What's Happening

All times are **Central**

This Week

GCMS SBDM Council

The regular monthly meeting of the Green County Middle School SBDM Council scheduled for January 21 is cancelled due to school not being in session that day. The council will hold a special called meeting on January 28 at 3 p.m. in the school conference room. This will the regular monthly meeting of the council.

GCHS SBDM Council

The Green County High School Site Base Council will meet on Wednesday, January 21 at 3 p.m. in the conference room at the high school.

Library open

Green County Public Library will be open Saturday, January 24 from 9 a.m. to 12 p.m.

Happening Soon

Homeschool Group

The Green County Public Library homeschool group will meet January 27 at 1:30 p.m. to make snowglobes at the library.

Cookbook Club

Cookbook Club will be held at the Green County Public Library January 28 at 1:30 p.m.

NARFE meeting

The next meeting of NARFE will be Monday February 2 at 10 a.m. in the Central Kentucky Community Hall located at 200 Jim Owen Dr. Elizabethtown. The speaker will be Col. (Ret.) Lance O'Bryan from Kentucky Regional Development Alliance (KRDA). POC Sharon Crady 270-832-8857.

Book Bezazzling

Registration is open for Green County Public Library Tween Book Bedazzling on February 2 at 3 p.m. To register, please call the library at 270-932-7081.

AARP Tax Aide Program

The AARP Foundation Tax Aide program will be assisting people with filing their taxes for the 2025 tax year in the Green County Extension Office on Mondays beginning February 2 (except for Feb. 9 and that has been changed Feb. 10). This service is available on Mondays only and is by appointment only. To make an appointment call Brenda Cook at 270/932-7459.

Blood Drive

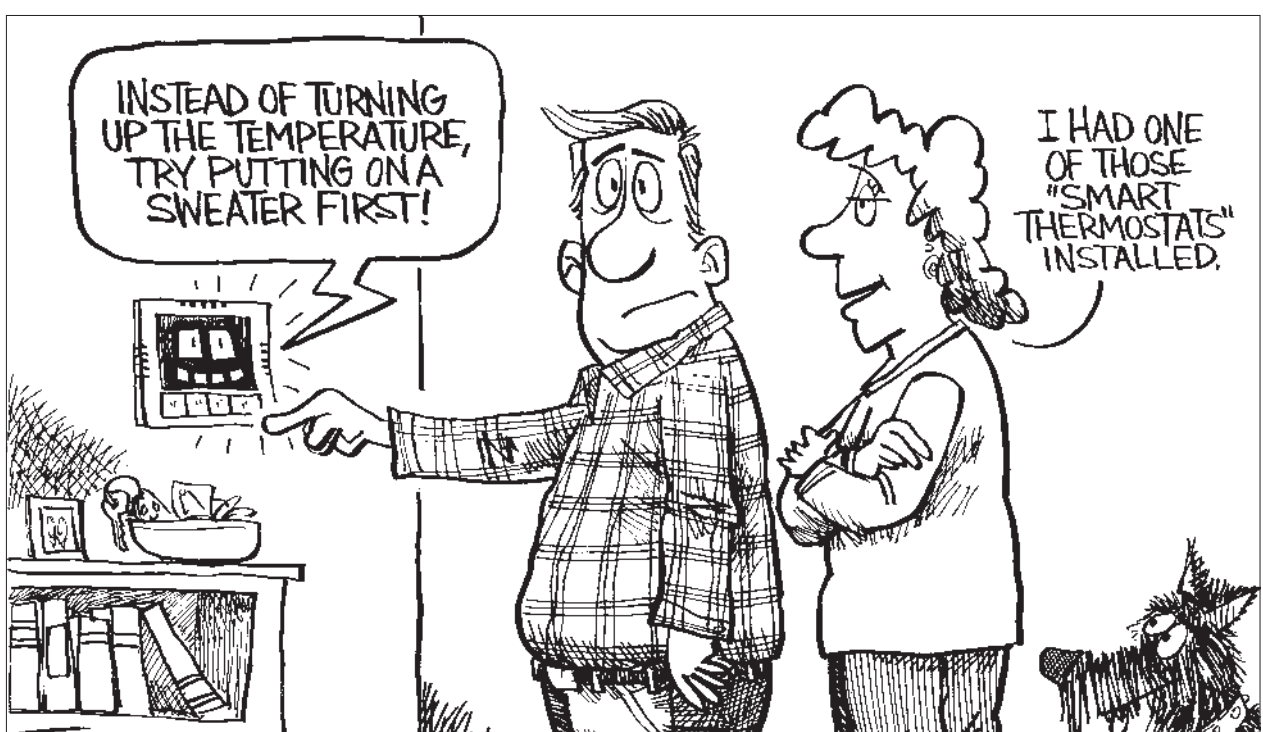
American Red Cross will host a blood drive at the Greensburg Community Center, 110 N. First Street, Greensburg, on Thursday, Feb. 5 from 11:30 a.m. to 5:30 p.m. Visits RedCrossBlood.org and enter sponsor code: GreensburgCommunity or call 1-800-RED CROSS to schedule an appointment. Donate blood through Feb. 28 for a $20 e-gift card to a choice merchant.

