

What's Happening

All times are Central

This Week

GCPL Adult Crafting

Green County Public Library Adult craft programs will be held at the library on May 11 at 10 a.m. and May 13 at 10 a.m. Please call 270-932-7081 to register.

Board of Education

The Green County Board of Education will hold a working session Wednesday, May 13, at 9 a.m. at the Green County Board of Education. The regular monthly meeting will be held Thursday, May 14 at 5:30 p.m. at the Green County High School Auditorium.

Plant Bingo at GCPL

Green County Public Library will be open May 16 from 9 a.m. to 12 p.m. with plant bingo from 10 to 11 a.m.

Genealogical Society

Green County Genealogical Society's next meeting will be Saturday, May 16 at Green County Public Library at 9:00 a.m. All current and prospective members are welcome.

Wilson Cemetery Bd.

The Wilson Cemetery Board of Directors Annual Meeting will be Sunday, May 17, 2026 at 3 p.m. at the home of Board Chairman, Mike McCubbin, 155 Montgomery Mill Rd.

Happening Soon

Summer Reading

Green County Public Library Summer Reading Sign-Ups begin May 18. To register or for more information, please call 270-932-7081 or come by the library.

Retired Teachers Assoc.

The Green County Retired Teachers Association will meet Wednesday, May 20 at 10 a.m. at the Green County High School. Park on the Greenhouse side of the building; go through the double doors and into the Multi-purpose room. For questions or more information please contact GCRTA president Rebekah Sode (270-789-9151 or rebekah.sode@gmail.com).

VFW, Post 5813, Aux.

The regular monthly meeting of the James L. Pruitt Post 5813, Veterans of Foreign Wars, and the Auxiliary, will be held May 21, beginning with a meal at 6:30 p.m. Members are encouraged to attend and anyone interested in joining either organization is invited.

Memorial Day event

The American Legion Post in Greensburg would like to invite all veterans and the public to attend their annual Memorial Day Celebration. The honor will be held at the American Legion Post 124 at 1 p.m. CT Sunday, May 24 at 1099 Legion Park Road.

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.



A low carb life... sometimes



Crystal Cecil
Record-Herald
Staff

"What do you eat?" I get asked that question so often, usually when people see me giving myself an insulin injection prior to a meal or snack.

As a type 1 diabetic, ideally, my life would be filled with meals of minimum sugar and carbohydrates. However, I like food, so insulin is my best friend.

I do try to eat somewhat healthy.

I thought I'd share a few of my favorite low-carb options.

My favorite go-to is chicken. Each Sunday I put a large pack of boneless chicken breasts in the crockpot with some chicken broth, salt, and pepper. Sometimes I change it up and cook it in Italian dressing or ranch seasoning. Occasionally I add sugar-free bbq sauce, but generally, I prefer it plain. Shredded chicken is very versatile! Common meals at the Cecil house include chicken quesadillas, tacos, chicken salad, pulled chicken sandwiches, salad with chicken, and the list goes on. For myself, I enjoy it by itself, seasoned, and pair it with a veggie—my favorite is broccoli. Broccoli crowns are also a staple at our

Veggie Mix

- 2 cups diced cucumbers
- 1 red bell pepper
- 1 yellow or orange bell pepper (or both!)
- 3 broccoli crowns
- ¼ red onion (or more— I don't love onions)
- ¼ cup olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon honey
- ½ tsp dill (if you like that)
- ½ tsp garlic powder
- Salt and pepper to your liking



Disclaimer: I measure with my heart, so do what you want!
Chop vegetables finely and add all the seasonings. Stir and mix well. Refrigerate for several hours before eating.

Enjoy!

house. I steam it, chop it, add it to salads, etc. My daughter used to call broccoli florets "little trees" and it stuck. My daily lunch consists of a sandwich made with Lewis Keto Avocado Seed bread. It's a bit pricey, but worth it. Even better, Phillips Grocery carries it locally. Pair that with veggies or a few berries and it's filling and doesn't skyrocket my blood sugar.

