

PTSD Nation

My father fought in WWII. My son fought in Iraq. My son has PTSD.

It turns out that I father probably had it too. Only, I never knew it until a friend whose father died at year after mine told me about her

father. She told me how this calm intellectual man who was part of the team of Harvard Law School students that helped draft the UN Declaration of Human Rights would stare off absently

in detached moodiness and was given to sporadic fits of violent rage. My own father, also a quiet and gentle man most of the time, showed this same pattern. She told me that her father, who fought in Europe,

never talked about the war. Everything she learned about it, she learned from her mother. My father, who fought in the Pacific, was the same way.

"You know, I'm convinced he had PTSD," she told me.

"We didn't have a word for it then, except the words 'tigger' or 'shell shock' labels for the most extreme cases, but it's the same thing."

That is when it hit me. We were raised by a generation with PTSD. Nearly 16 million men came home from that war. Came home to families, neighborhoods, schools and jobs - to raise the next generation, the "baby boom" generation - after living the unpeppable horrors of war.

Even the training itself was traumatic. We took young men, still practically children, who our society tried to teach to be kind and loving people, and turned them into young men whose job was to kill and destroy. How can anyone make this leap from teenager to soldier without severe trauma

and stress? Pearl Harbor was the traumatic shock of my parents' generation. It was their 9/11. Ever since, our nation has remained on a permanent war footing, from the Cold War to the War on Terror without pause.

Since then, violence and war have flooded our culture in movies, TV shows, and now video games. The leap from teenager to soldier comes more easily these days.

According to On Killing by Dave Grossman, only 15-25% of combat infantry in WWII were actually willing to shoot at the enemy. They did not run away. They simply would not fire their weapons.

So the military improved its conditioning. The willingness-to-fire figure rose to 50% in Korea, over 90% in Vietnam, and approach nearly 100% in Iraq. This may be progress of sorts, if our focus on producing more soldiers with "zero defect" in their will-

ingness to kill. If our focus is on building healthy citizens and parents in a peaceful society, it may not be so good.

Let me be clear. I am not criticizing our soldiers. I love my father. I love my son. I am merely noting the costs - to them, to us, and to future generations - of keeping our nation in a permanent state of warfare.

After so many decades of living with the hidden killer of PTSD, maybe it's time we started looking for other healthier ways to secure the peace for ourselves, our neighbors, and our posterity. With all the emotional and financial investments we keep making in war, maybe it's time to invest a little more in "RAD" or alternatives that do not impose such high costs of trauma and stress?

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PUBLIC NOTICE

Notice is hereby given pursuant to KRS 428.340 that the Nicholas District Court has appointed personal representatives as follows:

DECEDENT/WARD	EXECUTOR	TITLE	ATTORNEY	AGT. DATE
Frederic C. Cameron II 125 Wilson Chapel Road Carlisle, KY 40311	Mandi Louisa Cameron 227 E. North Street Agri. 302 Carlisle, KY 40311	Executrix	Patrick E. Price 207 Court Square Flemingburg, KY 41041	1/17/2009
David Wayne Linger 221 High Street Carlisle, KY 40311	Mary Linger 221 High Street Carlisle, KY 40311	Executrix	Eric Tester P.O. Box 186 156 East Main Street Carlisle, KY 40311	1/17/2009
Brenda Dyer Patten 2060 Headquarters Road Carlisle, KY 40311	Travis M. Daily 2060 Headquarters Road Carlisle, KY 40311	Administrator	James P. Brannon 1102 S. Broadway Carlisle, KY 40311	1/17/2009
Lois S. Ockerman 103 Mulberry Street Carlisle, KY 40311	Parola O. Stone 2122 Moorfield Road Carlisle, KY 40311	Executrix	Joseph H. Conley 227 North Broadway Carlisle, KY 40311	1/17/2009
Dorothy R. Neal 510 West Central Street Carlisle, KY 40311	Bonnie K. Metcalfe 208 West Central Street Carlisle, KY 40311	Co-Executrix	Robert Zwegant 215 Starwood Court Mayville, KY 41056	1/14/2009
Dorothy Lee Houder 2009 Woodring Drive Carlisle, KY 41056	Dorothy Lee Houder 2009 Woodring Drive Carlisle, KY 41056	Co-Executrix		1/14/2009

All persons having claims against the above decedents/wards are notified to file same, properly proven, with the respective representatives no later than six months from the date of appointment.

Witness my hand this 29th day of January, 2009.

Sandy Watkins
Nicholas Circuit Clerk

Published in The Carlisle Mercury Wednesday, Feb. 4, 2009



Photo by Charles Mattox

Industrial Authority Board members L-R, Carlmell Lester, Carlisle Mayor Ronnie Clark, Vice Chair Carlton Jones, Chairman Duane Kenney, Secretary/Treasurer Wes Berry and Phil Pack attending the annual meeting last week at the Blue Licks Battlefield State Resort-Park.

