

What's Happening

All times are Central

This Week

Board of Education

The Green County Board of Education will hold a working session on Wednesday, March 11 at 9 a.m. at the Board Office. The purpose of this session is to discuss the superintendent search and board member vacancy. The Board will hold its regular monthly meeting Thursday, March 12 at 5:30 p.m. at the Green County Board of Education.

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).

Arts Council

The Green County Arts Council will meet on March 12 at 10 a.m. at Longhunters for their regular monthly meeting. The public is invited.

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 amazing 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.

Happening Soon

GCMS SBDM Council

The Green County Middle School SBDM Council will hold its regular monthly meeting on Wednesday, March 18 at 3 p.m. in the school office.

Post 5813, VFW, Aux.

The regular monthly meeting of the James L. Pruitt Post 5813, Veterans of Foreign Wars, and the Auxiliary will be held March 19 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.

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

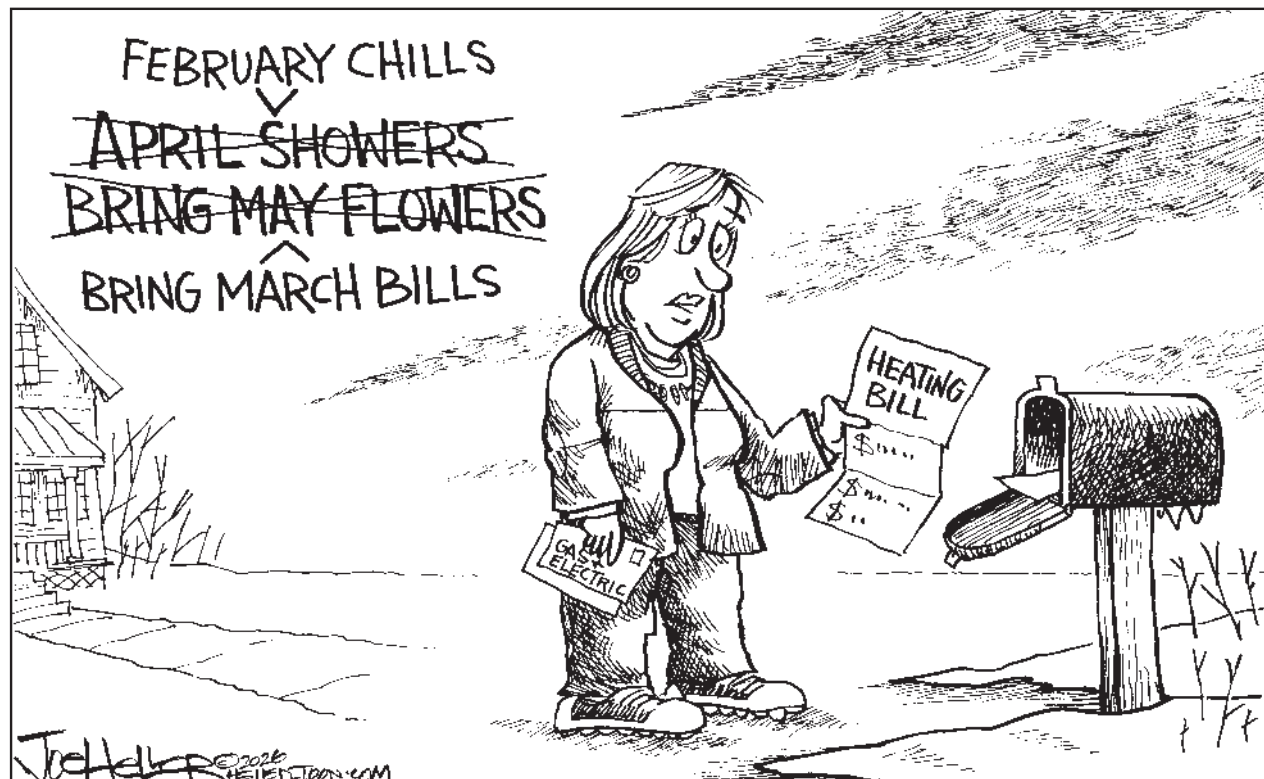
Green County Head Start is now accepting applications for the 2026-27 school year. Head start is for income eligible three and four-year-olds. For more information, call Donna Rogers at 270-932-6618 or email donna.rogers@lc-hs.org. Lake Cumberland Head Start welcomes children with disabilities and special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

Letter to the Editor Policy

The Greensburg Record-Herald welcomes letters on any topic of general interest from its readers. All letters must carry the name, address and daytime telephone number of the writer, and the name of the writer will be published with the letter.

Please address letters to
Record-Herald, P.O. Box 130,
Greensburg, KY 42743.



Apply the remedies



Rev. Todd Gaddis

Even if you're fortunate enough not to struggle from depression, there's a good chance you know someone that does. It has been estimated that 40 million Americans battle this ailment. In fact, research has shown that those born since 1945 are ten times more likely to suffer from depression than those born before.

