

Family

Death

Wilbur "Glen" Call

Wilbur "Glen" Call died Monday, Jan. 31, 2005 at Cherry Creek Health Center in Aurora, Colo. Memorial services will be held at a later date in Cheyenne, Wyo. Mr. Call is survived by his wife, Zeld; two daughters, Thelma Jo Atwell of Rochester, N.Y. and Linda Bell of Denver, Colo.; a brother, Garald Call of Boise, Idaho; three sisters, Dorothy Sloan of Colby, Margaret Meade of Greeley, Colo. and Shirley Decker of Greeley, Colo.; brothers-in-law

Don Saddler and Cyril Saddler of Colby; one sister-in-law, Erla Meredith of Temple, Texas; six grandchildren and 14 great-grandchildren. Mr. Call was born June 19, 1914 in Gem to Charles and Ida (Hardin) Call. He married Zeld "Ilene" Saddler after graduating from Gem High School. They spent most of their adult life living in Cheyenne, Wyo. where he worked for Safeway Foods and Cheyenne bus service.

Husband handles stress through work



High Plains Mental Health • Plain Sense

Dear Plain Sense: I am a farm wife who has been married for several years to a man who does not easily share his feelings with me or anyone else. When I say, "Let's talk about it." off he goes to find something to work on in the barn or elsewhere. What can I do to get him to talk with me when he's worried? Good communication in any relationship is very important, but often challenging. And even more so in the rural, farming culture where people be-

lieve strongly in taking care of themselves, minding their own business, and prefer not to ask for help from others. It's not too difficult to talk about the combine that needs repair, but it can be much more uncomfortable to admit to and discuss the worry related to finances. Along with that, men and women tend to deal with stress and worries with different approaches. Most women want to talk about a problem, to examine various points of view, and sort through the options in order to come up with a solution. And if there is no immediate solution, they at least feel better for talking it out. Most men, on the other hand, would rather deal directly and swiftly with a problem, preferably with a hands-on approach. (Which is why some men settle their differ-

ences with a fist fight, shake hands, and walk away problem solved!) Your husband's escape to the barn probably provides a form of stress relief that he may not realize. Being involved in an activity, be it work or play, can distract a person from the worries on their mind, at least for a time. Also, the physical activity and exercise involved with hard labor is also a good stress reducer, and can help work out some of those stress-related hormones that build up in the body during the day. To encourage communication between the two of you, develop a time later in the day for "debriefing". That is, to casually talk about how the day went for both of you, plans for the next, and other general issues. When couples get in the habit of sharing with each other in this man-

ner, they will naturally become comfortable discussing the more serious issues that come along. Contributed by Karen D. Beery, LCPC, Consultation and Education 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, Consultation and Education Department, 208 East 7th, Hays, KS 67601. (Questions will be formatted and answered in a manner that insures confidentiality) On the Internet visit at <http://www.highplainsmentalhealth.com>.

Senior Progress Center plans book review activity next week

Wednesday, Feb. 9 at 11:30 a.m. Jeff Friesen from Pioneer Memorial Library will give a book review titled "Cork Boat" at the Senior Progress Center, 165 Fike Park. Come and enjoy hearing about this story. There are plenty of other activities scheduled at the center for the week of Feb. 7-11, including a paint class with Fritz Ostmeyer at 9 a.m. Monday. Exercise will be at 9:30 a.m. Tuesday and a board meeting for all board members will be at 1 p.m. Wednesday features the book review. Thursday exercise is at 9:30

a.m. and it's also Flannel Shirt Day. Any flannel shirt will do. Exercise is at 9:30 a.m. Friday and it's also Denim Day, wear your denim. Everyone over 60 is welcome to eat lunch at the center. Donna Schielke, director of the center, says no special invitation is needed to join in the lunchtime fellowship and all are welcome. Those under 60 are welcome to eat at the center also. She did remind everyone that a reservation is needed by noon the previous day. The menu for the next week includes: Monday - Polish sausage

with kraut, mashed potatoes, peach cups, bread, cook's choice complement. Tuesday - turkey, apple sassy, sweet potatoes, Italian blend veggies, bread, cherry chewbiles. Wednesday - baked fish, creamed peas, Tom veg medley, bread, fruit mix. Thursday - Sloppy Joes, seasoned green beans, macaroni salad, buns, Mandarin oranges. Friday - tuna noodle casserole, winter mix veggies, apricots, bread, fruit cobbler. The building is also available for rental for events. For information or lunch reservations, call 460-2901.

Sale raises money for cattlemen group

BREWSTER—Two heifers were donated by members of the Kansas Cattlemen's Association and were auctioned off during the Annual Convention. Bar N Cattle Company, the Pike family, of Minneola donated a purebred Angus heifer. On Friday night, the heifer sold 29 times and generated more than \$13,700.00 for the benefit of Kansas Cattlemen's Association. The final sale went to Luke Schweiterman of Garden City, for possession of the heifer. Other bidders during the auction were: Eric Doll of Ingalls, Ashland Sales Co., of Ashland, E.T. Anderson of Emporia, Jim Doran of St. John, Krebs Feedyard of Scott City, Larry & Carlotta Brack of Leoti, Larry Kendig Farms of Osborne,

Ronnie and Wah-Leeta Rogers of Cedar Vale, Marysville Livestock of Marysville, Mike Schultz of Brewster, Brad & Sandy Pike of Minneola, Stephens Cattle Co. of Hoxie, Callicrate Feedyard of St. Francis, Edwards Land & Cattle of Hamilton, Gjerstad Cattle of Dodge City, R.L. Cauble of Larned, McCracken Land & Cattle of Hardtner, Don Rezac Land & Livestock of Emmett, George Seeman Farms of Larned, Darrel & Wanda Kinney of Carbondale, Nathan & Beverly Pike of Minneola, Steve Holcombe of Stillwater, OK, Cleon & Anita Davis of Hill City, David Leaming of Minneola, Rick Marshall of Minneola, and Doug Metzger of Seneca. Hal Luthi and family donated a

registered Simmental heifer, Miss Above Par 58P sold 12 times for a total of \$5,875.00. Hoxie Feedyard of Hoxie and Reynolds Cattle Co. of Abilene purchased the heifer for the possession. Other bidders for the auction were Dave Bowman of Brewster, Winter Feed Yard of Dodge City, Hoxie Feedyard of Hoxie, Dick, Linda and Scott Roesch of Atwood, Reynolds Cattle Company of Abilene, Calvin Harvey of Utica, John Smith of Medicine Lodge, Mike Schultz of Brewster, Amy & Robin Rogers of Cedar Vale, Jerry Goetz of Park, and Larry & Carlotta Brack of Leoti. A big thank you goes out to the families for their heifer donations, along with those who donated money toward the auction.

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