

National speaker pulls full crowds

By Karen Krien

Darci Sims, a nationally-known speaker on managing grief, was in St. Francis Feb. 5 and 6 where she made four presentations, each time filling most of the seats with interested listeners.

Mrs. Sims spoke to the Compassionate Friends group on Feb. 5. The next day, she hit the schedule hard, starting at 7 a.m. speaking on knowing what to say to someone grieving and helping those who are coping with change and loss. That afternoon, a second session was held where she talked about burn-out and compassionate fatigue. That evening, the high school auditorium was filled as she talked about the price paid for love. During the day, when she wasn't speaking to regularly scheduled groups, she spoke to elementary, jun-

ior high and high school students.

The audience was caught up in her energy and enthusiasm yet felt the lows and the sorrows bringing tears to many. Most were able to connect with her as she told about happenings in life, bringing everything to a personal level which individuals could relate to.

Mrs. Sims is a bereaved parent, a nationally certified grief counselor, a certified pastoral bereavement counselor and a licensed psychotherapist and hypnotherapist.

Mrs. Sims was brought to the community by the local Compassionate Friends group and by the Robert VanAllen family in memory of their son Brian. Only favorable comments were heard about Mrs. Sims presentations.



Sims

Obituaries

Roy Frank Walter

Dec. 31, 1911 - Jan. 31, 2002

Roy Frank Walter was born on Dec. 31, 1911, to Jacob and Katherine (Hamburg) Walter on the family homestead northeast of Haigler, Neb. He was the ninth child in a family of 10. He lived on the same farm and ranch for 71 years.

Roy was baptized and confirmed in the Lutheran faith. He attended country school for eight years and graduated from Haigler High School in 1929.

Roy was married to Esther Freehling on Sept. 5, 1937. To this union two sons were born, David and Richard.

Roy served on many association boards throughout his life, as well as being 4-H leader when the boys were involved. His greatest assets and joys in life were his wife of 64 plus years, his two sons and daughter-in-law, four grandchildren and great-grandchildren.

Roy was a good farmer and stockman, a wonderful husband, father, grandfather and neighbor. He was highly thought of by Esther's family, more as a brother instead of a brother-in-law.

Roy died on Jan. 31, 2002, at the Good Samaritan Village in St. Francis, Kan. He was a kind and quiet man and will be missed by all who knew him.

Roy is survived by his wife Esther, sons David and wife, Harriette, Richard and wife, Wanda; grandchildren Dennis and wife, Lisa, Dan and wife, Sheri, Michael and wife, Tammy, Kathy and husband, Maurice; great-grandchildren Levi, Weston, Emma Lynn, Nathan and Noah; sister Madeline Evans and sister-in-law Martha Walter.

Funeral service was held Feb. 4 at Peace Lutheran Church, St. Francis with Pastor David Rossbach officiating.

Honorary pallbearers were Elmer Walz, Ray Huffman, Chuck Jones, David Bush, Marlin Stute, Don Harford, Royal Woods, Harold Brunswick.

Casket bearers include Dennis Walter, Daniel Walter, Michael Walter, Maurice Floyd, Rob Schiltz, Stanley Webster.

Burial was in the Haigler Cemetery, Haigler. Knodel Funeral Home in charge of services.

Nellie E. Burr

Jan. 19, 1902 - Feb. 7, 2002

Nellie Ella Burr, daughter of Thompson and Ella Hutchinson LeBow, was born Jan. 19, 1902, near Bird City, Kan., and died at the St. Francis Good Samaritan Village on Feb. 7, 2002, at the age of 100 years, 19 days. She was

one of 12 children, eight of whom live to adulthood and included Elise Reasoner, Ida Lamb Wolfe, Marjorie Burr, Nellie Burr, Jessie Trammel, Dale, Ira and Lewis LeBow. Today, Jessie of Wichita is the only surviving member of the family.

