

## Phillip Emil Krien

Sept. 1, 1918 - Dec. 8, 2008

Phillip Krien of Parker, Colo., who was celebrating his 90th year of life, died on Dec. 8, 2008, in Parker. He was born Sept. 1, 1918, in St. Francis, Kan.

He was a farmer before moving to Colorado. After moving, he worked at K-Mart and King Soopers.

He was a lifetime member of the National Rifle Association. He also enjoyed playing baseball and going hunting in his earlier years.

He was preceded in death by his son, Arlen, and his grandson, Bobby.

He is survived by his wife, Lydia (Zweygardt), Parker; daughters, Elaine Willt, Holyrood, and Marlene Reynolds, Parker; son, Gary Krien, Salina; brother,

Ferdinand Krien, St. Francis; six grandchildren, 12 great-grandchildren and four great-great-grandchildren.

Funeral services were held Dec. 12, at Peace Lutheran Church in St. Francis with Pastor Ken Hart as officiant. There was a reading by David Krien, grandson, and special music by Cassandra Montoya, granddaughter.

Casket bearers were grandchildren David Krien, Tranga (Reynolds) McKune, Kevin Willt, Keela (Willt) Reidel, Rocklyn Reynolds, Kari (Krien) Peter. Interment was in the St. Francis Cemetery.

Arrangements were by Knodel Funeral Home, St. Francis.

## Brooke Anne Isenbart

Dec. 20, 2007 - Dec. 10, 2008



Isenbart

Brooke Anne Isenbart, infant daughter of Tyler and Samantha Isenbart of Julesburg, Colo., died Wednesday, Dec. 10, 2008, at the Sedgwick County Hospital in Julesburg.

Brooke was born on Dec. 20, 2007, in Sidney, Neb., to Tyler Leigh and Samantha Anne (Shannon) Isenbart. They made their home in Chappell, Neb., before moving to Julesburg.

Brooke will be remembered for always having a smile on her face and she loved everyone. She will be missed greatly by all of her family and friends.

Brooke is survived by her parents, Tyler and Samantha Isenbart and sister, Brenna Marlene Isenbart, all of Julesburg; paternal grandparents, Thomas and Judi Isenbart of Chappell, Neb.; maternal grandparents, Earl Shannon of Bird City, Kan., and Belinda and Vernon Doonan of Colby; maternal great-

grandparents, Alberta and David Mick of Scott City, and Marcella and Joe Stenger of Densmore; aunts and uncles, Troy and Brandy Isenbart and family of Chappell, Teshawna and Troy Sawyer and family of Grand Island, Neb., Nicole and Jason Holub and family of Goodland, Michael Shannon of Chicago, Ill., and Brian and Nichole Doonan and family of Cox Creek, Ky; and a host of other relatives and friends.

She was preceded in death by her paternal great-grandparents, Bernard and Evelyn Isenbart and Vaughn and Marlene Wilson; maternal great-grandfathers, Harrell Shannon and Lloyd Stichel.

Funeral services were held on Saturday, Dec. 13, at the Julesburg Christian Church in Julesburg with Pastor Alan Harris officiating. Interment was in the Hillside Cemetery in Julesburg.

Memorials may be made in Brooke's name.

Family and friends may sign the guest book and leave condolences online at [www.holechekfuneralhomes.com](http://www.holechekfuneralhomes.com).

## Michael Lyn Engelland

Dec. 9, 2008 - Dec. 9, 2008

Michael Lyn Engelland died on Dec. 9, 2008. He was born on Dec. 9, 2008, the son of Brett Michael and Lori Lyn Houtman Engelland.



Engelland

He is survived by his parents; grandparents, Dale and Sherry Weeks, St. Francis, Bruce and Sharon Engelland, Nickerson, Lynn and Nancy Houtman, Harrison, Ark.; great-grandparents, Carroll and Delpha Engelland, Hutchinson, Norris

and Doris Anderson, St. Francis, Bill and Pat Weeks, Hoxie, and Marlin Houtman, St. Francis.

He was preceded in death by his great-grandparents, Henry O'Leary, Ruth Houtman, Beth Weeks and Mach and Vera Kinch.

Graveside service were held Friday, Dec. 12, at Penwell-Gabel Cemetery and Mausoleum, Hutchinson, with Lee Keele presiding.

Memorials may be sent to the Ronald McDonald House in care of the mortuary.

