

## Feeding America



Photos by Angelina Alcott

Above, volunteers load fifty pound bags of potatoes, other fresh vegetables and commodities into vehicles during the mobile food pantry last week. At right, waiting their turn, cars lined up in rows, filling the parking lots multiple times for the mobile food pantry held April 8 behind the Green County Courthouse. The mobile event was open to anyone in need. Starting at 10 a.m. until commodities ran out, volunteers loaded vehicles with groceries. The event was courtesy of Anthem and Feeding America.



## Child Abuse Prevention



Photo by Angelina Alcott

Cindy Thompson straightens a sign placed in front of Rock Bottom by the Family Resource Youth Service Center. April is Child Abuse Prevention Month. FRC director Angie Scott wants to involve the community in efforts to reduce child abuse. Fifty signs have been placed around Green County; each sign includes the number to call if they see or suspect child abuse. If you suspect or see child abuse, call 1-800-752-6200.

### LUNCH SPECIAL

Classic Burger, Side  
Item and Drink

**\$5.30**



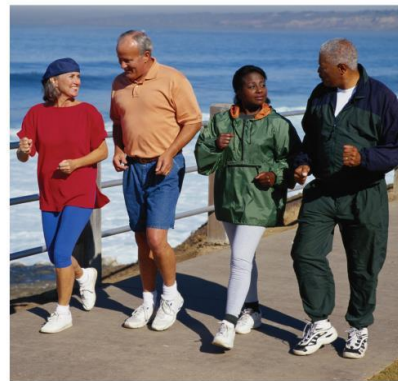
3 Time Out Burgers - 7 Sandwiches  
Build Your Own Hot Dog • 5 Desserts

**timeOut**  
Restaurant • Sports Screens • Games • Party Room

North Main Street • Greensburg  
270-932-3100  
Open Mon. - Fri. 10 a.m. - 9 p.m.  
Sat. and Sun. 7 a.m. - 9 p.m.

# YOU CAN MAKE A CHANGE FOR LIFE

NATIONAL  
**Diabetes**  
PREVENTION  
PROGRAM  
U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention



Have you ever been told by a health care professional that you:

- Are at risk for getting diabetes?
- Have prediabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

You may be at high risk for type 2 diabetes, but there is something you can do about it.

The Centers for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach.



There will be an informational meeting via ZOOM  
on April 15<sup>th</sup> from 11am-12pm CST.

For more information, please call 1-800-928-4416 Ext 1158.

**LCDHD**  
Lake Cumberland District Health Department  
A Healthy Today for a Brighter Tomorrow

**Heart4Change**

# SQUIRES & LEE

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