Deaths And Funerals

Ellen Barbee

Ellen Barber, 73, of Waverley died on Sunday, March 31 at Lucy Smith King Care Center in Henderson, Kentucky.

She was born De-



cember 1, 1950 in Union County to the late Francis and Dorothy Buckman.

She was the co-owner of Roy's Uphostery in Morganfield. She was an avid UK van and enjoyed spending time with her family.

In addition to her parents, she was preceded in death by her husband, Roy E. Barber; a son, Tony Barber; two brothers, David Buckman and Johnny Buckman; and a sister, Nan Melton.

She is survived by her children, David Barber and wife, Rosemary of Morganfield, Ben Barber of Waverley, Mary Mendoza and husband, Daniel of Edinburg, Texas, and John Meyers of Henderson; brothers, Dennis, Danny, Dale, Dwight, Billy, Doug, Damon, Mike, Eddie and Joey Buckman; sisters, Louise Tennyson, Brenda Russelburg, Lucy Gibson, Rhoma Mills, and Bobbie Mackey; six grandchildren; eight great-grandchildren; and nieces and nephews.

Funeral service will be Thursday, April 4, 10:00 A.M. at St. Peter's Catholic Church in Waverley. Dr. David Johnson will officiate.

Visitation will be 4:00 P.M. to 8:00 P.M. today (Wednesday) at Whitsell Funeral Home in Morganfield with rosary beginning at 7:30 P.M. and 8:30 A.M. to service time on Thursday at the funeral home.

Burial will be in St. Peter's Cemetery.

Reva Sue Brown

Reva Sue Brown, 82, of Morganfield died on Saturday, March 30 at Redbanks Nursing Home in Henderson, Kentucky.



She was born July 21, 1941 in Greenville, Texas to Roland and Lucille Cozart.

She worked as a Registered Nurse at Union County Hospital, Medco Nursing Home, Higgins Learning Center, and Earle C. Clements Job Corps Academy.

She enjoyed crocheting, reading, crossword puzzles, and was an avid UK fan. She was a member of Countryside Baptist Church in Morganfield.

She was preceded in death by her parents; her husband, Joe Brown; a son, Tracy Allen Brown; and two sisters.

She is survived by two step-sons, Mark Brown of Morganfield and Billy Brown of Morganfield; adopted family members; six grandchildren; one great-grandchild; cousins, two sisters-in-law; and a niece and nephews.

Funeral service will be Friday, April 5, 1:00 P.M., at Countryside Baptist Church. Bro. Jimmy Terrell will officiate.

Visitation will be 11:00 A.M. to service time on Friday at the church.

Burial will be in Odd Fellows Cemetery in Morganfield.

Memorial contributions can be made to Countryside Baptist Church, 400 Whitaker Way, Morganfield, KY 42437.

Philip W. Blakeley

Philip W. Blakeley, 72, of Lexington, Kentucky, formerly of Sturgis, died on Thursday, March 28 at his home.

He was born October 14, 1951 to the late George T. and Midge Blakeley in Sturgis.

He was a U.S. Army veteran with 30 years of service. He attained the rank of colonel. He served in Afghanistan and was an avid rugby player.

He was preceded in death by his parents.

He is survived by his wife, Jennifer Blakeley of Lexington; a sister, Peggy Johnson of Eddyville, Kentucky; and four brothers, Butch Blakeley of Louisville, Kentucky, George A. Blakeley of Morganfield, Steven Scott (Tot) Blakeley of Sturgis, and Chad Blakeley of Atlanta, Georgia.

There will be no service; however, memorial contributions can be made to Wounded Warrior Project.

Joseph Nally



Joseph Wayne Nally, 85, of Uniontown died on Thursday, March 28 at the Lucy Smith King Care Center in Henderson, Kentucky.

He was born February 16, 1939 in Uniontown to the late Joseph Hogerty and Mary Magdaline Nally.

Wayne was a member of St. Agnes Catholic Church. He was a loving, father, husband, and grandfather. He enjoyed farming, gardening, and woodworking.

He was preceded in death by a brother, Lee Nally and a step-sister, Dorothy Braddock.

He is survived by his wife, Loretta; three children, Brent Nally, Craig (Misty) Nally, and Lori (Tom) Moosbrugger; a sister, Patsy Girten; four grandchildren; and one great-grandchild.

