

# What's Happening

All times are Central

## This Week

### GCHS SBDM Council

Green County High School will hold their monthly Site Base Meeting on Wednesday, April 15 at 3 p.m. in the conference room at Green County High School.

### Fiscal Court to meet

The Green County Fiscal Court will have its regular monthly meeting on Thursday, April 16 at the Courthouse starting at 9 a.m. The monthly committee meetings will begin at 8 a.m.

### VFW Meeting

The regular monthly meeting of the James L. Pruitt Post 5813, Veterans of Foreign Wars, and the Auxiliary, will be April 16 starting with a meal at 6:30 p.m. All members are encouraged to attend and anyone interested in joining is invited.

## Happening Soon

### 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.

### Library Week

National Library Week is April 20-25. The Green County Public Librarybookmobile will be at Rusty River for National Outreach Day on April 22nd from 1:30-2:30 p.m.. Stop in and view the bookmobile and see Ms. Angie.

### Library open Saturday

Green County Public Library will be open Saturday, April 25 from 9 a.m.-12 p.m. Dr. Susan Howell will be hosting a writing workshop from 9:30-11:30 a.m.. Registration is required. Call 270-932-7081 to register.

### Heritage Fair

The Heritage Fair hosted by Green County Genealogical Society will be Saturday, April 25, 9 a.m. to 2 p.m. at the Greensburg Community Center. There will be variety of vendors with a wide selection of unique and meaningful offerings. Presentations at 11 a.m. on Ground Penetrating Radar then on Native American research at 1 p.m. Lunch available for purchase on-site. For more information, contact Fayma Callahan, 812-290-6056 or greencokygensociety@gmail.com.

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.

## Reunions

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The GHS Class of 1960 reunion will be from 2-4 p.m. Saturday, May 9 at the Green County Community Center. Park behind the library. Norefreshments, just meet, greet and enjoy the way back when and the now.

## 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.



## Small steps toward a better day



Dr. Angelia Bryant  
Licensed  
Clinical  
Counselor

Life can feel heavy some days. We wake up tired, scroll through bad news, worry about the people we love, and before we know it, the day feels hard before it has even truly begun. The good news is that better days are often built through small choices rather than big changes.

Start with sleep. A good night's rest may be one of the most important things we can do for our emotional health. When we are tired, everything feels harder. Problems seem bigger, patience is shorter, and hope feels farther away. Good sleep can improve mood, focus, and the ability to handle

stress (Centerstone, 2025).

Move your body, even if it is only for a few minutes. You do not have to run a marathon or spend hours at the gym. A short walk, a little stretching, or sitting on the patio with the sunshine on your face can make a difference. Exercise releases chemicals in the brain that help us feel calmer, happier, and more hopeful (National Institute of Mental Health, n.d.).

Stay connected to people who make you feel loved and understood. Sometimes the best medicine is a conversation with a friend, a laugh with family, or a visit with someone who knows your heart. Strong social connections help us handle stress, anxiety, and sadness (Centers for Disease Control and Prevention, 2024).

Practice gratitude. Even on difficult days, there is usually something small to hold onto: a blooming flower, a good meal, a great-grandchild's play and hugs or the sight of herbs returning to the garden after winter. Gratitude does not erase problems, but it helps us remember that joy is still present.

Give yourself grace. You do not have to have it all together every day. Some days are for blooming, and some days are simply for resting and making it through. Both are part of a good life.

As Scripture reminds us, "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28, New International Version). And in the quiet moments of stress and worry, we can hold onto the

words of Philippians 4:6-7: "Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

A better day may not begin with changing everything. It may begin with one deep breath, one kind word, one short walk, or one quiet moment of gratitude.

And above all, Love God and People. Amen.

Dr. Angelia S. Bryant,  
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## Turn the radio on



Dr. Glenn Mollette

Author/  
Columnist

We are bombarded daily with news, advertisements, telemarketers, text advertisements and annoying phone calls. All of this is physically and emotionally draining.

For the last 20 years I have listened to, watched and read the news. Sadly, most of the news is bad, negative and depressing. Actually, so much of television is filled with bad news, violence and sad stories. So much of programming is filled with assaults, hate, homicides, intense sexuality and overall bad stuff. A heavy dose of this each day does no one any good.

We need more music and we need it daily. Too many people only get a little music while driving in their cars, if they remember to turn their radio on. Even then many turn on a talk radio station. Talk

radio is very interesting but then again it may be the same themes that are on cable news programs you watch on television. You need a break from this.

There are many ways to obtain your favorite music today. Turn your radio on. There are so many good hard-working stations that are playing music you enjoy. You might have to scan through a few stations but you can find one. Whether it is current pop music or old rock, country or gospel, if you search you will find one that plays some music you enjoy. Also, there is lots of music available through the Internet. Through YouTube, Apple music, and more you can find something to listen to.

Listen to music when you are exercising. I used to try to treadmill when watching the news. That's okay, but I move faster and longer if I'm listening to good music. Try doing your house cleaning or cleaning out your garage with some good music on. Mowing the grass while listen-

ing to music is not a good idea because you have to crank the music up so loud you will damage your hearing.

We need music like we need sunshine. Music is like a B-12 shot to the spirit and we need an hour or more of it daily to boost and sometimes calm our spirit. If it makes you smile or dance a little then that's all the better.

There is so much intensity in life today. People are stressed over Iran. We are stressed about the price of gasoline, groceries and the cost of daily life. We let politics and issues make us uptight. We should not live our lives this way. Music that you enjoy will help you to loosen up a little bit.

I am not saying we should hide our heads in the sand. Just give your spirit a break. Turn off the news for a while and listen to music for an hour or two. Try it and see if it helps.

Dr. Glenn Mollette is a syndicated columnist read in all fifty states. He is also the author of numerous books and can be heard each weekday morning on XM Radio 131.

## Greensburg Record-Herald

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