Take Your Child

Take Your Child to the Library Day is February 7. Join Green County Public Library and Pow Wow Parties at the library for face painting and balloon twisting to celebrate Feb. 7 starting at 9:30 a.m.

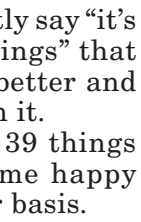
Send events and reunions for What's Happening to news2@record-herald.com.

The deadline is 2 p.m. FRIDAY prior to the Wednesday newspaper.



Staying ahead of the winter blues

Green County Family & Consumer Science Extension Agent



Katelyn M. Squires

When the days are short and cold, many people start to feel tired, cranky or down. Kids can feel this too. The "winter blues" are common when we spend less time outside and more time indoors. While these feelings are normal, there are simple ways families can stay positive and healthy throughout the season.

Get moving.

Even a short walk or a few minutes of sunlight can boost your mood and energy. Encourage kids to bundle up and play outdoors. They can build a snowman, walk the dog, or race around the yard. Natural light helps our brains make serotonin, a chemical that helps us feel happy.

Keep a sleeping routine.

Regular sleep, meals, and play times help everyone feel more balanced. Try to keep bedtime the same, even on weekends. Too little sleep can make winter sadness worse.

Stay active and have fun.

Exercise releases "feel-good" chemicals that help our brains and bodies. Turn on music and have a dance party in the living room or do family stretches before bed.

Talk about it.

If your child seems extra quiet, tired or sad, let them know it is okay to talk about their feelings. Listen without judging. If sadness lasts more than a couple of weeks, or your child loses interest in things they usually enjoy, talk to a doctor or counselor.

Small changes like getting light, staying active, and talking openly can help your family beat the winter blues and look forward to brighter days ahead.

Contact your local Green County Extension office for more information.

39 little things that make my day

Crystal Cecil

Record-Herald Staff

I turned 39 on Sunday and boy do I feel it! Partly because I almost did the splits on a slick parking lot early Saturday morning---but mostly because it's cold and wintry and no one feels great in January... right!?

I constantly say "it's the little things" that make days better and I truly mean it.

Here are 39 things that make me happy on a regular basis.

1. It goes without saying I feel like, but I love anything my kiddos are currently doing– whether it's running or pole vault, or softball or basketball– I'm 100% all in for whatever their current activity is.

2. Naps. I could nap on command I think. And if I could build a perfect schedule, I'd have a nap time every single day, regardless if I got a full 8 hours the night before.

3. Coffee. I prefer the Solimo French Vanilla coffee K-cups off Amazon with a healthy pour of sugar free french vanilla creamer. None of that fancy Starbucks stuff for me.

