

# GREENSBURG Matters

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Feb., 2015 - www.GreensburgOnline.com

## Welcome Your New Councilmembers!



Congratulations to new members Reva Nell Tucker, Emily Jeffries and Steve Stone and returning members Jerry Cowherd, Sandi Moran and Brenda Patterson of the Greensburg City Council. For any issues or

concerns feel free to contact any of these individuals. Their contact information can be found on the City Council's webpage at [www.greensburgonline.com](http://www.greensburgonline.com).

## 16th Annual Black History Month Celebration:

The Greensburg/Green County Civic Club will be hosting its annual celebration of February as Black History Month at Green County High School on Saturday, February the 7th at 5p CT. Guest Speaker will be retired IBM executive Gary W. Brown from Versailles, KY.

Mr. Brown is a native of Lawrenceburg and was the first black elected official in Anderson County history serving two terms as a City Councilman. He is a four year veteran of the US Navy and a graduate of Mercy College, Dobbs Ferry, New York. Brown has earned executive MBA credits at both Colgate University and Columbia University. Mr. Brown has served in the corporate sector as a Vice President at IBM and

IBM subsidiary, Technology Service Solutions. His extensive background includes service technology, diversity programs and employee grievances and hiring.

Mr. Brown is the current President of Lincoln Institute of Kentucky Alumni Association. He is a founding board member for the Isaac Hatahaway Museum in Lexington, Vice President of the Woodford County Historical Society, a member of the Development Committee for the Tuskegee Airmen Incorporated, a group leader for Bible Study Fellowship International, Kiwanis International and is a Board member and treasurer for the Lincoln Foundation located in Louisville, KY having formerly served as the Board's Chairperson.

## Kynectors at JTCH: February 11th

Kynect Representatives will be at Jane Todd Crawford Hospital in Greensburg on Wednesday, February the 11th from 9a to 1p CT to meet with anyone that has questions or is interested in getting health insurance before the Feb. 15th deadline.



Representatives will be in the front lobby. No appointment is necessary and there is no cost!

**For additional information please contact JTCH at 270-932-4211.** Many people are eligible for health insurance at no, or very little cost.

Gary and his wife Wanda have been married 44 years and are both retired from IBM and reside in Woodford County. Together they manage a not for profit; Ancestral Ambassadors which reflects the history of Blacks in America through artifacts and historical documents. They have two adult children; both are married and have blessed them with three grandchildren.

**For additional information about this event, please contact Civic Club President Jerry Cowherd at 270-405-3621.**



February Recycling  
Saturday, Feb. 28th:  
8a - Noon

*“Bridging the Past and the Future.”*

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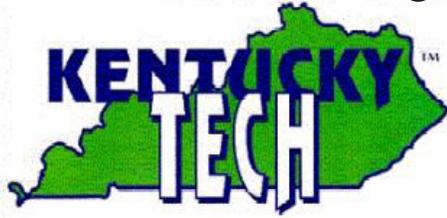
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## College & Career Fair Seeking Businesses

You and your company/school are invited to be a part of the Green County ATC's Annual Machine Tool and Welding College and Career Fair.

If you are new to this event this will give you the opportunity to connect with several hundred high

school students from Green County, Taylor County and Campbellsville schools. This opportunity will also give you a chance to meet the



**Green County ATC**  
**102 Carlisle Avenue**  
**Greensburg, Ky 42743**  
**Phone: 270-932-6605**

**When:** March 27, 2015  
**Time:** 7:30-1:00 CST

instructors from the school as we seek your advice on the continuous improvement of our programs and school.

If you can attend or need more information please contact Machine Tool Instructor Barry Porter ([barry.porter@green.kyschools.us](mailto:barry.porter@green.kyschools.us)) or

Welding Instructor Steven Thomas ([steven.thomas@green.kyschools.us](mailto:steven.thomas@green.kyschools.us)) to RSVP your spot and the number of tables you will need!

View the Green County Center for Seniors  
February Activities & Lunch Menu at  
[www.greensburgonline.com/GCSeniorCenter](http://www.greensburgonline.com/GCSeniorCenter)

## February Ribbon Cuttings!

Helping Hands Free Mission Store  
Friday, February 13th at 10a CT  
110 South Public Square  
downtown Greensburg

Childress Insurance Agency  
Friday, February 20th at 11:30a CT  
1000 Campbellsville Road  
next to IGA & Subway

The City's Code of Ordinances is available  
to online! Visit [www.greensburgonline.com/CodeOfOrdinances](http://www.greensburgonline.com/CodeOfOrdinances).

## Going Red For Women: Heart Disease Awareness Month

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 6th 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, 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 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](http://www.kentuckyhealthfacts.org).

It's time to stand stronger, speak louder and join the American Heart Association in the fight this National Wear Red Day. For more information please visit [www.goredforwomen.org](http://www.goredforwomen.org).