

Bragging Rights A Bit Premature

By Becky Greenwell
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Fads come and fads go and nothing ever stays the same, but that makes life interesting.

Diets come and diets go, while women and a few men are quick to get on the diet merry-go-round.

Who just happens to be at the front of the line for any merry-go-round diet? Me! Yes, I've tried them all: low fat, no sugar, Weight Watchers, cabbage soup, diet in a bottle, exercise on an app, three-day crash diets, and even plain old starvation known as intermittent fasting.

The one diet that really worked the best for me was walking every day, a strong commitment to sit-ups, and watching what I ate. That was simply por-

tion control. That one takes a lot of willpower, and I prefer a quick fix.

I decided what I really needed to truly practice portion control is to have someone fix my meal, put it on a plate, and set it in front of me with no option for seconds. You know, kind of what happens when you're in the hospital and your meals are brought to you, perfectly balanced, and proportioned. Who asks for seconds in the hospital?

Knowing that portion control is probably the best defense for weight control, my sister introduced me to a new gadget. Remember the Portion Control Plate? I was ecstatic and ready to jump aboard.

That little plate was perfect. The plate was already divided into sections which distrib-

uted your calories to 55 percent carbs, 20 percent protein, and 25 percent fat for each day. It also came with a handy book with recipes, meal samples, strategies, motivation, and tricks to help one lose weight.

There were also 10 different printed paper disks with different foods listed that were allowed to go into each section. They were placed under the see-through divided plate, there you placed the appropriate fat, carb, and protein the meal called for.

The whole idea of this plate was the perfect solution for someone like me who had no willpower and no sense in balancing proteins and carbs. I didn't even know the difference between starches and proteins, and I'm still not

an expert at that.

I was getting excited about a whole new diet again. Then she said it cost her over \$20. Was this new fad diet worth the bucks? She could just let me borrow hers. She didn't like that idea. So being the bargain hunter I was, and knowing someone who was personally addicted to eBay, my mind was clicking.

First thing that Monday morning I walked into my workplace and hooked up with my eBay connection in the office. She found the plate rather quickly and started bidding at one dollar. Two plates were available, so we started bidding on both. It was a good plan to get my younger sister involved in this new diet revolution.

One week later my connection handed me my box with both plates in it. I had won the bid-

ding and purchased both plates for half the price of my sister's one. How exciting this was. Just maybe this new eBay kick was going to be my next forte.

Before the box arrived, I had done a whole lot of bragging, a lot of rubbing in the fact that my plates were so much more of a bargain. Just like a kid on a playground, "Nanny, nanny boo-boo!" I rubbed it in.

When I arrived home with my package, I hurriedly opened the box. My first words were, "I've been ripped off! All I got was a plate!"

That was it. There were no printed paper disks, there were no recipes, and there were no books that even told me what to put in the sections. Of course, my husband couldn't wait to tell my sister all about my "bargain" that was so much bet-

ter than hers. Now the "Nanny, nanny boo-boo!" was reversed. Oh, but she would be more than glad to make copies of her books and disks for just a mere, "Oh, \$22."

When I took a closer look at the e-Bay description of the plate, that's exactly what was described, pictured, bid on, and received. I vowed that next time would pay closer attention to descriptions or stick to shopping centers for my bargains. I would also keep bragging to myself until I found out what kind of bargain I really had.

As far as my new adventure of shopping on eBay went, I left that to the addicted expert in the office.

Waiting patiently in my near future was the Richard Simmons Deal-A-Meal program. "Bon appétit."

Many Children Being Raised By Grandparents

A significant percentage of American children are being raised by a grandparent. According to data from the U.S. Census Bureau, 2.74 million children in the United States were being raised by a grandparent in 2021.

The USCB notes that such children were living with at least one grandparent who was responsible for most of their basic needs.

Grandparents also play a notable caregiving role in Canada, where Statistics Canada reports one in five unpaid caregivers in 2022 reported providing roughly 15 hours of care each week to a grandchild or grandchildren over the previous 12 months.