Graveside service and burial was held on Monday, April 1 at St. Agnes Cemetery in Uniontown. Fr. Bruce McCarty officiated.

Memorial contributions can be made to St. Anthony's Hospice, 2410 South Green Street, Henderson, KY 42420.

Subscribe To The Sturgis News

Meal Prepping Saves Time, Frustration, Calories

Deciding what to have for dinner each night can be a daily conundrum for many of us. As a result, we may find ourselves in line at a fast-food restaurant more than we care to admit. But it does not have to be this way. By preparing at least portions of our meals in advance, we can have home cooked, healthy meals on a regular basis.

Research shows people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat an overall more balanced diet. Meal prepping is extremely popular as it allows us to live our hectic lives while still providing our families with nutritious foods. It saves time because steps in the cooking process are already completed to varying degrees. The process may include simply prepping ingredients to be used later to completely preparing dishes that are stored until later use. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping before, start small and don't invest a lot of money. First, aim to prepare two to three meals per week in advance. Find nutritious recipes that your family would enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the meals or ask them if there is a new food or recipe they would like to try.

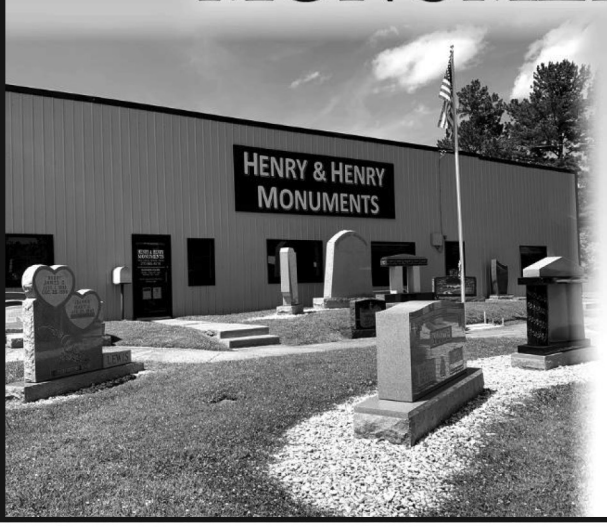
It is easier to set aside one day for grocery shopping and meal prepping as it cuts down on the number of times you have to handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation. Not only will it help spread the cooking responsibilities, but it will also teach your family basic cooking skills and healthy eating habits.

Remember food safety when preparing food. When using a cutting board, slice vegetables before cutting meat. Store produce and meat separate to avoid contamination. While most people associate meal prepping with dinnertime, you can also prepare quick breakfasts or use leftovers for lunches. When dinner is cooking, make the most of your time in the kitchen. Chop veggies for a salad the next day or slice some fruit for a quick grab-and-go snack.

After the food is prepared, store it in an airtight container and either place it in the refrigerator or freezer depending on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.

More information on meal prepping and healthy eating is available at the Union County Cooperative Extension office of the University of Kentucky Cooperative Extension Service.

"Our family serving your family since 1881"
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We accept appointments for one-on-one consultation.
207 Sturgis Rd.
Marion, Ky.
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602 US 62 East
Eddyville, Ky.
(270) 388-1818

PUBLIC NOTICE

THE FOLLOWING ESTATE HAVE BEEN PROBATED IN UNION DISTRICT COURT. PERSONS HAVING CLAIMS TO FILE AGAINST SAID ESTATES MUST FILE SAME NOT LATER THAN SIX MONTHS FROM THE DATE OF THE APPOINTMENT OF THE FIDUCIARY.

Estate of Judith Ann Girten,m 768 Salem Church Road, Morganfield, KY 42437. Administrator Kimberly Adams, 523 South Morgan Street, Morganfield, KY 42437. Date of appointment March 28, 2024.