Nellie attended Mt. Hope and Mt. Pleasant country schools and lived all her life around the Bird City area of Cheyenne County. Nellie's grandparents, Wm. and Betsy LeBow signed the original charter of the Bird City Methodist Church. Her parents were not nationalized citizens when they came to Bird City but within a few years became citizens and their names are among the early ones signed at the court house in Cheyenne County.

Nellie married Clarence Burr on Aug. 14, 1919, and lived on the home place of Clarence's parents, William and Laura Burr. Nellie and Clarence were parents of six sons: Clifford Lynn, Merle, Dallas, Lyle, Loyd and Wayne. Dallas died at the very early age of 8 months and her other sons preceded her in death.

Nellie had a special talent for accepting the ups and downs of life and still having a happy, upbeat attitude. After Clarence died Jan. 23, 1956, Nellie was employed several years by the Co-op grocery store. She also was often a baby sitter and many found Nellie did not believe in sparing the rod and spoiling the child.

During these years Nellie moved to town and married Jay McConnell. This marriage did not last long and Nellie took back the name "Burr."

Many years ago Nellie placed her faith in God and was baptized at Wheeler, being added to the church. Later she attended the St. Francis

Church of Christ until her health no longer permitted.

In 1994 Nellie was unable to live by herself and her home became the Good Samaritan Village in St. Francis. Jan. 18, 2002, an open house was held at the Village honoring Nellie on her 100th birthday. On Jan. 19, "her day," a family gathering was held celebrating her life by remembering her as grandmother, aunt or friend.

Because Nellie was privileged to live so many years she saw many changes. In her early years, Bird City was only a dusty village, without water, sidewalks, automobiles or railroad. It was a great event when a well was dug for the town. She remembered going to her first movie, "The Beast of Berlin", a silent picture shown on a portable screen in the Bird City school and powered by a gasoline motor. In later years she had television and many electrical appliances, probably the most loved - the washer and dryer.

Nellie was a loving mother and grandmother and leaves to mourn her death: daughters-in-law Hester, Bessie and Mary Ann Burr Craig; grandchildren Doug Burr and wife, Donna of Hays, Rodney and wife, Cathleena of Albuquerque, N.M., Mike and wife, Jeannine of Show Low, Ariz.; Susan of Elk Grove, Calif., Randy and wife, Leigh of Kremmling, Colo., Dennis of Phoenix, Ariz., Ron and wife, Dana of Idaho Springs, Colo.; Jim of Idaho Springs, Billy and wife, Anita of Bentonville, Ark., Cindy Cross of Brush, Colo.; Barbara Walters of Liberty, Mo, Stephanie Tsonetokay of Chickasha, Okla., and Amy Burr of Hays; 24 great-grandchildren, one great-great-grandchild, many nieces and nephews and a host of friends.

I can improve the state of Kansas by ...

Hi! I am a sixth grade student and there are some things I think we could improve to make the state of Kansas better. The idea I think we could work on is helping animals without a shelter or home. I like to see animals in a good home and look healthy. If they don't have a good shelter or home we should make some and put them in the wild.

Food for the animals is very scarce too. When I go out hunting I look around to see if there is any food around. I see some but not enough. The Wildlife Refuge should make feeders and set them out for the wildlife. I think if we do that we would have a great state.

Keaton Frewen
PTA essay
St. Francis sixth grade

Suggestions for dealing with irrational guilt

Guilt is a feeling many people experience, but when they are grieving guilt feelings can become very strong. A person may feel guilty for not getting loved ones medical attention in time, for not throwing away their cigarettes, for letting them take the car that time, for surviving when they have died. The list can be endless. Guilt is defined as a violation of a law or duty they feel that makes them think they need to be punished. Most often it is a judgment they make about themselves for a perceived wrongdoing.

To resolve feelings of guilt a person needs to make a distinction between rational and irrational guilt. They need to understand and be realistic about which actions they are really liable for and which are the results of circumstances out of their control. The reality is that most of the time people do the best they can with what they know at the time in the situation

they find themselves in. It is important to work through whatever guilt a persons feels and then forgive themselves.

