

ASK Dr. Angelia

Grief and Loss: The Mourning **Process**

After a death, survivors are left to face the pain of grief, and a new world without a loved one. Mourning is the process of adapting to loss through the completion of four tasks.

Keep in mind that adapting doesn't mean forgetting—it means finding a way to cherish the memories of a loved one, while continuing to move forward in life. It means adjusting to a world without the deceased, while holding a place for them in your

After a death, it's common that the reality of the situation is minimized or denied. To complete this task, the reality of the loss must be fully accepted, both intellectually and emotionally.

Grief involves painful emotions such as sadness, anger, and guilt. It can be tempting to avoid these feelings, burying them rather than facing them. However, working through grief means confronting, naming, and making sense of these emotions.

The death of a loved one will usually bring about a number of life changes. These can range from minor changes in daily routines, to the adoption of an entirely new worldview. The third task is about navigating these changes and adjusting to the world without the loved one.

Internal adjustments are changes to one's identity. Survivors may have to answer the question, "Who am I

now?" They may also experience changes to self-esteem.

External adjustments include taking on new roles and developing new skills. Survivors may have to take on the tasks that were handled by their loved one, such as cooking and childcare.

Spiritual adjustments are changes to beliefs, values, and assumptions about the world. For example, a belief that "the world is fair" might change after a loss. The survivor may choose to reaffirm, modify, or replace their previous worldview.

Moving on doesn't mean forgetting. It means finding a place for the deceased in one's thoughts - a

place that is important but still leaves room for others. Completing this task means finding a healthy balance between cherishing their memory and moving forward in life.

Remember Romans 8:38-39, "For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."

Love God and All People. Amen.

Dr. Angelia S. Bryant, **Professional Counselor** and Educator angelia.s.bryant@ gmail.com 270.566.1122

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City of Russell Springs has designated Christopher Ramsey to coordinate efforts to comply with this requirement. Inquiries should be directed to: City of Russell Springs, Attn. Christopher Ramsey, P.O. Box 247, Russell Springs, Ky. 42642. Phone: 270-866-3981; TTY Number: 1-800-648-6056 or Dial 711 for Ky. Relay Service; Office Hours: Monday - Friday, 7:00 a.m. to 4:00

JESUS IS COMING TO MY HOUSE



Dawn Reed

Jesus is coming to my house today. That sounds like Zacchaeus. His story is in Luke 19. A wee little man, he climbed a sycamore tree to see Jesus. Jesus reached the spot and yelled-maybe He just whispered, "Zacchaeus, you come down, for I'm going to your hou today."

But Jesus really is coming to my house. Today. I know because I got the email.

Not coming on foot or by donkey of course; the UPS man is bringing Him. To be truthful, it's not just one Jesus, but 200 little Jesus figures ordered from Amazon.

The little Jesuses are my new favorite thing to share with kids and adults. Available from various companies, they are about one inch in size. Each one has a white robe. You can choose whatever color sash you like. Or no

A few weeks ago, I was super excited to get 30 carefully chosen all-in-white Jesus figures (no sash), until my coworker showed me her glow-in-the-dark

sash.

sashed Jesuses she had purchased for Easter. Glow-in-the-dark, I tell

I have gotten tickled all day remembering the email: "Jesus is on His way! Out for delivery." In truth, I don't have to wait for Him to show up. He is always with me in the form of the Holy Spirit and leads/guides me through His Word. I spoke with Him this morning and throughout the whole day.

God can give us good (even fun) ways to share about His love and encourage others. I love Bible verse cards, tracts, Cups of Strength (cups with 30 Bible verses), silicone bracelets with verses, etc. Little Jesus figures are my number one right now. People are struggling. They truly need

I pray that every one of these little guys will make an impression. That young and old will be moved and hearts will be stirred. That each person, even if it's for a moment, will remember that Jesus loves them.

God wants to use us to spread the Good News of His love. Find your own personal way to do it. You may be able to speak of Jesus boldly to strangers or your knees may shake as you go. He will give us the courage, the words, and the opportunities. They may even glow in the dark.

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Kentucky Department of Agriculture

KENTUCKY LIVESTOCK AND GRAIN **MARKET REPORT**



KENTUCKY DAILY GRAIN PRICES bids for next day

Corn #2 Yellow - Louisville (4.31-4.34) Pennyrile (4.04-4.24) Soybeans #1 Y - Louisville (11.36) Pennyrile (11.40-11.45) Wheat #2 SRW - Louisville (4.82-5.16) Pennyrile (4.83-5.18)

WEEKLY FEED INGREDIENT bids for next day WHOLESALE PRICES, \$ PER TON Owensboro, KY

Soybean Meal 48%410.90 Soybean Hulls130.00

Price Range

337.50

Price Range

440.00

413.00

400.00-427.50

368 00-380 00

350.00-370.00

383.00

342.00-362.50

314.00-337.00

309.00

332.00

285.00-288.00

310.00

Avg Price

Avg Price

440.00

413.00

417.83

372.95

359.46

383.00

352.28

322.20

309.00

332.00

285.99

310.00

	This Week	Last Reported	Last Year
		4/30/2025	
Total Receipts:	539	756	405
Feeder Cattle:	462(85.7%)	631(83.5%)	313(77.3%)
Slaughter Cattle:	51(9.5%)	50(6.6%)	74(18.3%)
Replacement Cattle:	26(4.8%)	75(9.9%)	18(4.4%)