Fruit is tricky. Berries are safe and I love strawberries covered in Splenda. Blueberries are great too. However, my favorite fruits—apples, watermelon and kiwi, aren't the best— but worth every unit of insulin. Peanut butter is another staple. In fact, I order the largest container of Skippy from Amazon on delivery every two

weeks. My favorite snack is vanilla greek yogurt with a scoop of peanut butter and a few mini chocolate chips. Try it. Promise. Eggs, bacon, sausage, and any meat are always good choices. Go-to snacks: beef jerky, cucumbers, pickles, nuts, greek yogurt, flavored water, sugar free pudding cups, and cheese cubes.

My new favorite side/meal/snack is a veggie mix. Sharing the recipe above. It is delicious!

My other favorite snacks that aren't low-carb... Snickers, Reeses cups, Hersheys with almonds, Sausage McMuffins from McDonald's, Dill Pickle Lays, cookies of any kind... and cheese fries — go big or go home, right!?

Greensburg Record-Herald

(UPS 229-020) P.O. Box 130, Greensburg, Kentucky 42743 Phone (270) 932-4381 or 932-4441. Established in 1895 as the Green County Record. Consolidated with the Greensburg Herald in 1925. Published weekly at Greensburg, Kentucky 42743. Periodicals postage paid in Greensburg, Kentucky and at additional mailing offices.

Publisher/Advertising
Walt Gorin
Staff:
Crystal Cecil
Clevis Jeffries
Dale Curry
Office Manager/Billing
Anne Gorin

Member of the Greensburg-Green County Chamber of Commerce, Kentucky Press Association and National Newspaper Association. Subscription rates: 1 Year - Print & Online - Green & Adjoining Counties \$23; 2 Years Print & Online - Green & Adjoining Counties - \$44. 1 Year Print & Online - Outside Green and Adjoining Counties \$40; 2 Years Print and Online Outside Green and Adjoining Counties \$80; 1 Year Online Only, any location \$23. Postmaster send address changes to Greensburg Record-Herald, P.O. Box 130 Greensburg, Ky. 42743. www.record-herald.com



Kentucky Centennial Business

Quiet strength of ordinary days



Dr. Angelia Bryant
Licensed Clinical Counselor

truly unfolds, is mostly made up of the small, steady steps we take each day. And there is something deeply sacred about that.

I was reminded of this recently while doing something simple tending to a familiar space, putting things back in order, noticing what had quietly grown without much fanfare. There were no grand accomplishments in that moment, no applause. Just a sense of peace. A quiet knowing that growth doesn't always shout. Sometimes it whispers.

In a world that constantly urges us to do more, be more, and

achieve more, we can forget that simply being and being present, being kind, being faithful to the life in front of us—is enough. The truth is, resilience isn't built in the extraordinary. It's built in the ordinary choices we make over and over again.

It's choosing patience when frustration is easier. It's offering kindness when no one is watching. It's getting up one more time when life feels heavy. These are not small things. These are the very things that shape a meaningful life.

As a counselor, I have seen firsthand how people underestimate

their own strength. They measure themselves against impossible standards or compare their journeys to someone else's highlight reel. But real strength is often quiet. It looks like showing up. It looks like trying again. It looks like holding on to hope, even when it flickers.

There is wisdom in honoring where you are right now. Not where you think you should be. Not where someone else is. But right here—in this season, in this moment, in this life you are living.

The beauty of ordinary days is that they are full of opportunity.

Opportunity to love well. To speak gently. To notice the small joys—a blooming flower, a shared laugh, a peaceful evening on the porch. These moments may seem fleeting, but they are the threads that weave a life of depth and purpose.

Scripture reminds us in Zechariah 4:10, "Do not despise these small beginnings, for the Lord rejoices to see the work begin."

And above all, Love God and People. Amen.
Dr. Angelia S. Bryant,
Professional Counselor and Educator,
angelia.s.bryant@gmail.com

Letter to the Editor Policy

The Greensburg Record-Herald welcomes letters on any topic of general interest from its readers. Controversial letters to the editor, which would merit a response from a candidate, will not be published in the last issue before the election, since the candidate would not have the opportunity to respond. 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.