Family

Deaths

Iva D. Metzler

died Friday, Aug. 4, 2006. Mrs. her husband Clyde in 1971. Metzler was born Feb. 23, 1920, in Lawrenceburg, Tenn.

She and her husband Clyde lived and farmed in Colby many years. Mrs. Metzler is survived by two

sons, Cloyd Metzler and wife Betty of Hot Springs, Ark., and Harvey daughter, Cloyce Bane and husband James of Golden, Colo.; daughterin-law Darlene Metzler of Topeka; a brother, David Boger of Wayne, Ark.; a sister, Francae Burroughs of family Flint, Mich., and four grandchil- www.PenwellGabel.com.

Iva D. Metzler, 86, of Topeka, dren. She was preceded in death by

Services will be at 10:30 a.m. Tuesday at Mount Hope Abbey Chapel and entombment will be at Mount Hope Abbey Mausoleum in

Arrangements are being handled by Penwell-Gabel Mid Town Metzler of Houston, Texas; a Chapel Funeral Home in Topeka. Memorials are suggested to Midland Hospice Care, 200 SW Frazier Circle, Topeka, Kan. 66606.

Condolences may be left for the online

Community Calendar

WEDNESDAY, AUG. 9

Blood drive, Colby Community Building, noon to 6 p.m. Colby High School freshman orientation Genesis Thomas County pick-up, 10 a.m.-noon and 1-4 p.m. Sixth Street Alcoholics Anonymous, 1275 W. Sixth, 8:30 p.m.

THURSDAY, AUG. 10

Enrollment for returning students at Colby High School, commons area, 7 a.m.-4 p.m.

Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.

Couples handle fight stress differently

Regardless of how much two people love one another, conflict and fear of rejection will always be a part of any relationship. However, it seems that men and women handle the inherent stress of an argument differently according to an April study in the Journal of Personality and Social Psychology (Vol.

In this study, 124 couples that had been together for at least two months filled out questionnaires about how they respond to feelings of anxiety and rejection. The couples then spent 15 minutes talk**Plain Sense**

heated and unresolved discussion in the past month.

The researchers collected cortisol samples (cortisol is a hormone released by the adrenal glands when a person is under stress) before the conflict, throughout the conflict and during a 40-minute recovery period. The researchers found that although both men and women have a physiological response to relationship conflict, the response is much more pronounced in men than ing about an issue that caused in women. In fact, men who de-

scribed themselves as being gener- and kind as possible while arguing. ally anxious seemed to get the most stressed during the argument.

Studies like this one reveal that the stress a person perceives before, during, and after a reoccurring argument with a partner is not only "in their head," but in their body as

Therefore it is important to reagement strategies when arguing with your partner:

they are real.

1. Do not debate feelings. Feel-

East 7th, Hays, Kan., 67601. (

much stress.

Quotes as of close of previous business day

Wheat Corn

\$2.22

Downtown Alcoholics Anonymous, City Hall basement, 8:30

Course to offer compassion, nurturing MANHATTAN — Devastating often spawn increased awareness of the four stages in the rebuilding pro-

comes, said Charles A. "Chuck" Smith, Kansas State University Research and Extension child decounselor with the American Red

Smith, who has counseled families displaced by Hurricanes Katrina (in Atlanta) and flood vic-

events can prompt positive out- suffering and compassion in the cess. community itself and larger world.

"The desire to help others is real, and nurturing such compassion is velopment specialist and volunteer important," said Smith, who has developed a new skill-building, self-help course, "A Course on

His goal is help people learn how to translate their desire to help into tims (from New Hampshire) within efficient and effective responses loaded the last year, said that such tragedies that will facilitate what Smith calls www.dearneighbors.com.

"A Course on Helping" is intended to help friends, neighbors, volunteers and others who come in contact with people who are experiencing pain and loss. The fourstep, self-help course is intended as part of Smith's "Dear Neighbors" community-based education program. It is free and can be downa compromise, but the relationship 3. Try to stay focused on the ac-

is supposed to endure. tual issue of the conflict. Do not start arguing about other items or throw

The argument will hopefully end in

in statements that are just designed to hurt your partner. 4. If an argument is getting too member some general stress man- intense, agree to take a break. No one is at their best when under too

Contributed by Ken Loos, MS, ings are not necessarily logical but LMLP, LCP, Consultation and Education Department. The views ex-2. Remember to be as respectful pressed 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

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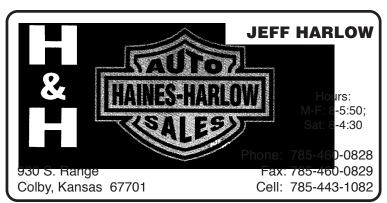
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