

What's Happening

All times are Central

Today

GCHS SBDM Council

The Green County High School SBDM Council will meet for the regular monthly meeting Wednesday, Feb. 20 at 4 p.m. in the school conference room.

Tomorrow

Fiscal Court to meet

The monthly Green County Fiscal Court meeting will be held on Thursday, Feb. 21 at 9 a.m. at the Courthouse. Committee meetings will begin prior to the monthly meetings at 8 a.m.

Board of Health to meet

The Green County Board of Health will meet on Thursday, Feb. 21, 2019 at 6 p.m. The meeting will be held at the Green County Health Department. There will be a meal provided for board members. The public is invited to attend.

VFW meeting

The James L. Pruitt Post 5813, Veterans of Foreign Wars, and Auxiliary meeting will be Feb. 21 with a meal at 6:30 p.m. at the Post home, 150 Hidden Valley Road, Greensburg. Members are encouraged to attend along with anyone interested in joining either organization.

Happening Soon

Auxiliary meeting

The American Legion Ladies Auxiliary will meet Feb. 25 at 5:30. All members are urged to attend.

Book signing at GCPL

Local authors Carl Howell and Robin Milby will be at the Green County Public Library on Monday, February 25 at 5 p.m., for a book signing of "Kentucky's 120 Counties: A Postcard Album". Please join us for this fun and educational program highlighting Kentucky's history and everyday life through postcards from 1900 to 1925.

Ongoing events

GCPL children programs

Every Tuesday morning at 10 a.m., the Green County Public Library has Terrific Tuesday Story Hour for 2 to 5 year-olds and Wednesdays at 10 a.m. a LapSit Lullaby program for babies and toddlers, birth up to 2 years. For more information, contact the library at 270-932-7081.

Chair exercise event

Join the Green County Public Library every Tuesday, from 1 to 2 p.m., for Chair Exercises.

Head start apps

Green County Head Start is now accepting applications for the 2019-20 school year for eligible three-four year olds. For more information call 270-932-6618.

Tax preparations

Free assistance with income tax preparation is available for residents of Green, Taylor and surrounding counties from the AARP Foundation Tax-Aide program. Services will be held each Tuesdays from 10 a.m. to 4 p.m. through April 9 at the Greensburg Cumberland Presbyterian Church, 699 Old Hodgenville Road, Greensburg. Other times may be available by appointment, call Brenda Cook at 270-932-7459 for more information. Electronic filing will be available free of charge. AARP membership is not required for assistance.

Reunions

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If anyone from the **Class of 1979** is interested in organizing a class reunion, please contact Jackie Bennett at 270-532-0023 or Rod Moore at 270-405-6204.

The power of attitude



Skyler Smith

LWC Intern/
R-H Staff

Sometimes, it's hard to keep a positive mindset.

Whether it's because our workload becomes overwhelming or we haven't yet reached a goal we've been aiming for—at some point, it becomes easy to expect only the worst for ourselves.

I'm sure you've heard the saying, "You're your own worst critic," at some point or another.

And here's the thing: it's true. You're too hard on yourself. We all are!

Instead of using our failures as lessons, we use them to feed our doubt.

Instead of turning stress into a creative tool, we allow it to shut us down.

Instead of approaching our obstacles with confidence, we shy away in fear.

The truth is, the only thing standing in our way of personal progress...is ourselves.

I stumbled across a quote a while back, and I still repeat it to myself quite often.

"Your mind is a garden. Your thoughts are the seeds. You can grow flowers, or you can grow weeds."

I've found a lot of truth in that quote since then. On the days I allow myself to only flourish positive thoughts, the day ends up being an overall success. My productivity is better, my attitude is brighter, and my interactions with others are more rewarding.

While your struggles may be caused by external forces, such as deadlines, arguments, and so forth—the battle is mostly fought from within.

This leads me into another quote, one that's even more motivating to me than the last.

A week or so after my Nana passed away last year, my mom and I were sorting through some of her things, and I found this on a nearly perfect piece of paper, tucked behind old photographs...