Here are some suggestions for handling guilt feelings.

- Make a list of the specific things you feel guilty about and are bothering you. Talk it over with a trusted friend or professional who will listen, care and not judge.

- Remember you are human and no one is perfect. Accepting imperfections is helpful in working through guilt. Realize living is a balance of good and bad.

- There is not always an answer to the question "WHY?" Blaming yourself is not the answer as you cannot control all things.

- Ask for forgiveness - of yourself and of God. Find comfort in your religious beliefs.

- If guilt is hindering your work or

health, do not be afraid to seek professional help.

- Learn from your guilty feelings. The goal is not to continue to repeat mistakes but to learn and make changes for the better.

- Live your life to the best of your ability.

- Help others. You help yourself when you help others.

- Remember, some things are not in your control and being perfect is not realistic. You cannot judge yesterday with the knowledge of today.

- Self recrimination does not undo anything you may have done and adds pain to your life and to those in your life.



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'01 GMC Sonoma - regular cab, 2 wheel drive, 5 speed, A/C 1,000 miles.

'97 GMC Suburban SLT - 4x4, maroon with maroon leather, 41,000 miles.

'99 GMC Suburban SLT - loaded, priced to sell quickly.

'95 Ford Explorer XLT- 4 door, very clean, well equipped.

'01 Buick Century - custom, 4 door, power windows/seats, 12,691 miles, gold.

'01 Buick Lesabre - custom, 4 door, power windows/seats, 6,154 miles, grey.

'96 Chevy Monte Carlo - CD, leather, 74,281 miles, blue.

'97 Chevy T-10 Blazer- CD, power windows/locks, 56,640 miles, white.

'98 Chevy K-3500 - 20,485 miles, teal.

'98 Chevy Monte Carlo - power windows/locks, CD, 46,668 miles, leather seats, green.

'99 Chevy K-2500 - extended cab, 4x4, 5-sp., 58,346 miles, silver. **SOLD**

'01 Chevy Impala- 4 door, power windows, 31,510 miles, white.

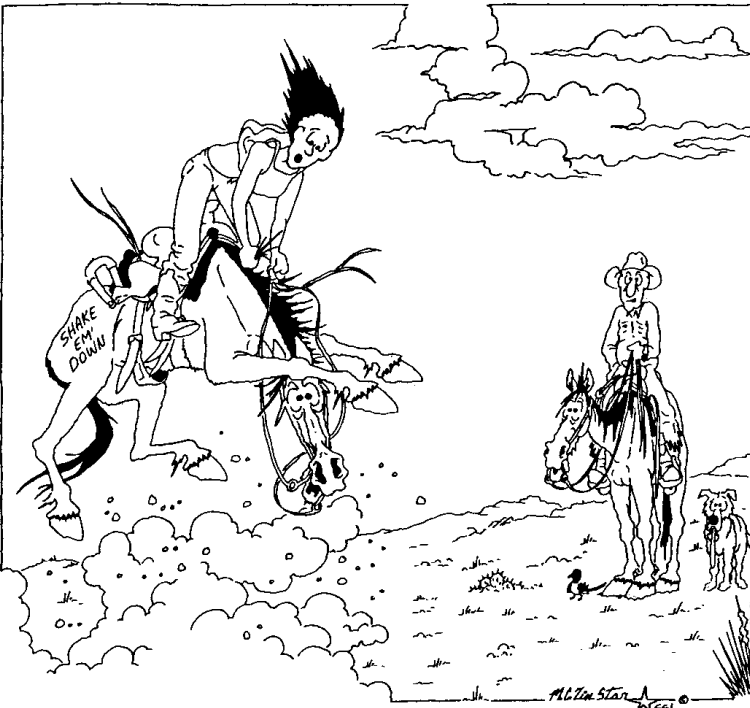
'96 Dodge Ram D-250 - 4x4, new flat bed, 74,768 miles, blue.

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