

Family

Hot and cold couple questions compatibility

DEAR ABBY: I have finally found the love of my life. (I'll call her Muriel.) We spend almost all our time together. We share similar interests; we laugh and cry together. Muriel and I do not live together, but we have a sexual relationship and believe we are soul mates.

There's one big difference between us that's causing a major problem: We have different "body thermostats," which makes sleeping together difficult. When I am comfortable, Muriel is shivering. When she's comfortable, I am too warm.

When I visit her apartment, it's overly warm and stuffy with little ventilation. Muriel in turn complains about how chilly I keep my house.

I am at my wit's end about how to solve this. I care enough for Muriel to want to spend the rest of my life with her, but if we can't be comfortable while sleeping in the same bed, how can we possibly last? Your thoughts, please.

SLEEPLESS IN TOLEDO
DEAR SLEEPLESS: Your beloved is the kind of woman for whom flannel was invented. Please don't let it come between you.

DEAR ABBY: I'm writing about the letter you printed from the woman whose mother wants to celebrate her 50th anniversary surrounded by fam-



Abigail Van Buren

• Dear Abby

ily and friends, even though her husband has been dead five years.

You stated that she hadn't properly dealt with the death of her husband and could be in a stage of dementia. You advised a medical and psychological evaluation at the time of her next annual physical – if not sooner.

Well, Abby, I personally think the mother's idea is wonderful! Why anyone would condemn her idea and say it would look foolish is beyond me. It's romantic and wonderful that this woman wants to celebrate a lifetime of love and memories – after all, that's what anniversaries are all about.

Yes, it's sad that her husband will not be there in body. But it seems to me that Mom's intent is that he be there in spirit. Placing a photograph at his place setting to honor his memory is not exactly saying she expects him to walk in, sit down and dine. A family portrait that includes Mom holding his picture is hardly something to get hot and bothered over, either. I think it's a thoughtful way of saying her husband is still

in her heart and memory.

Abby, I'm sure that woman is well aware that her husband is dead. She probably cared for him while he was dying, and now lives every day in an empty house surrounded by memories of their life together. I see no crime in wanting to share this memory with family and friends. For you to say the mother may be suffering from dementia because of this is insulting.

In my opinion, the family and friends should be more supportive. Perhaps her 50th anniversary celebration is a last-ditch effort to get those around her to acknowledge her husband's life instead of dwelling on the tragedy of his death.

MOURNING FOR MOM IN TEXAS

DEAR MOURNING: Your letter is not the only one I received from readers who disagreed with my answer. And you could be right. Perhaps I analyzed the letter too much with my head and not enough with my heart. After all, by marking what would have been her 50th anniversary with a celebration of her marriage, she would be hurting no one. And if it brings her comfort – why not?

Dear Abby is written by Pauline Phillips and daughter Jeanne Phillips.

Deaths

Oliver T. Lindeman

Oliver T. Lindeman, 80, died Thursday, June 28, 2001, at Logan County Hospital, Oakley. He was a farmer and stockman. He had farmed in the rural Menlo area after his discharge from the Air Force in 1947 until 1991 when he retired and moved to Oakley.

He was born Feb. 10, 1921, in Sheridan County, the son of Louis H. and Anna (Moellering) Lindeman.

He was a member of St. Joseph's Church, Oakley, Knights of Columbus, Wheatland VFW of Grinnell, Thomas County ASCS Board, Menlo Co-op Board, Menlo/Rexford Co-op Board.

He married Viola Knopp on Feb. 11, 1947, at Selden. She survives.

Other survivors include son Melvin, Tucson, Ariz.; daughters Patricia Ryan of Johnson, and Kathy Ryan of Colby; brothers Louis J. "Dyke", Dennis, and Raymond of Oakley, and Robert of Hutchinson; sisters Rita Beckman of Menlo, Ann Andersen of Oakley, and Adel Thomas of Charlotte, N.C., five grandchildren; and two great-grandchildren.

Funeral services will be at 10 a.m. Monday at St. Paul's Catholic Church, Angelus, Fr. Roger K. Meitl officiat-

ing. Burial will be in St. Paul's Cemetery, Angelus with military graveside rites by Wheatland VFW Post, Angelus. Visitation will be 5-9 p.m. Sunday at St. Paul's Church, Angelus. Rosary will be at 8 p.m. Sunday at Angelus.

