



Robert and Phyllis Winslow in 1960



The couple today

Couple celebrates 45th anniversary

Robert and Phyllis Winslow of Long Island celebrated their 45th wedding anniversary Sunday, June 5, 2005.

They were married June 5, 1960, at the Goodland United Methodist Church.

Mr. Winslow worked for the

Rock Island and Kyle railroads until he retired. She worked for the Norton State Hospital.

The Winslows lived in Goodland for 20 years and Norton for seven before settling in Long Island. They travel the country and teach rope-making at living history

workshops.

They have three daughters, Roberta (Charles) Howley of Norton, Retina Jacobs and Tim Drake of Mulvane and Redeara (Leroy) Godfrey of Long Island.

They have seven grandchildren and a great-grandchild.

Bait and switch not a good strategy; not everyone has same pet peeves

The other day, I was looking at a catalog, and I saw the most beautiful, most perfect, bed frame ever. If there was any way I could possibly afford it, I was going to buy it.

Just one catch. In fine print, the catalog said, “Bed frame not for sale.” They were selling the bedding on it. I don’t want the bedding; it’s not what I need, and it wasn’t that fantastic. The bed frame, on the other hand, was exactly what I wanted.

This isn’t the first time something like this has happened. Many times when I’m looking through catalogs, I see not-so-fabulous tote bags with excellent contents. The contents aren’t available, just the totes.

I’ve seen women in catalogs modeling tops with the most fabulous skirts, and only the tops were for sale. I’ve seen luxurious kitchens with the most beautiful cabinets



sharon corcoran

- just for fun

and excellent use of space, but it was the ho-hum refrigerator that was for sale, not the home, not the cabinets and certainly not the most perfect clock hanging on the wall.

Why do people do this? I know advertisers need to get your attention, and they want their products to look good, but I don’t think this particular strategy works. It just sets the potential customer up for disappointment.

I mean, putting the so-so product that *is* for sale with something fabulous that you can’t have is not the

way to sell something. If this strategy worked, then an average, plain-looking woman should go to a bar with Salma Hayak to get a date. Let Salma catch their attention, and surely they will go out with “Plain Jane,” right?

Am I the only one who is bugged to no end by this? I may have an odd set of pet peeves. Maybe everyone else doesn’t see things the way I do.

For example, another pet peeve of mine is tartar sauce. I’ve had home-made tartar sauce before that was actually good, but most of the time, tartar sauce is just nasty. And people completely drown their fish in it.

My thought is — if you don’t like fish, why not eat something else?

Routines can become rut

According to Dr. Daphne Stevens, a psychologist and author of several self-help books, people need a certain amount of mental stimulation to feel healthy, both physically and emotionally.

Most people’s lives follow a predictable routine that is needed to get them to school, work, appointments and other activities. But it is important to recognize the difference between maintaining a healthy routine and spiraling into a rut.

Dr. Stevens says that routines can become destructive when a person feels trapped and unable to see other options.

This can increase the risk for depression, burn out and generally feeling that life is not enjoyable.

To get out of that rut, here are a few suggestions for change, from the most simple to those that take more time and effort:

- When going to a favorite restaurant, try something other than the



high plains mental health

- plain sense

usual, or at least sample a new appetizer.

- If your daily workout schedule is the same routine, mix it up a bit with a combination of various forms of exercise, such as yoga, running, biking or strength training. Try out a new class now and then or alternate your exercise routine on different days of the week.
- If you are feeling tired and discouraged from an exhausting day of work, make extra effort to get together with a friend afterward for some stress-reducing time and conversation.
- If your weekend had become

“catch-up” time to complete house cleaning, yard work and errands, include some time to relax, whether it is alone, with friends or on a social outing.

- Plan a trip other than those for business meetings; go somewhere new and different, near or far.

Contributed by Karen Beery, manager, 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 E. Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com.

matters of record

District Traffic

The following fines were paid in the Sherman County District Court:

April 29 — Shaun M. Riley, 40, Denver, \$117 for speeding and \$70 for no seat belt.

