

North Forty News

Wellington Weekly TIMNATH NEWS



CATEGORIES

Business Profiles

- Art
- Attorneys
- Banking
- Beetle Kill
- Car Care
- Churches
- Contractors
- Dental Care
- Dog Training
- Duct Cleaning
- Electrical
- Equine
- Equip. Rental
- Excavation
- Eye Care
- Farm & Ranch
- Financial Services
- Fitness
- Flowers
- Food & Dining
- Fresh Produce
- Getaways
- Gun Safes
- Hardware
- Internet
- Investing
- Landscaping
- Learn Music
- Massage
- Mediation
- Mitigation
- Mortgages
- Pests
- Pet Care
- Real Estate
- Recycling
- Restaurants
- Restoration
- Roofing
- Utility
- Veterinarian
- Welding
- Wellness

Communities

Ault

AVAGO TECHNOLOGIES LEADS LIST OF TOXIC COMPOUND AIR EMITTERS IN LARIMER COUNTY
LARIMER COUNTY SALES TAX INCREASES JAN. 1

Poudre River Public Library District seeking volunteer trustee

BY NFN ON JANUARY 5, 2015 IN . QUEUE, DISPATCHES .
ADD COMMENT

The application process is underway to select a Poudre River Public Library District trustee for the seven-member volunteer board of trustees that governs the district. Fort Collins and Larimer County officials are seeking applications from individuals who wish to serve on the board. The trustees provide policy oversight and supervision of the libraries within the district, including the budget. The application deadline is noon on Jan. 26.

Application forms are available at the Commissioner's Office and the City of Fort Collins Clerk's Office. Applications can be submitted online, at www.larimer.org/library or completed and returned to the County Commissioner's Office, 200 W. Oak and the City of Fort Collins Clerk's Office, 300 LaPorte Avenue. For further information on the Library District and the role of a library trustee, please visit www.PoudreLibraries.org/board.

Elected officials from Fort Collins City Council and the Board of Larimer County Commissioners will review board applicants to fill the vacancy for a 4-year term on the Board for the Poudre River Public Library District. The Board of Trustees is looking to have the new member seated for the March 9 board meeting.

Trustees must be residents within the legal service boundaries of the library district. Applications may be subject to the Colorado Open Records Act and should not be considered confidential.

You might also like:

- Bellvue buck learns sorry lesson
- From power tower to court: Evans to be arraigned Friday
- Lots to do on Labor Day weekend

Wellington, CO • January 6, 2015

Currently **34°F**
Clear

Tomorrow High **32°F**
Low **30°F**

forecast provided by **WU WEATHER UNDERGROUND**

- Nexrad Radar
- Roads
- Webcam
- Wind

Wellington Weekly

Trompe l'oeil view and fairy-tale murals brighten Eyestone presentation room

Wellington resident is lovin' Lego

Letter: Thanks for supporting the chamber

TIMNATH NEWS

WELLINGTON NOW



Now Open

Organic, Fair Trade Coffee

3745 Cleveland Ave.
Wellington
6 a.m. - 4 p.m. M-F
7 a.m. - 4 p.m. Sat
facebook.com/owlcanyoncoffeehop

Soapbox: Community invited to upcoming PTSD forum

6:14 p.m. MST January 4, 2015



(Photo: Courtesy photo)

Approximately seven in 10 Americans experience at least one traumatic event in their lifetime. Mine was the death of our two-month old son from SIDS. Decades earlier my grandmother lost her infant son while attempting to rescue him from a home fire. Millions of survivors struggle daily with flashbacks from memories of life-threatening emergency disasters, service combat, serious accidents, assault, abuse, sudden physical violence or other major unexpected psychological injury or loss.

The recurring nightmares and emotional trauma resulting from such events impact people of all ages.

Of the above-mentioned 70 percent of adults, one in five go on to develop PTSD (Post Traumatic Stress Disorder). That's equivalent to about 45 million Americans who either have it or had it and found a recovery path. An estimated one in nine women, about twice the rate of men, develops PTSD, according to ptsdunited.org statistics.

The emotional and financial burden to society is heavy. People with PTSD have among the highest rates of healthcare service use. Often, the true cause of their symptoms is not recognized and is overlooked, misdiagnosed or under treated. Media reports have identified the high cost of related psychiatric and non-psychiatric medical treatment, direct and indirect workplace impact, overdose of prescription and non-prescription drugs, and loss of life. The annual cost of anxiety disorders in the U.S. is projected at more than \$43 billion.

To connect survivors, caregivers, family and friends with timely information and professional resources available in our community, the Fort Collins Human Relations Commission and the Poudre River Public Library District are co-hosting a PTSD forum, open to the public from 7 to 8:45 p.m. Tuesday, Jan. 13, at Harmony Library, 4616 South Shields St.

This Forum is part of a current bi-monthly series to inform the public and provide resources and actionable information to help eliminate the stigma associated with mental health. The program format will consist of presentations by four PTSD-knowledgeable speakers, followed by a brief break and then interactive question-and-answer session with the audience. To assist attendees, a resource table with books and other PTSD media will be available for checkout at the library. A second resource table will provide additional informational flyers and related PTSD handout materials.

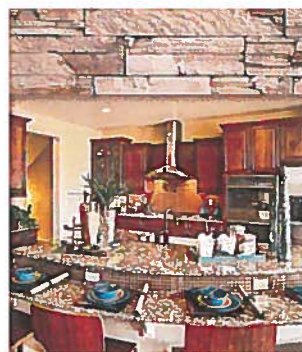
Advanced registration is not required but seating is limited. Light refreshments will be served.

The four scheduled speakers are:

- David A. Fohrman, MD, clinical psychologist, 2013 author of "Traumatic Stress Recovery, Helping Those Traumatized by Selfless Service."
- Amber Franzel, LCSW, MSW, lead long-term care ombudsman in Larimer County, experienced in crisis management, recovery focused mental health rehabilitation, and sexual assault victim advocacy.
- Rodney Haug, Ph.D., supervisory psychologist at the Department of Veterans Affairs in Fort Collins (with more than three decades of service to our veterans).
- Joe Nichols, MA, mental health therapist at Touchstone Health Partners who has counseled numerous individuals and families with PTSD issues of grief and loss.

Myles Crane is chair of the Fort Collins Human Relations Commission

Read or Share this story: <http://noconow.co/1ldHZI7>



FIND OUT WHY D.R. HORTON HAS BEEN NAMED #1 Homebuilder BY BUILDER MAGAZINE

D-R-HORTON
America's Builder

MORE STORIES

[Soapbox: CSU stadium vote on wrong side of history \(story/opinion/2014/12/21/um-linnel-csu-governance-board-made-error-approving-campus-football-stadium/20747409\)](#)