To leave the family personal condolences visit [www.elliottmortuary.com](http://www.elliottmortuary.com).

## Peter Alexander Jensen Sr.

Dec. 11, 1918 - Dec. 11, 2008

Lifelong Sherman County, Kan., resident Peter Alexander Jensen Sr., 90, died Thursday, Dec. 11, 2008, at Good Samaritan Society, Sherman County in Goodland.

He was born Dec. 11, 1918, at his grandfather's house southwest of Goodland, the son of Jens and Ellen Mary (West) Jensen. He attended schools in rural Sherman County.

From April 1, 1942, through Dec. 22, 1945, he served his country in the United States Army.

On Feb. 4, 1943, he and Ruth Elisabeth Notz were married at Goodland. They were lifelong farmers in Sherman County.

He was a member of Veterans of Foreign Wars, Lowell Coleman Post 1133, and American Legion, Post 117.

Preceding him in death were his parents, three sisters, Roberta Strange, Vera Hoss and Verna Hoss; three brothers, Bill Butts, John Butts and Neil Butts; and one grandson, Chris Jensen.

Surviving family includes

his wife, Betty Ruth Jensen of Goodland; son, Luther Jensen and his friend, Kathy Skinner of St. Francis; daughter, Ruth Stramel and her husband, Dick of Stratton, Colo.; son, Peter Jensen Jr. and his wife, Kay of St. Francis; daughter, Bonny Walt and her friend, Carl Kaiser of Quinter; daughter, Judi Nemechek and her husband, Greg of Goodland; 15 grandchildren; 20 great-grandchildren; sister Betty Wegner of Goodland; brother, Dan Butts and his wife, Georgia of Edson; and a host of nieces and nephews.

The funeral was held Saturday, Dec. 13, at Koons Chapel in Goodland, with Dr. Chet Ross officiating. Burial and military honors followed in the Goodland Cemetery.

Memorials may be designated to Good Samaritan Society, Sherman County or to Hospice Services of Sherman County, and may be left at or mailed to Koons Funeral Home, 211 N Main, Goodland, KS 67735-1555.



KATTIE WURM was having a serious discussion with Santa at the drawing on Monday night.

## Plain Sense

### Post-traumatic stress disorder

Plain Sense from High Plains Mental Health Center

Post-traumatic stress disorder is a psychological condition that fascinates the general public. Many people associate this condition with Vietnam War veterans, but greatly overestimate the number of individuals who actually suffer from the disorder. In reality, it has been around since long before the Vietnam War and can occur in anyone who experiences, witnesses, or feels threatened as a result of a traumatic event that involves death or serious injury to self or others. It is also important to keep in mind that the majority of people that do experience such trauma, do not develop this disorder.

There are three major symptoms that define this condition. First, the individual experiences intrusive recollections of the event that are beyond simple memories or dreams, which are powerful and intense psychological experiences. People feel the full intensity of the fear, panic, or horror that they experienced during the initial trauma, even if the event occurred several years past. These recollections often occur as the result of certain triggers; specific sounds such as a loud crash or bang; unusual odors, such as something burning; or factors that resemble an aspect of the trauma such as weather conditions, a news report, or an awareness of the anniversary of the event.