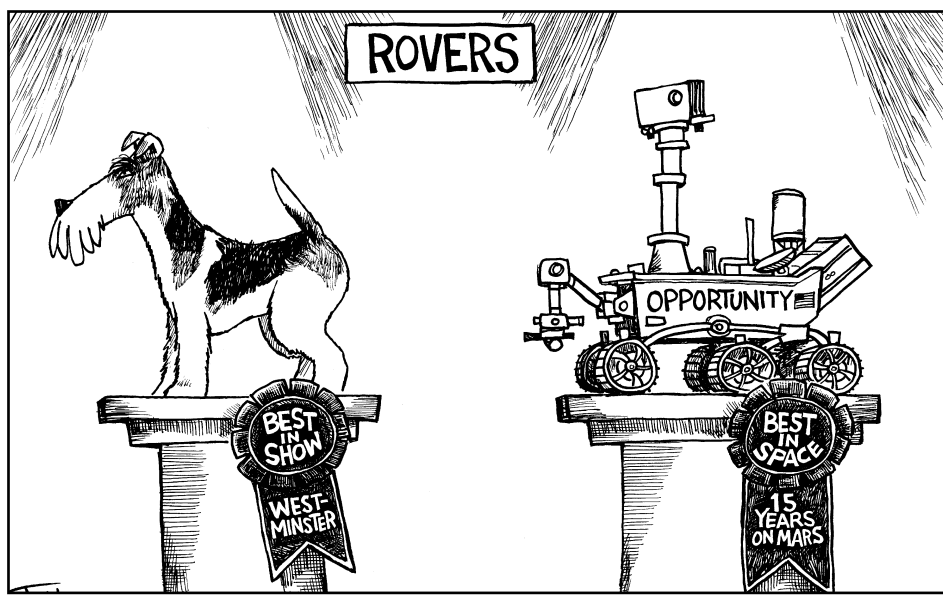
"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts."

It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, or say, or do.

It is more important than appearance, giftedness or skill.

It will make or break a company, a church, a home.

The remarkable thing is we have a choice



Who do you think made important contributions to Black History, why?

By Roving photographer Clevis Jeffries



"Barack Obama, because he became the first African American president of the United States."

—Wanda Embry



"Rosa Parks and her refusal to give up her seat on a bus in Montgomery, Ala."

—Jane Hendrickson



"Martin Luther King, Jr., because he inspired so many people to achieve their dreams."

—Carla Hoosier



"Martin Luther King, Jr., because he advocated equal rights for all people."

—Melissa Bright



"George Washington Carver and his advancements in agriculture."

—Samantha Gaddie



"Martin Luther King, Jr. and his advancement of Civil Rights."

—Mary Etta Newby

every day regarding the attitude we will embrace for that day.

We cannot change our past, we cannot change the fact that people will act in a certain way.

We cannot change the inevitable.

The only thing we can do is play on the one string we have, and that is our attitude.

I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you...we are in charge of our attitudes."

I felt as if she were speaking to me directly in that moment. My Nana was always about the power of positivity, even when the rest of us weren't.

I sat and thought about the quote for a few minutes. Then I read it again. After that, I read it once more, this time aloud, so that my mom could hear it as well.

In mere minutes, I felt as though I had

aged decades. It was as if I had learned the secret to life, or the key to happiness.

I'm not saying that all of my problems have went away since then. Obviously, they haven't.

And, inevitably, there will be hard times that we must face. Life isn't always beautiful. While almost everything is out of our control...

Our attitude is not. Each and every day I remind myself of this. It's not always easy, but I do think it's one of the best favors I could ever do for myself and those around me.

I encourage you to do the same. It's not as difficult as you may think. All you have to do is start with one positive thought. Keep watering it until you see it grow. After that, begin to gradually plant more.

I can promise that your life will start to bloom in ways you never thought possible.

Greensburg Record-Herald

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Letter to the Editor Policy

The Greensburg Record-Herald welcomes letters on any topic of general interest from its readers. Controversial letters to the editor, which would merit a response from a candidate, will not be published in the last issue before the election, since the candidate would not have the opportunity to respond. All letters must carry the name, address and daytime telephone number of the writer, and the name of the writer will be published with the letter.

Please address letters to Record-Herald, P.O. Box 130, Greensburg, KY 42743.