GRADD Senior Menu Listed For January

Green River Area Development District senior nutrition menu for January 2026 has been announced. Senior will enjoy the following meals:

Friday, January 2-grilled chicken, carrots, baked beans, baked potato, chips, pineapple, hamburger bun/mayo

Monday, January 5-chicken rice casserole, broccoli, cottage cheese, mixed fruit, dinner roll, margarine

Tuesday, January 6-BBQ pulled pork, roasted sweet potatoes, green beans, pineapple, hamburger bun, pickles

Wednesday, uary 7-Sloppy Joe, creamy cole slaw, broccoli and cheese, banana, hamburger bun, pickles

Thursday, January 8-pork chop, cooked

cabbage, black-eyed peas, cinnamon applesauce, dinner roll

Friday, January 9-chili with beans, baked potato, clementine, saltine, margarine, sour cream

Monday, January 12-pizza casserole, California blend, breadstick, brownie

Tuesday, January 13-breaded chicken, sweet potatoes, green beans, vanilla pudding, dinner roll, margarine

Wednesday, January 14-fish sandwich, macaroni and cheese, brussels sprouts, peaches, hamburger bun, tartar sauce

Thursday, January 15-cheeseburger, potato wedges, baked beans, red grapes, hamburger bun, pickle, lettuce and mustard

Friday, January 15-

pork chop with mushroom gravy, macaroni and tomatoes, mashed potatoes, applesauce, dinner roll, margarine

Monday, January 19-Closed for Martin Luther King, Jr Day

Tuesday, January 20-chicken pot pie, house salad, lime beans, apple crisp, French dressing

Wednesday, January 21-Salisbury steak, peas, mashed potatoes, chocolate chip cookie, dinner roll, margarine

Thursday, January 22-BBQ chicken, baked sweet potato, cabbage, diced pears, dinner roll, margarine

Friday, January 23bean soup with ham, greens, apple slices, V8/peanut butter, corn bread, margarine

> Monday, January

26-fish sandwich, broccoli and cauliflower, scalloped potatoes, applesauce, hamburger bun, tartar sauce

Tuesday, January 27-Tuscan bean and sausage soup, house clementine, salad, cornbread, margarine, creamy French dressing

Wednesday, January 28-chicken and dumplings, carrots, mixed fruit, chocolate pudding, dinner roll, margarine

Thursday, January 29-pork chop, mashed potatoes, lime beans, peaches, dinner roll, margarine

Friday, January 30-pasta with meat sauce, tossed salad, breadstick, apple slices, Italian dressing, margarine



BRYCE NALLEY, AN eighth grade student at John Paul Il School, was presented a medal and cash for winning the Veterans of Foreign Wars Post 5488 and VFW District 2 Patriots Pen Contest. The winning essay now goes to the State VFW for competition. VFW Post 5488 Senior Vice Commander Lark Buckman made the presentation.

Out With The Old, In With The

By Van Yancell

John 1:17 "For the law was given by Moses, but grace and truth came by Jesus Christ."

In the fall of 1991, I was teaching industrial arts. One cold early winter morning the school principal walked into my shop and told me the state had approved the plan for the construction of our new

The challenge was that traditional industrial shops were no longer approved. Technology labs would take their place. At the time I wasn't too disturbed over that circumstance.

Having already explored computer aided drafting, computer graphics and other applications, I saw the change as an opportunity for my personal learning as well as my students.

The next four years (beginning in August 1992) I taught technology education. Many of the students were excited, I was excited, and our lab was one of the

first three in the state and set an example for others developing such facilities.

There was a constant flow of visitors from other schools, the State Department of Education and even schools in surrounding states. Being afforded the ego-pleasure of expounding my knowledge of the transition was a thrill and of course I am always eager to teach. Adults also benefit from teachable moments.

However, as the years passed we became aware of what the youth were missing by not having the traditional subjects normally taught in industrial education.

Classes in woodwork, metals, architectural and engineering drafting and design, electricity/electronics provided a value to students that apparently few had realized in past years.

Was it assumed fathers would teach their children how to repair furniture, change electrical switches and re-

Between You and Me x 2

ceptacles, or install a float valve? And more pressing, where would the next generation of tradesmen come from?

We were raising a generation of mechanical and practical illiterates but were preparing a generation of video game professionals! Where were the future carpenters, cabinet builders, electricians, welders and block/brick layers to develop?

They certainly are not going to come from history or music class. The studies of history and music are needed (I wish I knew more) but these areas do not build buildings, bridges or needed consumer prod-

Change is not always good. Other subjects suffered as well. Home economics is another example. Are life skills and home skills in budgeting, planning and child rearing no longer important?

We are constantly seeing failures in parenting. A child bringing a weapon to school

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and injuring or taking the life of another child or teacher is a parenting failure. Many of the behavioral problems teachers face every day are parenting failures.

The constant need for more prisons and juvenile detention centers are partly the results of poor parenting. But many thought vocational home economics was not needed?

The technology lab served a purpose but its worth compared to the industrial arts shop is certainly debatable.

Here we are one-third of a century later and the topic of technology is an ongoing debate. Technology definitely has its good points but it also creates problems.

We are being watched constantly. Conversations in our homes are being heard to bombard us with commercials for products we may mention. Greed has smothered free enterprise and consumer needs.

We have no privacy, no secrets; our computer searches are recorded to monitor our shopping and buying habits. AI does our thinking rather than the human brain creating a farther dumbing down of the population.

I mentioned to wife Margie the possibility of replacing a bathtub with a shower. By the end of the day we were receiving ads for shower installers. What was listening; the TV, phone, computer, possibly all three?

