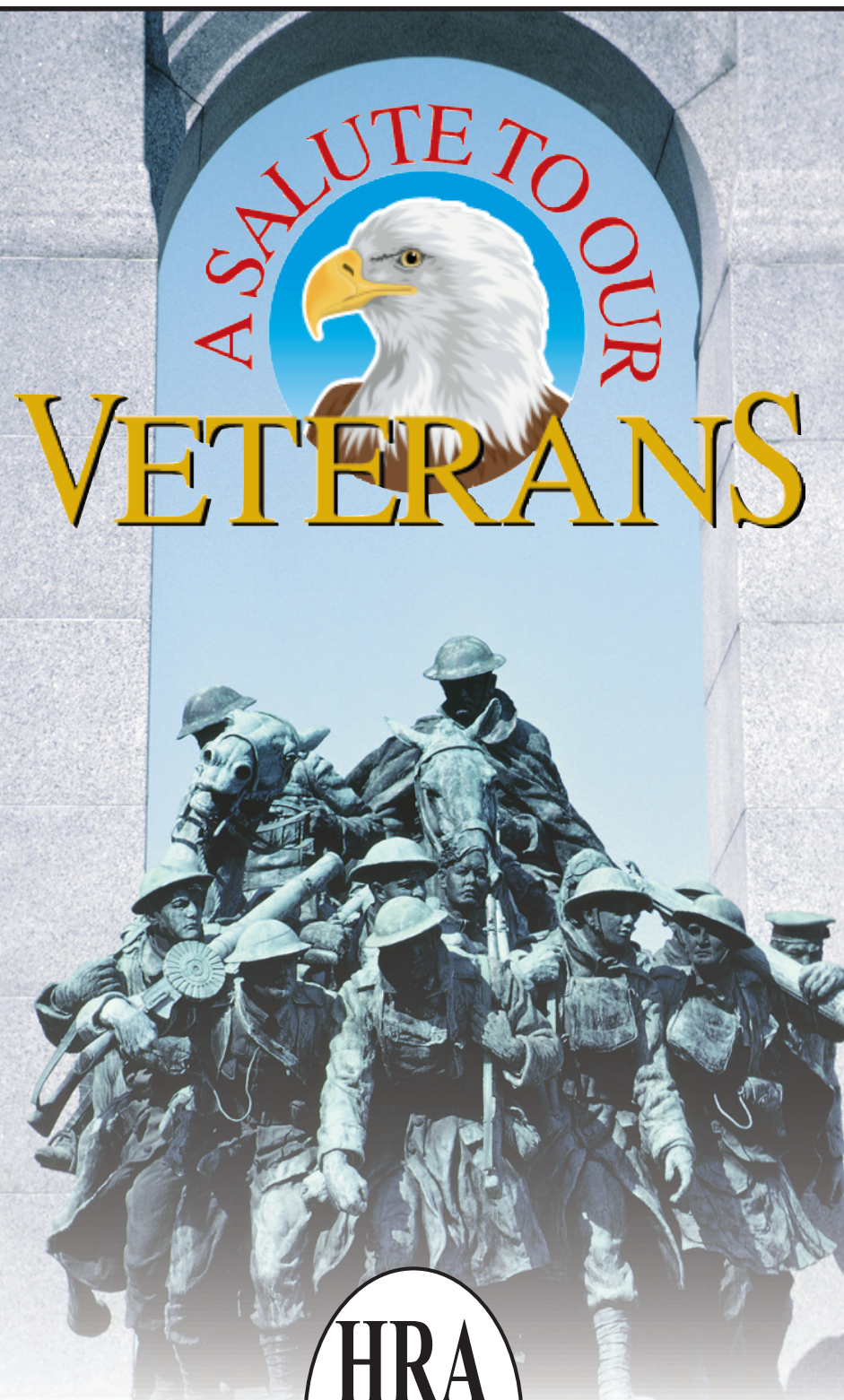
**Charles Edwin Joyce**  
U. S. Army  
1966 - 1968



**Greg Hathorn**  
U.S. Army  
1969-1972



**Barney Ray Payne**  
U.S. Coast Guard  
1969-1975



**HALL, RADER & ASSOCIATES INSURANCE**

1347 HWY 146 BYPASS • LIBERTY, TX 77575

**936-336-23645**

[www.hrainsurance.com](http://www.hrainsurance.com)





# VETERANS DAY Events

## LOCAL EVENTS

• Liberty ISD will hold its annual Veterans Day Program at the high school, Monday, Nov. 11, beginning at 8:30 a.m. All military veterans are invited to attend.

• The City of Dayton invites all veterans — active, inactive and retired — and a guest to a Veterans Day luncheon to thank them for their service and sacrifice. The event will be held on Veterans Day, Nov.

11, at 11 a.m., in the Dayton Community Center, 801 S. Cleveland Street. The free event offers an afternoon of comradery, remembrance, entertainment and will include a barbecue lunch. The keynote speaker will be decorated Navy SEAL Clinton Majors, of Dayton, and author of "Nam-mares." For more information, contact the Dayton Community Center at 936-258-6630.

## EVENTS NEARBY

• The second annual Port of Beaumont Veterans Day Pancake Breakfast will be held Friday, Nov. 8, from 7:30 a.m. to 9:30 a.m. All area veterans are invited to attend, free of charge. It will be held at the Dorie E. Miller American Legion Post 817, 3430 W. Cardinal Drive in Beaumont. The Port of Beaumont invites local veterans to enjoy a complimentary pancake breakfast and entertainment, provided by the Beaumont United High School choir, on Friday, Nov. 8. Guests of veterans are welcome to attend for a \$5 donation that will benefit a local nonprofit. Breakfast will be offered on a first come, first served basis, with doors opening at 7:15 a.m.

• McDonald's restaurants across the Greater Houston Area will honor military servicemen and servicewomen with a free Extra Value Meal this Veterans Day, Nov. 11. Veterans and current members of the military are invited to enjoy their free meal by visiting participating restaurants and showing their Military ID. The offer can be redeemed for an Extra Value Meal, which includes favorites like the fresh beef Quarter Pounder with cheese or Filet-o-Fish with medium

fries and your choice of soft drink or breakfast items like the Egg McMuffin with hash browns and a small McCafé coffee.

• South Houston Food Truck Fest will be Sunday, Nov. 10, at 10739 Gulf Freeway in Houston, 11 a.m. to 7 p.m.

• City of Houston's Annual Veterans Day Celebration, Monday, Nov. 11, at Houston City Hall, 901 Bagby Street in Houston, 10 a.m. to 2 p.m.

• VetsAid, 5:30 p.m. Sunday, Nov. 10, at the Toyota Center, 1510 Polk Street in Houston, with ZZ Top, Joe Walsh, Brad Paisley, Sheryl Crow and more.

• Galveston Naval Museum's annual Veterans Day ceremony starts at 11 a.m. Saturday, Nov. 9. The museum is at 100 Seawolf Park Blvd. in Galveston.