Head

В

FEEDER C	ATTLE			
	Medium and Lar			
<u>Head</u>	Wt Range	Avg Wt	Price Range	Avg Price
2	392	392	423.00	423.00
6	405-446	439	382.50-391.00	389.69
3	412-440	421	430.00-440.00	436.52
12	455-496	484	374.00-387.50	378.52
9	500-525	517	363.00-383.00	369.41
6	512-538	529	389.00-391.00	389.64
1	530	530	360.00	360.00
32	555-597	572	359.00-377.00	368.19
8	566-580	568	385.00-386.00	385.87
9	600-635	611	342.50-350.00	347.70
1	600	600	290.00	290.00
4	660-695	683	318.00-335.00	327.65
7	650-688	675	340.00-346.00	343.74
2	727	727	320.00	320.00
1	775	775	287.00	287.00
8	802-818	814	286.00-290.00	289.01
2	945	945	254.00	254.00
STEERS - I	Medium and Lar	ge 2-3 (Per C	wt / Actual Wt)	
Head	Wt Range	Avg Wt	Price Range	Avg Price

STEERS -	Medium and Lar	ge 2-3 (Per C	wt / Actual Wt)	
<u>Head</u>	Wt Range	Avg Wt	Price Range	Avg Price
3	355-360	357	380.00-390.00	386.64
5	410-440	426	355.00-367.50	362.18
5	450-495	481	365.00-370.00	366.99
1	505	505	360.00	360.00
4	555-590	568	340.00-352.00	347.95
STEERS -	Large 1-2 (Per C	wt / Actual W	/t)	
<u>Head</u>	Wt Range	Avg Wt	Price Range	Avg Price
1	370	370	335.00	335.00

1	660	660	263.00	263.00
HEIFERS -	Medium and La	rge 1-2 (Per (Cwt / Actual Wt)	
Head	Wt Range	Avg Wt	Price Range	Avg Price
2	297	297	407.50	407.50
2	325-330	328	400.00-407.50	403.72
3	370-380	375	370.00-385.00	377.47
2	400	400	380.00	380.00
18	450-497	481	340.00-358.00	350.60
5	500-520	515	324.00-337.00	331.36
12	550-570	566	308.00-328.00	316.34
4	600-602	601	292.00-306.00	299.01
7	710-727	725	260.00-267.50	266.45
2	772	772	257.00	257.00

HEIFERS -	- Medium and La	rge 2 (Per Cv	vt / Actual Wt)	
<u>Head</u>	Wt Range	Avg Wt	Price Range	Avg Price
1	335	335	380.00	380.00
18	450-498	481	330.00-334.00	331.75
8	505-545	527	312.00-316.00	314.20
		0.0/0		
HEIFERS -	- Medium and La	irge 2-3 (Per	Cwt / Actual Wt)	
<u>Head</u>	Wt Range	Avg Wt	Price Range	Avg Price
3	260-265	263	355.00-370.00	365.06

338

Head Wt Range Avg Wt 4 300-315 311 385 385 410-445 422 465-497 476 500-545 519 523 523 550-597 575 690 690 656 656 715-725 720 707 707

HEIFERS - Medium 1-2 (Per Cwt / Actual Wt)

BULLS - Medium and Large 1-2 (Per Cwt / Actual Wt)

Avg Wt

Wt Range

-	, ,	, , ,	510.00	510.00
4	870	870	254.00-264.00	256.50
BULLS - N	1edium and Larg	ge 2-3 (Per Cw	/t / Actual Wt)	
<u>Head</u>	Wt Range	Avg Wt	Price Range	Avg Price
1	265	265	407.50	407.50
1	330	330	390.00	390.00
1	360	360	355.00	355.00
2	412	412	352.50	352.50
2	480-485	483	345.00-355.00	350.03
8	510-545	535	335.00-345.00	343.73

8	510-545	535	335.00-345.00	343.73
2	550	550	321.00	321.00
ULLS - N	/ledium 1-2 (Per	Cwt / Actual	Wt)	
Head	Wt Range	Avg Wt	Price Range	Avg Price
1	450	450	330.00	330.00
LALICHT	ED CATTLE			

SLAUGHT	ER CATTLE			
COWS - B	Breaker 75-80%	(Per Cwt / Ac	tual Wt)	
<u>Head</u>	Wt Range	Avg Wt	Price Range	Avg Price
7	1245-1550	1353	142.00-148.00	143.58
6	1230-1885	1473	152.00-168.00	156.90
COWS - B	Boner 80-85% (P Wt Range	er Cwt / Actu Avg Wt	ıal Wt) Price Range	Avg Price
2	1190-1230	1210	141.00-144.00	142.52
4	980-1280	1099	150.00-170.00	159.83
9	1080-1350	1231	123.00-132.00	127.23
1	1035	1035	120.00	120.00

4	980-1280	1099	150.00-170.00	159.83
9	1080-1350	1231	123.00-132.00	127.23
1	1035	1035	120.00	120.00
COWS - L	ean 85-90% (Pe	r Cwt / Actua	ıl Wt)	
<u>Head</u>	Wt Range	Avg Wt	Price Range	Avg Price
<u>Head</u> 4	Wt Range 880-1270	<u>Avg Wt</u> 1028	<u>Price Range</u> 120.00-126.00	Avg Price 122.53
4	880-1270	1028	120.00-126.00	122.53

Avg Wt

1870

1865

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