Industrial Authority Board elects officers

By Charles Mattox
charles@carlislemercury.com

Members of the Carlisle-Nicholas County Industrial Development Authority Board met at the Blue Licks Battlefield State Resort Park for their annual meeting Jan. 21.

Although the board meets each month, it is at the annual meeting when officers are elected.

Board Chairman for 2008 Duane Kenney was unanimously re-elected as Authority Chair for 2009. Carlton Jones was unanimously elected as Vice Chair and Wesley Berry was unanimously elected as Secretary/Treasurer.

Kenney welcomed all to the relaxed meeting, in which the business of expiration dates for members and new by-

laws were briefly discussed. Kenney told all present that he would work closely with city and county leaders to ensure appointment dates and expiration dates were accurately recorded. County Judge-Executive Larry Tinch-er and Carlisle Mayor Ronnie Clark share ap-pointments to the board with three each. Their appointments serve in two-year, three-year and four-year periods of service as unpaid vol-unteers and civic orga-nizers who work closely with individuals and groups to recruit more revenue, business and opportunity to Nicholas County.

Board members ex-pressed cautious opti-mism for the local economy during the meeting. Updated by-laws were also discussed.

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Your Valentine's Message Goes Here

Local Guard unit lends helping hand

By Charles Mattox
News Reporter
charles@carlislemercury.com

Members of the local National Guard Unit, Battery B, 2nd Battalion, 138 Field Artillery, were activated into service last week and jumped right in by clearing sidewalks, streets and roads. They also assisted county road crews with their tasks and checked on residents across the county to ensure they were safe.

"We have 55 Guardsmen on activation right now," Captain Steve Mattingly, commander of Battery B said Sunday. "We're not sure how long the activation period will last."

Gov. Steve Beshear ordered the activation of all

Kentucky Army National Guard units on Friday as the state continued to struggle with the crippling ice storms. The activation of the Kentucky National Guard is the largest in state's history.

In a news release Saturday, Beshear said he made the decision to ensure the safety and well being of Kentucky's citizens in the aftermath of this week's winter storms that left 690,000 Kentuckians without power and paralyzed most of the western Kentucky.

Nicholas County Judge-Executive Larry Tinch-er expressed deep praise for all the Guardsmen, who are helping county road

HMH
Harrison Memorial Hospital
A Regional Healthcare Facility

Jim Letcher elected to Harrison Memorial Hospital Board of Directors

The Harrison Memorial Hospital Board of Directors has selected Jim Letcher as its newest member. Letcher's three-year term began January 1, 2009.

A Nicholas County native, Letcher has lived in Harrison County since 1978. He graduated from Nicholas County High School and Morehead State University with a Bachelor of Science Degree in Agriculture Science. After completing a tour with the United States Marine Corps, Letcher worked for the U. S. Department of Agriculture for 33 years. Since his retirement in 2001, he has owned and operated Bluestone Financial Services, LLC.

Letcher is active in several local organizations. He is an Elder at the Cynthiana Christian Church and a member of the Cynthiana Lions

Club and Cynthiana Country Club. He also serves as treasurer of the Harrison County Water Association.

Letcher and his wife Judy have two sons - Tim and Kevin. Their three grandchildren are: Russell, 7, Rex, 3, and Owen, 4 months. His hobbies include golfing and watching UK basketball.

HMH now has a 14 member volunteer board of directors. Those members include: Dr. Greg Cooper, Chairman; Mr. Doug Hampton, Chairman Elect; Mr. Alex Barnett, County Judge Executive; Mr. James A. Brown, Mayor; Mr. Bruce Florence; Mr. Gerald Paddock; Mr. John Leitz; Dr. Frank McKemie; Mr. David Melcher; Dr. Brian Mulberry, Chief of Medical Staff; Mr. Wayland Quisenberry; Ms. Wile; James Thomas and Mr. Larry Wiley.

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Last Week's Solution

7	9	1	2	8	3	5	4	6
2	3	4	6	9	5	1	8	7
5	6	8	7	4	1	3	2	9
8	1	2	5	3	9	6	7	4
4	5	6	8	2	7	9	3	1
9	7	3	4	1	6	8	5	2
1	2	9	3	7	8	4	6	5
3	4	5	9	6	2	7	1	8
6	8	7	1	5	4	2	9	3



Photo by Charles Mattox

National Guardsmen from the local Guard Unit, Battery B, were activated due to the crippling effects of the storm. Approximately 55 Guardsmen helped Nicholas County dig out from the snow and also visited residents to ensure they were ok.

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