Memorials are suggested to St. Joseph's Church, Oakley, Logan County Health Department or Logan County Healthcare Foundation, and can be send in care of Kennedy-Koster, 215 Funeral Home, PO Box 221, Oakley.

Verna Cleo Skeers

Verna Cleo Skeers, 80, died June 18, 2001, at Autumn Heights Nursing Home in Denver. She was a self-employed seamstress. She and her husband Chester were former Colby residents. They were married June 23, 1939 in Beloit.

She was the sister-in-law of Glea Morris of Colby, and Donald Skeers of Oakley. Other survivors include her husband Chester of Denver, and son Toby of Conifer, Colo.

Services were Friday, June 22, at Aspen Memorial Chapel, 1340 Simms St., Lakewood, Colo., was in charge of arrangements. There was cremation.

David H. Cole

SAVOY, Ill. - David H. Cole, 83, died Monday, June 11, 2001, at home in Savoy, Ill. He was a former Colby resident for about 35 years, having attended school in Colby and graduating with the class of 1935. He was a cousin of Isabel and Margaret Herold.

Funeral services were June 11 at Morgan Memorial Home, 1304 Regency Drive West, Savoy. The Rev. James Layman officiating. Burial was in Mount Hope Mausoleum, Champaign, Ill.,.

Mr. Cole was born Aug. 1, 1917, in Colorado Springs Colo., a son of George Delbert and Bertha Elizabeth (Herold) Cole. He married Faye Stirrett on June 16, 1939, in Urbana. She survives.

Mr. Cole received a bachelor of science degree in engineering from the University of Illinois in 1939, followed by a master of science degree in engineering from the University of Michigan. He was employed by the University of Michigan and the Ford Motor Company. He taught at Cornell University in New York and the University of Michigan. He joined the academic staff at the University of Illinois in 1941, retiring in 1975 as associate professor of engineering.

Mr. and Mrs. Cole founded Cole Hospital, a private organization, in 1947 and operated it until 1972. They converted the former Harris Mansion into the hospital after acquiring the house in 1946. He was also engaged in farming for 50 years.

Memorial contributions may be made to Provena Covenant Hospice Care Center, 1400 W. Park, Urbana, Ill. 61801.

Advice for veterans

Q: I saw a news program on television that says veterans graves are going unmarked. When did VA stop giving headstones to veterans.

A: Since the Civil War, the federal government has provided headstones or markers for the graves of veterans. There has always been a catch, which news organizations recently focused upon. VA gives the headstones or markers only if the veteran's grave doesn't already have a marker. In this case, a marker is defined as something with the veteran's full name, date of birth and date of death.

If a veteran's grave already has a marker, federal law says, in effect, that VA cannot provide a headstone or marker. Some lawmakers and survivors of veterans are working to persuade Congress to change this law.

Q: There hasn't been much said lately about VA benefits for the children with spina bifida. Where does that program stand?

A: Since Dec. 1, VA has offered health-care insurance and an allowance ranging from \$221 to \$1,317 a month to some people with spina

bifida. They must be the children of veterans who served in Vietnam during the Vietnam War. Congress authorized the benefits because of evidence linking the illness to a parent's exposure to the herbicide Agent Orange.

VA recently created a toll-free number where people can receive information about the spina bifida program. The number is 1-899-820-1756.

Q: Is VA sponsoring the wheelchair games again this year?

A: The 21st National Veterans Wheelchair Games are scheduled to begin July 1 in New York City. The event, co-sponsored by the Paralyzed Veterans of America (PVA), will be headquartered at the New York Marriott Marquis on Times Square. It runs through July 5.

About 500 veterans are expected, making it the largest annual wheelchair Spotting event in the nation. Actress Bo Derek is scheduled to present the medals.

The program is open to all U.S. military veterans who use wheelchairs due to spinal cord injuries, amputations or most neurological conditions or mobil-

ity impairments. For more information contact your local VA medical facility.

Q: I got a "certificate of eligibility" from VA to buy a home using my GI Bill benefits. Then the deal fell through. Do I have to get another certificate when I try to buy another home? Is there an expiration date?

