Between You and Me x 2

By Monty Carter

What Do You Say?

People say the craziest things to those experiencing a loss (death, divorce, job loss), battling cancer, or in recovery. It's not because they are insensitive or cruel. Their intentions come from a good place. Most of the time it's simply because they don't know what to say.

Case in point, when I was battling a blood cancer (2011-2012) I had more than one person say the weirdest things:

* "My uncle died from pancreatic cancer after a year. I hope yours goes better."

* "You should take Colloidal silver because it builds up your immune system." (The FDA has ruled it's not safe or effective for any medical condition)

* "How are you feeling?" They have no idea how many people before them have asked this question ad nauseam. You get tired of answering the same question over and over.

Some of the most common remarks after loss are, "I'm sorry," "God doesn't give us more than we can handle," "They are in a better place," "Everything happens for a reason." We think these are neutral or safe things to say. Many times I've wanted to reply, "Why are you sorry?"

"The Lord upholds all who fall and lifts up all who are bowed down." (Psalm 145:14)

Christy Edwards is an acute pediatric hospital chaplain who specializes in grief recovery. She says, "Grief is not linear. She is unpredictable. Grief is heavy work." She adds that while "The circumstances and life impact of what we grieve are different, the emotion of grief is the same." The addict didn't lose a child but he/she is grieving their shame and guilt. The force-terminated career employee didn't bury a parent, but they ache for the job they loved.

So what can we say in response to someone experiencing loss and grief? Edwards says we can validate their feelings-"How are you feeling at the moment?" "It sounds like you are..." "I hear you saying..." "How does this feel for you?" She cautions against saying anything that begins with the words: "But...," "At least...," or "You should..."

Chaplain Edwards notes that one of the best responses is to sit in silence. We hold sacred space for the grieving person. It demonstrates the "ministry of presence". Just "being there" is a gift.

One of the best experiences in my cancer battle happened during infusion. The nurse had just cleaned my port with saline and was preparing to give me the first drug of my five chemo cocktails. The whole visit took nearly seven hours. It was a long day. An old friend (unexpectedly)came through the door with a deli sandwich for me. He sat for 2-3 hours and hardly said two words.

One of the drugs called the "Red Devil," was really hard. His presence (not words or platitudes) made it easier. He took my mind off the "biohazard" marked bags hanging from a pole. Sitting with someone in grief doesn't miraculously change their circumstances. But, it reminds them they are not alone. Loneliness accompanies nearly all grief.

A pastor friend asked me a thought-provoking question during my treatment: "What have you learned through this battle, and how do you see God working?" Bam! Do you see the difference between the predictable, "I'm sorry," and what he said? His intentional question forced me to view my battle constructively. Another friend regularly sent me handwritten prayers. A women's small group gave me a basket of goodies and a weighted soft blanket that I still use today. An elder showed up unannounced and mowed our lawn. These are the people who truly understand and act.

Dr. Wayne Oates once said, "God is a God of darkness as well as a God of light." In other words, no matter what we are going through God is faithfully present. I cannot imagine experiencing loss without faith in God, and the support of a faith community. These become light in our darkness.

Still Standing By God'sGrace,

Monty

Deaths And Funerals

William Howell

William Leroy Howell, 79, died on Wednesday, October 28 at his home.

He was born May 9,



1947 to the late William O. Howell and Georgia Courtney Howell.

He was a graduate of Union County High School and served in the U.S. Navy for over 22 years. He was the recipience of the NCC Sailor of the year award and was a Kentucky Colonel. He enjoyed flying and traveling around the world and loved his family.

He was preceded in death by his parents.

He is survived by his wife of 60 years, Elaine Catwright Howell; three children, Myra (David) Mesecher, Kris (Lacy) Howell, and Royce (Misty) Howell; and two granddaughters.

Funeral service will be Thursday, November 5, 2:00 P.M. at Whitsell Funeral Home in Sturgis.

Burial will be in Boxville Odd Fellows Cemetery with full military rites.

Visitation is 10:00 A.M. to service time on Thursday at the funeral home.

Amanda Lawson

Amanda Lawson, 79, died on Thursday, October 29 at Morganfield Nursing and Rehab Center in Morganfield.

She was born September 12, 1947 to Martha Ellen Loveless in St. Louis, Missouri.

She enjoyed crafting, gardening, crocheting, and quilting. She was an avid canner and enjoyed cooking.

She was a food service worker at Union County Middle School. Amanda was a member of Woodland Baptist Church.

In addition to her parents, she was preceded in death by a sister, Ruth Ann Loveless and a brother, Robert Loveless.

She is survived by her husband, Larry Lawson of Morganfield; a daughter, Angie Lawson of Morganfield; a son, Larry (Season) Lawson, II of Loogootee, Indiana; a half sister, Phyllis (Murl) Dawson of St. Louis; and three grandchildren.

A private service will be held at a later date.

Wanda Masters

Wanda Louise Masters, 88, formerly of Sturgis died on Tuesday, October 27 under the care of St. Anthony's Hospice at Redbanks Skilled Nursing Facility.

Wanda was a Ken-



tucky Colonel and was active for many years with the UMWA Ladies Auxiliary. She was a member of Grangertown Baptist Church. She enjoyed singing with her uncles in the Collins Band, and she loved her family.

