

## What's Happening

All times are Central

### This week

#### Press Release

Effective immediately Bluff Bloom Road will be closed to thru traffic from 91 Bluff Bloom Road (SCRTC end) to the first bridge for bridge replacement. It is anticipated that construction will be completed within three weeks. Travel will be re-routed through Ewing-Hicks Road. The Green County Fiscal Court asks that you travel this road with caution as Ewing-Hicks Road is a very narrow road.

#### GCPL Exercise

Green County Public Library Walking Group will meet Aug. 5 at 8 a.m. followed by Chair Class at 9 a.m. in the Community Center. Chair class will also be held Monday, Aug. 8 at 1:30 p.m. and August 12 at 9 a.m.

#### Sunset 5K is Aug. 6

The annual Sunset 5K is scheduled for Aug. 6 at 6:15 CT at Ebenezer Presbyterian Church in Greensburg. Text 270-402-2438 for the 5K sign-up link or stop by Central Farmers Supply to sign up for the event. Recognition will be age categories for runners, walkers, and teams. Cost is \$20 for adults, \$10 for students. More information will be in this week and next week's Record-Herald.

### Happening Soon

#### GCIS SBDM Council

The Green County Intermediate School SBDM Council will hold their regular monthly meeting Thursday, Aug. 11, at 4:30 p.m. in the school conference room.

#### BBQ cookout fundraiser

There will be a BBQ cookout Friday, Aug. 12 from 9 a.m. to 12 p.m. at Green County EMS. Proceeds will go to benefit health expenses for Devi Bradshaw and Shelby Goodin. Plate lunches will be \$8 with the choice of a pulled pork sandwich, pork shoulder sandwich (both with baked beans, cole slaw, water or ski), or a loaded ribbon tater with drink. For advanced orders or delivery, text 270-405-1582. Please have exact change.

#### Book Club to meet

Christian Fiction Book Club will meet Aug. 12 at 10:30 a.m. in the Community Center.

### Ongoing events

#### Farmer's Market

The Green County Farmer's Market is held every Thursday from 3-5:30 p.m. at 2385 Campbellsville Road, at the Cattleman's Farm. Call 270-299-5512 for more information.

#### GCPL Aug. Hours

Green County Public Library will be open Saturday, Aug. 13 from 9 a.m. to 12 p.m. Green County Public Library Story Hour and Lapsit will continue on a regular schedule. GCPL is open on Wednesdays from 8 a.m. to 4 p.m.

#### History Museum open

The Green County History Museum on the second floor of Longhunters Coffee and Tea Co. is open from 9 a.m. to 2 p.m. Wednesdays through Saturdays. Admission is \$3.

Events and reunions for *What's Happening to news2@record-herald.com*.

The deadline is Monday at 2 p.m., prior to the Wednesday paper, unless otherwise noted.

## Reunions

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**Green County High School Class of 1987** will be celebrating its 35 Year Reunion Saturday, Aug. 20, 2022 at TimeOut in Greensburg from 4 to 9 p.m.

The **Akin Family Reunion** will be held Oct. 1 at 11 a.m. at American Legion Park in Greensburg. The meal will be potluck with each guest bringing 1-2 dishes, serving utensils, plates, drinks, etc. Meat (chicken) provided. RSVP by Sept. 24 by calling 270-805-1613.



## Losing everything, what or who is important?

What or who is important to you? The recent devastating flood in eastern Kentucky reminds us all that life can be swept away in a moment. Hundreds of families lost everything. One family lost their house and everything in it but lost their family – four children ages less than two up through eight were swept away by the raging flood. One woman who had also lost her house and everything in the house stated she and her family were alive and that's all that mattered.

None of us want to lose our houses and everything we've worked for most of our lives. However, it's all junk in comparison to our children and loved ones.

From the fires of California to the floods of eastern Kentucky to the devastation of Ukraine by Russia, Loss and devastation can come to us all. We don't want loss. We recoil from natural disasters, invaders or diminishing health.



