

# Five Stages Face Dying

Knowing how to help someone close to us, who is dying, is one of the most difficult and important experiences we face.

"The dying person's impressions of life may appear different or strange, but they are real and may contain more truth than logic in the usual sense," said Dr. Leo Hawkins, extension human development specialist at North Carolina State University.

Research has outlined five stages faced by the dying person and a friend should be aware of these when involved with the one who is dying, because the stages and impressions are real.

The first stage, of shock and denial, the "no, not me" stage, is gradually dropped. But it may reoccur from time to time, Dr. Hawkins says.

Second is the stage of anger, of "why me?," and the person needs to be able to voice his feelings and relieve the tension.

The third stage is "bargaining." The person promises some important thing or action in return for more time. The end of bargaining usually signifies the beginning of the acceptance of death, Hawkins notes.

Depression is the fourth stage and although friends may work to cheer the dying person, he should be allowed to express his grief.

"By allowing an individual to express his growing depression and grief he can probably reach the final stage of acceptance. This final stage is not one of bitter defeat, but usually one of peace within," the specialist explains.

## With Our Servicemen

Marine Pvt. James P. Terry, Jr., son of Susie H. Terry of Norlina, has completed recruit training at the Marine Corps Recruit Depot, Parris Island, S. C.

During the 11-week training cycle, he learned the basics of battlefield survival. He was introduced to the typical daily routine that he will experience during his enlistment and studied the personal and professional standards traditionally exhibited by Marines.

He participated in an active physical conditioning program and gained proficiency in a variety of military skills, including first aid, rifle marksmanship and close order drill. Teamwork and self-discipline were emphasized throughout the training cycle.

A 1981 graduate of John Graham High School, he joined the Marine Corps in June 1980, under the delayed entry program.

Marine Pvt. Richard H. Clark, son of Edith N. and James W. Clark, Sr., of Vaughan, has completed recruit training at the Marine Corps Recruit Depot, Parris Island, S. C.

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A 1975 graduate of Littleton High School, he joined the Marine Corps in June 1981.

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