

What's Happening

All times are Central

This Week

Library closed March 5

Green County Public Library will be closed on March 5 for KPLA conference.

Happening Soon

True Crime Junkies

True Crime Junkies will meet at the Green County Public Library March 10 at 3 p.m. to discuss Suzanne Morpew. Join fellow true crime enthusiasts for an afternoon discussion.

GCIS SBDM Council

The Green County Intermediate School SBDM Council will hold their regular monthly meeting on Tuesday, March 10, at 4:30 p.m., in the school conference room.

Retired Teachers Assoc.

The Green County Retired Teachers Association will meet Thursday, March 12 at 11 a.m. at The Victorian House Bakery + Cafe in Greensburg where you may order lunch from their menu. The guest speaker will be Gary Adkins, AARP Kentucky State President, giving a presentation about Fraud and Scam Protection. If you are planning to attend or need more details, please contact GCRTA president Rebekah Sode (270-789-9151 or rebekah.sode@gmail.com).

Preschool Palooza

Green County Public Library will host Preschool Palooza March 14 from 9:30 -11:30 a.m. Preschool Palooza, sponsored by the Early Childhood Collaborative, is the perfect event for families with children heading to preschool in the coming year. Join us for balloon twisting fun with Pow Wow Parties, giveaways, helpful resources from awarding community partners, and important information to help your child feel confident and ready for preschool.

Spring League Signups

Green County American Legion Park Spring League Baseball/Softball Sign-Up deadline is March 14. Registration is online at www.greencountyparkboard.com. The cost per player is \$65 (plus a small credit card processing fee). Any late sign-ups will only be taken at the league director/park board discretion depending on availability. Late cost will be \$75 (plus card service fee). For more information, contact any park board member or message The Green County American Legion Park Facebook page.

Preschool Registration

Green County Preschool is accepting student applications for the upcoming 2026-27 school year for children that will be 4-year-old by August 1, 2026. This year's Pre-Registration dates are April 17, April 24, and May 1. To make an appointment, call the Green County Family Resource Center at 270-932-6619.

Head Start applications

Green County Head Start is now accepting applications for the 2026-27 school year. Head start is for income eligible three and four-year-olds. For more information, call Donna Rogers at 270-932-6618 or email donna.rogers@lc-hs.org. Lake Cumberland Head Start welcomes children with disabilities and special needs.

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.

Daylight Saving Time Begins
March 8
Don't forget to spring your clocks forward one hour!

Avoid the Traps



Rev. Todd Gaddis

Even if you don't suffer from depression, chances are you know someone who does, since experts estimate that as many as 40 million Americans battle this ailment. Next to pain, depression is one of the major ailments that sends patients to their primary care physician.

Allow me this disclaimer. I am well aware that depression is often a physiological condition. Not being a physician, I can't speak from that standpoint. However, as a pastor and believer with a background in theology, I can approach depression from a biblical/spiritual perspective.

That said, let's examine an incident for the life of Elijah, taken from 1 Kings 19. This Old Testament prophet served during the ninth century B.C. in Israel's northern kingdom, during the reigns of Ahab and his son, Ahaziah.

At first, life was good for Elijah. God provided him with food during a severe drought. Later, spiritual awakening came to a people entangled in idol worship - miracles abounded! And yet, in the wake of this mighty victory on Mount Carmel over the prophets of Baal, Elijah soon fled for his life, into the desert.

Why such a reversal? Physically, spiritually and emotionally drained, Elijah succumbed to depression's

spell. If you ever find yourself in a similar situation, avoid these traps that ensnare those in such a state.

The Fear Trap- Faith gave way to fear when Elijah discovered Jezebel wanted him dead. According to Edmund Burke, "No passion so effectively robs the mind of its powers of acting and reasoning as fear." "Fear, if allowed to reign," said John M. Wilson, "would reduce us all to trembling shadows of men, for whom death could bring release."

On the other hand, "God hath not given us the spirit of fear, but of power, and of love, and of a sound mind" (2 Timothy 1:7 KJV). As has been said "when fear knocks on the door, send faith to answer and you're not likely to find anyone there."

