



THREE LOCAL MEN John Boudro, Lane Butts and Joel Kuecker won the 2025-2026 Archery League shoot at Inside Out Archery in Marion recently. The trio picked up a cash prize for their shooting.

Nourishing Your Heart Is As Important As Listening To It

Source: Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition

With February being American Heart Month, now is a perfect time to learn about ways to lower your risk of developing heart disease. One of the best ways to do this is by following a heart-healthy diet.

The Dietary Approaches to Stop Hypertension (DASH) diet and the Mediterranean diet are widely accepted by scientists as being good for your heart. Both emphasize whole grains, fruits, vegetables, legumes, seafood and lean meats, and fewer fatty foods and sweets. Both the DASH and Mediterranean diets also encourage followers to incorporate physical activity and movement into their day. In addition to being heart-healthy, both diets may help you lower your risk for developing type 2 diabetes and some cancers.

The Mediterranean diet has been named one of the best diets in the world on numerous occasions. It gets its name from its origins in countries like Greece and Italy that border the Mediterranean Sea. It focuses on using food to build the foundation

for a healthy lifestyle, rather than focusing on restriction or following a strict diet.

Another important component of the Mediterranean way of eating is to enjoy as many meals as possible with others in social settings. In addition to being a heart-healthy diet, studies strongly suggest that individuals who follow the Mediterranean diet have lower levels of LDL “bad” cholesterol, lower blood pressure, weight loss or weight maintenance, improved eyesight and brain function, increased joint relief from rheumatoid arthritis, and may live longer.

The DASH diet is designed to help people lower their blood pressure. In addition to consuming nutrient-dense foods, it focuses on lowering sodium intake and adding in potassium-rich foods, like fresh fruits and vegetables.

By following the DASH diet, you may be able to lower your blood pressure by a few points within a couple of weeks. Long-term followers have been able to lower the top number of their blood pressure, also called systolic blood pressure, between

eight and 14 points, which reduces their risk for heart disease. The diet is also consistent with recommendations for lowering your risks for osteoporosis and stroke.

For more information on ways to eat healthy, contact the Union office of the University of Kentucky Cooperative Extension Service.

FCS Happenings:
This week is a busy one at the extension office. We will host a Canning 101 class on Tuesday evening. On Thursday our annual Heart Healthy Luncheon will take place. Speakers for this event will include a massage therapist and a nurse practitioner. Also, on Thursday evening the first class in our “Make It, Don’t Buy It” series will take place and the topic is DIY laundry detergent, dryer sheets, and household cleaner. Our second class in the series will be held on March 20th and we will learn to make our own pasta and tortillas. The March Laugh and Learn will be on March 9th at 10:00am. Please call the UC Extension Office at 270-389-1400 to sign up for any of these programs.

Homecoming, Revival Services Scheduled At Sturgis General Baptist Church

Sturgis General Baptist Church will hold its 77th Homecoming and revival on Sunday, March 1, 2026. Beginning at 1:30 p.m. there will be a potluck meal following the regular Sunday service.

Bro. Steve Stone and family of Henderson will provide music for the occasion.

The revival will begin March 2 and continue on March 3 and 4 at 7:00 p.m. each evening. Bro. Steve Stone will

conduct the revival.

Pastor Carl Brantley and congregation invite everyone to attend. The church is located at 903 Johnson St. in Sturgis.

COOPERATIVE EXTENSION SERVICE

4-H NEWS

UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE
By
ANNETTE BUCKMAN
COUNTY EXTENSION AGENT FOR 4-H

Union County 4-H Announces 2026 Summer Camp At West Kentucky 4-H Camp

Union County 4-H is excited to announce that local youth will be heading to West Kentucky 4-H Camp in Dawson Springs for the 2026 Union County 4-H Summer Camp, June 9-12, 2026.

4-H Summer Camp is more than just a few days away from home, it is a classroom without walls. Youth ages 9-17 will participate in hands-on educational activities designed to build confidence, leadership, teamwork, and independence. From archery and high ropes to group challenges and outdoor recreation, campers develop skills that prepare them for success in school, careers, and life.