A: The "certificate of eligibility" is the form that VA provides to show a veteran is eligible for the home loan benefit. Veterans can obtain the application for a certificate and information about where to send it by calling the VA at 1-800-827-1000.

Generally, the certificates are valid until used. However, a certificate issued to a person while on active duty is only valid while the person remains on active duty. For persons qualifying based on service in the reserves or National Guard, eligibility expires Sept. 30, 2007.

For further information about VA financial payments, call 1-800-427-1000. For information about VA health care, call 1-877-222-8387, or visit VA's web-page at <www.va.gov>.

Invest 15 minutes a day in relationship

MANHATTAN—Sharing thoughts, ideas—and even concerns—on a regular basis can contribute to a healthier, more satisfying relationship, but many people say they often have difficulty expressing themselves, said Charlotte Shoup Olsen, Kansas State University Research and Extension family systems specialist.

Investing a few minutes a day can, however, make a significant difference in improving communications skills: Life is made up of moments—that's why as little as five, 10 or 15 minutes can be helpful, she said.

"Women often are cited as better communicators, but improving communications skills is as important for women as it is for men," said the family systems specialist, who offered these easy-to-do-communications tips:

- Ask for your mate's opinion.
- "Give your partner credit—he or she chose you. Consider their opinion valuable," Olsen said.
- Don't expect to agree all of the time.
- "Conflict is inevitable whenever—or wherever—there is more than one

person. Couples who can learn to replace naturally-occurring competitiveness with a spirit of cooperation and willingness to compromise are likely to have fewer conflicts, and also to be more able to resolve conflicts that do occur," Olsen said.

Simple solutions often are enough to resolve an issue. For example, sharing the remote control may be all that's needed to reach a compromise on viewing choices.

- Learn to choose your time.
- "If you're upset about something, like a higher-than-normal credit card bill, choose an appropriate time to bring it up. Limit distractions and keep emotions in check to speed resolution," she said.

- Be thoughtful.
- "Positive comments, especially little things like saying 'please' and 'thank you,' or offering a compliment like 'That was a great dinner!' or 'Thanks for vacuuming out the car,' help strengthen relationships," Olsen said.

- Share good times and bad.
- Everyone has days when things don't go as planned. Sharing lows

(without dwelling on them) as well as the highs can help partners weather difficult times that are an inevitable part of life, she said.

- Don't expect tangible rewards.
- Nurturing a relationship improves the quality of the relationship, but it isn't likely to offer a tangible reward like a letter of commendation after completing a difficult work project. A couple's reward—knowing that you have someone in your corner—may be the best of all rewards.

- Have fun—laugh with each other.
- "Couples often get caught up in day-to-day living and neglect to take time needed to nurture their relationship with each other. Yet, setting aside a few minutes to talk over coffee or walk around the block together can reaffirm concern, respect and affection for each other. Setting aside time together regularly is likely to improve a couple's relationship. It also can help build a more stable base for their life as individuals, as a couple and as a family," the family systems specialist said.

For more information on building personal relationships, interested persons can contact the local K-State Research and Extension office.

Community Calendar

TUESDAY, JULY 3

Rotary, Student Union, noon
Alcoholics Anonymous, city hall basement, noon
American Legion Auxiliary, 3 p.m.
Ladies cards and golf, Country Club, 5:30 p.m.; Scramble, Margaret Dennler & Janet Harper
Weight Watchers, United Methodist Church, 6:30 p.m.
Girl Scout Service Unit, Girl Scout Center, 7 p.m.
Domestic Violence Support Group, 7 p.m. Call 462-2860
Sweet Adelines International, United Methodist Church, 7:30 p.m.
Rebekahs, (2nd & 4th Tuesday) 7:30 p.m.
New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

We want your local news e-mail to
mnelson@nwkansas.com

The family of Mary Huelsmann would like to thank everyone for helping make her 85th Birthday one to remember! She was so thrilled with all her cards. Thanks again.

