

to wear off. She continued to expect him to walk chrough their front door as he had for all those years. She ween 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. Can be suffered to all their big, empty house. It was so hard for her to believe that he was really gone. Can be a suffered to all to him, but he would out. She tried to all 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, Grifef is the process a person experiences when he loses comeone. All kinds of losses, notjust death, can trigger grief. By an Yog someone of the soft of the state o

so mourned.

Grief is the normal response of odies and emotions to loss. It is rither sick nor abnormal. It is not used by a lack of faith. Encourageop grieving does not

tp.
Grief does not normally require
unseling, unless the grieving pro
ss becomes blocked, and the griev cess becomes blocked, and the griev-ing stops. This is one time when grief counseling is necessary. When Charlie (not his real name) loss his mother, he had to be the strong one in the family. His did and siblings were falling apart, oc Charlie handled everything. He put his own feelings on hold, and they became blocked. Charlie did need the help of a coun-selor.

there is death and loss, there is al-most 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.

counselor and the doctor is advisable. The final stage according to Kubler-Ross is acceptance. This does not mean that all the pain is good or that the one who left is forgetten. This is when the one who termains comes to terms with the loss and decides to go on with life. If marks the beginning of a new life.

As a minister Dr. Whitehead has conducted many funerals and counseled with pérsons 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 teach him at 679-4134 or 1-877-PASTOR-8. As a minister Dr. Whitehead has

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ATTENTION VOTERS!

following changes in locations for voting precincts affective with the May 20th Primary Election. These changes were made as a convenience to the voters, especially during bad

The Following Changes Have Been Made:

SOUTH MT. VERNON

From Libary to Rockcastle Middle Sch 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

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 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!

county clerk's office at 256-2831.



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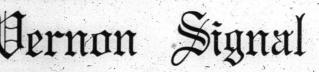
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One-on-One Sessions are 30 minutes each

For more information call Spencer Benge at 606-256-5653

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