• Nacogdoches Veterans Day Parade, Saturday, Nov. 9, in downtown Nacogdoches. Starts at 10 a.m.

• The Woodlands Township Veterans Day Tribute, Monday, Nov. 11, at 4:30 p.m. will be held at Town Green Park, 2099 Lake Robbins Drive in The Woodlands.

*This Veterans Day*  
**LET US SERVE**  
★★★★★★  
**YOU**

We would like to show our appreciation to all active, inactive and retired military personnel. All veterans and a guest are invited to attend this complimentary event for an afternoon of comradery remembrance, entertainment, speakers and more. A BBQ lunch will be served.

*Monday, November 11*

*11 a.m.*

*Dayton Community Center  
801 S Cleveland St*

For more info, call (936) 258-6630

**KEYNOTE SPEAKER - DECORATED NAVY SEAL CLINTON MAJORS -  
XRAY PLATOON, SEAL TEAM ONE AND AUTHOR OF NAM-MARES**





# Anchors Aweigh

Official March of the U.S. Navy

Stand Navy out to sea, fight our battle cry!  
 We'll never change our course so vicious foes steer shy-y-y-y!  
 Roll out the TNT, anchors aweigh!  
 Sail on to victory, and sink their bones to Davy Jones, hooray!  
 Anchors Aweigh, my boys, Anchors Aweigh!  
 Farewell to foreign Shores, we sail at break of day-ay-ay-ay;  
 Through our last night ashore, drink to the foam,  
 Until we meet once more, here's wishing you a happy voyage home!  
 Blue of the mighty deep, Gold of God's great sun;  
 Let these our colors be, Till All of time be done-n-n-ne;  
 On seven seas we learn, Navy's stern call:  
 Faith, courage, service true, With honor over, honor over all.

# Honoring the Best & the Bravest

For their courage,  
 hard work and  
 dedication to their  
 country, we salute  
 the men and women  
 of our Armed Forces  
 past and present. It is  
 because of their  
 sacrifice that  
 America remains the  
 land of the free, and  
 we thank them for  
 protecting our  
 citizens and our  
 country.



*God Bless America*

**Cooper Electric Inc.**  
 3610 Hwy 90 • Liberty  
 936-336-8911



# Quotes for Veterans Day

"The soldier above all others prays for peace, for it is the soldier who must suffer and bear the deepest wounds and scars of war."

— *Douglas MacArthur*

"There is a certain enthusiasm in liberty, that makes human nature rise above itself, in acts of bravery and heroism."

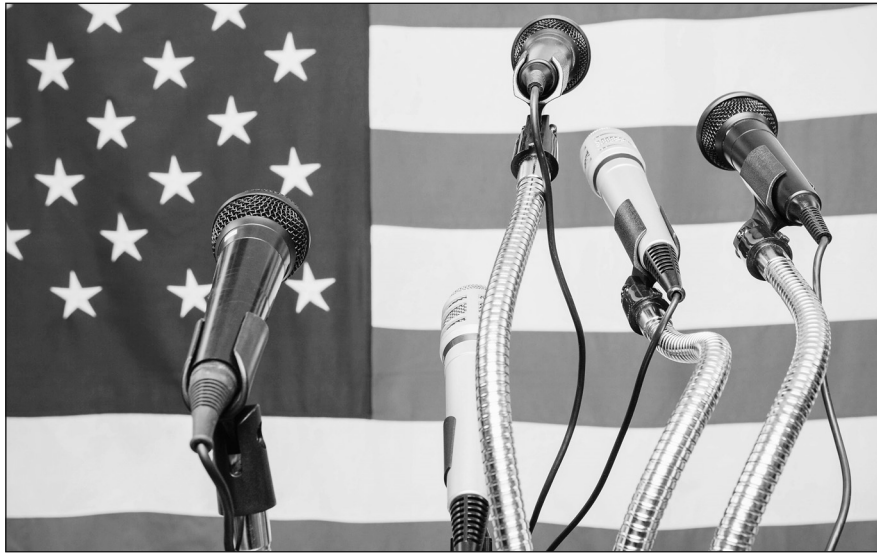
— *Alexander Hamilton*

"Honor to the soldier and sailor everywhere, who bravely bears his country's cause. Honor, also, to the citizen who cares for his brother in the field and serves, as he best can, the same cause."

— *Abraham Lincoln*

"The U.S. Military is us. There is no truer representation of a country than the people that it sends into the field to fight for it. The people who wear our uniform and carry our rifles into combat are our kids, and our job is to support them, because they're protecting us."

— *Tom Clancy*



"I offer neither pay, nor quarters, nor food; I offer only hunger, thirst, forced marches, battles and death. Let him who loves his country with his heart, and not merely with his lips, follow me."

— *Giuseppe Garibaldi*

"Honoring the sacrifices many have made for our country in the name of freedom and democracy is the very foundation of Veterans Day."

— *Charles B. Rangel*

"True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost."

— *Arthur Ashe*

"Regard your soldiers as your children, and they will follow you into the deepest valleys; look on them as your own beloved sons, and they will stand by you even unto death."

— *Sun Tzu*

"Soldiers, when committed to a task, can't compromise. It's unrelenting devotion to the standards of duty and courage, absolute loyalty to others, not letting the task go until it's been done."

— *John Keegan*

"America's Veterans have served their country with the belief that democracy and freedom are ideals to be upheld around the world."

— *John Doolittle*

"When the will defies fear, when duty throws the gauntlet down to fate, when honor scorns to compromise with death — that is heroism."

— *Robert Green Ingersoll*

"The sanctity of our battlefields, monuments, and veterans institutions is of utmost importance to preserve military history and pay respect to those who fought."

— *Henry Waxman*

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

— *John Fitzgerald Kennedy*



# LEE COLLEGE

## A great place for veterans



BAYTOWN, TX — With a Veterans Center located at the main campus in Baytown, Texas, Lee College is committed to helping veterans in the community achieve their educational goals. At the on-campus support center, veterans can receive free personalized help with things like completing the college application process, financial aid, educational benefits, tutoring, and even advising and consulting.

“We are a one stop shop for our veteran students,” said Tiffany Winchester, Certifying Official with the Lee College Veterans Center. “We understand it’s not always easy to transition from service member to student, so our goal is to help veterans succeed every step of the way from registration to graduation.”

The Lee College Veterans Center was established in 2011 as part of the College Credit for Heroes program and a grant from the Texas Workforce Commission. One component of this grant was to help military veterans and those on active duty move as quickly as possible to the workforce by awarding college credit for military experience, education, and training obtained during military service.

Other services available at the Veterans Center include peer tutoring, advising, financial aid assistance, military benefit assistance and outreach activities. Certifying officials and staff members are also available to help students through the process of applying for federal and Texas State Veteran educational benefits.

“Lee College is proud to have the designation as a Military Friendly School and we will always strive to provide the best possible service to our military personnel,” Winchester said.

For more information about the Veterans Center at Lee College, email [va@lee.edu](mailto:va@lee.edu), or call 832-556-4300.

