

Packing lunches? Start with this planning guide

Green County
Family &
Consumer
Science
Extension Agent



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Packing lunches may feel like a chore on busy mornings. Investing a little time to plan can go a long way in saving time, money and energy. These practical tips will help you plan easy, tasty and nutritious lunches for growing minds and bodies. Invest in reusable containers. Buying reusable containers will help save money over time. They will also allow more options for what you can pack.

An insulated bag and ice pack will help keep cold foods cold and safe to eat. An insulated food container can help keep hot foods like soup warm until lunchtime. Kids can refill reusable bottles with water throughout the day. Consider lunch limits. To help children get the most out of the much-needed lunchtimeboost, find answers to these questions. What time is lunch? Lunchtime may be early or later in the day. With early lunches, frozen foods may not have time to thaw. With later lunches, your child might need a snack to bridge the gap between breakfast and lunch. How long is lunch-

time? The lunch period may be as short as 20 minutes. With short lunch periods, it is helpful to send foods that do not require preparation and that are easy to eat. For example, soup or salad may take longer to eat than cheese and crackers or a sandwich. Is the school nut-free? Because of the increasing numbers of children who have food allergies and potentially serious outcomes, some schools do not allow peanuts or tree nuts. Examples of tree nuts include almonds, cashews and pecans. If your school is nut-free, try alternatives like sunflower or soy nut butter. Can children open

packages? Whether you pack reusable containers or prepackaged items, make sure your children can open them. If not, you can either open packages before you put them in the lunchbox or put the food in something that is easier to open. Is there access to a microwave? Access to a microwave means you can send foods that need to be heated up. (Hello, leftovers!) If there is no microwave, make sure foods are ready to eat as packed. Make a plan. When planning lunches, aim to include a protein, whole grain, fruit and vegetable. Choosing two to three staples from each of these groups

will provide options for the week without breaking the bank. Protein ideas include hard-boiled eggs, yogurt, cottage cheese and canned beans. Whole-grain ideas include tortillas, crackers, pasta and frozen waffles. Fruits can be fresh, frozen or packaged in a fruit cup or pouch. Vegetables can be fresh, frozen or reheated, including leftovers from dinner. Keep it simple. Create a list of five to 10 main-dish ideas. You can use this over and over with the same or different ingredients. For example, you can use a whole-grain tortilla for a peanut butter and banana roll-up one day and a bean and cheese

quesadilla the next. Serving familiar favorites in different ways gives children nutrition they need while also exposing them to new textures and flavors. Get children involved. Include your children when you make the lunch plan. Invite them to help with grocery shopping. This can provide time to find new foods to try. A little planning and creativity will help you pack lunches that fuel your children for the second part of their day. For more nutrition information and meal-planning tips, contact the Family and Consumer Sciences agent at the Green County Extension office.

First summer commencement ceremony is largest class in Lindsey Wilson University's school history

DUANE BONIFER
LINDSEY WILSON
UNIVERSITY

Lindsey Wilson held its first summer commencement ceremony on Saturday, Aug. 15, by celebrating people who showed up. As graduate student David Browne told his fellow 291 Lindsey Wilson graduates in his commencement address, "showing up matters." "We started this journey with questions," said Browne, an Elizabethtown, Kentucky, resident who earned a master of education degree in counseling. "We had moments of doubt.

We had moments where balancing school, work, family, and life felt impossible. But we kept showing up. And showing up matters." Lindsey Wilson awarded 292 degrees at its 124th commencement ceremony, held in Biggers Sports Center -- 37 bachelor of arts degrees, 251 master degrees and four doctorate degrees. Lindsey Wilson awarded a total of 1,449 degrees at its December and May commencement week-ends in 2025-26, which were held over five ceremonies. The 292 degrees awarded at the university's inaugural

summer commencement on Saturday afternoon raised the total number of graduates during 2025-26 to 1,741 -- the largest class in the school's 123-year history. LWU's previous largest class of graduates was 1,733 in 2024-25. **'The power of transformation'** A high school dropout who saw the inside of a prison before he was 16 years old, Browne said that his educational and professional successes are examples of "the power of transformation." "The last grade I completed was the eighth

grade," said Browne. "I dropped out of school during the ninth grade and walked away from an education that I did not understand the value of at the time. I was not thinking about college, careers or the person I could become. I was making decisions based on where I was in life at that moment, and those decisions led me down a path filled with addiction, incarceration and consequences. I spent years running from the person I had become, not understanding that the person I needed to face was myself." Browne -- who earned a pair of associate degrees and a

bachelor's degree in engineering before enrolling at Lindsey Wilson -- said his life changed when he learned "one of the greatest lessons I have ever been taught: the pain to change had to become greater than the necessity to remain the same." Browne recalled that during his recovery, which is now more than 13 years, he felt called to enroll in Lindsey Wilson's graduate program in counseling. "When I started this journey toward becoming a counselor, I was not just earning a degree," he said. "I was rewriting a story that once seemed impossible to

change. I was preparing myself to sit across from people who feel the same hopelessness I once felt. I was preparing myself to meet people who believe their mistakes, their addiction or their past have already decided their future. And I want them to know what I had to learn: your story is not over." "Our greatest impact may not come from the titles we earn or the accomplishments listed on our resumes," he said. "Our greatest impact will come from the lives we touch, the hope we provide, and the people who are able to believe in themselves because we believed in them first."