She was preceded in death by her husband of 52 years, Carl Masters; an infant son, David Harold Masters; her parents, Robert and Kempie O'Leary; a brother, James O'Leary; two sisters-in-law; and a granddaughter.

She is survived by her son, Rod Masters and wife, Merideth of Burns, Tennessee; a daughter, Carla Wise and husband, Jeff of Henderson, Kentucky; a grandson; a gr4eat-grandson; five brothers, David O'Leary, Jerry (Barbara) O'Leary, Tom (Clara) O'Leary), Dennis (Lana) O'Leary, and Larry (Teri) O'Leary; a sister, Judy (Jack) Harkins; and nieces and nephews.

The memorial service was held on Sunday, November 1 at Whitsell Funeral Home in Morganfield. The Rev. Cody Crowell officiated.

Burial was Pythian Ridge Cemetery in Sturgis.

Memorial contributions can be made to St. Anthony's Hospice.

Support The Businesses Of Union County By Shopping Locally

KSP Post 16 Welcomes New Troopers

Friday, October 30, the Kentucky State Police (KSP) honored 40 cadets graduating from Cadet Class 107 the KSP Training Academy, marking the start of their careers as state troopers serving communities across the commonwealth.



Camden Greer, left, and Jermaine Poynter, right

Cadet Class 107 reported to the KSP Academy on May 17 and completed 24 weeks of intensive academic instruction and practical training designed to prepare them for the challenges of modern law enforcement. Cadets in the class underwent more than 1,000 hours of classroom and field study in subjects such as constitutional law, juvenile and traffic law, use of force, weapons training, defensive tactics, first aid, high speed vehicle pursuit, criminal investigation, computer literacy, hostage negotiations, evidence collection, radio procedures, search and seizure, crash investigation, drug identification, traffic control, crowd control, armed robbery response, electronic crimes, sex crimes, hate crimes, domestic violence, bomb threats and hazardous materials.

During the ceremony, KSP Commissioner Phillip Burnett Jr. commended Cadet Class 107 for their dedication to complete the academy and answer the call to serve the commonwealth: "Becoming a Kentucky State Police Trooper takes grit, determination and a genuine commitment to the people we serve. Each member of this class has demonstrated the ability to rise to challenges and uphold the expectations of this profession."

The Cadet Class 107 graduates assigned to Post 16, Henderson are:

Camden Greer, Boonville, Ind.

Jermaine Poynter Jr., Henderson, Ky.

"I am proud to welcome Trooper Greer and Poynter to the Henderson Post. Their dedication, hard work and commitment to serving the Commonwealth will be a valuable addition to our team, and I look forward to supporting them as they begin this important chapter.", Captain Brian Duvall said.

As they begin their assignments, these troopers will carry forward KSP's mission to enhance public safety through service, integrity and professionalism. Their work will include building partnerships to prevent and deter crime, improving highway safety through education and enforcement, protecting property and safeguarding the rights of all individuals.

The Kentucky State Police remains dedicated to recruiting, training and supporting a professional, diverse, and well-equipped workforce to serve the Commonwealth. Those interested in pursuing a career as a Kentucky State Police trooper are encouraged to visit the agency's website for more information.

PUBLIC NOTICE

THE FOLLOWING ESTATE HAVE BEEN PROBATED IN UNION DISTRICT COURT. PERSONS HAVING CLAIMS TO FILE AGAINST SAID ESTATES MUST FILE SAME NOT LATER THAN SIX MONTHS FROM THE DATE OF THE APPOINTMENT OF THE FIDUCIARY.

Estate of Linda Luceal Carter. Executor/Administrator: Linda Stevenson, 4095 Hilltop Road, Uniontown, KY 42461, Date of appointment October 23, 2026.

Estate of Jimmy C. Wallace. Executor/Administrator: Vickie Wallace, 11825 U.S. 60-West, Sturgis, KY 42459. Date of appointment October 23, 2026. Attorney: Charles Williamson.

PUBLIC NOTICE

ADVERTISEMENT FOR BIDS

The Union County Fiscal Court will receive lump sum sealed bids on a general contract for renovations to the Union County Courthouse, located at 100 W Main St., Morganfield, KY 42437.

Proposals will be received until 9:00 AM, prevailing time on Tuesday, December 8, 2026, at the Union County Courthouse, 100 W Main St, Morganfield, KY 42437, in the courtroom on the 2nd floor, and then at said office publicly opened and read aloud.

A prebid conference will be held on Tuesday, November 24, 2026, at 1:00 PM, prevailing time, at the site of the Union County Courthouse, 100 W. Main St., Morganfield, KY 42437, in the courtroom, 2nd floor. All bidders should plan on attending this meeting.

Copies of the bidding documents may be obtained from Maco-Evansville Blue, 600 Court Street, Evansville, IN 47708 (812-464-8108) or visiting their website macoplanroom.com.

A 5% Bid Security and 100% Performance and Payment Bond are required for this project.

The scoring of proposals is subject to reciprocal preference for Kentucky resident bidders and preferences for a Qualified Bidder. The Owner reserves the right to accept or reject any or all bids and/or waive any informalities in bids received where such acceptance, rejection, or waiver is considered to be in the best interest of the Owner. 11/11c

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