Voted as one of the top 150 community colleges in the Nation, Lee College offers associate degree and certificate programs that prepare its diverse student body for advanced higher education; successful entry into the workforce; and a variety of in-demand careers. With the main campus and McNair Center located in Baytown, Texas, and a satellite education center in nearby South Liberty County, the college serves a geographic area of more than 220,000 residents that includes 15 school systems.

*Honoring Our Brave Veterans*

**Thank you Veterans**

As our Armed Forces fight to protect our freedom abroad, we’re reminded of the sacrifice made by so many brave soldiers before them. On Veterans Day, we pause to recognize and thank all of the veterans who have served our country. We are eternally grateful for their dedication and service.



**Milam Discount Tire**

1020 US 90 • Liberty • 936-334-9500  
[www.MilamDiscountTire.com](http://www.MilamDiscountTire.com)

**“You stood for us...  
we stand for you”**

**Thank you to  
all our Veterans**

**BERKELEY  
EYE CENTER**

306 N. Main St., Suite A | Dayton  
936-258-0020 | [www.BerkeleyEye.com](http://www.BerkeleyEye.com)

BERKELEY  
EYE CENTER



# Veterans of our nation

Continued on Page 19



Department of the Army Civilian (DAC) Photographer Scott Sturkol | U.S. Army Public Affairs

1-337th BSB at 181st Infantry Brigade change of command ceremony July 28, 2017.



**U.S. Department of Defense photo |** U.S. Marine Corps photo by Lance Cpl Justin. Davis/Released  
U.S. Army Specialist Jeremy Stocks, a UH-60 Black Hawk crew chief, Charlie Company, 1st Battalion, 214th Aviation Regiment, 12th Combat Brigade, "Dust Off Team", inspects the exterior of a UH-60 Black Hawk during a pre-flight check aboard Camp Delaram II, Afghanistan on April 4, 2011. The Dust Off Team provides Airborne medical support for the International Security assistance force within their area of operations.

#### 86th Airlift Wing Public Affairs |

U.S. Air Force photo by  
Airman 1st Class Joshua Magbanua  
Members of an Air Force honor guard team stand in formation during a Veterans Day ceremony at Henri-Chapelle American Cemetery and Memorial, Belgium, Nov. 11, 2017. The team conducted a three volley salute which historically signifies an end to hostilities for a period of time. The Airmen hailed from the 86th Civil Engineer Group.



**WE SALUTE  
OUR TROOPS & VETERANS**

**DEC**

**Dayton Electric Co., LLC**

Heating • Air Conditioning • Electrical • Generators

**936-258-2502**

TACLB18821C  
TECL17934

*"Remembering  
Our Veterans"*

**TRINITY GLASS  
TGM  
& MIRROR**

Auto glass • Plate glass • Mirrors  
Custom shower doors • Table tops • Windshields

**Chris Williamson**  
**936-336-3742**

Trinity Glass & Mirror  
"The Glass Guys"  
1310 N. Main  
Liberty, Texas 77575



# Marines' Hymn

Official Hymn of the  
U.S. Marine Corps

From the Halls of Montezuma  
To the shores of Tripoli;  
We fight our country's battles  
In the air, on land, and sea;  
First to fight for right and freedom  
And to keep our honor clean;  
We are proud to claim the title  
Of United States Marine.

Our flag's unfurled to every breeze  
From dawn to setting sun;  
We have fought in every clime and place  
Where we could take a gun;  
In the snow of far-off Northern lands  
And in sunny tropic scenes,  
You will find us always on the job  
The United States Marines.

Here's health to you and to our Corps  
Which we are proud to serve;  
In many a strife we've fought for life  
And never lost our nerve.  
If the Army and the Navy  
Ever look on Heaven's scenes,  
They will find the streets are guarded  
By United States Marines.



**Magnolia Place**  
HEALTH CARE

*A Skilled Nursing Facility*

Please call our office today for a tour of our facility, and learn more  
about the services we can provide, for you or your loved one.

Medicare & Medicaid Certified  
1620 Magnolia St • Liberty, Tx 77575

**936-336-8844**

[www.magnoliaplacellp.com](http://www.magnoliaplacellp.com)

**HONORING OUR  
BRAVE VETERANS**

**State Farm**™

**CALVIN H. WESTCOTT, Agent**

201 East Clayton  
Bus 936-258-8218  
Fax 936-258-3388

Dayton, Tx 77535-1315  
Toll-Free 800-444-3509  
[calvinwestcott.com](http://calvinwestcott.com)



# VETERANS DAY

## Facts & Figures



U.S. Department of Defense photo by Gerry J. Gilmore

Veterans Day, once known as Armistice Day, was first celebrated on Nov. 11, 1919, the anniversary of the end of World War I. In 1928, the United States Congress passed a resolution for Armistice Day to be an annual observation, and by 1938, the day became a national holiday.

Differing from Memorial Day in May, Armistice Day, which would be renamed Veterans Day in 1954 under President Dwight Eisenhower, pays tribute to veterans who survived various wars. Memorial Day commemorates those veterans who lost their lives.

Americans celebrate Veterans Day, while residents of Great Britain, Canada and Australia celebrate Remembrance Day. Those who want to learn more about Veterans Day can consider the following facts.

- According to the American Community Survey, there were 19.3 million military veterans in the United States in 2014. Of those, 1.6 million were female.

- California, Texas and Florida comprise the states with the largest number of veterans, equalling one million or more.

- Veterans consist of people who served in the military. This includes the Army, Navy, Marine Corps, Air Force, and Coast Guard. Veterans serve in times of war and peace.

- The word "veteran" comes from the Old English language and means "old, experienced soldier." The first use of the word was documented in 1789.

- Although many veterans are working, and the average annual income of male veterans is \$37,000, some veterans continue to be unemployed. According to data from the U.S. Bureau of Labor Statistics, the overall unemployment rate for veterans rose to 7.6 percent in January 2013. The unemployment rate of post-9/11 veterans or those who participated in the Gulf War reached 6.2 percent.

- Upon retiring or being discharged, veterans may need help acclimating to life outside the military. The Department of Veterans Affairs says about 30 percent of Vietnam War veterans have been diagnosed with post-traumatic stress disorder, or PTSD.

- Between 1971 and 1977, Veterans Day was celebrated on the fourth Monday in October. It was changed back to its original date, Nov. 11, in 1975 when President Gerald Ford signed bill S.331 into law. The change went into effect beginning in 1978.

- An American soldier was buried at the national cemetery in Arlington on Nov. 11, 1921. His identity was unknown, and the gravesite is known as the "Tomb of the Unknown Soldier." A guard from the Society of the Honor Guard stands watch over the grave each year on Veterans Day, and the president or another high-ranking member of the government places a wreath on the grave.

- Veterans Day occurs each year on Nov. 11, marking the end of World War I. The day has evolved into a celebration and remembrance of the heroism of America's brave soldiers.

