



We grieve when we lose someone. With the death of her husband of forty-five years, Sandra (not her real name) entered a period of mourning. The shock of his death took months to wear off. She continued to expect him to walk through their front door as he had for all those years. She even heard his voice occasionally when she was alone in their big, empty house. It was so hard for her to believe that he was really gone.

Tonya's (not her real name) loss came in a different way—her husband of thirty-five years suddenly told her he wanted a divorce and moved out. She tried to talk to him, but he would not talk. Within a few weeks she learned that he had a girlfriend. That was when she realized that the marriage was really over. For days she could do nothing but cry.

Both Tonya and Sandra are going through grief. Grief is the process a person experiences when he loses someone. All kinds of losses, not just death, can trigger grief. Bryan's dog was run over and killed. Bryan mourned the loss for months. Clara lost her job at the factory where she had worked for twenty years, and while also mourned.

Grief is the normal response of bodies and emotions to loss. It is neither sick nor abnormal. It is not caused by a lack of faith. Encouraging someone to stop grieving does not help.

Grief does not normally require counseling, unless the grieving process becomes blocked, and the grieving stops. This is one time when grief counseling is necessary. When Charlie (not his real name) lost his mother, he had to be the strong one in the family. His dad and siblings were falling apart, so Charlie handled everything. He put his own feelings on hold, and they became blocked. Charlie did need the help of a counselor.

Dr. Elizabeth Kubler-Ross identified five stages of grief in her 1969 book, *On Death and Dying*.

The first stage is denial. In this stage the person who is grieving does not want to accept the loss of that loved one. This is the stage of emotional shock and numbness. Moving through this stage means facing the reality of death, a little at a time.

The second stage is anger. Where there is death and loss, there is almost always anger. The one who is grieving may feel anger at God, at the one who died or at friends who have never experienced such a loss. Being able to verbalize this anger to someone helps to move the process along.

Depression and despair are the third and fourth stages of grief. These are the hard times after the anger has gone when the death is fully realized. There is no more denial; the loss stares the grieving one in the face. Reminders bring the loved one to mind at every turn. In despair the grieving one wonders if there is a reason to go on. He may even contemplate suicide at this time. If this stage continues, a visit to both the counselor and the doctor is advisable.

The final stage acceptance. Kubler-Ross is acceptance. This does not mean that all the pain is gone or that the one who left is forgotten. This is when the one who remains comes to terms with the loss and decides to go on with life. It marks the beginning of a new life.

As a minister, Dr. Whitehead has conducted many funerals and counseled with persons who are grieving. He is now a pastoral counselor in Somerset who helps families and individuals find help and hope for dealing with the problems of life. You may reach him at 679-4134 or 1-877-PASTOR-4.

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ATTENTION VOTERS!

The Rockcastle County Board of Elections have made the following changes in locations for voting precincts effective with the May 20th Primary Election. These changes were made as a convenience to the voters, especially during bad weather.

The Following Changes Have Been Made:

- SOUTH MT. VERNON**
From Library to Rockcastle Middle School
 - WEST MT. VERNON**
From Poplar St. building to Rockcastle Middle School
 - EAST MT. VERNON**
From Parking Lot by Cox Hardware to Mt. Vernon Elementary
 - NORTH MT. VERNON**
From Fire Dept. Bldg. to Mt. Vernon Elementary School
 - NORTH BRODHEAD**
From City Hall to Brodhead Elementary School
 - WEST BRODHEAD**
From Senior Citizens' Bldg. to Brodhead Elementary School
 - WEST LIVINGSTON**
From Senior Citizens Bldg. to Brodhead Elementary School
 - EAST LIVINGSTON**
From Fire Dept. to Old Livingston School Gym
 - ROUNDSTONE**
From Building, on School Property to Roundstone Elementary School
 - BROWN**
From Bldg. by Willailla Grocery to Brodhead Rural Fire Dept. at Quail
- All other precinct locations will remain the same as in the past!*

If you have questions concerning where you will vote or to make any comments, please call the county clerk's office at 256-2831.

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