Campbellsville University School of Nursing partners with Taylor Regional Hospital to expand opportunities for nurses

The Campbellsville University School of Nursing, in partnership with Taylor Regional Hospital and Campbellsville University Online, is excited to announce a new educational collaboration that will provide discounted online RN-to-BSN and MSN coursework for TRH nurses. This partnership reflects a shared commitment to advancing the education of working nurses while supporting their continued service to communities. Through this initiative, TRH members will have the opportunity to enroll in Campbellsville University's flexible RN-to-BSN and MSN programs, allowing them to pursue their Bachelor of Science in Nursing or MSN while maintaining their professional responsibilities. "We are honored to collaborate with TRH in supporting their dedicated nurses," said Dr. Michele Dickens, Dean of the School of Nursing at Campbellsville University. "This partnership creates an accessible pathway for professional growth, empowering nurses to further their education without stepping

away from the vital work they do every day." The Bachelor of Science in Nursing (BSN) and Master of Science in Nursing (MSN) programs at Campbellsville University offer flexible pathways to meet the needs of nurses at various stages of their educational journey. Registered nurses can advance their credentials through the fully online RN-to-BSN option, while ADN/AASN students may pursue a BSN through the Continuous Enrollment Program (CEP). The program builds upon foundational nursing knowledge to strengthen leadership, evidence-based practice, community health, and healthcare management skills. Taylor Regional Hospital CEO Mike Everrett shared his excitement for this partnership: "At Taylor Regional Hospital, we are changing healthcare and believe investing in our

team members is one of the most important investments we can make in changing the future of healthcare." "This partnership with Campbellsville University creates new opportunities for our people to advance their education, strengthen their professional skills, and continue providing outstanding healthcare to the patients and communities we serve. We are happy to partner with Campbellsville University in supporting lifelong learning and developing the next generation of healthcare leaders," said Everrett. The Nursing, M.S.N. - Family Nurse Practitioner program prepares registered nurses to deliver comprehensive primary care across the lifespan. The program focuses on advanced clinical skills, health promotion, disease prevention, and management of acute and chronic conditions. Graduates

are equipped to provide patient-centered care in diverse healthcare settings, improving health outcomes for individuals and families. The Nursing, M.S.N. - Nurse Educator program prepares registered nurses to become skilled educators and leaders in academic and clinical settings. The program emphasizes teaching strategies, curriculum devel-

opment, and leadership skills essential for shaping the next generation of nursing professionals. Graduates are equipped to advance nursing education and improve healthcare outcomes through effective instruction and mentorship. All programs are designed specifically for working professionals, and the online format delivers

the same high-quality curriculum and expert faculty support for which Campbellsville University is known. All nursing programs at CU are accredited by the Accreditation Commission for Education in Nursing (ACEN). For more information about the RN-to-BSN program/MSN program or this partnership, contact the CU School of Nursing.



What Green-Taylor Water upgrades mean for customers

The Green-Taylor Water District recently announced major changes that will be of benefit to customers. The company is transitioning to new meters with plans to install 500 of those by the end of 2026.

- * customers will get more accurate statements that will help discover leaks or excessive water usage;
- * the transition means the district will change from a customer-read system to an employee-read system. This will result in customers paying for the exact amount of water that is used each month;
- * the new meters are part of an Advanced Metering Infrastructure (AMI) that will send readings to the district's office every four hours and will not require some to read the meters every month;
- * once all new meters are installed, customers will not have to worry about excessive water usage (i.e., leaks) because the new system will notify the district with an alarm if there is excessive usage by a customer;
- * the company will keep customers up to date on its Facebook Page, will continue to have information through the local media and will send all customers a letter along with the bills that are mailed;
- * none of the upgraded changes will result in an increase in customer costs. The district already had money on-hand to purchase the supplies associated with the new system.

The district asks for customers to be patient and cooperative as it incorporates the new system into the operation.

The Green-Taylor Water District was established in 1964 and currently has a base of more than 6,700 customers with 5,500 having active meters.

PUBLIC NOTICE

The Housing Authority of Greensburg is accepting bids for an addition on to the office at 422 N. Depot. Anyone interested in bidding this project may call 270-932-4296 or come by 422 N. Depot for detailed information along with plans. Bids will be accepted until August 19, 2026. The Housing Authority reserves the right to reject any and all bids.

GREENSBURG BOARD OF ADJUSTMENTS
PUBLIC HEARING

Please be advised that the Greensburg Board of Adjustments will conduct a Public Hearing to be held in the Council Chambers, Tuesday September 1, 2026 at 4:00 pm CT/5:00 pm ET. The Greensburg Board of Adjustments has received a request for a variance for the property located at 210 E Hodgenville Ave. The Public Hearing is for remarks on the proposed lot size and front setback variances. This property is currently zoned R2 (Low-Moderate Density Residential), and is located within the incorporated boundaries of the City of Greensburg. The site layout plan, outlining the property and proposed variances will be available for review at City Hall on the above date.