**Thanking  
Our Veterans**

**Pickett & Pickett P.C.**  
524 Travis St.  
Liberty  
Tx 77575  
936-336-5604

**Honoring All Who Have Served**

**WILLIAMSON  
LP GAS**  
3337 FM 1960  
Dayton, Tx 77535  
936-258-2802  
Since 1953



# LIBERTY COUNTY Veterans Resource Directory

The following information was obtained from an online publication prepared by the Liberty County Veterans Service Office and available as a PDF download on the county website [co.liberty.tx.us](http://co.liberty.tx.us), on the home page, click on Veterans Services under "Quicklinks" and then click on the link "Liberty County Resource Guide Updates."

## Liberty County Veteran Service Officers

Rolondria Webb – Accredited VSO

Wellona Robertson – Assistant VSO

To our Veterans and their families,

This resource directory was developed as a service for Veterans and their families seeking a range of resources, including emergency and general health, food, housing, educational, employment, and financial services.

The veteran service office strives to provide assistance to our Veterans in need. This guide is the first of many such solutions in bridging the gap between our Veteran Community and the important community services they seek. We look forward to continued work on affairs that impact Veterans and their families.

Sincerely,

Liberty County Veteran Services



## EMERGENCY HOTLINES

### NATIONAL CALL CENTER FOR HOMELESS VETERANS – 24/7 877-424-3838

Veterans who are homeless or at risk of homelessness can call or chat online with the National Call Center for Homeless Veterans, where trained counselors will talk confidentially 24-7.  
[va.gov/homeless/nationalcallcenter.asp](http://va.gov/homeless/nationalcallcenter.asp)

### TEXAS 211 (211TEXAS.ORG)

24/7 (INFORMATION & REFERRAL) – 211 / 877-541-7905

Committed to helping Texas citizens connect with needed services. Whether by phone or internet, our goal is to present accurate, well-organized and easy-to-find information from state and local services.  
[211texas.org](http://211texas.org)

### TEXAS ABUSE HOTLINE – 24/7 800-252-5400

Call the Texas Abuse Hotline when the situation is urgent. Urgent means someone faces an immediate risk of abuse or neglect that could result in death or serious harm.  
[txabusehotline.org](http://txabusehotline.org)

### TEXAS YOUTH HOTLINE – 24/7 800-989-6884

Trained volunteers are ready to help 24 hours a day, 7 days a week. They will listen to your problem, help you consider your choice, and develop a sensible solution.  
[dfps.state.tx.us/youth\\_hotline](http://dfps.state.tx.us/youth_hotline)

### VET CENTER COMBAT CALL CENTER – 24/7 877-927-8387

Confidential call center where Veteran and their families can talk about military experience or other issues they are facing readjusting to civilian life. Staff comprised of combat Veterans and their family members.  
[vetcenter.va.gov/media/call-center-psa.asp](http://vetcenter.va.gov/media/call-center-psa.asp)

### VETERAN CRISIS LINE – 24/7 800-273-8255, ext. 1

When things feel unbearable, or if you're having thoughts of ending your life, support is available. VA offers a number of programs and resources for Veteran and their loved ones, friends, and health care providers.  
[veteranscrisisline.net](http://veteranscrisisline.net)

Continued on Pages 14-15



 Chambers Health

Bayside Community Hospital • Bayside Clinic • The Wellness Center at Bayside • West Chambers Medical Center

When it comes to healthcare, we've got you covered.

Thank you to our Veterans

**RODGER'S  
PHARMACY**  
936-776-5228

Steve Rodger RPH  
1909 Grand Ave., Liberty, TX 77575  
Fax: 936-641-9149

HOURS:  
Monday - Friday 8:30a.m. - 6p.m.  
Saturday 8:30a.m. - 1p.m.



# DIRECTORY

From Page 13

## VETS 4 WARRIORS – 24/7 855-838-8255

Confidential peer support network providing immediate, free, and long-term peer support through confidential phone, chat, text, and email conversations for the entire military community, including anyone who has ever worn the uniform, as well as the family members and the caregivers who love and support them.

[vets4warriors.com](http://vets4warriors.com)

## LOCAL HOTLINES

### LIBERTY COUNTY CRIME STOPPERS PROGRAM

800-252-8477

### OFFICE OF EMERGENCY MANAGEMENT

936-334-3219

## FOOD / NUTRITION

### REPAIR THE BREACH MINISTRIES

1713 Lilley Avenue, Cleveland, TX 77327  
281-593-3767

Repair the Breach provides food assistance services to low-income families, teen mothers, senior citizens, and at-risk youth.

### GOOD SHEPHERD EVANGELISTIC OUTREACH MINISTRIES

200 Bardash Street,  
Cleveland, TX 77327  
281-592-7900

Provides food, clothing and employment assistances.

Hours: Monday, Wednesday and Friday  
10:30 a.m.-1 p.m., Tuesday and Thursday  
1-4 p.m.

### FIRST UNITED METHODIST

106 South Cleveland Street,  
Dayton, TX 77535  
936-258-8021

Food Assistance for Dayton Residents  
only, first and third Thursdays of the  
month 9-10:30 a.m.

### CHURCH OF CHRIST

3201 North Main Street, Liberty, TX 77575  
936-336-2213

Food assistance Tuesday and Friday 9-11 a.m.

### SPIRIT OF SHARING, INC.

2521 Beaumont Ave, Liberty, TX 77575  
936-336-6602

The organization provides free food, new or discounted clothing, as well as financial assistance and aid. Low to moderate income residents, the unemployed, and working poor may be qualified to receive help with utilities, prescriptions and health care expenses, and gasoline to travel for medical appointments.

### OPERATION REFUGE, INC.

1625 N Blair St., Cleveland, TX 77327  
281-592-6701  
Provides groceries and food vouchers to those needing assistance.

### MEALS FOR VETS

877-541-7905

[mealsforvets.org](http://mealsforvets.org)

Provides consistent access to healthy, nutritious meals for Veterans under the age of 60 and struggling financially. Requirements: (1) Veteran must have served at least 180 days, and (2) income is 60% below are median average.

