

# Family

## Deaths

Iva D. Metzler

Iva D. Metzler, 86, of Topeka, died Friday, Aug. 4, 2006. Mrs. 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 Metzler of Houston, Texas; a daughter, Cloyce Bane and husband James of Golden, Colo.; daughter-in-law Darlene Metzler of Topeka; a brother, David Boger of Wayne, Ark.; a sister, Francae Burroughs of Flint, Mich., and four grandchil-

dren. She was preceded in death by her husband Clyde in 1971.

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

Arrangements are being handled by Penwell-Gabel Mid Town 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 family online at [www.PenwellGabel.com](http://www.PenwellGabel.com).

## 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.  
Downtown Alcoholics Anonymous, City Hall basement, 8:30 p.m.  
Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.

# Couples handle fight stress differently

## Plain Sense

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. 90, No. 4).

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 talking about an issue that caused

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 in women. In fact, men who de-

scribed themselves as being generally 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 well.

Therefore it is important to remember some general stress management strategies when arguing with your partner:

1. Do not debate feelings. Feelings are not necessarily logical but they are real.
2. Remember to be as respectful

and kind as possible while arguing. The argument will hopefully end in a compromise, but the relationship is supposed to endure.

3. Try to stay focused on the actual issue of the conflict. Do not start arguing about other items or throw in statements that are just designed to hurt your partner.

4. If an argument is getting too intense, agree to take a break. No one is at their best when under too much stress.

*Contributed by Ken Loos, M.L.M.P., L.C.P., 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, Kan., 67601. (*

## Course to offer compassion, nurturing

MANHATTAN — Devastating events can prompt positive outcomes, said Charles A. "Chuck" Smith, Kansas State University Research and Extension child development specialist and volunteer counselor with the American Red Cross.

Smith, who has counseled families displaced by Hurricanes Katrina (in Atlanta) and flood victims (from New Hampshire) within the last year, said that such tragedies

often spawn increased awareness of suffering and compassion in the community itself and larger world.

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

His goal is help people learn how to translate their desire to help into efficient and effective responses that will facilitate what Smith calls

the four stages in the rebuilding process.

"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 four-step, self-help course is intended as part of Smith's "Dear Neighbors" community-based education program. It is free and can be downloaded at <http://www.dearneighbors.com>.

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