Veronica R. Smith, 27, Denver, \$144 for speeding.

Steven L. Dechane, 30, Hutchinson, \$240 for over weight limit on wheels and axles.

Roger A. Benites, 24, Miami, Fla., \$126 for speeding.

Porfirio Moreno, 50, Rock Hill, S.C., \$168 for speeding.

Biniam Theodoros Baraki, 27, St. Louis, Mo., \$168 for speeding.

Chad A. Strobach, 20, Stillwell, \$144 for improper parking.

Donna L. Ruth, 28, Elyria, Ohio, \$167 for speeding and \$10 for no seat belt.

Wael A. Atwat, 26, Anaheim, Calif., \$132 for speeding.

Megan M. Provost, 20, Fort Collins, Colo., \$138 for speeding.

May 2 — Wendell C. Durdin, 38, Fairview, Okla., \$231 for speeding.

Eunice W. Shipp, 63, Forest Park, Ill., \$168 for improper parking.

Tanya R. Blake, 19, Pflugerville, Texas, \$108 for speeding.

Juan N. Arismendi, 31, Castle Rock, Colo., \$126 for speeding.

Kathleen M. Sheehan, 59, Englewood, Colo., \$138 for speeding.

Kristin K. Briggs, 23, Lakewood, Colo., \$159 for speeding.

Christopher L. Frederick, 27, Tulsa, Okla., \$138 for speeding.

Genevive N. Kohlhardt, 20, Boulder, Colo., \$186 for speeding.

Derick S. Reffner, 27, Tulsa, Okla., \$126 for speeding and \$20 for no child restraint.

Barbara L. Wichman, 37, New Hartford, Conn., \$126 for speeding.

Theresa A. Cuneo, 53, Colorado Springs, \$177 for speeding.

Myra F. Mills, 71, Sand Springs, Okla., \$255 for speeding and \$10 for no seat belt.

Shari E. Walsh, 35, Thornton, Colo., \$528 for speeding.

Michael Zeid, 36, Calabasas, Calif., \$144 for speeding.

John H. Ihnken, 43, Bennington, \$118 for motor carriers act.

Evon Y. Alicea, 45, Loveland, Colo., \$126 for speeding.

Jeremy C. Van Eck, 18, North Glenn, Colo., \$132 for speeding.

Caterina S. Lovell, 27, Aurora, Colo., \$159 for speeding.

May 3 — Mayra Y. Herrera, 22, Burlington, Colo., \$126 for speeding.

Javier E. Hernandez, 24, Altotonga, Mexico, \$150 for speeding.

Jonathan A. Hymer, 39, Boulder, Colo., \$222 for speeding.

May 4 — Tiffany N. Wolters, 28, Manhattan, \$108 for speeding.

George A. Brant, 43, Killington, Vt., \$96 for speeding and \$10 for no seat belt.

Marti L. Dolan, 26, Highland Ranch, Colo., \$120 for speeding.

Allison J. Ebel, 21, Denver, Colo., \$144 for speeding.

Ramiro Garcia-Garcia, 31, Longmont, Colo., \$228 for speeding.

Jessica F. Gippert, 17, Loveland, Colo., \$138 for speeding.

David Palafox-Meza, 31, Denver, \$150 for improper parking.

Timothy J. Gartz, 31, Brighton, Colo., \$132 for speeding.

Jaime D. Aragon, 24, Gladstone, Mo., \$138 for speeding.

Cuong M. Than, 21, Westminster, Colo., \$126 for speeding.

Jeffrey L. Tarrin, 41, Vail, Colo., \$108 for speeding.

Justin Kimmons-Gilbert, 24, Denver, \$120 for unlawful acts with a vehicle.

Victor A. Poddaly, 57, Dogwood, Md., \$132 for speeding.

Kay D. Sowers, 24, Sharon Springs, \$120 for improper parking.

Kimberly K. Symons, 45, Durango, Colo., \$108 for speeding and \$10 for no seat belt.

Steven E. Wills, 26, McCook, Neb., \$168 for speeding.