4. Reading. My Kindle is my favorite device. While nothing beats a good paperback, the Kindle allows me to stay up reading without a light on---and I can pull up the app on my phone and pick right up where I left off!

5. Room temperature water.

6. Red everything. Especially red vehicles.

7. Chicago Fire. I don't watch much tv, but it's probably one of the few shows that can keep my attention.

8. Tan/brown clothing are my current favorites. I also am drawn to light pink.

9. Baking cupcakes and it's extra special when my son helps me.

10. Extra hot things. I want my soup and coffee extra hot– scalding–if you will.

11. Super soft blankets.

12. Funny signs– I just bought myself one that says, "Sarcasm is just one service that I offer."

13. Malone's chicken, Lexingtonian salad, and bread.

14. Joggers, sweatpants, sweatshirts, anything of that same comfort level.

15. My favorite coffee cup. It keeps my coffee hot for longer. See #10.

16. Days I don't wear contacts and wear my glasses instead.

17. Browsing TJ Maxx, Marshall's, Ross, etc.

18. Good results from my endocrinologist (My a1c was 5.6 last week!)

19. Peanut butter. If you haven't tried vanilla greek yogurt and peanut butter, you're missing out.

20. Clutter-free counter tops... especially that catch-all spot (ya'll know the one).

21. Throwing away stuff. Nothing is safe when that mood hits.

22. Birthdays and making people feel special on their birthday!

23. Small restaurants that offer homecooking.

24. Newspapers.

25. Going to Kroger on weekend mornings when it first opens.

26. Getting mail that's NOT a bill.

27. Cleaning out my email inbox. Goodbye junk mail!

28. Sleeping a full 8 hours without low blood sugar.

29. Blood sugar at target range at any given time of the day.

30. Places that have Splenda, not just Sweet-n-Low, for when I order an unsweet tea. They are NOT the same.

31. Clearance sections.

32. Robot vacuums are life-changing and I run mine daily.

33. Salt, and lots of it. My blood pressure is usually on the low end, so no worries yet.

34. Car rides with my kids, one at a time... it's just different.

35. My son driving me around and watching him learn.

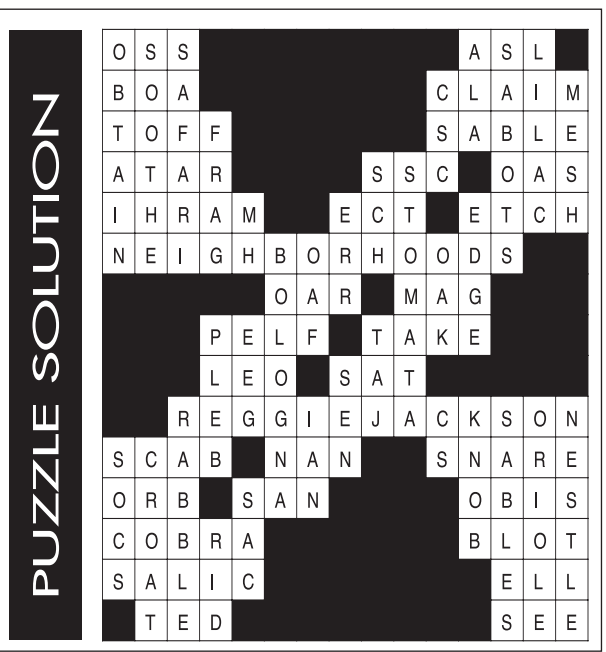
36. Sprite zero in the bottle.

37. Miniature salt and pepper shakers from Cracker Barrel. I have quite the variety!

38. Playing cards with my daughter.

39. Time at home. I recently spent more time at home over winter break and it was the best break my family has had. It's my favorite place to be!

Here's to year #39!



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Publisher/Advertising
Walt Gorin
Staff:
Crystal Cecil
Clevis Jeffries
Dale Curry
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