Dr. Glenn Mollette

Author/Columnist

It takes a lifetime to pay for a house. Today, cars are often financed five years and more. People work hard to accumulate a few things. Little children, spouses and aging parents are not easy to come by. Most of the time we take everything we have for granted. When the floods of life literally wash away all that we have and love, the loss is horrific.

We really don't know the full extent of how painful loss is until we have lost it all. Recent flood victims in eastern Kentucky essentially lost it all. Many literally escaped with only the shirts on their backs.

Cancer can eat away at our lives. Other forms of diminishing health can take us down to nothing.

Financial losses can make us miserable. A fire can destroy everything. Life can change and in a moment.

Sometimes we have warnings that life is on the way to changing. When it rains, we don't automatically think the water will become so deep that we will all drown. Some people in eastern Kentucky will never be able to enjoy a long night of rain because of what it may bring.

Overall, people would like to live out their lives quietly and safely. Avoiding floods, fires and other life-threatening crises. Food to eat, something to wear and the enjoyment of people we love are most meaningful to us.

In the middle of life's devastations, we often look to God and ask why? If he is really so great, so good, and so loving then why would he send or allow eight or nine inches of rain to fall on the hollers of eastern Kentucky and sweep away little

children? Did he go to sleep? Does he not care? Is he detached from what happens in the world? Is he really out there? Yet, as many grieve, they will fall upon God as he is all they have left to get them through. An old saint of God who suffered through the storms of life once said, "I didn't realize God was all I needed until God was all I had."

Whatever or whoever you have today, don't take it or them for granted. Be grateful, give thanks. Love on your loved ones and be kind to all. Consider taking some of your stuff and giving it to someone who may have nothing. It will be good for you both.

*Dr. Glenn Mollette is a graduate of numerous schools including Georgetown College, Southern and Lexington Seminaries in Kentucky. He is the author of 12 books including Uncommon Sense. His column is published weekly in over 600 publications in all 50 states.*

## Be Kind



Dr. Angelia S. Bryant  
Licensed Clinical Counselor

When Columbia University researcher, Kelli Harding began her clinical practice, she never intended to explore the invisible factors behind our health. But then there were those rabbits. In 1978, an experiment designed to establish the relationship between high blood cholesterol and heart health in rabbits discovered that kindness—in the form of a particularly nurturing post-doc researcher who would pet and speak to the lab rabbits as she fed them—discovered kindness made a difference in heart health.

As Dr. Kelli Harding reports in her book, *The Rabbit Effect: Live Longer, Happier, and Healthier with the Groundbreaking Science of Kindness*, the rabbits were just the beginning of a much larger story. Groundbreaking new research shows that love, friendship, community, life's purpose, and our en-

vironment can have a greater impact on our health than anything that happens in the doctor's office - good medical care likely only accounts for 10 to 20% of our overall health status. So, the team repeated the experiment but this time with tightly controlled conditions and got the same results. Being Kind made all the difference.

Population research has shown Our social world is the major determinate of our health. Meanwhile, The Rabbit experiment showed the rabbit group that were treated with kindness, held 60% better health markers than the other rabbits. Our health is determined by how we are treated in our day-to-day lives at home, in relationships, in workplaces, schools and in the community. Kindness and positive connections with people make a difference in our health!

The exciting news is that every day we have the opportunity to increase kindness and connection in all areas of our lives. Be intentional about thanking people who help you - including anyone who helps

you in restaurants and stores. Recognize their hard work and thank them. Above All, Be Kind.

This week, Set the intention to Be Kind in all your interactions with everyone. And so, remember, Matthew 7:12 ESV "Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things."

Love God and All People. Amen.

Dr. Angelia S. Bryant,  
Professional Counselor  
and Educator,  
angelia.s.bryant@gmail.com

Deadline for news and advertising is 2 p.m. central time Monday. However, earlier is always better.

### Greensburg Record-Herald

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#### Publisher/Advertising

Walt Gorin

Staff:

Tom Mills

Crystal Cecil

Emma Gaskins

Sara Clark

Staff Writer

Shelley Bishop

Clevis Jeffries

Dale Curry

#### Office Manager/Billing

Anne Gorin

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