The Business Directory

**GERSTNER-CEROVSKY**
INSURANCE AGENCY

"Customer Service is Our Policy"

CINDY L. CEROVSKY
Cervovsky Insurance Inc.
370 N. Franklin • PO Box 310 • Colby, KS 67701
Ph: 785-462-7544 Toll Free: 888-462-7544



**JOHN'S WELDING & MACHINE SHOP**
Fabrications & repairs of all sorts. At your residence.

- AC/DC Welding
- Wire Welding

"HAVE WELDER...WILL TRAVEL"


JOHN CARPENTER
Call **Brewster: 785-694-2841**
Mobile: 785-694-3553


**New System Professional Window Cleaning**
Commercial • Residential

520 S. Mission Ridge • Colby, KS 67701

Call for your FREE estimate:
785-462-6995 Chris & Beth
800-611-6735 Lewon
"We do windows!"

Now Scheduling Spring Cleaning!

**ULTRA LITE STYLE**
FAMILY OF LENSES



NOW AVAILABLE!

Larry Washburn, O.D.
Doctor of Optometry
505 Franklin Colby, KS
785-462-3348

U-PAC STORAGE
Colby, Kansas
LOCALLY OWNED & OPERATED
SHORT OR LONG TERM
For the extra space you need
Sizes 5'x6' to 24'x48'

ALL UNITS EASY ACCESS
COMPETITIVE RATES
DISCOUNT FOR ANNUAL RENTAL

BOAT, RV, AUTO & HOUSEHOLD STORAGE
BUSINESS OR PERSONAL USE

Call
785-462-3111 or 785-443-3441


**ROUND TRIP TRAVEL**

•• VACATION SPECIALS ••

	From (per adult)	No. of nights
LAS VEGAS - Air & hotel	\$200	3
DISNEY WORLD - Hotel, air, park passes	\$505	3
MEXICO - Air & hotel	\$450	3
CARIBBEAN CRUISE & AIR	\$1,050	5
ALASKAN CRUISE & AIR	\$1,500	7
HAWAII - Air & hotel	\$740	3
LONDON, ENGLAND - Air & hotel	\$700	3
AMTRAK EXPLORE AMERICA	\$359	Max. 45

ALL SPECIALS MAY BE FOR SPECIFIC DATES AND ARE SUBJECT TO AVAILABILITY. CALL IN OR FAX YOUR INTERNET QUOTES AND OTHER ADS! WE CAN BOOK THEM FOR YOU WITH LOCAL, CARING SERVICE!!!

Ask about AAA, AARP Senior & Companion, Corporate and Government discounts!


**FARMERS & MERCHANTS**
BANK OF COLBY
Investment Center

Are you going to pay Uncle Sam a little extra this year, or are you going to open an IRA with us?

Come see me today!

Michelle L. Foote
Financial Advisor

Phone: 785-462-3321
Toll-Free: 877-462-3321
240 W. 4th • Colby, KS



Securities offered exclusively through
RAYMOND JAMES
FINANCIAL SERVICES, INC.
MEMBER NASD SIPC
AN INDEPENDENT BROKER/DEALER

20/20 vision isn't the only reason to see your eye doctor

MS	1
DIABETES	2
GLAUCOMA	3
CATARACTS	4
HIGH BLOOD PRESSURE	5

Drs. Morrison & Wahlmeier
James F. Morrison, OD, FFAO
Jeffrey B. Morrison, OD
Mark F. Wahlmeier, OD

180 W. 6th, Colby 462-8231

Ask us about same day glasses
Authorized Oakley RX Dealer

Hours: 8 am-5 pm (M-F)
Saturdays by appt.

GOT SOMETHING TO SELL QUICKLY?

TRY THE FREE PRESS CLASSIFIEDS!!!

THE RATES ARE REASONABLE, THE RESULTS ARE SATISFYING. IF YOU HAVEN'T TRIED THE CLASSIFIEDS -- NOW IS THE TIME!!

SELL THOSE ITEMS YOU NO LONGER NEED FOR \$\$

Free Press Classifieds
155 W. 5th St • 462-3963

**nwkansas.com**

Get connected to the Internet with us!
We have local technical support.

Get connected today!
Call 462-3963



**A+ CLEANERS**

- Carpet
- Furniture
- Vehicles

JOHNENE CHENEY
NEW NUMBER
785-399-2999

- Servicing NW Kansas Mileage FREE for 15 years!
- Dry foam method, because you care about your home!
- Any 3 rooms only \$99.95!