Though the figures from the USCB suggest a growing number of grandparents have taken on caregiving roles in recent years, data indicates that such increases are generally applicable only

to older grandparent caregivers. Indeed, the USCB reports that the number of grandparent caregivers between the ages of 30 and 59

declined between 2009 and 2021, while the number of grandparent caregivers ages 60 and older increased during that 12-year period.

COOPERATIVE EXTENSION SERVICE

4-H NEWS

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

Growing Beyond Ready Leaders in Union County Ag Tag \$10 Donation Benefits 4-H

In 2025, Union County raised \$5590.00 through the Ag Tag Voluntary Donation Program. These generous contributions directly support Kentucky 4-H, Kentucky FFA, and Kentucky Proud, strengthening our local agricultural community and investing in its long-term success across the Commonwealth

Agriculture remains a foundation of life in Kentucky, and programs like Kentucky 4-H play an essential role in preparing for the next generation. Through these programs, young people learn leadership, responsibility, citizenship, and service; skills that help sustain our agricultural heritage and our rural communities. A simple \$10 donation when renewing your Ag Tag helps make this work possible and creates lasting opportunities for the youth of Union County

Kentucky 4-H is one of the state's most impactful youth development programs, offering hands on learning experiences in areas such as livestock judging, robotics, public speaking, 4-H camp, and Teen Conference. These opportunities help youth build confidence, gain practical skills, and become strong leaders within their communities.

Here in Union County, 159 young people participate in programs such as Homesteading Club, Livestock, Shooting Sports, Cooking, Cloverbuds, Horse Camp, Country Ham, Project Days, 4-H Camp, County and State Fair. These experiences are

shaping the future of our agricultural community and supporting the next generation of Kentucky leaders.

As we look ahead to the March 2026 Ag Tag renewal period, we encourage you to consider making a voluntary \$10 donation when renewing your farm license plate. If every resident in Union County contributed, we could raise \$10,000, a contribution that would make an extraordinary difference for our youth and our community's future.

Your support helps ensure that agriculture, leadership, and opportunity continue to grow here in Union County. Please consider making your Ag Tag donation this March to continue building a brighter future for our youth and our agricultural community.

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.

PUBLIC NOTICE

INVITATION TO BID FARM LAND LEASE

By West Kentucky Regional Industrial Development Authority, Inc., d/b/a Four Star Industrial Park, the Authority hereby solicits written sealed bids for an agricultural lease covering parcels of real property located in Henderson and Webster Counties, Kentucky, commonly referred to as the Four Star Industrial Park.

Sealed bids should be submitted and received by the West Kentucky Regional Industrial Development Authority, Inc., c/o Henderson Economic Development, Attention: Missy Vanderpool 207 N. Elm Street, Henderson, Kentucky 42420, by Wednesday, March 25, 2026, at 12:00 p.m.

The lease shall be a two-year agricultural lease, with all crops to be removed by December 31, on each of the years 2026 and 2027. The agreement is also contingent upon appropriate maintenance and upkeep of property. Please contact 270-854-9455 Missy Vanderpool, missy@hendersonkyedc.com for a map of the available acreage and planting requirements of approximately 105 acres. The sealed bids should be submitted as cash rent only on a per acre basis, separately itemized for each parcel. The lease shall include the option to renew for one additional one-year terms upon the mutual agreement of the parties.

The successful bidder will be notified by the Authority after the opening of the bids. The Authority retains the right to reject any and all bids.

Contractors shall provide the name of the firm, and a name, telephone number, and address of a contact person, and an address and telephone number for three (3) governmental or commercial accounts presently serviced by the contractor. Contractors should be able to supply WKRIDA with a copy of their liability insurance as well as naming West Kentucky Regional Industrial Development Authority as the additional insured.

-- PUBLIC NOTICE --

SUMMARY OF AMENDING ORDINANCE CHANGING THE FISCAL YEAR 2026 BUDGET ORDINANCE NO. 2026-03-11-02

AN ORDINANCE OF THE CITY OF STURGIS, UNION COUNTY, KENTUCKY, AMENDING THE CITY OF STURGIS KENTUCKY ANNUAL BUDGET FOR FISCAL YEAR JULY 1, 2025 THROUGH JUNE 30, 2026; AND REPEALING ALL ORDINANCES IN CONFLICT HEREWITH.

