

# What's Happening

All times are Central

## This Week

### 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.

### GCIS SBDM Council

The Green County Intermediate School SBDM Council will hold a Special Called meeting on May 21 at 2 p.m., in the school conference room to conduct interviews for the upcoming school year.

### 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. 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.**

# Laughter is good for your health

The adage "laughter is the best medicine" certainly suggests that a good laugh is good for one's health. Although laughter might not mend a broken wrist or eradicate every disease, UCLA Health notes a number of surprising physiological and mental benefits of a good laugh. Here are a handful of ways laughter can impact the mind and body.

painkillers, laughter can ease pain. The U.S. Department of Veteran's Affairs says patients in clinical trials who watched comedies reported a higher pain tolerance and required less medication than those who did not watch such programming.

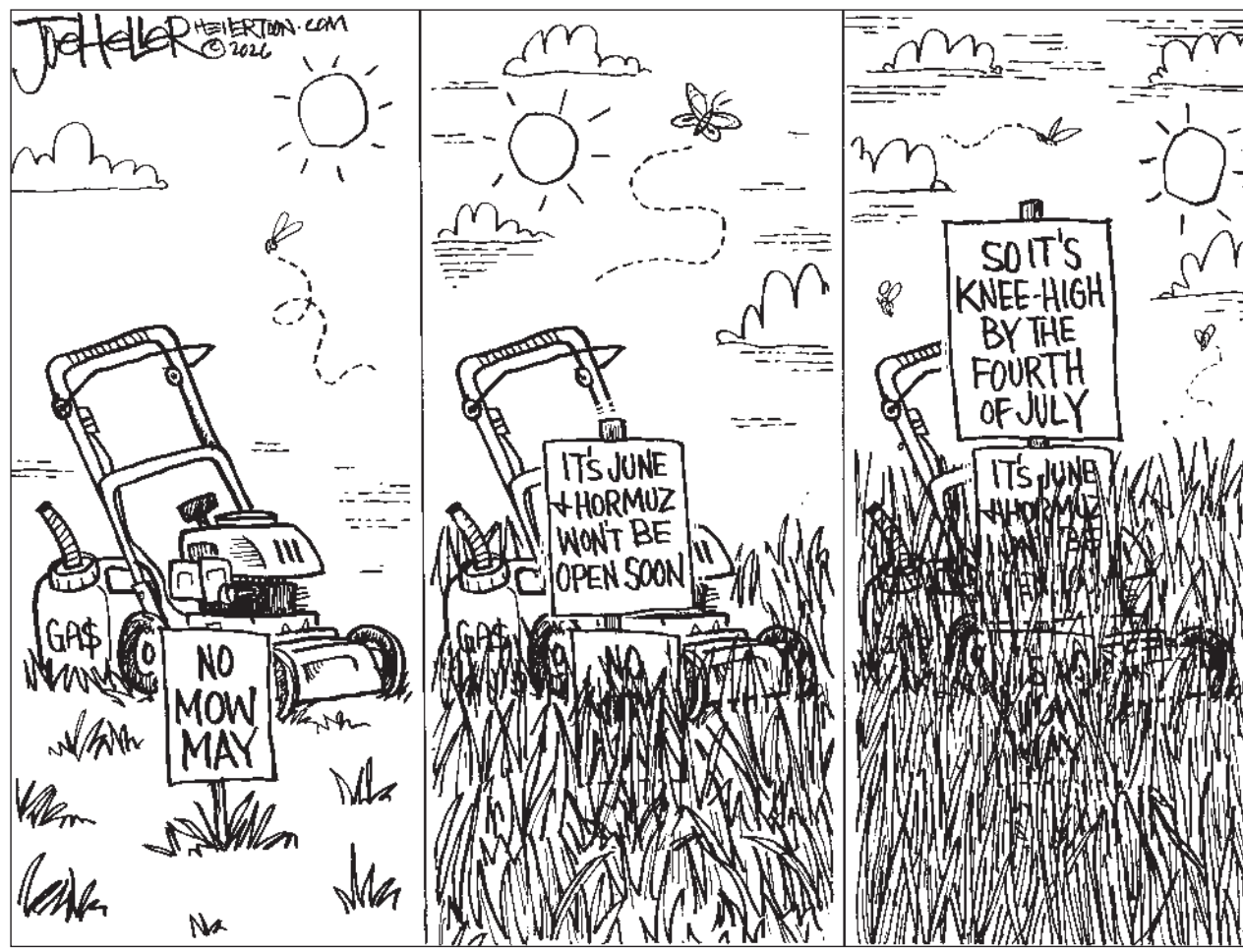
- Ease anxiety and depression: Laughter can stimulate the release of dopamine and serotonin. Researchers at Harvard University say that laughter stimulates the reward centers of the brain. This makes a person feel happy in the moment and helps build long-term emotional resilience as well.

