

For Immediate Release:

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Springfield, Illinois: As a community bank, Peoples Bank & Trust recognizes the value of volunteerism in our communities. To commend and promote volunteerism, Peoples Bank & Trust has established a program to recognize individuals who have exhibited a commitment to community service through volunteer work.

Peoples Bank & Trust has selected Liz Vineyard as our current Volunteer of the Quarter for her work with the Frist Step Women's Center.

First Step Women's Center is a not for profit medical clinic providing free ultrasounds, pregnancy testing and health education to young women in Springfield. First Step provides shame-free, judgement-free counseling regarding unplanned pregnancies and assists young women with finding resources necessary to prepare for childbirth. Visitors pay no cost for the services provided and 100% of funding for First Step's services comes from community donations.

Liz Vineyard has been volunteering at pregnancy health centers since 1997. She had been serving as a youth group leader at her church and, through that role, recognized a need for counseling and support of young women facing unplanned pregnancies. She moved from Mt. Zion to the Springfield area in 2006 and has been volunteering as a counselor consistently through today.

Peoples Bank and Trust is honoring Liz Vineyard for her community service with a donation to the First Step Women's Center and her name has been added to a Volunteer of the Quarter plaque, which is displayed in the bank's lobby.

Peoples Bank & Trust is an independent Community Bank with thirteen offices located in Pana, Taylorville, Altamont, Arthur, Arcola, Charleston, Tower Hill, Springfield, Morrisonville, Palmyra, Tuscola, Waverly and White Hall. Peoples Bank & Trust is a full-service bank offering outstanding customer service to consumers, small businesses and farmers in Central Illinois. People First Bancshares, Inc., with corporate offices in Pana, Illinois, is the holding company for Peoples Bank & Trust.