



Do You Have The Courage

In the last month several people have asked me to recommend a book on grieving. All three were going through grief after a family member had died. I have found the book!

Judy Taitelbaum wrote *The Courage to Grieve* partly out of her own experiences. Her brother died at age 20 in a car wreck, and that experience with grief started her on the journey that led to this book.

She identifies three phases of the grief process that all people go through after a loss. First, there is the state of shock, when the grieving person cannot believe that the loved one is really dead. Numbness may be a part of this stage. Second is the stage of suffering and disorganization, when the grieving person feels the terrible pain of the loss. He or she finds life very disorganized, because an essential part of life has been lost. The third stage is aftermaths and reorganization. In this stage life begins to return to normal, though often interrupted by aftermaths of emotions for months or years later. A birthday or anniversary may trigger the emotions.

There is no timetable for grief. Friends and family may expect the grieving person to get over the grief quickly. The grieving person may push himself to finish grieving long before he is ready. Grief is not finished in a few months.

Taitelbaum says, "This then is the essential process of grieving - repeating again and again the images of, and feelings about, our lost loved one until the mourning process is completed." To grieve fully means to experience the pain of the loss, without covering or denying that pain. To grieve fully means to experience and express all the emotions and reactions to the loss.

Most people do not like to hurt

and so have invented various ways of denying the pain. When the pain is not expressed, the grieving process can stall and leave the person stuck in grief. Unexpressed grief is unhealthy.

Friends and family may try to talk the grieving person out of expressing his feelings. "Don't cry" or "just stop thinking about him" are admonitions that discourage the person who is grieving from getting out those painful feelings inside.

Taitelbaum gives two extreme examples of the possible effects of unexpressed grief. One is Anna, who never mentioned her husband or shed a tear after his death. Six months later she began showing symptoms of senility. George faced the death of his son stoically, without tears. Six months later he had a heart attack. Unexpressed grief is both emotionally and physically dangerous.

In my own counseling practice, I often work with people who have unfinished grief. Mary came to me because of her depression. (Mary is a fictitious character.) She had no energy and wanted only to sleep and eat.

Mary's mother had died one year ago. Mary was angry with Mom for leaving her to take care of all her younger sisters. Because Mary felt guilty about being angry, she tried to shut down her feelings. Then the grief stopped, leading to her current depression.

When I told Mary that anger was normal in a grief situation, she seemed relieved. She began going to the cemetery and "talking" to Mom, telling Mom about the anger and many other feelings that she had. As she found ways to express her feelings, her grief began flowing again.

I highly recommend *The Courage to Grieve*. Check with the nearest bookstore.



Welcome to America and Happy Birthday!

It took 16 long months before you could come home to us. These were the longest days of our lives, knowing that you were so far away and that we could not touch you or comfort you. We loved you from the moment that we knew you as Deidatta and when we only had the 11" x 11" black and white picture to hold on to. When the time finally came for us to come to India and bring you home, we were filled with anxiety. We were not bothered by the 36 hours of flight and we were not concerned about traveling so far from home. Our mission was to bring you home to your new family. When we saw the conditions of your first 8 1/2 months of life, we cried. We could hardly eat when we saw the poverty and starvation that was everywhere. However, when you placed your tiny arms around our neck, our tears were of joy and the 16 months of waiting seemed very insignificant. Thank you for making our lives complete and allowing us to realize how fortunate we are. Happy Birthday Samuel Isaac Bullock and welcome home!

With love from your Mom and Dad,
Steven and Dana Bullock

In and Around Willailla

By Carol Martin

Thanks to everyone who came out on Saturday to Willailla Days. The rains held off until dusk and all the activities were over.

The pie and cake auction was a huge success, with all the items bringing over \$500. Thanks to the Rockcastle County Saddle Club for coming out and sharing the day with us. There were forty-five riders and twelve wagons. Donovan Pigg of Brodhead won the prize for youngest rider and Bart Woodard of London was the oldest rider. Harris Burton had the prettiest wagon.

We were sorry that Carl and Alan Burton and their band couldn't be there due to the illness of Alan. Lots of people were there to hear them at 1:00.

Thanks to Curtis Brock and daughter of Bethel Baptist Church for coming and filling in until the Pure Country Band arrived to sing at 5:00. It's always good to hear Pure Country because Darrell Cash, Teresa Gentry Jones and Dwayne Reynolds of this community are singers with them. Thanks to Roy Adams and David Reynolds for conducting the bake sale auction. Thanks to Brian and Nancy Hargis, the owners of Willailla Grocery. David, and Barbara Reynolds of Dabney Feed and Supply. See and Lowell Auction, Gary and Patty Nickey, Don and Noreita Thompson, Phil and Michelle Thompson, Marie Goff, Tommy, and Pam Auction, Billy Acton, Mr. and Mrs. Mike Leger, Kristy Lovell,

Peggy French, Quail Homemakers, Joe and Caroline Lovins, Jim VanHook and everyone who helped out in any way. Let's try to make next year's event even better. \$1300 was raised all together to aid in helping the victims of New York.