### HOUSTON FOOD BANK

535 Portwall Street, Houston, TX 77029  
832-369-9390  
[houstonfoodbank.org](http://houstonfoodbank.org)

### CONVENANT FOR CHRIST

301 S. Fenner Ave, Cleveland, TX 77327  
281-592-5001

## HEALTHCARE

### Addiction Services

#### ADAPT PROGRAM

2800 Beaumont Ave. No. 1,  
Liberty, TX 77575  
936-253-1077  
[adaptprograms.com/locations/liberty-tx](http://adaptprograms.com/locations/liberty-tx)

#### TRI-COUNTY BEHAVIORAL HEALTHCARE

Liberty Office — 936-334-3299  
Cleveland Office — 281-432-3000  
[tricityservices.org](http://tricityservices.org)

### Healthcare / Wellness Services

#### LIBERTY COUNTY HOSPITAL DISTRICT

1353 N. Travis St. Liberty, TX 77575  
936-336-7400

#### HEALTH CENTER SOUTHEAST TEXAS

307 N William Barnett Ave,  
Cleveland, TX 77327  
281-592-2224  
[hcset.com](http://hcset.com)

#### CONROE VA OUTPATIENT CLINIC

690 S Loop 336 W, Conroe, TX 77304  
936-522-4000

#### BEAUMONT VA OUTPATIENT CLINIC

3420 Veterans Circle, Beaumont TX 77707  
409-981-8550

#### CHARLES WILSON VA OUTPATIENT CLINIC

2206 N John Redditt Dr, Lufkin, TX 75904  
936-671-4300

#### MICHAEL E DEBAKEY VA MEDICAL CENTER

2002 Holcombe Blvd., Houston, TX 77030  
713-791-1414

## EDUCATION

### EDUCATIONAL OPPORTUNITY CENTER AND VETERANS CENTER

832-556-4502

[lee.edu/veterans/](http://lee.edu/veterans/)

### GI BILL

888-442-4551

[benefits.va.gov/gibill/](http://benefits.va.gov/gibill/)

### TEXAS HAZELWOOD ACT

877-898-3833

[tvc.texas.gov/education/hazlewood-act/](http://tvc.texas.gov/education/hazlewood-act/)

### LONE STAR COLLEGE

5000 Research Forest Dr.,  
The Woodlands TX 77381  
832-813-6500  
[lonestar.edu](http://lonestar.edu)

## EMPLOYMENT SERVICES

### WORKFORCE SOLUTIONS

2131 TX-146, Liberty, TX 77575

936-336-8063

[wrksolutions.com/find-a-location?county=Liberty](http://wrksolutions.com/find-a-location?county=Liberty)

## HOUSING

### LIBERTY COUNTY HOUSING AUTHORITY

(Disabled/Low Income Housing Assistance)  
2103 Cos St, Liberty, TX 77575  
936-336-4558, ext. 3  
[co.liberty.tx.us/page/liberty.housing](http://co.liberty.tx.us/page/liberty.housing)

### Assisted Living / Home Health / Hospice

(The following is a list of facilities in the  
community but are not Veteran Homes)

#### MAGNOLIA PLACE HEALTH CARE

1620 Magnolia, Liberty, TX 77575  
936-336-8844  
[magnoliaplacellp.com/](http://magnoliaplacellp.com/)

#### COUNTRY MANOR ASSISTED LIVING

265 County Road 613, Dayton, TX 77535  
936-258-6832

#### LIBERTY HEALTH CARE

1206 N Travis St., Liberty TX 77575  
936-336-7247

#### BRIGHTER DAYS ASSISTED LIVING

406 E Clayton St., Dayton, TX 77535  
936-257-5023

#### HERITAGE VILLA NURSING AND REHAB

406 E Clayton St, Dayton, TX 77535  
936-257-5023

#### CELESTIAL CARE

900 FM 945 RD S, Cleveland, TX 77328  
800-755-1458

### CLEVELAND HEALTHCARE CENTER

903 E Houston St, Cleveland, TX 77327  
281-593-3737

### TAWL HEALTH CARE, INC

107 S Roosevelt Ave, Cleveland, TX 77327  
281-432-2340  
281-593-3511 (Fax)  
[us.tawlhc.com](http://us.tawlhc.com)

For a list of Texas State Veteran Homes go to:  
[vlb.texas.gov/veterans-homes/locations](http://vlb.texas.gov/veterans-homes/locations)

## MISCELLANEOUS

### Local Veteran Organizations

#### LIBERTY COUNTY VETERAN SERVICES

Liberty Office  
2103 Cos St., Liberty TX 77575  
936-336-4558, ext. 4

#### Cleveland Office

304 Campbell St., Cleveland TX 77327  
281-593-8402

#### VFW POST 5621

1520 N Main St., Liberty TX 77575  
936-253-7044

#### VFW POST 1839

18 County Road 396, Cleveland TX 77328  
281-592-7230  
[myvfw.org/texas/](http://myvfw.org/texas/)

#### AMERICAN LEGION POST 512

2315 TX-146, Dayton TX 77535  
936-340-2002

#### AMERICAN LEGION POST 393

25774 TX-321, Cleveland, TX 77327  
281-592-5543  
[legion.org](http://legion.org)

### Legal Assistance

#### HOUSTON BAR ASSOCIATION VETERANS LEGAL INITIATIVE

713-333-8387

[hba.org/vli](http://hba.org/vli)

The program provides free legal advice and legal representation to U.S. veterans. Any veteran, or spouse of a deceased veteran, can get advice and counsel at one of the clinics offered by the VLI at the Michael E. DeBakey VA Medical Center or at one of the community clinics.

### Transportation

#### LIBERTY COUNTY VETERAN SERVICES

2103 Cos St, Liberty TX 77575  
936-336-4558, ext. 4

Liberty County will provide transportation to all veterans needing assistance to Michael E.

DeBakey VA Medical Center Monday-Thurs-  
day. Transportation is provided solely for  
medical purposes to the VA Hospital.

Veterans will leave from the following  
locations:

- VFW in Liberty at 5:30 a.m.
- Brookshire's Brother in Dayton at 5:45 a.m.
- Cleveland Annex at 6:30-6:45 a.m.

Care provider may accompany veteran only  
if there is adequate space available.

## Supportive Services

### US VETS HOUSTON

7227 Fannin, Suite 200, Houston TX  
77030

832-941-4037  
832-804-6274 (Fax)

[usvetsinc.org](http://usvetsinc.org)  
Provides Housing and Rental Assistance

## TEXAS VETERAN COMMISSION GRANT FUNDED ORGANIZATIONS

### Financial Assistance

#### GRACE AFTER FIRE

817-313-8884  
[graceafterfire.org](http://graceafterfire.org)

#### HOUSTON AREA URBAN LEAGUE

1301 Texas Ave, Houston, TX 77002  
713-393-8740  
[haul.org](http://haul.org)

### Housing

#### HABITAT FOR HUMANITY TEXAS

12420 Hewitt Lane, Austin, TX 78748  
512-523-5725  
[habitatatexas.org](http://habitatatexas.org)

## Supportive Services

### PROJECT MEND

5727 IH 10 West, San Antonio, TX 78201  
210-232-8976  
[projectmend.org](http://projectmend.org)

### Behavioral / Mental Health

#### EASTER SEALS OF GREATER HOUSTON, INC.

4888 Loop Central Dr., Ste. 200, Houston  
TX, 77081  
713-838-9050  
[eastersealshouston.org](http://eastersealshouston.org)

#### SANTA MARIA HOSTEL, INC.

2605 Parker Rd, Houston, TX 77093  
713-301-2618  
[santamariahostel.org](http://santamariahostel.org)

### TRI-COUNTY BEHAVIORAL HEALTHCARE

233 Sgt. Ed Holcomb, Conroe TX 77034  
936-521-6120  
[tricountytservices.org](http://tricountytservices.org)

### GRACE AFTER FIRE

P.O. Box 218604, Houston, TX 77218  
817-313-8884  
[graceafterfire.org](http://graceafterfire.org)

