

Managing Grief

By: Hazel Jackson
County Extension Agent for
Family and Consumer Science



Grief is associated with any kind of loss. The more that is lost, the greater the grief. As such, grief is natural. It is not productive to think you can avoid it.

Rather than thinking of grief as something to avoid or overcome, think of grief as something you live through. Accept grief and try to understand this process, which can help heal emotional wounds.

When a loved one dies, you may not be emotionally able to accept death's reality. While some may react first with tears, others may feel too numb to cry. Shock may be one's way of helping us through what would otherwise be unbearable.

As shock subsides, a phase of uncertainty and confusion is common. It results from having lost the routine and regularity of day-to-day activities. While grieving people sometimes need quiet and solitude, they also need to cry and to talk.

People often feel and express anger, bitterness, hostility and resentment as part of grief. These volatile emotions can shoot out in many directions. Anger and hostility

are normal and need to be accepted and expressed. Bottling them up inside only interferes with the grieving process. Talking openly helps most people stop feeling angry. Guilt may overlap with anger. Some bereaved feel guilty because of their volatile emotions. In addition, we all say and do things to loved ones we later regret. Those experiencing guilt must remember that no one is perfect. We all do little injustices to each other, but day-to-day most of us do our best. During this period you also need other people, trusted friends or relatives who will listen patiently. Bereaved people need to tell how bad they feel and know they won't be rejected for doing so.

The changes that inevitably result from a loved one's death bring depression in many bereaved people. With little desire to do anything, they often withdraw from others and experience life as empty and with little purpose. Self-pity is frequent. As with other stages, one of the great needs is to have a good friend who

can be present frequently and regularly. Professional counseling and support groups also can be very beneficial.

Gradually the grieving person realizes that the worst is over and that life indeed goes on. Relief is something difficult to openly admit and acknowledge. Remember that these feelings do not imply and criticism of the loved one who has died. Instead, they probably mark the beginning of recovery.

Recovery often is slow. Hope builds as recovery progresses and the grieving person begins to look to the future. Recovery involves accepting past and present realities, redefining goals and creating a new lifestyle. As you recover, you will remember the past without living in it.

Be aware of grief's presence as a normal phase of life. While people respond during bereavement in a wide variety of ways, a pattern with distinct stages does exist. Become familiar with the stages.

*Find support. Having a confidant can help you manage grief. You need someone to whom you can pour out your fears, sadness, anger and hope. He or she should be genuinely

sensitive, a good listener, nonjudgmental and able to maintain confidentiality, and have time to hear you out.

*Experience grief. Crying gives many people a great deal of emotional release. It is just as natural to cry as it is to laugh and both are important for mental health. While crying is not absolutely essential for everyone, it can help. A grieving person is fortunate if he or she has a close friend or relative who is comfortable in the presence of

tears. Emotional release can also be found in other ways. Exercise, physical work, involvement in a hobby or recording your feelings in a diary can be therapeutic and help you

manage grief. Experiencing grief fully means that the process cannot be rushed. Grief has no rigid timetable saying you should be at a certain stage at a certain time. Each person must work through the process in his or her own way. Those who are grieving often ask: Will I ever return to normal? How does grief end? The intense emotional pain will subside but you will never be the person you were before your loved one died. The loss and the grieving process itself will change you. As bereavement ends, your thinking will focus on the present and future.

For a free copy of "Accept and Understand Grief," contact the Extension Service at 256-2403.

with no tenants, approximately 71 cents per pound payments will be made. For tobacco pounds leased in without tenants an additional 44 cents per pound will be made. Again, September 15 is the deadline to complete forms at the FSA office. On September 15 the 2000 Phase II application process will start with forms being mailed based on FSA history for the 1999 crop season. Information reported to FSA, as of July 1, 1999 as to quota owner, growing farm, and tenants will be preprinted on applications.

Even if you no longer rent or are a tenant on last year's farm, you will share in the Phase II payment. This payment means \$935,000 to local farms.

Phase II will be similar to last year. The basic quota owned or leased away on July 1, 1999 will receive approximately 12.3 cents per pound.

The growing farm or quota leased in will receive approximately 9.7 cents per pound. Persons growing or tenants sharing in the production risks will receive approximately 9.7 cents per pound. As soon as sample forms are available, the Extension Office will hold meetings to assist farmers in completing their application. Deadline for Phase II completion will be October 31, 2000.

A toll free phone assistance for answering questions will be available at 1-877-549-2537.

And, last but not least, is Phase I money. The Kentucky General Assembly used state tobacco settlement money for the Phase I program. Just over \$400,000 will be available for projects in Rockcastle. At this time, program guidelines are unsure but details will be made available as soon as possible.

Classified
Deadline is
Noon Tuesday



"Abandoned"

"My six brothers and sisters and I were abandoned on Hwy. 150. Having no food, water or shelter, we wondered about our fate, as loud trucks and cars sped by, and buzzards circled overhead. One kind passerby brought us a box for shelter, and gave us water and food. One of us was taken to an adoptive family from the busy roadside. There are still six of us left."