May 5 — Scott A. Hull, 22, Aurora, Colo., \$132 for speeding.

Alishia Le Ve, 23, Colorado Springs, \$150 for speeding.

Angela M. Eli, 35, Aurora, Colo., \$102 for speeding and \$10 for no seat belt.

Adam F. McDonough, 31, Richardson, Texas, \$80 for no child restraint.

Anthony J. Florence, 39, Atlanta, Calif., \$159 for speeding.

Hussey Ege, 53, Ellicott City, Md., \$144 for speeding.

Matthew C. Giddens, 35, Denver, \$90 for speeding.

Stuart J. Doshier, 22, Whiteman Air Force Base, Mo., \$144 for speeding and \$60 for unlawful acts with a vehicle.

Jonathan L. Wood, 44, Broomfield, Colo., \$126 for speeding.

May 6 — Michael L. Linville, 19, Draper, Utah, \$138 for improper parking.

Randy J. Tish, 46, Chatham, Ill., \$285 for speeding.

Thomas A. Kazmer, 43, Highland Ranch, Colo., \$270 for speeding.

Eliot Lopez, 36, Golden, Colo., \$108 for speeding and \$10 for no seat belt.

Matthew J. Slevin, 24, Champaign, Ill., \$126 for speeding.

Monique A. Arsenault, 36, Vail, Colo., \$150 for speeding.

Anthony T. Decote, 35, West Jordan, Utah, \$138 for speeding.

Guadalupe R. Garza, 34, Severance, Colo., \$126 for speeding.

Shannon A. Stuplich, 22, Crested Butte, Colo., \$222 for speeding and \$10 for no seat belt.

Andrew J. Tegethoff, 44, Denver, \$126 for improper parking.

Robert J. Wiltberger, 22, Greer, S.C., \$132 for speeding.

Weiglio Zhang, 47, Gaithersburg, Md., \$159 for improper parking.

Timothy J. Williams, 44, Henderson, Colo., \$90 for speeding.

May 9 — William Carabello, 34, Chicago, Ill., \$150 for improper parking.

Crossword Puzzle

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
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35			36		37		38				39			
40					41						42			
43					44				45		46			
47				48				49		50		51		
		52	53						54		55			
56	57					58	59	60		61		62	63	64
65						66				67				
68						69					70			
71						72					73			

- CLUES ACROSS**

 - Basics
 - Honeys
 - Press
 - Kick
 - Infuse
 - Opposed
 - Capital of Gabon
 - Section
 - Nudge
 - Grain
 - Pull____, sweaters
 - Type of rally
 - Peak
 - Commercials
 - Rock group
 - Concord e.g.
 - Brew
 - Summon
 - Vigil
 - Parent Teacher Associations
 - Healing plant
 - Vehicle
 - Ventilates
 - Drink quickly
 - Chocolate substitute
 - Star
 - Cousin
 - Compass point
 - Swab
 - No
 - Liability
 - Male cat
 - Drinking aid
 - Legume
 - Eastern religion
 - Level
 - Massive force
 - Women’s magazine
 - Love
 - Belief
 - Stress disorder, abbr.
 - Microwave laser
 - School subject
- CLUES DOWN**

 - Apt
 - Seethe
 - Ty____, Hall of Famer
 - Sharpen
 - Division, abbr.
 - Ruler
 - Skillfully
 - Directions, related to game or sport
 - Behold
 - Shade of pink
 - Incorporation
 - Toss
 - Swats
 - Vase-shaped jug
 - Choose
 - Bench
 - Remains
 - Taken____, (shocked)
 - City in India
 - Villains
 - Popinjay
 - Young Atlantic cod
 - Insect in wormlike form
 - Analytic literary composition
 - Small cask
 - Pave
 - Shallow container
 - Time zone
 - Cave dweller
 - Compass point
 - Danish physicist
 - Worn
 - Very small
 - Tier
 - Careen
 - Cougar
 - Freudian selves
 - Malaria
 - Zilch
 - Pair
 - Beehive state
 - Block
 - Goof

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