Union County 4-H is committed to preparing youth to be “4-H Beyond Ready,” equipping them with the tools needed to thrive in an ever-changing world. Camp provides a safe and supportive environment where young people discover new interests, strengthen friendships, and grow as leaders.

To help ensure that every child has the opportunity to attend, Union County 4-H is seeking community partners and sponsors to support scholarships and program needs. Community investment helps remove financial barriers and allows more youth to experience the positive impact of 4-H camp.

For more information about registering for camp or becoming a sponsor, contact Annette Buckman, Union County Agent for 4-H Youth Development at 270-389-1400 or email: annettebuckman@uky.edu.

4-H Happenings

2-24 Camp Kickoff 3:30 - 5:30 p.m.
3-04 Ham Curing #2
3-05 TLA - Owensboro
3-09 4-H LEADS - Todd Co
3-10 Homesteading - 4-5:30 p.m.
3-12 Cloverbuds - 4:30 -5:30 p.m.

Follow Us On Facebook!

To keep up with all the fun events happening in the Union County 4-H Program follow Union County 4H on Facebook for all the latest news, events, and information about 4-H. There you will find interesting articles related to youth/4-H and much more!

Educational programs of the Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

Agriculture Notes

Submitted by Katie Hughes

Home and Garden Expo: February 28, 2026 at the Union County Expo Center in Sturgis, KY. From 8am-4pm. Discover everything you need for your home and outdoor space. From remodeling and landscaping to decor, tools and specialty products and expert advice from local and regional vendors ready to help you plan your next project. Food trucks, music and giveaways throughout the event. For more information contact the Union County Expo Center.

Wildlife Management in Landscape and Food Plots: Will be March 16 at 5:30pm at the UC Extension Office. Learn about excluding deer from food plots during estab-

lishment. We will also cover general wildlife exclusion for gardens, landscape and property. This program is free to attend. To sign up contact the UC Extension Office at 270-389-1400 or email katie.n.hughes@uky.edu

Homesteading/Small Farm Conference: Will be March 21, 2026 at the Hopkins Co Extension Office, Madisonville, KY. From 8AM-12pm cost is \$10/person and child care will be provided as well. Educational sessions and live demonstrations on practices for more self-sufficient and sustainable lifestyle. Topics will be extension and farm marketing information, wildlife/livestock fencing, beekeeping, sheep, goat, beef,

poultry processing, gardening food preservation, soap making. For more information or sign up contact Katie Hughes ANR agent at 270-389-1400 or stop by the UC Extension Office.

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Lenten Lunch Series Continues

Morganfield Methodist Church will once again be hosting the Lenten Sermon and Luncheon Series. All services will begin at noon with a half hour of worship followed by a half hour of food and fellowship.

The Morgnafield Methodist Women’s organization provides the meals for the Lent-

en gatherings. Donations for the luncheon are greatly appreciated and used to fund local community needs. Everyone is invited to be a part of this great ministry.

Following is the schedule for the speakers for every Wednesday after the first one:

March 4th: Bro. Cole

Caven, Morganfield

First Baptist Church

March 11th: Rev. Dwight Jackson, Grace Fellowship

March 18th: Terry Hargrove, Morganfield Christian Church

March 25th: Bro. Ray Buckman, Grove Center Methodist

April 1st: Ronnie Burkins, New Salem Missionary Baptist

-- PUBLIC NOTICE --

NOTICE OF PUBLIC MEETING

City of Sturgis will hold a public meeting on March 11, 2026 @ at the Senior Citizens Building located at 1002 Monroe St, Sturgis, Kentucky. A public meeting will take place at 3:45 pm and conclude at 4:00 pm. Purpose of the meeting is to provide general information to the public regarding the proposed water treatment plant project. The public is invited to attend and comment on such issues as economic and environmental impacts, service area, alternatives to the project or any other pertinent issues.

CITY OF STURGIS

4/4c

POSITION AVAILABLE

Street & Park Maintenance Worker

The City of Morganfield is taking applications for a full-time position for Street and Park Maintenance Worker. Position is responsible for performing a variety of maintenance, repairs and custodial duties along City streets, at City Parks & recreational facilities. Applications, requirements, salary and more details are available at City Hall, 130 E. Main Street, Morganfield, Kentucky between 8:00 AM to 4:00 PM.

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