Sympathy is extended to Bob and Grace Randolph in the death of Bob's mother, Mrs. Mildred Randolph, who passed away on Monday evening.

Mrs. Gerry Owens and Mrs. Irene Brown of Advance, Indiana, where here over the weekend visiting relatives.

Jack Gentry of Dayton, Ohio spent the weekend here with his brother, Donald and Pauline Gentry.

Owen and Marie Burton were in Mt. Sterling on Monday attending Court Days.

Mrs. Mary Jane Randolph had as her visitors last week, Mr. and Mrs. Hershal Whitaker of Somerset. Mrs. Gerry Owens of Advance, Indiana.

Ellis Blanton of Little Rock, Arkansas and Frank Blanton of Ohio.

R.G. Whittaker is very sick at Central Baptist Hospital in Lexington after becoming ill on Sunday night.

Mrs. Lucille Ponder has returned home after a visit with her daughter, Judy and family in Indiana and nieces and nephews in Ohio.

Don and Noreita Thompson are in Nashville, Tennessee this week on business.

Ellis Blanton of Little Rock, Arkansas was in Ohio last week visiting his uncle, Frank Blanton and cousins. They returned to Kentucky on Thursday and visited relatives here and attended Willailla Days. Ellis is the son of the late Andy and Mac Brown Blanton.

Noah Todd remains very ill at a Georgetown hospital after falling.

Chester and Ardella Taylor and W.A. and Ruth Owens attended Court Days in Mt. Sterling on Saturday.

Gardening & Landscaping Tips

By: Max Phelps

Deciduous Shade Trees

This is a fine season to plant trees and we will cover some good ones in this article. These provide nice shade and are versatile and also lose their leaves to let the sun shine through in winter.

Maple trees are most popular; there are many maple species of which we will describe four today.

Red maples are a highly recommended choice because they have nice habits, good fall color and are fairly fast growing.

Silver maples are the fastest growing of the maples. As they become large and old they often become dangerous, especially in storms. (A hybrid of red and silver is available now, and I recommend them.)

Norway maples make a great medium sized shade tree with yellow fall coloring. The Royal Red and the Crimson King burgundy leaves cultivate are also Norway maples.

Sugar maples are great old trees. The only problem with them is that by the time they make a large glorious tree, you may be old or dead!

Oak trees can be great shade trees. There will be acorns to deal with and tough leaves that decompose slowly. But for long healthy lifespans and good shade, they are great. Species

are too numerous to mention. Willow oak and gum oak have narrow leaves some folks like the lower mess. It's hard to beat stately pin oaks or spreading white oaks though.

Ash trees can tolerate many conditions and grow nicely. The shade is not solid, so grass grows under them. The "Autumn Purple" variety turns purple in fall, others are yellow or drop without coloring.

Another tree with a partial shade and low mess that will grow anywhere is honey locust. The roots tend to grow at the top of the ground. Grass grows well, as do flowers, under these nitrogen fixing trees.

Willow trees, especially the big weeping willows, are popular in landscapes. And easy to establish.

Sweet gum is a great tree. It, like black gum, prefers the acidic mountain region to the bluegrass area. The star shaped leaves are even prettier than maples.

Black and red alders can take wet feet, and grow reasonably nice. Where clay soil holds too much moisture for some trees, you might try these.

Finally, here are a few others I selectively recommend for shade: mountain ash, sycamore, hornbeam, elm, zelkova, poplars, lindens - even Bradford pears and crab apples.

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Flu and Pneumonia Seasons Are On Their Way:

Will You Be Ready?



Kimberly Cornelius, M.D.
Internal Medicine and Pediatrics

Dr. Kimberly Cornelius will have vaccines available for influenza and pneumococcal disease (PPV) beginning October 15.

Walk-ins are welcome.

Influenza Vaccines are especially recommended for people who:

- Are over 50 years of age
- Have long-term health problems
- Have a weakened immune system
- Are 6 months to 18 years old and are on long-term aspirin treatment
- Are past their third month of pregnancy during the influenza season

PPV Vaccines are especially recommended for people who:

- Are over 65 years of age
- Are over 2 years of age with long-term health problems
- Are over 2 years of age with treatment with a condition or treatment that lowers the body's resistance to infection
- Are Alaskan Natives or from certain Native American population

Stop by to receive your vaccines or call for more information.

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