

Post-traumatic stress disorder fascinates public

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, Post-Traumatic Stress Disorder 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



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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 ago. 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.

This disorder 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 are 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 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 of High Plains Mental Health Center. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Colby names former principal to interim position at high school

By Andy Heintz
aheintz@nwkansas.com

A former Colby High School principal has been named to lead the school until a permanent replacement can be found for Rocky Robbins, whose contract was terminated on Dec. 1, said Rhonda Cropp, board clerk at Colby public schools. Robbins was put on leave with pay from Nov. 10 to Dec. 1.

The hiring of Donald E. Krebs was unanimously approved at a special school board meeting on Monday.

Krebs is no stranger to the high school. He was the Eagles' principal from 1995 to 1999 and served as the school's assistant principal and activities director from 1993 to 1994, said Jo DeYoung, busi-

ness manager for Colby Public Schools. He left Colby to work at Tabor College, where had several jobs including director of student success initiatives.

Krebs also worked at Colby Community College, where he served as vice president and dean of community services from 1971 to 1975, she said.

Other educational institutions he has worked for as an administrator or a teacher include Garden City Junior High School, Scott County Community High School, Plainville High School, Osawatomie High School, Garden City Community College, Marymount College, Kansas State University (graduate assistant and assistant director of

intramurals) and Tabor College.

DeYoung said Krebs has 40 years of education experience, starting in 1964. He was born in Scott County and attended K-State on an athletic scholarship, lettering in football during his junior and senior season.

Krebs also is an insurance agent and a farmer. He has three sons,

Andy, Matt and Daniel, and three daughters, Anna, Beth and Abi, and 10 grandchildren.

Krebs, who started Dec. 1, said he is getting comfortable at his new job.

"It took a little while, but after meeting students and faculties, I knew it felt like being home again," he said. "We won't change much.

The current executive policies and procedures are excellent."

"You can't ask for a better person to work with than (activities director) Larry Gabel. Why fix something that ain't broke?"

Gabel, who also is assistant principal, was named acting principal after Robbins was removed.

Krebs said he thinks the school's job is to make sure the students are successful. He will serve as principal for the rest of the school year, Gabel said. DeYoung said the school district will begin sending out applications in January and they will start interviewing people for the principal's job in March.

Former sheriff's deputy now with Thomas emergency management

By Andy Heintz
aheintz@nwkansas.com

A former Thomas County sheriff's deputy didn't stay unemployed for long.

After being fired by Sheriff Mike Baughn on Nov. 13, Mark Finley was transferred to work for the county Emergency Management Department the same day.

The county commissioners and Emergency Management Director Susan McMahan made the decision to hire Finley. He will be making \$13.58 an hour.

County sheriff Mike Baughn said the firing was a personnel matter. Finley said Baughn told him to turn in the his dog, a 7 or 8-year-old Belgian shepherd, or malinois he had trained, to the kennel.

However, the commissioners told Baughn the dog was county property and couldn't be sold without their permission. The dog was placed under Finley's care for 60 days.

Finley will be filling in for McMahan this month while she is on vacation, McMahan said. He will be leaving his new job and returning to the sheriff's department as the undersheriff when Taylor begins his term on Jan. 12. The dog will also be returning to work at the sheriff's department.

McMahan said Finley will be helping her fill-out end of the year

reports. He will also attend training for his new position during this time. McMahan said Finley also will attend an emergency management training session at the beginning of the new year.

He will be working on a project for next year involving resource typing, she said. Resource typing, McMahan explained, is when public and private agencies with heavy equipment provide information about what equipment they have. If they are willing to provide the equipment during an emergency, then the emergency management director will draw up a memorandum of understanding outlining terms, she said.

The next step is to match the equipment description with what the Federal Emergency Management calls that piece of equipment, McMahan said.

"It's going to be a time-consuming project and Mark is going to help me get started," she said, adding that Finley has been a tremendous help already.

"As a one-person department, it's good management to have someone else know how your department works and due dates of projects," she said.

This has been a good learning experience for him on why departments need to cross train and understand one another's duties, Finley said.

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Church of Jesus Christ of Latter-Day Saints
 1200 15th Street • Burlington, CO
 (719) 346-7984
Sacrament Meeting: 10 a.m.
Sunday School: 11:15 a.m.
Priesthood/Relief Society: 12 a.m.

United Methodist Church
Brewster:
Pastor: Dorine Chambers
 Worship Service: 10:45 a.m. CST
 Sunday School: 9:45 a.m. CST
Winona:
Minister: Sheryl Johnson
 Worship Service: 9 a.m. CST
 Sunday School: 10:15 am CST

First Christian Church
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Pastor: Rev. Carol Edling Jolly
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 1116 Sherman 899-3631
Pastor:
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 Worship: 10:30 a.m.
Wednesday: Wednesday Nite Live
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 890-3450
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Thursday: Bible study 9:30 a.m.
 Wheatridge Center

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 13th & Center
 Church 890-2115 or Rectory 890-6969
Priest: Father Hal Lycett
Holy Eucharist: 10:00 a.m. Sunday
 10:00 a.m. Thursday
Morning Prayer: Daily, 8 a.m. Thursday and Sunday
 For emergencies 890-6969

Seventh Day Adventist Church
 1160 Cattletrail
Pastor: Jerry Nowak
Saturday: Sabbath School: 9:30 a.m.
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