### MARRIAGE MANAGEMENT CONSULTANTS

1061 Meadow Scape Dr., Burelson, TX  
76028  
682-730-1818  
[marriagemanagement.org](http://marriagemanagement.org)

### Legal Services

### HOUSTON VOLUNTEER LAWYERS PROGRAM

1111 Bagby, Suite FLB 300, Houston, TX  
77002  
713-275-0125  
[makejusticehappen.org](http://makejusticehappen.org)

### LONE STAR LEGAL AID

P.O. Box 398, Houston, TX 77002  
800-733-8394  
[lonestarlegal.org](http://lonestarlegal.org)  
Civil (non-criminal) legal assistance, civil  
rights help, for veteran's income range: un-  
der \$35k (for one person) to \$71k (family  
of 4)

## U.S. DEPARTMENT OF VETERANS AFFAIRS DISASTER ASSISTANCE

### Veterans Home Loans

### NATURAL DISASTERS GUIDANCE FOR VA BORROWERS

[go.usa.gov/xXctH](http://go.usa.gov/xXctH)

### SPECIAL RELIEF FOLLOWING A NATURAL DISASTER

[go.usa.gov/xXrJU](http://go.usa.gov/xXrJU)

### FIND VA CIRCULARS CONCERNING:

- Current Disaster Guidance
- Forbearance Requests
- Moratorium on Foreclosures
- Late Charge Waivers
- Credit and VA Reporting
- VA Home Loan Information

### VA HOME LOAN MANAGEMENT

[go.usa.gov/xXctJ](http://go.usa.gov/xXctJ), or call 877-827-3702, Mon-  
day-Friday, 8:30 a.m. to 4 p.m.(ET)

### DIRECT HOME LOANS FOR NATIVE AMERICANS

[go.usa.gov/xXctS](http://go.usa.gov/xXctS)

### VA GUARANTEED HOME LOAN PROGRAM

[go.usa.gov/xXcz3](http://go.usa.gov/xXcz3)

### SPECIALLY ADAPTED HOUSING GRANT

[go.usa.gov/xXczc](http://go.usa.gov/xXczc)

### GATEWAY TO BENEFIT INFORMATION

**Ebenefits:** [ebenefits.va.gov](http://ebenefits.va.gov)

**VETERAN STUDENTS:** Beneficiaries us-  
ing Chapter 33 (Post 9/11 GI Bill) or  
Chapter 35 (Survivors and Dependent  
Educational Assistance Program): As  
long as the enrollment was submitted  
prior to the incident, no further action is  
necessary to receive continued pay-  
ment.

Beneficiaries using Chapter 30 (Mont-  
gomery GI Bill—Active Duty), 1606  
(Montgomery GI Bill —Selected Re-  
serve), or 1607 (Reserve Educational  
Assistance Program (REAP) continue to  
verify attendance until further notice as  
if the school did not close. Doing this will  
ensure that payment is not affected.

### EDUCATION CALL CENTER

888-442-4551  
Monday-Friday, 8 a.m. to 7 p.m. (ET)

### REGIONAL BENEFITS OFFICE LOCATOR

[go.usa.gov/xXczx](http://go.usa.gov/xXczx)

### STUDENT ATTENDANCE VERIFICATION

[go.usa.gov/xXcJR](http://go.usa.gov/xXcJR)

### EMPLOYMENT ASSISTANCE

Vocational Rehabilitation and Employment  
(VR&E): [benefits.va.gov/vocrehab](http://benefits.va.gov/vocrehab)

### FEDERAL BENEFITS BOOK

Benefits for Veterans, Dependents, and  
Survivor  
[go.usa.gov/xXaWy](http://go.usa.gov/xXaWy)

### DEBT MANAGEMENT CENTER

Repayment, offsets, hardships and waivers  
[Va.gov/debtman](http://Va.gov/debtman)

**PENSION BENEFITS DISASTER PROCEDURES:** If you can  
not receive your Department of Veter-  
ans Affairs (VA) Pension or Dependency  
and Indemnity Compensation (DIC) VA  
has resources to assist: 800-827-1000,  
Monday-Friday, 8 a.m. to 9 p.m. (ET),  
or visit your local VA Regional Benefits  
Office to request a paper check.

### Burial and Memorial Benefits

(National Cemetery Administration)

### BURIAL BENEFITS

[go.usa.gov/xXctR](http://go.usa.gov/xXctR)

### NATIONAL CEMETERY SCHEDULING OFFICE

[cem.va.gov](http://cem.va.gov), or call  
800-535-1117, 8 a.m.-7:30 p.m. (ET)

### MILITARY FUNERAL HONORS

[dmdc.osd.mil/mfh](http://dmdc.osd.mil/mfh), or call  
877-645-4667, 24-hour contact

### Health Resources

### VETERANS HEALTH ADMINISTRATION

Veterans Crisis Line/Mental Health Hotline  
[veteranscrisisline.net](http://veteranscrisisline.net)  
24 Hour Contact:  
800-273-TALK (800-273-8255)  
Option 1 to speak to someone NOW!  
Text: 838255

VA Services for Homeless and At-Risk Veterans  
[va.gov/homeless](http://va.gov/homeless)  
24 Hour Contact:  
877- 4 AID VET (877-424-3838)

VHA Health Benefits Enrollment Eligibility  
877-222-VETS (877-222-8387)  
Monday-Friday, 8:30 a.m. to 8 p.m. (ET)

Veterans Health Administration  
[va.gov/health](http://va.gov/health)

VA Medical Center Locator  
[va.gov/directory](http://va.gov/directory)

My HealtheVet  
[myhealth.va.gov](http://myhealth.va.gov)

Caregiver Support  
[caregiver.va.gov](http://caregiver.va.gov)

Women Veterans Health Care  
[womenshealth.va.gov](http://womenshealth.va.gov)  
or call 855 VA WOMEN (855-829-6636)

### Update your address

Online: [go.usa.gov/xXr8W](http://go.usa.gov/xXr8W)  
By phone: 800-827-1000,  
Monday-Friday, 8 a.m. to 9 p.m. (ET)  
By mail: VA Form 20-572, Request change  
of address/Cancellation of Direct Deposit

## ASSISTANCE OUTSIDE OF VA

### FEDERAL DISASTER ASSISTANCE

[disasterassistance.gov](http://disasterassistance.gov)

### DISASTER ASSISTANCE BY FEDERAL AGENCY

[go.usa.gov/xCcJU](http://go.usa.gov/xCcJU)

### DISASTER RECOVERY CENTER LOCATOR

[go.usa.gov/xXczA](http://go.usa.gov/xXczA)

### AMERICAN RED CROSS DISASTER RELIEF AND RECOVERY

[redcross.org/get-help](http://redcross.org/get-help)

### STATE EMERGENCY MANAGEMENT AGENCIES

[go.usa.gov/xXczs](http://go.usa.gov/xXczs)



# The Army Goes Rolling Along

Official Song of the U.S. Army



Verse I

March along, sing our song, with the Army of the free  
Count the brave, count the true, who have fought to victory  
We're the Army and proud of our name  
We're the Army and proudly proclaim

Chorus:

First to fight for the right,  
And to build the Nation's might,  
And The Army Goes Rolling Along  
Proud of all we have done,  
Fighting till the battle's won,  
And the Army Goes Rolling Along.

