

What's Happening

All times are Central

Today

GCPL operations

Green County Public Library is open to the public for Grab & Go on Mondays and Thursdays, and by appointment and walk in on Tuesdays and Fridays starting in March. Laptop Kits with WiFi hotspots are now available for checkout at the library. Please call 270-932-7081 for more info.

Tomorrow

GCIS SBDM Council

The Green County Intermediate School SBDM Council will meet for the regular monthly meeting Thursday, Feb. 25 at 4:30 p.m. in the school conference room.

Weekend

Benefit Lunch

There will be a soup lunch benefit held Friday, Feb. 26 from 9 a.m. to 2 p.m. at the Legion Park Memorial Building. Proceeds will help Justin Dial and David "Bullitt" Judd. A variety of soups will be offered including chili, white chili, potato, and vegetable and will come with crackers or cornbread and a dessert for \$5. Orders can be placed ahead of time by call or texting 270-405-1582 or by fax to 270-932-2182. Donations also accepted.

After school at GCPL

The library's after school program this week this week will be Tin Foil Art on the GCPL Facebook page.

Happening Soon

Chair exercises

The public library will be having chair exercises Friday, March 5 at the community center at 9 a.m. Call 270-932-7081 to register.

GCPL Adult Program

The library's Adult program will be making Flower Pot people on March 8 at 10 a.m. at the community center. Registration is required.

Christian Fiction Books

The Green County Public Library's Christian Fiction book club will meet March 12 at 10 a.m. in the Greensburg Community Center.

Book club zoom

The library will be hosting a zoom meeting with author Suzanne Fisher to discuss her book "The Moonlight School" March 12 during book club. To join this zoom meeting call us at the library at 270-932-7081.

Ongoing events

Lapsit, Story Hour

GCPL's Story Hour will be held in person at the community center on Tuesdays at 10 a.m. GCPL's Lapsit will be held in person at the community center on Thursdays at 10 a.m. Registration is required for both programs.

Spring league signups

Green County Park Board has Spring League signups underway at greecountyparkboard.com. Sign ups are \$55 prior to March 12; then will be \$65 til the March 26 deadline. Leagues will be Wee Ball and 8U Girls on Tuesday/Friday. Tee Ball and 8U Boys on Monday/Thursday. 9-12 Girls and 9-12 Boys will play on varied days. For information contact any park board member.

Tax preparations

Assistance with income tax preparation is available for Green County residents from the AARP Foundation Tax-Aide program. This year's program will be held at the Green County Extension Office and will be by appointment only. Appointments will be available soon; 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. See the article in this week's R-H for more details.

Preschool prep time

Preschool registration is coming up and preparations are underway. Green County Preschool registration will be held Friday, May 7 and Friday, May 14, for all incoming Green County 2021-2022 preschoolers. The following information is needed for applications: birth certificate, income verification, immunizations, social security card, dental exam, physical exam, and eye exam. If you would like to pick up a packet prior to registration, those will be available at the board office. Students must be four by Aug. 1, 2021. Call the Green County Primary School Family Resource Center for an appointment at 270-932-6619.

Letter

"Green County is fortunate"

Dear Editor:

Recently I retired as Executive Director of the Kentucky County Attorneys Association. A position that I was privileged to hold for more than a decade. Prior to assuming that position, I had twice been elected Powell County Judge Executive and also served as the Executive Director of the Kentucky Office of Drug Control Policy.

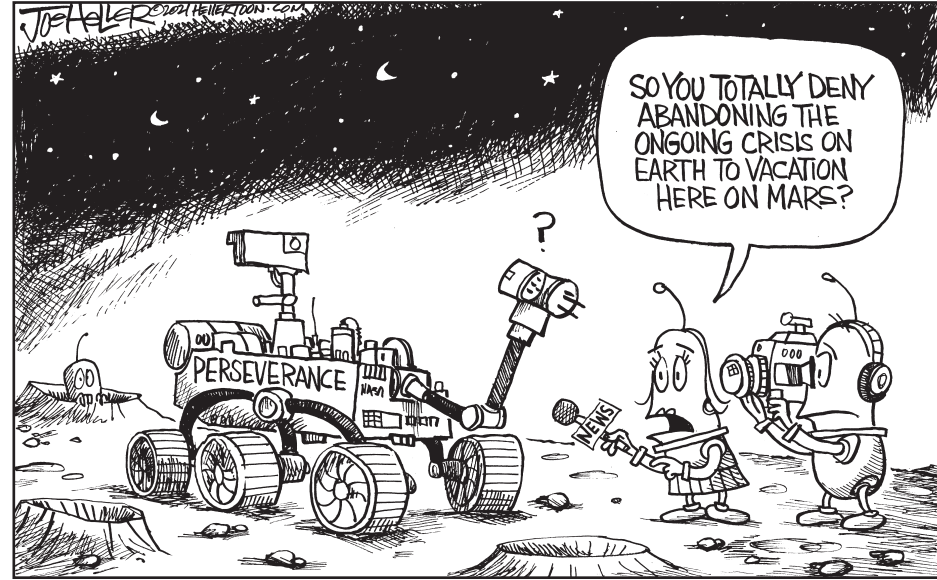
During my time in all these posts, I worked with many dedicated men and women serving their communities. I have also witnessed a few who were not well suited for the public trust they possessed. Working with County Attorneys this past decade, I have firsthand, up-close, professional experience with their unique and enormous responsibilities.