The Enemy Trap- Elijah enjoyed victory over false prophets on Mount Carmel by keeping his focus on God. However, when threats from Jezebel ensued, his thoughts shifted to her.

Early in my ministry, I received an anonymous letter, severely criticizing my work at the church. Even though this incident was isolated and unwarranted, it threw me for a loop. Though obsessed at first with the letter, I never found out who sent it. I eventually put it behind me, having learned a valuable lesson - don't let periodic detractors determine your outlook.

The Comparison Trap- We gain further insight into Eli-

jah's plight through his statement, "I am not better than my fathers" (1 Kings 19:4 NASB). Rather than center his attention on God and the present, he fretfully measured himself against people from his past, thus aggravating and deteriorating his state of mind.

Comparing ourselves to others triggers trouble every time. There's always going to be someone out there richer, younger, smarter, thinner, prettier, and more successful than you. Social media has made the situation much worse. Do you, stay in your lane, and watch God do marvelous things.

The Blame Trap- Elijah increased his misery by condemning himself for the failures of his people. Many often point the blame at others. This goes all the way back to the Garden, where Adam blamed Eve for eating forbidden fruit (Genesis 3:12).

As a pastor, I would sometimes blame myself when people left the church, when in fact, it was due to an entirely different reason. Take ownership but don't take the blame unless there's a good reason for it. And by all means, don't get caught up in blaming others.

The Pity Trap- Elijah threw a pity party, at which he was the guest of honor. The problem was, no one else showed up. Justifying himself before the Lord, he said, "I have been very zealous for the Lord... and I alone am left" (1 Kings 19:10). Elijah was, in fact,

among 7'000 prophets who remained, but who's counting when you're soaking in a warm tub of self pity?

I'll have more to say next time by answering "Avoiding the Traps" with "Applying the Remedies." For now, if you've fallen into one of these traps, know that God provides release. He loves you and has a place for you in His plan!

Rev. Gaddis has been a pastor for over 35 years. A native Kentuckian, he was born in Owensboro and graduated from the University of Kentucky. He can be reached at jtoddgaddis@gmail.com.

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Kentucky Centennial Business

Bombarded by the news



Dr. Angelia Bryant
Licensed Clinical Counselor

tragedy. Too much outrage. Too many opinions delivered as facts. Too many voices speaking at once. The human nervous system was never designed to process a constant stream of global crisis in real time.

In my own home, I have learned something simple but powerful: peace must be protected. Just as I prepare and protect my plants, I must also pull back from the constant noise. Not because I am indifferent, but because I am intentional. There is a difference. Being informed is wise. Being consumed is harmful.

When we absorb relentless streams

of alarming stories, our bodies respond as though the threat is immediate and personal. Cortisol rises. Sleep is disrupted. Conversations become tense. Compassion fatigue quietly creeps in. We may find ourselves more irritable, less patient, more anxious, and unsure why.

Yes, there is hardship. Yes, there are serious issues that deserve attention. But there is also kindness unfolding quietly. There are neighbors helping neighbors. There are children laughing in backyards. There are teachers, nurses, first responders, and ordinary citizens doing extraordinarily great

things every single day. These stories rarely trend. We must choose what we allow to take root in our hearts.

And perhaps most importantly, step outside. Look at something living. The birds do not check headlines before they sing. The daffodils do not delay blooming because of political unrest. Creation continues faithfully, reminding us that life is larger than the latest alert. This is not denial. It is balance.

We can care deeply without drowning. We can stay informed without becoming inflamed. We can respond thoughtfully rather than react impulsively. If you find

yourself feeling overwhelmed lately, you are not weak. You are human.

Turn down the volume. Call someone you love. Sit on the porch. Cook a meal from scratch. Tend a small patch of soil. Read something nourishing. Pray. Breathe. The world may be loud, but your soul does not have to be.

Remember "Be still and know that I am God. Psalm 46:10. And above all, Love God and People.

And above all, Love God and All People.

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