

Spring into joy

You know when would be a good time for a new beginning? Now.

Spring is only a week away. The promise of blossoming life, warmth, and sunshine is within arm's reach.

Our surroundings play a substantial role in our happiness. With that being the case, it only makes sense why winter can cause depression in so many people. The cold temperatures, bareness of nature, and lack of light all play a role in wintertime sadness.

In fact, did you know that there are more than 3 million cases of seasonal depression in the United States per year? It's common in every age group, including children and teens, with young adults posing the highest risk for developing the condition. Additionally, seasonal depression is diagnosed four times more often in women than men.

If you've been struggling to figure out why you've felt so low recently, know that the time of year has most likely played a large part in it.

However, with spring on the horizon, a lot of that is about to change! Here are a few of the many things you can look forward to happening soon:

- more sunlight (and increased opportunities for Vitamin D!)
- warmer temperatures (thank goodness)
- blooming plants, flowers, and trees



Skyler Smith

LWC Intern/
R-H Staff

(they add so much beauty)

- spring sports and activities (baseball, softball, soccer, swimming, you name it!)
- a larger variety in fresh produce (you are what you eat, right?)

In turn, this means the opportunity to get outside, get active, and start leading a healthier lifestyle is right around the corner. Plus, the additional natural light will be sure to lift your spirits even when you're indoors, so long as you let the light pour in through your windows.

Personally, I'm very excited about the upcoming arrival of spring.

I look forward to taking my two Chihuahuas, Carmen and Ron Jon, on regular walks again (they need the exercise after laying around all winter).

I'm super excited about regularly playing outside with my twin nieces, Stella and Everly, again. When it's warm, we almost always stay out all day, long.

I'm even looking forward to watching my fiancé Cameron's little brother, Jace, start playing baseball again.

Something else I'm looking forward to is the spring flowers. I

feel as if I'm in desperate need of color. Luckily, that's on the way, too. Some of the most common spring flowers are—lilacs, irises, lilies, tulips, dandelions, and daffodils (my personal favorite...I've picked quite a few already).

I almost forgot one of the most important spring activities there is—spring cleaning. I know, I know...it doesn't sound like the most delightful thing to do in the world, but it really is worthwhile. My productivity levels are much higher if I'm working in an organized space, and I just feel happier in general to know that things are in order. Surely I'm not the only one.

So, what are you most looking forward to as we transition into spring? Are you feeling overwhelmed? I know that change can be stressful, even when it's good change.

Maybe start by making a list of all of the things you want to accomplish throughout the upcoming months. Prioritize your intentions, keep your main goals in mind, and just take it day by day!

I feel like it's starting to become a regular thing of mine to leave off with a quote, but I just love them. I think they're inspiring. Here's one that brought a smile to my face:

"Spring is nature's way of saying, 'Let's party!'"
—Robin Williams

7 more days until

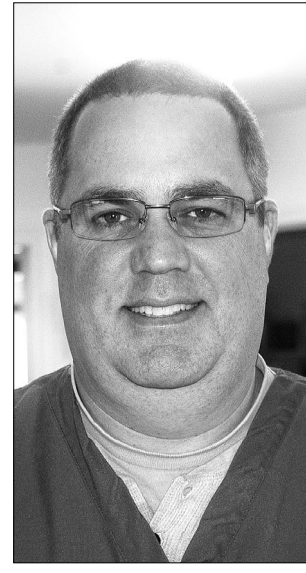


How do you plan to celebrate St. Patrick's Day?

By Roving photographer Clevis Jeffries



"I probably will wear green clothing, jewelry, and nail polish."
—Barbara Cox



"I will attend church, wear green and watch basketball."
—Wade Squires



"I'm going to wear green and attend church with my family."
—Kaylea Stearman



"I am going to church that day and I hope to remember to wear green so I won't get pinched."
—MaKayla Jessie



"I plan on wearing green and spending the day with my family."
—Katherine Freeman



"I am going to wear green and attend church."
—Melanie Embry

What's Happening items are published for two consecutive weeks prior to the community event. Deadline is Monday at 2 p.m. CT. To submit an event, email to news2@record-herald.com or drop by the office.

What's Happening

All times are Central

Tomorrow

Genealogical Society

The Green County Genealogical Society will meet Thursday, March 14 at 5 p.m. in the Green County Public Library's community meeting room. For information call Martha Houk at 270-932-4950 or Brenda Taylor at 270-932-4201.

Weekend

Headstart registration

A Headstart registration event will be held Friday, March 15 at the Green County Public Library. The event, a Headstart Hoopla, will be from 10 a.m. to 2 p.m. at the library, 112 West Court Street. The event will accept registration for eligible three- and four-year-olds for the 2019-20 school year. There will be snacks, games, face painting, etc. For information call 270-932-6618 or the library at 270-932-7081.

Spring league signups

Green County Park Board has Spring League signups underway at greencountyparkboard.com. League will begin the end of April and run through June. Signups are \$55 prior to March 15 deadline. After that, a late fee will apply. For more information contact any park board member.

After school program

The Green County Public Library holds an after school program every Friday afternoon at 2 p.m. This week's program will be a makerspace where each child will make a craft to take home with them.

Country Ham dinner

There will be a country ham supper and auction to benefit the Fry Baptist Church Relay for Life Fund Saturday, March 16 at the Exie Fire Department. The event will begin at 5 p.m. To-go boxes will also be available.

Happening Soon

GCPL Adult Program

An adult program focusing on healthy snacks will take place at the Library Monday, March 18, at 10 a.m. To register, please call 270-932-7081.

GCPL Board meeting

The Green County Public Library monthly Board Meeting will take place Tuesday, March 19 at 3 p.m. This meeting is open to the public.

GCHS interest meeting

Green County Schools will host a meeting Wednesday, March 20 to gauge interest for new programs including bass fishing, drama, soccer and wrestling. The meeting will be held in the Green County High School Concourse at 5 p.m. The meeting is open to students that will be entering grades 6-12 in the fall of 2019. Each interested student will need to be accompanied by a parent/guardian.

Retired Teachers

The Green County Retired Teachers Association will meet at Los Agaves Thursday, March 21 at 11 a.m. The guest speakers include AARP Greensburg Essay Winner and the 4th District Membership chairperson.

KET doc. at GCPL

The Library will be showing a two part KET documentary focusing on the Korean and Vietnam Wars. Part I will be shown Friday, March 22, at 8:30 a.m. Part II will be shown Friday March 29 at 8:30 a.m.

DYW Junior program

The Green County Distinguished Young Woman Junior program will be held Saturday, March 23 at the Green County Primary School for girls in grades preschool through fifth grade. Registration will begin at 11 a.m. with the camp from 12 to 4:30 p.m. and the program for the public at 4:30 p.m. The cost is \$40 and includes a shirt, lunch, snacks a medal presented on stage, and two tickets to the program. For more information call 270-932-1374.

VFW monthly meeting

The regular monthly meeting of the James L. Pruitt Post 5813, Veterans of Foreign Wars, and the Auxiliary will be held March 23 starting with a meal at 6:30 p.m. Members are encouraged to attend and anyone interested in joining either organization is invited to attend.

Reunions

All times are Central

If anyone from the **Class of 1979** is interested in organizing a class reunion, please contact Jackie Bennett at 270-932-0023 or Rod Moore at 270-405-6204.

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