I felt compelled to send this letter to voice my thoughts on Russell Goff. Green County is fortunate to have a man of his stature serving as County Attorney. Since taking office, Russ has demonstrated his concern for public safety and has served as an example of what it means to be a firm, fair and even-handed prosecutor. This has earned Russ the well-deserved respect of his colleagues across Kentucky.

Russ has been actively involved with the Kentucky County Attorneys Association. He has demonstrated an amazing willingness to provide time, wisdom and leadership on criminal justice, legislative and policy issues. On matters concerning public safety, or providing programs that serve working families, we can depend on Russ's full support.

When it comes to serving his community and state, Russ Goff is one of the most unselfish and dedicated public officials I know.

As I leave the public service, I want to say it has truly been a high-



Most influential current civil rights activist?

By Angelina Alcott



"MLK still inspires people to keep dreaming no matter what race or religion you are associated with. He reaches diverse populations all across the world. I still use his teachings in my class."
—Misty Matney



"The common person, your friends and neighbors. Small towns won't listen to 'big city' opinions but perhaps will listen to their 'homegrown' people. Together we can make big changes happen."
—Korianne Moore



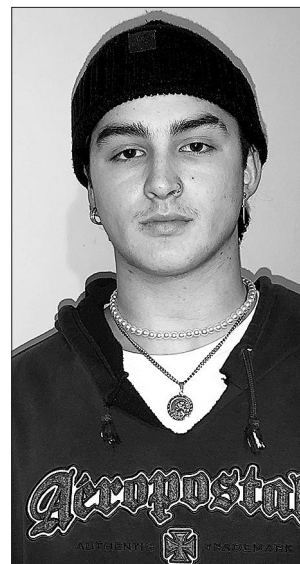
"Making Changes Sober Living is a program to help many of us with social opportunity. I have been over a year clean and started out at Making Changes. They have the heart to help people and we need more around here."
—Stevi Shirley



"The conscious lee is on TikTok and talks about black and equality issues in an educational way to be proactive."
—Isaiah Young



"Cenquinta Dunn has really pushed for equality for all in our community and offers resources for so many. She lives and educates through kindness."
—Syrus Disney



"The new generation."
—Mason Stone

Greensburg Record-Herald

(UPS 229-020) P.O. Box 130, Greensburg, Kentucky 42743 Phone (270) 932-4381 or 932-4441. Established in 1895 as the Green County Record. Consolidated with the Greensburg Herald in 1925. Published weekly at Greensburg, Kentucky 42743. Periodicals postage paid in Greensburg, Kentucky and at additional mailing offices.

Publisher/Advertising
Walt Gorin
Staff:
Tom Mills
Composition/ Copy Editor
Crystal Cecil
Staff Writer
Angelina Alcott
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Graphic Designer
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Member of the Greensburg-Greene County Chamber of Commerce, Kentucky Press Association and National Newspaper Association. Subscription rates: 1 Year - Print & Online - Green & Adjoining Counties \$21; 1 Year Print & Online - Outside Green and Adjoining Counties \$36; 2 Years Print and Online Green & Adjoining Counties \$66; 2 Years Print and Online Outside Green and Adjoining Counties \$66; 1 Year Online Only, any location \$21. Postmaster send address changes to Greensburg Record-Herald, P.O. Box 130 Greensburg, Ky. 42743. www.record-herald.com



Kentucky Centennial Business

Winter Blues



Dr. Angelia Bryant Licensed Clinical Counselor

This snowbound week has been challenging to say the least. With my workplace closed, confined to the house, the struggle has been real at home. The problem is my mind is too busy for extended down time. Truthfully, I started thinking SAD thoughts.

Mental health has to be constantly checked. Taken from a fast-paced life, I'm feeling challenged. Not depressed; just a little SAD. I confess; I struggle with symptoms known as Seasonal or Winter Depression - Winter Blues.

Seasonal affective disorder is a form of depression also known as SAD, seasonal depression or winter depression. In the Diagnostic Manual of Mental Disorders (DSM-5), this disorder is identified as a type of depression - Major Depressive Disorder with Seasonal Pattern. Symptoms usually occur during the winter months when there is less sunlight. The most difficult months for people with SAD tend to be January and February.

SAD has been linked to a biochemical imbalance in the brain prompted by shorter daylight hours and less sunlight in winter. As seasons change, some people experience a shift in

their biological internal clock or circadian rhythm that can cause them to be out of step with their daily schedule. True for me.

According to the National Institute on Mental Health (NIMH), symptoms of SAD include fatigue, even with too much sleep, and weight gain associated with overeating and carbohydrate cravings. SAD symptoms can vary from mild to severe and can include many symptoms similar to major depression, such as: 1) Feeling sad or having a depressed mood, 2) Loss of interest or pleasure in activities once enjoyed, 3) Changes in appetite; usually eating more, craving carbohydrates;

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