I introduced this topic last time with a disclaimer - I am not a physician and can't speak from a medical standpoint. That said, as a trained and experienced pastor, I feel confident approaching the subject from a spiritual standpoint, based on biblical principles.

The prophet Elijah served as the key figure from Scripture in the first session. Based on the meltdown he experienced early in his ministry, you were encouraged to avoid the traps that he encountered - fear, enemy, comparison, blame, and pity. If you find yourself ensnared by any of these, apply the following remedies.

Take care of your physical needs- Elijah's emotional struggles stemmed in part from physical deficiencies. Realizing the prophet's state of hunger and

fatigue, God sent the "angel of the Lord," the preincarnate Jesus, to prepare a meal for him.

God has designed us in such a way that there is an inseparable connection between body and soul, the physical and spiritual. And even though the bodies we now possess are temporary, we must still do our best to take care of them.

I'm convinced that many of our emotional and physical struggles are self-inflicted. Careless eating habits and a lack of sleep and exercise take their toll as we age. Eat right, get adequate rest, and get moving (if you're able).

Share your burdens with God- Elijah certainly did. In fact, a careful survey of the Bible reveals that many of the Lord's servants were not afraid to express adverse emotions and expressions.

Moses is a key example. When Pharaoh increased the workload of the Israelites, he cried out, "O Lord, why have you brought harm to this people? Why did You ever send me? Ever since I came to Pharaoh to speak in Your name, he has done harm to this people, and You have not delivered Your people at all" (Exodus 5:22,23 NASB).

Going to family and friends can certainly help you through emotional battles. Just make sure you're going before God as well. Anticipate a "visit"

from God- Here, Elijah was blessed with a Christophany, a preincarnate appearance of Christ. Forty days later, God Himself spoke to the beleaguered prophet in a gentle whisper.

Examining the life of Abraham, I marvel at the number of times God "visited" him. Whether by voice, vision, or personal appearance, the Lord came to call, inform, inspire and test (see Genesis 12:1, 12:7, 13:14, 15:1, 17:1, 18:1, 22:1).

To the one who says, "I sure wish God would come to me in such a way," consider this: As believers, we have something that Abraham did not have—the Holy Spirit living in us. Although signs, dreams and visions have their place, none can compare to "Christ in you, the hope of glory" (Colossians 1:27). As Counselor, the Holy Spirit delights in encouraging and uplifting us.

Move ahead in the work- As God instructed Elijah, "Go, return on your way... anoint Hazael king over Aram, anoint Jehu... king over Israel... and Elisha... anoint as prophet in your place" (1 Kings 19:15,16).

There's nothing like the "tonic of a fresh task," updated marching orders from God. I can't tell you the number of times that a call to minister to a hurting family, an unexpected speaking engagement, a new writing assign-

ment, or other related opportunities lifted me up from the dungeon of discouragement.

When asked what to do when getting close to a nervous breakdown, psychiatrist Karl Menninger said, "Lock your house, go across the railroad tracks, find someone in need, and do something for him." God wants you to enjoy abundant life in Christ, defeating depression when it rears its ugly head. Join me in this "battle of the blues" by avoiding the traps and applying the remedies.

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.

Greensburg Record-Herald

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www.record-herald.com



Kentucky Centennial Business

A Garden's Quiet Promise



Dr. Angelia Bryant Licensed Clinical Counselor

Yesterday I stepped outside to do a little Spring cleaning in my herb garden. Winter had left its usual mess behind—dry stems, scattered leaves, and that tired look gardens often have before spring fully arrives. I pulled away the old growth and began tidying the beds. And then I noticed them.

Tiny green shoots were already pushing through the soil. The chives had returned first, their thin blades standing proudly in the cool air. Nearby, tarragon was quietly making its appearance. Oregano and thyme were tucked low to the ground, and the faithful sage was right where it has always been. I stood there for a moment just

looking at them.

After months of cold, snow, and gray skies, life was already beginning again beneath the soil. No announcement. No fanfare. Just quiet, steady renewal.

I came back into the house smiling. Gardeners understand this kind of joy. There is something deeply reassuring about perennial herbs. Year after year they endure winter's harshness. The ground freezes, the wind blows, and everything appears lifeless. Yet beneath the surface, the roots are waiting. And when the season is right, they return as if to say, "We were here all along."

There is a lesson in that. Life often has its winters too. Seasons when things feel uncertain, heavy, or still. During those times it can be easy to believe that growth has stopped or that hope has disappeared. But much like those herbs in the garden, important things

are often happening beneath the surface where we cannot see them.

Strength is growing. Faith is deepening. Hope is quietly taking root. Then one day, almost unexpectedly, something new begins to rise. The garden reminds us that renewal is part of life's design. Even after the longest winter, the earth knows exactly what to do.

And sometimes, all it takes is stepping outside and paying attention to see that promise unfolding right in front of us. And yesterday, in my little herb garden, I was reminded that the season of renewal is already beginning.

Remember, "To everything there is a season, and a time to every purpose under the heaven."—Ecclesiastes 3:1 And above all, Love God and People..

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