

This and That

By Janine L. Kock, Times Editor and Publisher

After last Thursday's shooting at Perry Middle School, the following two pieces were circulated on social media.

- Every teacher you know has thought about it.
- Every teacher you know has a plan for an active shooter.
- Every teacher you know has weighed their point of fight or flight.
- Every teacher you know has walked their room looking for blind spots.
- Every teacher you know has passed their classroom to see what it would look like from the outside.
- Every teacher you know has wondered how fast they can lock a door.
- Every teacher you know has had a talk about the "spread out" or group together" methods.
- Every teacher you know has gotten jumpy at least once at the sound of a fire alarm, unplanned announcement, or screech from the quad.
- Every teacher you know has wondered if they could be in the way long enough to prevent damage.
- Every teacher you know has thought about how hard it would be to keep young people quiet.
- Every teacher you know has walked into a different classroom and noticed where the doors and windows are.
- Every teacher you know.

As the aftermath of the most recent school shooting is unfolding, the Republicans are calling for prayer and the Democrats are calling for gun control. Across the country, many are heartbroken, angry, and ready for the social media battles over gun control which will get us absolutely nowhere. In a few days, it will be old news.

Below are statistics which actually matter in a moment like this. (The stats are from 2022 and 2023 and can be found via a simple Google search.)

- Iowa ranks 51st in the nation (yes, that's DEAD LAST) for access to inpatient mental health services.
- 21,000 students in Iowa who have been identified as having a "major depressive disorder" did NOT receive any treatment in 2022. None at all.
- Based on Iowa's population, we should have 416 inpatient mental health beds available just for our children in this state. We have 125.
- Iowa has 55 pediatric psychiatrists practicing IN THE ENTIRE STATE. Those practitioners serve 14 counties. Iowa has 99 counties and a child population of over 700,000.
- Roughly 20% of Iowa children have a RECOGNIZED mental health issue (which doesn't count those who don't bother to seek an actual diagnosis, because they know there's no help available). That's over 140,000 children in need of care.
- Iowa has the 13th highest suicide rate among adolescents.
- In 2022, one organization serving children in mental health crises in an urban area of our state reported a waiting list of more than 550 children and pleaded for more resources to hire additional staff. They said many children had been waiting "over a year for CRISIS SUPPORT."
- The "big step forward" to address the crises-level of these numbers? Our legislators demanded the Suicide Prevention Hotline number be printed on the back of school IDs this year.
- Additional funds for staff shortages? No.
- Additional support for community hospitals who have no resources for mental health programs? Nope.
- Incentives to encourage more mental health care providers to practice in rural Iowa communities? Not a chance.
- Removal of barriers to access insurance-covered online care across state lines? Not gonna happen.
- If you don't think this is outrageous, you're NOT PAYING ATTENTION. We do not have a gun problem in Iowa. We have a mental health care crisis.

Brain health matters. And when you don't treat brain illness, it spreads. It infects people around the person suffering. And in some cases, it proves fatal. You can take away guns, but it won't fix anything. It won't save lives. It won't help our kids.

If you ever see me talking to myself, just move along. I am self-employed, and we are having a staff meeting!

At times, we need our grandchildren more than they need us. They have no clue what they truly do for our souls.

Happy New Year's, everyone!

Remember, everything that has a beginning has an end. So, forget the past, plan for the future, and enjoy the moment! Cheers to your best year yet!

Top Five Regrets of the Dying:

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.
 2. I wish I didn't work so hard.
 3. I wish I'd had the courage to express my feelings.
 4. I wish I had stayed in touch with my friends.
 5. I wish that I had let myself be happier.
- Life is a choice. It is YOUR life. Choose consciously, choose wisely, choose honestly. Choose happiness.

Board of Adjustments to meet Jan. 25

The Board of Adjustments will meet at City Hall, 443 Main Street, Manilla, Iowa on Thursday, January 25, 2024 at 5:30 p.m.

1. Chairman Dale Bandow calls Board of Adjustments meeting to order.
2. Roll Call.
3. Approve Agenda.
4. Approve or deny a Board of Adjustment Application at 351 05th AVE MANILLA IA 51454 residential property. ERTZ, BRIANA. & MICHELE R. are requesting to build a lean-to on MANILLA BLK 10 LOT 13 in the Town of Manilla, Crawford County, Iowa. The lean-to would be attached to the south-side of the garage that is currently out of compliance.
5. Adjourn.



MANILLA CONGREGATE MEAL SITE MENU

- Monday, January 15 – Crunchy Pollock, Roasted Red Potatoes, Tomato Spoon Salad, Pears
- Tuesday – Philly Sloppy Joe on WW Bun, Green Beans, Cake w/ Mixed Berries
- Wednesday – Spaghetti/Meat Sauce, Garlic Bread, Peas, Pine-apple
- Thursday – Tuna Melt, Tossed Romaine Salad, Apricots
- Friday – Tator Tot Casserole, WW Bread, Apple Slices, Banana Cream Pudding

Phone 655-3417 or 654- 3532.

Eligible persons (diners age 60 & over and their spouses) may contribute whatever they wish to the Senior Nutrition Program for the meal.

Persons under age 60 must pay the Total Cost to the Site Manager.

Must certify that you are 60 years of age or older, yearly income is less than \$15,892 (if single), yearly income is less than \$21,497 (for married couple).

Menus subject to change due to the rising cost of food.



Need Table Covers For Any Upcoming Gathering??

STOP IN AT THE MANILLA TIMES! 448 Main Street, Manilla

BUY IT BY THE FOOT OR BY THE ROLL!

Food Distribution January 16th

The Crawford County Hunger Fighters food distribution is planned for Tuesday January 16th at the United Presbyterian Church, 205 N 24th St. in Denison. Drive thru pickup will be from 3 to 5:00 pm.

Families in need of food assistance will verify their income level eligibility with the TEFAP form which is completed once every year. Forms may be picked up in advance in the bench in front of the Presbyterian Church or filled out that day.

Proxy consent forms are used for picking up another person's food will not need to be renewed

unless there are changes. We ask that you abide by our policy of one allotment of food per household. Monetary donations made to Crawford County Hunger Fighters may be dropped off at V & H Tire, The Hoffman Agency, or Our Savior Lutheran Church. Please listen to KDSN for any weather-related cancellations.

We would not be able to make this food available without our wonderful volunteers who make it happen. If you would like to volunteer and help serve your community on that day, you may call the Presbyterian church office at 263-4130. Thank you to the many volunteers who are already helping to make this possible!

This institution is an equal opportunity provider.

12 in 12 Names drawn for the end of the year

The names drawn for the \$25.00 in Manilla Money for reaching the goal of reading 12 books in a year are Bonnie Lorenzen for the adults and Peyton Blum for the kids. Winners can pick up their \$25.00 in Manilla Money at the Manilla Public Library during regular business hours.

We will continue the 12 in 12 for 2024. Adults and kids need to read 3 books a quarter to be eligible to be in the drawing for \$5.00 in Manilla Money. Each quarter ends March 31, June 30th, September 30. If those participating read 12 books in 12 months the prize goes to \$25.00 at the end of the last quarter, December 31.

Any questions feel free to stop in and ask Laurie about joining the 12 in 12 or call 654-5192.

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Deadlines for legal notices and ads are noon Monday. The Rocket deadline is noon on Friday.