Unfortunately, this type of situation is too often reported to Rockcastle Adoption Agency for Pets volunteers in Rockcastle County. These adorable pups were rescued Sunday. Two more have been placed in an adoptive home. These four still anxiously await a family to call their own.

Their plea today is, "Please let me be a part of your family. Take me to a veterinarian for my vaccinations and worm medicine. And when I am six months old, have me spayed or neutered so no more unwanted pups will be helplessly abandoned again!"

*If you can answer their plea, call 758-9338 or 758-0064.
Remember: One female dog and her offspring can produce 67,000 puppies in six years.
One female cat and her offspring can produce 420,000 kittens in seven years.

Have your pets spayed and neutered!!!
Attention cat owners: If you are not able to have your female cats spayed, there is a very inexpensive birth control pill available. Ask your veterinarian about possible side effects.

For more info, about Rockcastle Adoption Agency for Pets, Inc. call Terry Lunce at 758-9202, Vickie Myers at 256-5183 or Bonita Spoonamore at 758-4318.

Assorted cats & kittens need inside homes. Call 758-4307.
Terrier Mix Dog, spayed, vaccinated, and wormed, needs a good home where she can be an "only child" dog. Call 256-1236.
Kittens need homes. Call 256-5183.



Hi, my name is Christian Taylor. I would like to announce the arrival of my sister, Megan Taylor. She was born April 22nd at Pattie A. Clay Hospital. Christian and Megan are the children of Robert and Christa Taylor of Mt. Vernon and they are the grandchildren of Sue Taylor and the late Robert Taylor of Mt. Vernon and Wayne and Wanda Isaacs of Mt. Vernon.



Chuck and Carrie Bullock of Mt. Vernon are proud to announce the birth of their first child, a son, Cameron Logan was born March 25, 2000 at 12:35 a.m. at Fort Logan Hospital in Stanford. Cameron weighed 6 lbs. 14 ozs. and was 20 1/2 inches long at birth. Maternal grandparents are Linda Baker of Brodhead and Bill Baker of Berea. Paternal grandparents are Lorene and Kenneth Bullock of Mt. Vernon. Great grandparents are Della Baker of Crab Orchard and Ethel Barron of Mt. Vernon. Cameron would like to thank everyone for the nice gifts he has received.



Farm News

By: Tom Mills
County Extension Agent
for Agriculture

Tobacco Payments

If you are a tobacco quota owner, tobacco farmer or tobacco tenant, by now you are probably confused by all the different programs and dead lines. The terms Phase I, Phase II and Tlap (Tobacco Loss Assistance Program) are in themselves confusing, but add a few dead lines, along with which office to get help from, and you are sure to be confused.

The first programs started last fall were part of the master settlement agreements between states Attorney General and tobacco companies. Phase II was money designated to farmers. The 1999 payments were based on FSA history during the 1998 crop year for each farm. Basic quota owner received 1/3, growing farm 1/3, and grower or tenant, 1/3. Payments were received on December 31, 1999.

During the Spring of 2000,

congress approved Tlap Funds which were distributed based upon the information gathered on the Phase II forms completed in 1999. Checks were mailed out in April. At the present time, FSA (Farm Service Agency) is completing applications for another Tlap program based on the 2000 crop. FSA staff indicated that just over 60% of eligible farmers have completed the proper paper work. This program means \$967,000 to local farmers and the deadline of September 15, 2000 is fast approaching. The program payments are based on July 1, 2000 basic quota or leased away quota, approximately 27 cents per pound. For basic quota grown on the farm



Lordy, Lordy
This gal is over 40!!!
Happy Big 4-1 September 9th



Just wonder who?
And no, it's not Lou!
Not Carol, Sharon, or Tiffy!
Everyone knows although it doesn't show
That Saturday she's 40!
not fifty!
Happy Birthday Janet
Love all of your family and all of your friends
P.S. There is one good way to look at it! Through your bifocals!

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William Lykins would like to announce a new partnership! As of July 10th, 2000, William Lykins began offering securities through Jefferson Pilot Securities Corporation. William Lykins is the owner of Lykins Insurance & Financial Services which will remain a wholly independent organization. As a JPSC registered representative, William Lykins will be able to leverage the strengths of Jefferson Pilot Securities Corporation (JPSC) to better serve his clients. JPSC is a key member of Jefferson Pilot Financial, a leader in the Financial Services industry with a market capitalization in excess of six billion dollars. For more than thirty years, JPSC representatives have been successful in creating strong personal relationships while helping clients reach their financial goals. With assets under management in excess of \$100 billion dollars, JPSC will help assure William Lykins maintains his prominent role in the financial services community of Rockcastle County, Kentucky.



Jefferson Pilot Securities Corporation, One Granite Place, Concord NH 03301
603-226-5000