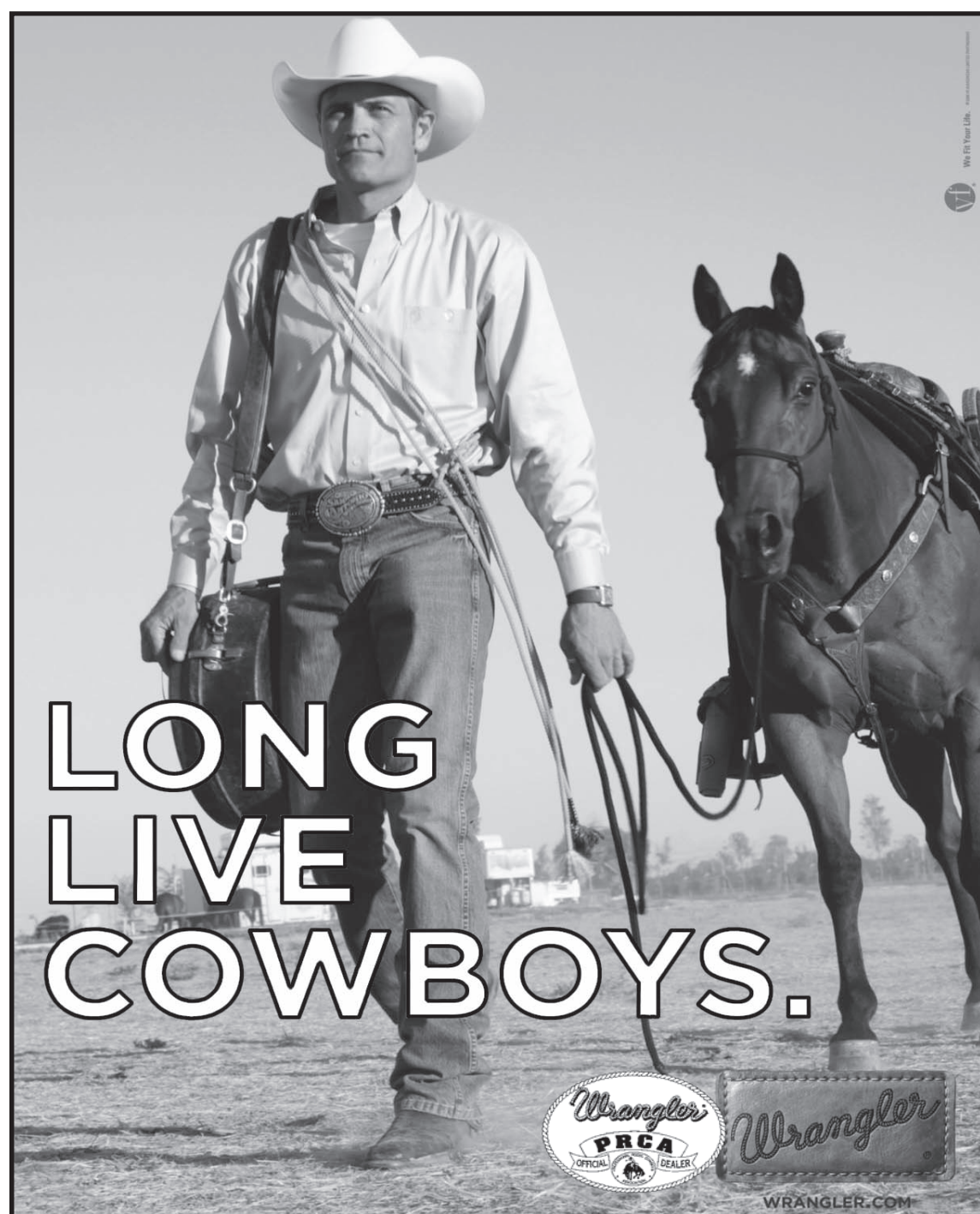
The second major symptom is the avoidance or numbing of emotions; the person will avoid situations or stimuli that they think may trigger the frightening recollection and resulting feelings. Unfortunately, they will also avoid family gatherings, church services, school events and other social situations, due to their fears. The resulting increase in isolation can lead to additional problems of depression, alcohol, or substance abuse, as well as marital and family conflict.

The third general symptom is hyper-arousal or hyper-vigilance, where the person is on constant alert and will have a sharper startle response, and is especially noticeable in soldiers returning from war. The person's efforts to "stay safe" and keep their family safe is often misunderstood by others. In addition, the person may experience difficulty sleeping or insomnia, and increased anger and irritability.

The United States Department of Defense estimates that between 15 to 25 percent of Afghanistan and Iraqi War veterans may develop post-traumatic stress disorder. This translates into the possibility of 255,000 to 493,000 cases of post war-related Post-traumatic stress disorder. If any of these symptoms sound familiar, and you have concerns

about a loved one or friend, contact your medical provider or local mental health center for further information.

Contributed by Ken Loos, MS, LMLP, LCP Prevention, Education, and Outreach Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help. Mail questions to: High Plains Mental Health Center, Plain Sense, Prevention, Education, and Outreach Department, 208 East 7th, Hays, KS 67601.



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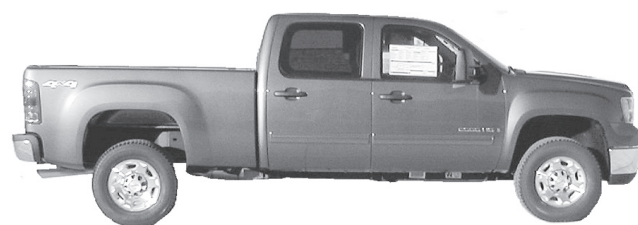
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