PUBLIC NOTICE

BID NOTICE

The Union County Board of Education will receive sealed bids until 10:00 A.M. on Thursday, April 18, 2024 for:

Instructional Supplies
Maintenance Supplies
Office Supplies
Transportation Fuel
T-Shirts, Polos, and Sweatshirts
Athletic Uniforms

Bid forms and specifications may be obtained from:

Amy Morris, Director Finance or
Rhonda Gibson, Finance Specialist
Union County Public Schools
4500 U.S. 60-West
Morganfield, KY 42437
Telephone (270) 389-1694

Conflicts of interest, gratuities, and kickbacks are defined in KRS 45A:445 and as provided in KRS 45A:455 are absolutely prohibited. Violations of these codes are punishable by penalties as set forth in KRS 45A:455.

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PUBLIC NOTICE

SECTION 00 11 13

ADVERTISEMENT TO BID

CITY OF MORGANFIELD
MORGANFIELD, KENTUCKY
WATER TREATMENT PLANT SLUDGE DIVERSION AND NORTH MORGAN STREET WATER MAIN REPLACEMENT PROJECTS
CONTRACT 1 2024

The City of Morganfield (OWNER) is requesting Bids for the construction of the following Project:

Water Treatment Plant Sludge Diversion and North Morgan Street Water Main Replacement Projects Contract 1 2024

Electronic Bids for the construction of the Project will be received by OWNER until Tuesday, April 16, 2024, at 10 A.M., local time. At that time the Bids received will be publicly downloaded and read aloud publicly and via teleconference. The login information for the teleconference is as follows:
(608) 571-7149, Conference ID 860 376 664#.

The Project includes the following Work: Installation of approximately 775 linear feet (LF) of 8 inch (IN) PVC sewer line; three manholes; one 6 foot by 6 foot precast manhole; and two slide gates for the Water Treatment Plant Sludge Diversion Project, installation of approximately 1,280 LFof 6 IN PVC water main; three fire hydrant assemblies; and appurtenances for Base Bid of the North Morgan Street Water Main Replacement Project, and installation of approximately 670 LF of 6 IN PVC water main and appurtenances for Alternative Bid for the North Morgan Street Water Main Replacement Project.

Complete digital Project Bidding Documents are available at www.strand.com or at www.questcdn.com. Download the digital Bidding Documents for $75 by inputting Quest project number 9027779 on the website's project search page. Please contact QuestCDN.com at (952) 233 1632 or info@questcdn.com for assistance with free membership registration, downloading, and working with this digital Project information.

For this Project, Bids will ONLY be received and accepted via the online electronic Bid service through QuestCDN.com. To access the electronic Bid Form, download the Project Documents and click the Online Bidding.

The Issuing Office is Strand Associates, Inc.®, 325 West Main Street, Suite 710, Louisville, KY 40202.

All Bidders submitting a sealed Bid shall obtain the Bidding Documents from QuestCDN.com.

Bidders who submit a Bid must be a Plan Holder of record at the Issuing Office. Bids from Bidders who are not on the Plan Holders List may be returned as not being responsive.

The Bid must be accompanied by Bid security made payable to OWNER in an amount of 5% of the Bidder's maximum Bid price.

A wage rate determination is not a requirement of this Project.

OWNER reserves the right to reject any or all Bids, to waive any technicality, and to accept any Bid which it deems advantageous. All Bids shall remain subject to acceptance for 85 days after the time set for receiving Bids.

Contract award shall be made based on the lowest responsive and responsible Bidder.

This Bid is subject to Kentucky Revised Statutes Section 45A.490 through 45A.494, which in general provides that a "resident bidder" of Kentucky is to be given a bidding preference over a "nonresident bidder" who is registered in a state that gives preference to its in state resident bidders over a Kentucky resident bidder. The bidding preference is to be the same as that stipulated for the state of the "nonresident bidder." If the state of a "nonresident bidder" provides no specific preference, then "resident" and "nonresident bidders" are to be treated the same when evaluating Bids.

All taxes are the responsibility of the successful Bidder unless specifically exempted in the Bidding Documents.

The Strand Associates, Inc.® project manager is Joseph K. Okyere, P.E. and can be contacted at Strand Associates, Inc.®, 325 West Main Street, Suite 710, Louisville, KY 40202, (502) 583-7020 regarding the Project.

For all further requirements regarding Bid submittal, qualifications, procedures, and Contract Award, refer to the Instructions to Bidders that are included in the Bidding Documents.

Published by the authority of the City of Morganfield
Mayor Randy Greenwell

Dated at City of Morganfield, Kentucky
March 27, 2024