

What's Happening

All times are Central

This Week

Homeschooler Class

Homeschoolers will meet at Green County Public Library April 29 at 1:30 p.m. or a Cardio Drumming Class.

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 last Pre-Registration date is May 1. To make an appointment, call the Green County Family Resource Center at 270-932-6619.

Happening Soon

National Day of Prayer

The 75th annual National Day of Prayer observance will be Thursday, May 7 at 11 a.m. in Greensburg's historic Old Courthouse.

Grab Fire Department

The Grab Volunteer Fire Department will host an open house, dinner, and Meet the Candidates event Saturday, May 9 at the firehouse. The event will begin at 5 p.m. That evening's festivities will include a dinner, viewing of the new addition to the firehouse and a recently purchased tanker truck, along with a Meet the Candidates speaking event.

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

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.



Our time is precious



Dr. Glenn Mollette

Author/Columnist

We should never put off till tomorrow what we can do today.

The biggest problem with this is that we can't do everything today.

Life has to be spaced out and we have to hope and pray that we will have the opportunity to do some or most of what we would like to do. You can't graduate from high school until you complete the requirements. You can't begin a new career until obtain the job you want. Most jobs have prerequisites. Prerequisites require time. Many occupations require years of educa-

tion and training. Thus, you have to do what you can today and plan out what you are going to do for three or four years to prepare yourself. If you spend every day doing nothing then nothing is what you have to look forward to. The musician practices long hours in hopes of performing at a future date. The runner trains daily hoping to win the 5K or even a marathon at a later date. A family may dream of a vacation so they save their money and sacrifice for a future outing. The best we can do today is to do the best we can. Do what we know to do. Try to do the right thing. Have a goal or a list of objectives and do today what is necessary to move us closer to our goal. We don't have to live

with goals but if we aim for nothing we achieve nothing. Often, our goal may be to just do a good job at whatever we currently have to do. If we do a good job every day then tomorrow will most likely be good. If we do a bad job every day then tomorrow may not be so good. We reap what we sow. Planting good seeds in our daily lives will result in a harvest a little bit later, somewhere down the road.

Hard work pays off. The harder you work, the luckier you will become. The more you try, the more likely you will be successful. If you fish, keep baiting hooks and dropping them in the water. Eventually you get a bite and even catch a fish, if there are fish in the water. There is nothing more frustrating than trying to catch

a fish where there aren't any. This applies to jobs. You can't get a job where there aren't any jobs. This means you have to make plans to be in a place where there is at least an opportunity. Again, we all have limited time. We could eventually accomplish everything and anything we want to do, if we have 500 years to do it all, but we don't. Forty, eighty, a hundred years is just a flash in the pan. Thus, we need to figure out what we really want to do because we don't have that much time to do it. Be good to yourself. Love people, love God. Wherever you are, be all there. Our time is precious.

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Anxiety and worry in uncertain times



Dr. Angelia Bryant Licensed Clinical Counselor

It seems like everywhere we turn; there is something new to worry about. Rising prices, health concerns, family struggles, world events, politics, and the non-stop stream of news can leave even the strongest among us feeling uneasy.

Many people carry anxiety quietly. They go to work, take care of their families, smile in public, and still lie awake at night with racing thoughts. Anxi-

ety does not always look the same. Sometimes it looks like irritability, trouble sleeping, overthinking every decision, headaches, stomach problems, or simply feeling overwhelmed by everyday life.

The truth is that anxiety has become one of the most common mental health concerns in America. According to the Centers for Disease Control and Prevention, many adults report frequent feelings of worry, nervousness, or being unable to control their stress (Centers for Disease Control and Prevention [CDC], 2025).

We live in a world where our minds rarely

ly get to rest. Phones buzz, televisions stay on, social media updates keep coming, and breaking news is a constant. It is no wonder that many people feel emotionally exhausted. But there is good news. Anxiety does not have to control our lives.

Sometimes the best thing we can do is slow down. Take intentional deep breaths. Sit on the patio in the early morning sunlight. Work in the flower beds. Call a friend. Turn off the television for an evening. Spend a few moments in prayer. Often, peace returns in small and simple ways.

We also need to remind ourselves that not

every worry deserves our full attention. Some things are outside of our control. We cannot carry the weight of the entire world on our shoulders.

There is wisdom in focusing on what is right in front of us today. The people we love. The work we can do. The kindness we can show.

When anxiety feels too heavy, it is important to reach out for help. Talk with a trusted friend, pastor, physician, or counselor. Seeking help is not weak. It is wisdom.

As someone once said, "Worry does not empty tomorrow of its sorrow. It empties today of its strength." Worry

is wasted time because it changes nothing. It cannot fix tomorrow, erase yesterday, or solve every problem in front of us. Most of the things we spend our time worrying about never happen at all. Worry simply steals our peace in the present moment.

Scripture reminds us in Matthew 6:34, "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own"

And above all, Love God and People. Amen.

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Kentucky Centennial Business

MEDITATION

WORD SEARCH

K R Y T I M I N A U Q E O Q B H L U K A
M O C Y R W V B C M N O I S S A P M O C
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WORDS

- ALIGNMENT
- AWARENESS
- BREATHWORK
- CHAKRA
- CLARITY
- COMPASSION
- ENLIGHTENMENT
- EQUANIMITY
- FOCUS
- GRATITUDE
- INTENTION
- MANTRA
- MINDFULNESS
- MUDRAS
- NIRVANA
- PRANAYAMA
- PRESENCE
- SAMADHI
- STILLNESS
- TRANSCENDENCE
- VIPASSANA
- VISUALIZATION
- ZAZEN
- ZEN

Find the words hidden vertically, horizontally, diagonally, and backwards.