Refrain:

Then it's Hi! Hi! Hey!  
The Army's on its way.  
Count off the cadence loud and strong  
For where e'er we go,  
You will always know  
That The Army Goes Rolling Along.

Verse II

Valley Forge, Custer's ranks,  
San Juan Hill and Patton's tanks,  
And the Army went rolling along  
Minutemen, from the start,  
Always fighting from the heart,  
And the Army keeps rolling along.  
(Refrain)

Verse III

Men in rags, men who froze,  
Still that Army met its foes,  
And the Army went rolling along.  
Faith in God, then we're right,  
And we'll fight with all our might,  
As the Army keeps rolling along.  
(Refrain)



Public domain photo by Mass Communication Specialist 2nd Class Stephane Belcher

## Semper Paratus

Official March of the U.S. Coast Guard

Verse I

From Aztec Shore to Arctic Zone,  
To Europe and Far East,  
The Flag is carried by our ships  
In times of war and peace;  
And never have we struck it yet,  
In spite of foemen's might,  
Who cheered our crews and cheered again  
For showing how to fight.

Chorus

We're always ready for the call,  
We place our trust in Thee.  
Through surf and storm and howling gale,  
High shall our purpose be,  
"Semper Paratus" is our guide,  
Our fame, our glory, too.  
To fight to save or fight and die!  
Aye! Coast Guard, we are for you.

Verse 2

"Surveyor" and "Narcissus,"  
The "Eagle" and "Dispatch,"  
The "Hudson" and the "Tampa,"  
These names are hard to match;  
From Barrow's shores to Paraguay,  
Great Lakes or Ocean's wave,  
The Coast Guard fights through storms  
and winds  
To punish or to save.

Verse 3

Aye! We've been "Always Ready"  
To do, to fight, or die!  
Write glory to the shield we wear  
In letters to the sky.  
To sink the foe or save the maimed  
Our mission and our pride.  
We'll carry on 'til Kingdom Come  
Ideals for which we've died.

**HONORING OUR**  
**VETERANS**  
**OUR HEROES**

Independent Insurance Agent

**Skarpa Insurance**  
**Agency**

2539 FM 1960  
Dayton  
936-258-5613



# The U.S. Air Force

Official Song of the U.S. Air Force

## Verse I

Off we go into the wild blue yonder,  
Climbing high into the sun  
Here they come zooming to meet our thunder  
At 'em boys, Give 'er the gun!  
Down we dive, spouting our flame from under  
Off with one helluva roar!  
We live in fame or go down in flame. Hey!  
Nothing can stop the U.S. Air Force!

## Verse II

Minds of men fashioned a crate of thunder  
Sent it high into the blue  
Hands of men blasted the world a-sunder  
How they lived God only knew!  
Souls of men dreaming of skies to conquer  
Gave us wings, ever to soar!  
With scouts before and bombers galore.  
Nothing can stop the U.S. Air Force!

## Verse III

Here's a toast to the host  
Of those who love the vastness of the sky,  
To a friend we send a message of his brother men who fly.  
We drink to those who gave their all of old  
Then down we roar to score the rainbow's pot of gold.  
A toast to the host of men we boast, the U.S. Air Force!

## Verse IV

Off we go into the wild sky yonder,  
Keep the wings level and true  
If you'd live to be a grey-haired wonder  
Keep the nose out of the blue!  
Flying men, guarding the nation's border,  
we'll be there followed by more!  
In echelon we carry on  
Oh, nothing'll stop the Air Force!  
Nothing'll stop the U.S. Air Force!

**First Liberty National Bank**

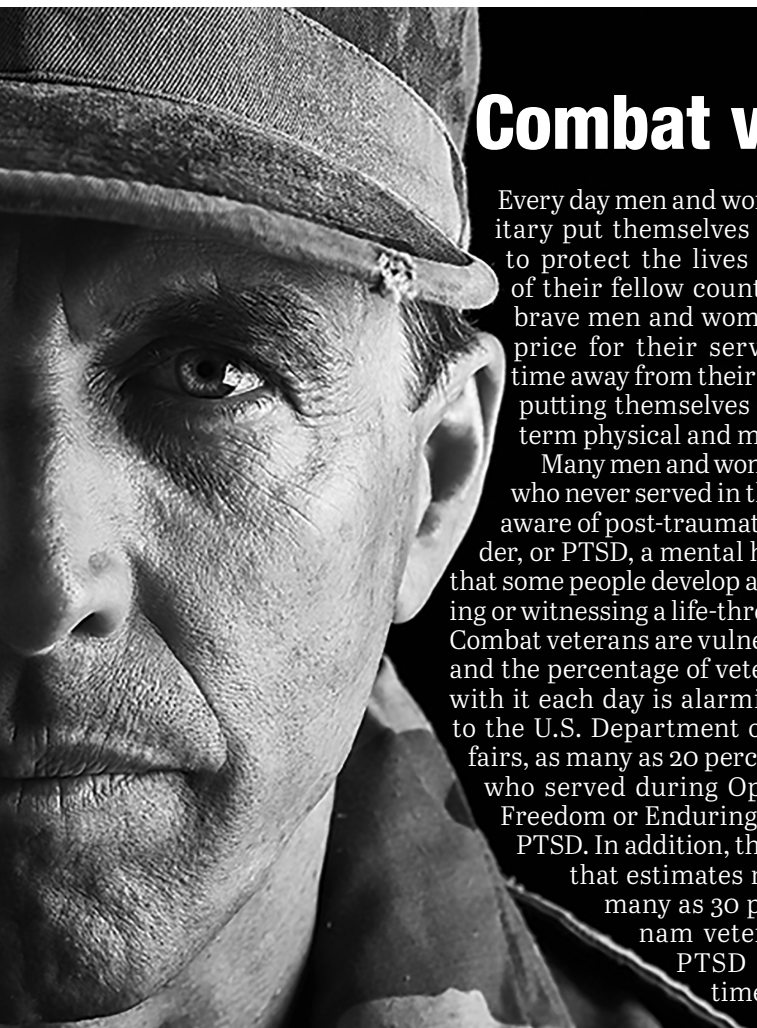
**is proud to honor our Veterans.**  
***We thank you for your selfless commitment and service .***  
***You are a treasure to our country and to our community.***

<b>LIBERTY LOCATION</b> 1900 SAM HOUSTON LIBERTY, TX 77575	<b>HARDIN LOCATION</b> 11030 HWY 146 N LIBERTY, TX 77575
<b>DAYTON LOCATION</b> 109 EAST US 90 DAYTON, TX 77535	<b>HUFFMAN LOCATION</b> 24900 FM 2100 HUFFMAN, TX 77336
<b>CHINA LOCATION</b> 15113 US HWY 90 BEAUMONT, TEXAS 77713	

**www.flnb.com**

Member  
FDIC





# Combat veterans and the threat posed by PTSD

Every day men and women in the military put themselves in harm's way to protect the lives and freedoms of their fellow countrymen. These brave men and women pay a steep price for their service, spending time away from their loved ones and putting themselves at risk of long-term physical and mental injuries.

