

**From Jim**

Hi Penny, I read your book. The personal interviews were riveting. It's disturbing that the carnage still goes on. A friend of mine from a local boat club recently told me about his older brother. Capt. in the Marine Corps, 2 tours in Iraq. Came home to his wife and 2 kids, lived in upstate rural New York. Wasn't home a month when he was killed in a snow mobile "accident".

In May of 1967 I found myself at Bien Hoa air force base in South Vietnam with 2 of my neighborhood friends that I knew from childhood. They were both in the Army; I was in the Air Force. We all made it back alive and in one "physical" piece. Yet one of my friends overdosed about 10 years ago and the other friend of mine shot himself to death in front of the emergency room entrance of a Pennsylvania VA facility in October of 2006. I left Vietnam in 1968 and I started seeking help for PTSD since April of 2007.

I received a decision from the Dept. of Veterans Affairs December 13th, 2007 awarding me a 50% service connected disability for PTSD for events that took place at Saigon Airport during the Tet Offensive Jan. 31st 1968. Almost 40 years ago. It took a lot for me to walk into the VA's veterans' reps office and tell them I want to talk to someone about PTSD. I have no regrets and I am convinced that there are thousands of "tough" guys still around that won't ask for help.