

Going Red For Women



In 2003, data suggested that Cardiovascular disease claimed the lives of nearly 500,000 American women each year, yet women were not paying attention. In fact, many even dismissed it as an “older man’s disease.” To dispel these myths of heart disease as the No. 1 killer of women, the American Heart Association, along with the National Heart, Lung and Blood Institute created National Wear Red Day to raise awareness of this critical issue. This year, Friday, February 1st is National Wear Red Day. Millions of women and men come together each year on the first Friday in February to wear red, take action and commit to fighting this deadly disease.

Since the first National Wear Red Day 10 years ago, tremendous strides have been made in the fight against heart disease in women, including:

- 21% fewer women dying from heart disease
- 23% more women aware that it’s their No. 1 health threat
- Publishing of gender-specific

- results, established differences in symptoms and responses to medications and women specific guidelines for prevention and treatment
- Legislation to help end gender disparities

In our busy world, it is frequently difficult to feed your family, let alone afford nutritious food opens. While you race back and forth between work, football practice, the dance recital and family errands, you’re lucky to find time to grab a meal at the drive through. If you must eat on the go there are some tips to make fast food healthier for you and your family members:

- **Pass on the “value-size.” When you supersize, the size of your fries isn’t the only thing that gets bigger.**
- **Skip the sides. Eating a burger or sandwich is often filling enough without fries or chips. If you do want a side, consider a fruit cup or side salad. Most fast food restaurants now offer them.**
- **Try the grilled chicken sandwich. Chicken without skin is significantly leaner than the meats most fast food companies use in their burgers.**
- **Skip the mayo and other sauces. These dressings and sauces add unnecessary calories.**
- **Drink water, diet soda or low-fat milk. Sodas are loaded with sugars, which have calories you don’t need.**

Heart Disease isn’t the only issue facing our community; other diseases can be fought through adopting healthier lifestyle

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options. Something as simple as changing your diet can drastically reduce the chances of developing diabetes, hypertension, cancer, stroke and heart disease. Check out the statistics on Green County at www.kentuckyhealthfacts.org. Use the QR Code below for easy access to the Kentucky Health Facts website.



The fight against heart disease is far from over as still hundreds of thousands of women still die each year. It’s time to stand stronger, speak louder and join the City of Greensburg and the American Heart Association in the fight this National Wear Red Day. It’s time to Go Red and raise awareness of this deadly disease in our community!



For more information regarding the Go Red for Women campaign please visit www.goredforwomen.org or scan the QR Code to the right with your smart phone!

Adjusting and Growing as a College Student

A Q and A with Annette Dangerfield, Berea College freshman and 2012 Green County High School Graduate

1. *What is the biggest adjustment you had to make when you got to college, both academically and in lifestyle?*

As a freshman at Berea, one of the biggest academic adjustments I have had to make since starting college includes adjusting to discussion-intensive classes. I have had to learn to speak up for myself. I have never been a very outgoing person, but I have found that being able to say something intellectual and adding to conversation definitely makes the experience of being around people much easier in a social setting as well. Discussion-intensive classes allow you to reiterate what is being discussed, helping you to really understand the material and relate to it, versus methods of teaching



experienced in most ‘traditional’ public school settings. Speaking up is certainly uncomfortable, especially if you aren’t used to people listening to you or being the center of attention in a group, but after a while it gets easier. I have learned that one shouldn’t be afraid to ask questions either. If you don’t understand something that’s going on, it’s likely that someone else won’t either and they’ll appreciate you for asking the question for them as well as yourself.

2. *What are the major differences between high school and college in terms of studying, reading, class preparation, personal responsibility for your education?*

College is nothing like high school. Expectations are different, responsibilities are different, workload is different - basically everything is different. In terms of studying and completing classwork, everything is left up to you. If you don’t want to study for a test or do your homework, you don’t have to; or, at least, no one is there to force you to. Of course, if it is your mindset to not do anything because you don’t have to, you aren’t going to get very far in class, or life for that matter. Personally,

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“Bridging the Past and the Future.”

GREENSBURG Matters

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I'm terrified of not being completely prepared for class. Even if I don't have something significant to add to the class discussion, I always like having a general understanding of what's being discussed. This is partly due to topics discussed in class frequently appear on exams and I value good grades, but it's also because I take each class like it's a window into the world. Each class has something to offer of what will be expected and experienced in the real world. So, no you don't have to do your work, study, or even show up for class, but how much are you willing to miss out on in life for a little extra sleep?

3. What do students need to know about living in residence halls? Did you know your roommate from high school? If not, what did you do before arriving on campus to get acquainted and make plans?

Residence hall life isn't always the greatest. Sharing a bathroom with an entire hall of women isn't glorious, nor is sleeping in the same room with someone you barely know, but there are always ways to make the best of the situation. Probably the most important is communication. If there is a problem, talk about it. If you aren't comfortable talking with the person that you have a problem with, talk to a RA. Talk to somebody, because there's no point living in misery when it's likely that someone will have a solution and all you have to do is ask for a little help.

I did not room with anyone



For submission information, please contact Community Development Coordinator, Ivy Stanley, at City Hall or by email at i.stanley@greensburgonline.com



Greensburg - Green County Fire Department spent the afternoon of January 26th training with their new ladder truck on Court Street. The ladder truck allows firefighters to access multi-storied buildings during a fire or emergency situation.

from my high school (since I was the only person from Green County going to Berea), nor did I really think it would be the best idea. I did, however, meet my future roommate the summer before my first semester. We were assigned to the same group during the Summer Connections session that my college hosted to allow students a chance to become acquainted with the campus and some of the things it offered. Our situation is probably pretty unique, as we basically became best friends the first time we met. Regardless, it helped my transition tremendously to have someone that I knew beforehand and to go with me through the new experiences of college life. If you are considering rooming with someone that you've known for a while, don't forget that you will have special expectations for that person, and if they don't meet those expectations it could affect your relationship. Just remember that communication is the key and that sometimes establishing house rules is the best way to keep things in check.

4. What things does a student definitely need to bring to college to survive?

A few things that I could not possibly live without now that I'm in college are my laptop - for keeping in touch with my friends back home on Facebook, watching movies in my free time, checking email, and, oh yeah, homework, my coffee pot - learn to like it; I recommend Hazelnut creamer if you are still skeptical, chocolate - for those days that you just can't handle, peanut butter - for every day, a good pillow and something to snuggle with - preferably another pillow as having pets and the opposite sex in your room is generally frowned upon, a smile and a wave - be nice to people; they'll return the favor, a water bottle - drink lots of water!, plenty of detergent - laundry piles up fast, and stinky clothes don't make friends, a lanyard/ID holder, and a good attitude - even if things don't go your way, you can still make the most of them.

I GO RED FOR:

(Sponsor Name)



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Please cut out the 'tribute card' to the left in honor of a woman in your life that has battled, or is currently battling, Heart Disease and return it with your donation to the American Cancer Society signified on your utility payment.

It will be displayed at City Hall throughout the end of February and the donation will be made in the name of you and your loved one.

"Bridging the Past and the Future."