NOW, THEREFORE, BE IT ORDAINED BY THE CITY OF STURGIS, KENTUCKY, AS FOLLOWS:

The annual budget for the City of Sturgis, Kentucky for the fiscal year beginning July 1, 2025 and ending June 30, 2026, adopted on June 11, 2025 by Ordinance 2025-06-11, is amended as set forth in Exhibit A attached hereto and incorporated herein by reference.

	2026 BUDGET	
	2026 Original	2026 Amendment
General Fund Income	\$ 935,983.77	\$ 935,983.77
General Fund Expense	\$ 935,983.77	\$ 935,983.77
Operating Balance	\$ (0.00)	(0.00)
Gas Department Income	\$ 509,080.00	\$ 509,080.00
Gas Department Expense	\$ 509,080.00	\$ 509,080.00
Operating Balance	\$ (0.00)	\$ (0.00)
Water Department Income	\$ 856,977.95	\$ 856,977.95
Water Department Expense	\$ 856,977.95	\$ 856,977.95
Operating Balance	\$ (0.00)	\$ (0.00)
Sewer Department Income	\$ 515,933.38	\$ 532,468.53
Sewer Department Expense	\$ 515,933.38	\$ 532,468.53
Operating Balance	\$ (0.00)	\$ (0.00)
Sanitation Department Income	\$ 288,000.00	\$ 288,000.00
Sanitation Department Expense	\$ 288,000.00	\$ 288,000.00
Operating Balance	\$ (0.00)	\$ (0.00)
Budget Total	\$3,238,475.10	\$3,255,010.25

First Reading: February 11, 2026
Second Reading: March 11, 2026

VOTE OF COUNCIL

Allan Collins	Yes	Charles Garnett	Yes	Theresa Greer	Yes
Hunter Davis	Yes	John Deibler	Yes	Dennis Odom	Yes

MAYOR BILLY R. ADAMS, Mayor
City of Sturgis

ATTEST:
SANDRA GERMANE, City Clerk
Publication Date: March 18, 2026

ENACTED THIS 18th DAY OF March, 2026.

The full text of this Amended Ordinance is available upon request at City Hall, 106 West 6th Street, Sturgis, Kentucky, Monday - Friday 8:00 a.m. to 4:00 p.m.

-- PUBLIC NOTICE --

SUMMARY OF AMENDING ORDINANCE SETTING CITY COUNCIL AND MAYOR'S COMPENSATION EFFECTIVE JANUARY 1, 2027 ORDINANCE NO. 2026-03-11-01

AN ORDINANCE OF THE CITY OF STURGIS, UNION COUNTY, KENTUCKY, AMENDING THE CITY OF STURGIS KENTUCKY CODE OF ORDINANCES §31.02 COMPENSATION FOR THE OFFICE OF MAYOR FOR THE TERM OF OFFICE BEGINNING IN JANUARY 2027; AND REPEALING ALL ORDINANCES IN CONFLICT HEREWITH.

This Ordinance amends the City of Sturgis Code of Ordinances §31.02 COMPENSATION, sets the Mayor's compensation at \$36,000 per year; provides that the compensation of the Mayor and City Council members be made in equal monthly installments; postpones the compensation increase until January 1, 2027, after the November 2026 general election as provided by state statute; changes the designation of the City of Sturgis from a city of the fourth class to a Home Rule Class city; and fixes other typographical errors.

First Reading: February 11, 2026
Second Reading: March 11, 2026

VOTE OF COUNCIL

Allan Collins	Yes	Charles Garnett	Yes	Theresa Greer	Yes
Hunter Davis	Yes	John Deibler	Yes	Dennis Odom	Yes

BILLY R. ADAMS, Mayor
City of Sturgis

ATTEST:
SANDRA GERMANE, City Clerk

Publication Date: March 18, 2026

ENACTED THIS 18th DAY OF March, 2026.

The full text of this Amended Ordinance is available upon request at City Hall, 106 West 6th Street, Sturgis, Kentucky, Monday - Friday 8:00 a.m. to 4:00 p.m.