

# What's Happening

All times are Central

## This Week

### Board of Education

The regularly scheduled Green County Board of Education meeting will be Thursday, July 9 at 5:30 p.m. at the Board office. The monthly working session on July 8 has been canceled.

### Summer Feeding

Summer Feeding continues on Fridays from 11 a.m. to 1 p.m. at the food pantry. For more information, please call 270-932-7081.

### Teen Lock-in

Teens are invited to a Green County Public Library lock-in on July 10 from 4-8 p.m. Registration is required.

### Library open July 11

Green County Public Library will be open Saturday, July 11, from 9 a.m. to 12 p.m.

### Special presentation

Provided by Green County Genealogical Society, Taylor Bishop will present on Major General Nathaniel Greene at 10:30 a.m. on Saturday, July 11 at the Green County Public Library. If you missed this program during Green County Heritage Day, here's another chance to explore the remarkable life of our county's namesake. The society's regular monthly meeting will begin at 10 a.m., just before the presentation.

## Happening Soon

### 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 July 16, beginning with a meal at 6:30 p.m. Members are encouraged to attend and anyone interested in joining either organization is invited.

Send events and reunions for What's Happening to [news2@record-herald.com](mailto:news2@record-herald.com). The deadline is 2 p.m. **FRIDAY.**

# Johnson

## From page 1A

Jaron's contagious joy, dedication, sportsmanship, and positive spirit left a lasting impression not only on his own team but also on athletes, coaches, and commu-

nities throughout the region.

During this difficult time, our thoughts and prayers are with Jaron's family, and everyone grieving this tremendous loss."



# Where is the joy?



Rev. Todd Gaddis

Wendy's launched an advertising campaign in 1984 featuring 81-year-old Clara Peller. Upon being served a small hamburger patty on a large bun, this elderly manicurist/beautician asks, "Where's the beef?" These commercials became a cultural sensation, with Wendy's annual revenue increasing by 31%.

Forty years later, one wonders, "Where's the joy?" Has there ever been a time when we've had more, yet are enjoying it less? Such a question should be considered by the Christian community specifically. Christ gave His life in order that our sins would be forgiven. As a result, the Holy Spirit lives in us. Yet, all too often, we're missing out on the abundant life that could be ours.

I have in my sermon illustration a file a survey that includes several factors that attract unsaved people to our churches. Number one on the list is "joy demonstrated in the lives of Christians in every area." People are hungry for something that only a relationship with Jesus and a connection with a community of believers can provide.

The Old Testament book of Nehemiah tells

of the wall around Jerusalem being rebuilt in 52 days. Upon completion of the project, a dedication service was held featuring, among other things, a reading of the law. When the people present heard the words spoken by Ezra the priest, they wept. At that point, Nehemiah said, "This day is holy to the Lord your God; do not mourn or weep ... Go, send portions to him who has nothing prepared ... Do not be grieved, for the joy of the Lord is your strength" (Nehemiah 8:9,10 NASB). Despite their humble state of conviction, this was to be a time of celebration.

David writes, "You have filled my heart with greater joy than when grain and new wine abound. But let all who take refuge in you be glad; let them ever sing for joy. Therefore my heart is glad and my tongue rejoices ... You fill me with joy in your presence" (Psalm 4:7, 5:11, 16:9, 11, NIV). Listed prominently

among the fruit of the Spirit is joy. Paul also writes, "rejoice in the Lord always, again I will say, rejoice" (Galatians 5:22, Philippians 4:4 NASB). Note the word "always." This includes the troubling seasons of our lives, as well as the favorable.

It is, in fact, during times of difficulty that we should dig deep and do our best to muster up an attitude of jubilation and delight. As Scripture says, "Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing" (James 1:2-4 NASB). As one dear saint wisely declared, "I could have done without many pleasures, but could not have spared one sorrow that God allowed to come into my life!"

Author Leo Buscaglia recalls this memorable account of a "misery dinner." It was the night after his father came home and told the family he faced bankruptcy because his partner had stolen their firm's funds. Promptly, his mother went out and sold some of her jewelry to provide

food for a delicious feast. Despite criticism from some, she declared, "The time for joy is now, when we need it most, not next week." Her courageous act bolstered the family.

You may be thinking, "that's a sweet story pastor, but I'm just not feeling it." It's not a matter of feelings, but rather faith. Feelings ebb and flow, often depending on mood and circumstances. Faith recognizes that whereas, "Weeping may last for the night, joy comes in the morning" (Psalm 30:5 NASB).

Discover what only Christ can provide. The time for joy is now!

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 [jtdgdaddis@gmail.com](mailto:jtdgdaddis@gmail.com).

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Kentucky Centennial Business

# Summer teaches us about mental health



Dr. Angelia Bryant Licensed Clinical Counselor

Summer arrives with expectations. We imagine sunshine, vacations, family gatherings, blooming gardens, longer evenings, and a slower pace. We picture ourselves feeling lighter and happier simply because the calendar changed.

But summer has something deeper to teach us than warm weather. It reminds us how closely our emotional well-being is connected to the way we live. Mental health is not only about difficult seasons; it is also about creating conditions that help us thrive. Summer quietly gives us a few lessons.

Lesson One: Light Matters After months of gray skies and short days, summer offers more daylight. Many people notice improved energy, motivation, and mood when they spend

time outdoors. Exposure to natural light can help regulate our body's internal clock and support emotional well-being. You do not need a beach vacation to benefit. Sit on the porch. Walk around the block. Water flowers. Have your morning tea or coffee outside. Small moments of sunlight can become moments of restoration.

Lesson Two: Connection Is Powerful Summer tends to bring people together. Cookouts. Festivals. Picnics. Farmers markets. Children visit grandparents. Friends sitting together after work. Human beings were never designed to do life completely alone. Connection does not have to be complicated. Sometimes mental health improves through a conversation, shared laughter, or simply feeling noticed. Invite someone over. Call a friend. Say yes to the invitation. Community heals more than we often realize.

Lesson Three: Growth Happens Quietly Gardens do not bloom overnight. Nei-

ther do people. Healing, emotional growth, stronger relationships, and healthier habits often happen slowly. Summer reminds us to stop digging up progress to see if it is working. Keep watering. Keep showing up. Trust the process. And perhaps the greatest lesson of all: Mental health is not about creating a perfect life.

It is about building a life with enough moments of joy, purpose, connection, movement, reflection and hope to carry us through every season. This summer, do not ask only: "What do I need to get done?" Also ask: "What helps me feel alive?" Your answer may become your healthiest habit.

Scripture reminds us in Ecclesiastes 3:1, "There is a time for everything, and a season for every activity under the heavens." And above all, Love God and People. Amen.

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# Here's Where We Stand



- Phillips Family Grocery
- Dollar General
- Five Star
- Dairy Queen
- Jane Todd Crawford Hospital
- Taylor Regional Hospital
- Lee's
- Walmart
- T-Mart
- Tastes Like Home
- The Broken Tee
- Block City
- Our Town

Greensburg **Record-Herald**

Available at each of these locations every Wednesday morning