The church has a similar problem. I usually ask, when called to substitute preach, "Do I need to bring a children's sermon?" Two of the last three times I've asked, I was told "We

earth." don't have any children."

Where are the young people with children? Do they have no need for God? This is serious and urgent!

Also recently we've become aware of a severe shortage of pastors, missionaries and evangelists in America. In one area we frequent, one-third of the churches in a denominational group are without pastors. We have a problem and when the time comes and someone wakes up and realizes this, it will be like dropping a bomb.

If there are many churches without young adults with children, where will be found the next generation of pastors? The simple answer to this is, there won't be any and there appears to already be a shortage! And consequently the church will continue to decline.

It is time to start taking the Great Commission seriously! Acts 1: 8 "But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the

The uttermost part of the earth is no longer the other side of the planet. It is here! It is inside the walls of the church and in the communities! The church has a problem and as a matter of survival, it must be addressed and

action taken. We must always teach that eternal salvation is attained by a faith based belief (Ephesians 2: 8) in Christ Jesus crucified (Matthew 27: 35) for the remission of sin (1 John 1: 9), resurrected (Matthew 28: 6) and ascended alive in to

Heaven (Acts 1: 9). Acts 4: 12 "Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved." Christians must take this seriously! If we do not tell the world

about Jesus, who will? "Out with old, in with the new" sounds good, but is it?

Van Yandell is a retired Industrial Arts teacher, an ordained gospel evangelist and commissionedsionary. His email is vmy3451@gmail.com

Subscribe To The Sturgis News

By Monty Carter

There is a right way and a wrong way to begin a new year. If the last few months have been filled with challenges, trials, and problems, don't let them dictate the beginning of 2026. Use this last week of the year to process all the good and bad from 2025. Learn from the mistakes and problems. Capitalize on the good things that happened. Don't beat yourself up over the troubles and challenges. Instead, practice forgiveness toward others and yourself. In Matthew 18:22, Jesus tells Peter that forgiving others has no limit for His followers. The Old Testament Law required the Jews to forgive seven times. Jesus reply to Peter's question reveals that forgiveness is not a number but a state of the heart. Often, we fail to

Practical Advice For The New Year

If there are things you need to change, then do it. Setting goals is a good thing, but you don't have to be legalistic. Some will be achieved, others will progress, and some may fall by the wayside. It's ok! Learn to celebrate your progress and the wins. And don't obsess on the failures. If one of your goals is to glorify Christ in all things (1 Cor. 10:31), then try to do it. If you have days when you fail, start again and don't let a slipup or two demolish your progress. Take note and celebrate the ways you are glorifying God that you previously did not. Let progress be your motivator. Learn from, and let go of the

mistakes in your efforts.

forgive ourselves.

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What are your best character traits? How can you improve and maximize them? Is there a character flaw/area you want to change? Find tangible ways to change them, and keep track of your progress. Allow for setbacks because we are all human. We tend to be harder on ourselves than our worst critic. Leave room for some grace because at some point, we all need it. Members of AA understand that each day is an opportunity to practice sobriety. "One day at a time" is a familiar phrase in recovery circles. The best kind of progress comes through small steps. Stay consistent in those steps, and before you know it, you will find yourself 3/4's of the way up the stairs.

Entering the new year with an intentional plan is far better than doing nothing and expecting different results. Change and improvement are not for the weak; it takes hard work,

and it may just be the most courageous thing we ever do! All God's best for you in 2026,

and Happy New Year!

Agape, Monty

PUBLIC NOTICE

A copy of the complete audit report, including financial statements and supplemental information, is on file at Union County Clerk's Office and is available for public inspection during normal business hours. Any citizen may obtain from the Clerk a copy of the complete audit report, including financial statements and supplemental information, for his personal use at a charge of \$0.25 per page. Copies of the financial statement prepared in accordance with KRS 424.220 is available to the public at no cost at the business address of the officer responsible for preparation of

COMMONWEALTH OF KENTUCKY UNION CIRCUIT COURT CIVIL ACTION NO. 23-CI-00077

PLANET HOME LENDING, LLC

CHRISTOPHER TYLER ALLEN WILSON AND UNION COUNTY NOTICE OF SALE

DEFENDANTS

PLAINTIFF

By virtue of a Judgment and Order of Sale rendered by the Union Circuit Court on the 28th DAY OF OCTOBER, 2025, I will on **THURSDAY, JANUARY 15, 2026**, at the hour of **10:00 A.M**. or as soon thereafter as may be possible at the Courthouse door in the City of Morganfield, Union County, Kentucky, proceed to offer for sale to the highest and best bidder the following described real property located in Union County, Kentucky, to-wit Property Address: 9389 US Highway 60 West, Sturgis, Union County, Kentucky 42459

PVA No. / Map No.: 52A-10-03 The current year's property taxes will be paid by the purchaser of the property

Purchaser may pay cash or said property will be sold upon payment of 10% deposit, with the balance upon credit of 30 days, the purchaser shall execute a good and sufficient bond with approved surety thereon for the purchase price, the bond to bear interest at the rate of 5.1250% per annum from the date thereof, until paid, and to have the force and effect of a judgment, but a lien shall be retained on said property to further secure the payment of the purchase price. At his option, the purchaser may pay cash or pay the bond with accrued interest at any time before its maturity. Said sale to be made free and clear of any and all liens, claims, rights, title, and interest of any and all parties to this action. The purchaser will be prepared to promptly comply with these terms or the said property will immediately be offered again for sale GIVEN under my hand this the 24th day of November, 2025

Stephen M. Arnett, Master Commissioner