Many men and women, even those who never served in the military, are aware of post-traumatic stress disorder, or PTSD, a mental health problem that some people develop after experiencing or witnessing a life-threatening event. Combat veterans are vulnerable to PTSD, and the percentage of veterans who deal with it each day is alarming. According to the U.S. Department of Veterans Affairs, as many as 20 percent of veterans who served during Operations Iraqi Freedom or Enduring Freedom have PTSD. In addition, the USDVA notes that estimates now suggest as many as 30 percent of Vietnam veterans have had PTSD in their lifetime.

Though it's not exclusive to men and women who have served in the military, PTSD has long been linked to combat veterans. In fact, the American Psychiatric Association notes that PTSD has been referred to as "shell shock" and "combat fatigue" in the past.

While the APA notes that a diagnosis of PTSD requires exposure to an upsetting traumatic event, that exposure can be indirect rather than firsthand. Because some people may assume that only firsthand exposure to trauma can lead to PTSD, many may be suffering in silence. That makes it all the more important that people learn to recognize the symptoms of PTSD. According to the APA, symptoms of PTSD, which can vary in severity, fall into four categories.

1. Intrusive thoughts: Flashbacks, distressing dreams and repeated, involuntary memories are examples of intrusive thoughts symptomatic of PTSD. The APA notes that some people with PTSD experience flashbacks so vivid that they feel they are reliving the traumatic experience or that it is unfolding before their eyes.

2. Avoiding reminders: Some people

with PTSD may avoid people, places, activities, objects, or situations they feel will trigger distressing memories. Soldiers, for example, may avoid interacting with fellow combat veterans. Avoiding discussions about a traumatic event and how they feel about it is another symptom of PTSD.

3. Negative thoughts and feelings: The APA says that negative thoughts and feelings may include ongoing and distorted beliefs about oneself or others; ongoing fear, horror, anger, guilt, or shame; considerably diminished interest in activities previously enjoyed; and a sense of estrangement and detachment from others.

4. Arousal and reactive symptoms: These symptoms may include irritability and angry outbursts; reckless or self-destructive behavior; being easily startled; or have difficulty concentrating or sleeping.

PTSD poses a significant threat to the men and women who serve in the military. Additional resources about PTSD is available at [www.ptsd.va.gov](http://www.ptsd.va.gov) and [www.psychiatry.org](http://www.psychiatry.org).

## Three unique ways to give back to service members

Military service in the United States was once more common than it is today. According to the Council on Foreign Relations, the draft for military service was ended in 1973, a point in time when 2.2 million men and women made up the country's active military personnel. By 2018, the number had dipped below 1.3 million. Military service in Canada is also somewhat uncommon, as the Department of National Defence reports that active military personnel totaled just 68,000 as of 2018.

The vast majority of people in countries where military service is not compulsory will never serve in the military. But that does

not mean non-military personnel do not appreciate the sacrifices service members and their families make. In fact, a recent report conducted for Canada's Department of National Defence found that while many Canadians seem only vaguely aware of what their military does, appreciation for service members was high.

Service members and their families make many sacrifices to protect the lives and freedoms of their fellow citizens. The following are three unique ways to give back to these selfless men and women, who often benefit greatly from even the simplest of gestures.

### GIVING BACK

#### 1. SERVE AS A DRIVER FOR VETERANS.

Unfortunately, many service members return from overseas missions with disabilities, some of which prevent them from driving. Adults who want to help service members can serve as drivers for veterans who can't drive themselves. Such a gesture ensures they won't miss any appointments with doctors or physical therapists, helping them get on the road to recovery that much quicker.

#### 2. DONATE YOUR AIRLINE MILES.

Some disabled veterans receive medical treatments far away from home at facilities that specialize in treating certain types of injuries, which can make it difficult for their families to be there for them during their recoveries. By donating airline miles to military families, ordinary adults can ensure injured servicemen and -women can still see their families during difficult times in their

lives. Access to such support systems can be a big help as veterans work to recover from their injuries.

#### 3. SPONSOR A SERVICE DOG.

A significant percentage of veterans return home with post-traumatic stress disorder, or PTSD. PTSD has been linked to a host of conditions, including depression and anxiety. However, programs such as Companions for Heroes, an organization that places service dogs with veterans, has helped many veterans successfully cope with PTSD. By sponsoring a service dog through an organization such as Companions for Heroes, adults who want to help service members can provide an invaluable service to men and women fighting to regain their quality of life.

There are many ways for ordinary citizens to show their support for the brave men and women who selflessly serve in the military.



# VETERANS OF OUR NATION

From Page 10



U.S. Department of Defense photo | DoD photo by Daniel Liddicoet/Released

U.S. Army Reserve Officers Training Corps (ROTC) cadets cross the finish line at the Bataan Memorial Death March March 25, 2012, in White Sands, New Mexico. The cadets were from the University of California in Santa Barbara.

*We salute those who unselfishly gave of themselves to service our country.*

From  
**MAYOR JOHN WHITE**  
and the City of Ames

City of Ames

304 Martin St., Ames, TX 77575  
(936) 336-7278 | [www.cityofamestexas.com](http://www.cityofamestexas.com)

Veterans Day is a time to honor all those who have sacrificed for something bigger than themselves: the safety and freedom of America.

**FESTUS PLUMBING, LLC**  
LICENSE# M-19580 • OWNER RODNEY CULLARS  
**936-258-9121**

*With Gratitude to Our Veterans*

LIBERTY COUNTY TEACHERS  
FEDERAL CREDIT UNION

**NCUA**  
Federally insured by NCUA

**3712 N. Main • Liberty • 936-336-7236**





# **Saluting Our Veterans**

**Those who served,  
and the families who  
stood by them.**

## **THANK YOU**



# **LibertyDayton**

## **REGIONAL MEDICAL CENTER**

LIBERTY DAYTON REGIONAL MEDICAL CENTER AND LIBERTY DAYTON MEDICAL CLINIC ACCEPTS MEDICARE, MEDICAID, MOST COMMERCIAL AND PRIVATE HEALTH INSURANCE COMPANIES AND WORKERS COMP INSURANCE.

**1353 NORTH TRAVIS. LIBERTY, TX 77575 • 936-336-7316**

**LIBERTY COUNTY HOSPITAL DISTRICT NO. 1**

**RURAL HEALTH CLINIC • 936-336-9175**

Providing full physician's services

Monday thru Friday 8am – 5pm • By appointment