- Boosts immunity: Laughing can increase the production of antibodies and activates Natural Killer cells, which help the body fight off viruses and even some tumor cells, indicates Providence Family Medicine.

- Perspective change: It is hard to feel amused and anxious at the same time. So laughing can provide a change of attitude and perspective. It also can provide a necessary emotional reset.

- Pain relief: By triggering the release of endorphins, which are the body's natural

Laughter may not cure everything that ails a person, but it certainly can provide many health benefits.



# The loneliness we hide



Dr. Angelia S. Bryant  
Licensed Clinical Counselor

There is a kind of loneliness that can exist even in a crowded room. You can sit beside family, laugh with friends, attend church, answer texts, and still feel a quiet emptiness deep within your soul. It is not always the loneliness of being physically alone. Sometimes it is the loneliness of not feeling fully seen, fully understood, or fully connected.

One of the greatest theorists, Swiss psychiatrist, Carl Jung believed that much of human suffering comes from being disconnected from our true selves. Jung once wrote, "Loneliness does not come from having no people around one, but from being unable to communicate the things that seem important to oneself" (Jung, 1933). That truth still speaks powerfully today.

We live in a world overflowing with com-

munication, yet meaningful conversation often feels rare. Social media gives us updates, but not always connection. We know what people had for dinner, but not what keeps them awake at night. Many people quietly carry grief, fear, uncertainty, regret, or exhaustion while smiling politely through the day.

As a counselor, I have learned that loneliness is one of the most common human experiences and one of the least discussed. Jung believed that part of healing comes from embracing our authentic self rather than constantly wearing masks to meet the expectations of others (Jung, 1953). That can be difficult. Many of us learned early to hide our fears, soften our pain, or avoid "burdening" others. Yet the more we hide, the more isolated we can become.

The answer to loneliness is not always found in having more people around us. Sometimes it begins with courage, the courage to speak honestly, to reach out, to invite someone to lunch, to tell a trusted

friend, "I've been struggling lately." Often, healing begins the moment someone realizes they are not alone in feeling alone.

I also believe loneliness can become an invitation. It can push us toward reflection, prayer, creativity, service, and deeper relationships. Some of the most meaningful growth in life comes during quiet seasons when we rediscover who we truly are beneath the noise and expectations of the world.

And perhaps that is where hope enters.

The older I become, the more I treasure genuine connection, conversations on the patio, laughter around the dinner table, great-grandchildren running through the house, quiet talks with old friends, and moments when someone simply says, "I understand." Those moments nourish the soul in ways achievement and busyness never can.

If you are carrying loneliness today, know this: you are not weak, forgotten, or invisible. You are human. Reach

toward someone. Open the door a little. The world needs more authentic hearts and fewer perfect masks.

Scripture reminds us in Psalm 34:18, "The Lord is close to the brokenhearted and saves those who are crushed in spirit." Sometimes the first step out of loneliness is simply believing that connection is still possible. And it is. And above all, Love God and People. Amen.

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## Greensburg Record-Herald

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<b>Vote in local/school board/city elections</b>	84%	86%	72%

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Source: The Kentucky State Study 2023: Conducted by Coda Ventures, Base: Total adults

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