

Family Game Nights Can Promote Bonding

Research continually points to the benefits of families spending time together, particularly in regard to how such time benefits children. Researchers note family time decreases the likelihood of behavioral issues in children and increases the chances family units grow stronger. A 2023 study published in *Frontiers in Psychology* found time spent with parents is a crucial factor in the growth of children, and fostering children's

well-being and academic performance. And a recent Pew Research Center survey found 73 percent of adult respondents rate spending time with family as one of the most important things to them.

Family game nights can be an ideal way for families to spend time together. Psychologists note these sessions strengthen family bonds, enhance social skills and foster emotional well-being.

Family Bonding

Scholar's Choice, a Canadian distributor of educational toys, teaching materials and more, says children from families who maintain strong lines of communication through interactions like family game nights or dinners enjoy the benefits of expanded vocabularies, higher reading scores, more school motivation, better relationships with peers, and a

more positive perception of the parent-child relationship.

Establish Stronger Emotional Connections

Game nights help develop memories that foster stronger emotional connections between family members. All of the wins, losses, unexpected twists, and amazing moves become a part of the family fabric. These are memories that everyone can look

back on through the years.

Stronger Academic Performance

Certain games promote the development of skills that are useful in kids' academic careers. Research from Carnegie Mellon shows that even a small amount of time spent playing academic games can lead to improved results in the classroom.

Learn To Solve Problems

Kids who practice strategizing and problem solving with their parents or other adults can develop better memory techniques and be more successful at solving problems on their own, according to researchers from the University of Florida.

Practicing Patience

Games help everyone around the table practice being patient with one another. Waiting turns, handling setbacks and strategizing throughout the game are all lessons in building patience that comes from family game night. Playing games can help enhance a child's ability to manage frustration and develop resilience, too.

Family game nights get everyone together in an entertaining way and help build memories and foster skills that everyone can benefit from.

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Mother Played A Baby Grand

By Van Yandell

James 1: 17 "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows." Why do singers get the attention, while composers and musicians are the real talent behind the voices? Many can sing but few have the ability to strike the ivories with precision to extract a musical tone.

As far back as memory allows, my mother sat at her old Wellington piano and played. Not to brag but she was very good. My musical talents certainly didn't take after hers, with my ability to play a radio being a major challenge.

Wellington pianos were made by the Cable Piano Company in New York City. Their manufacture dated from 1885 until 1953.

Possibly mother obtained the piano from her mother and it became a part of the family in the early 1900's

The piano was unbelievably heavy and would have been a load for the Egyptian pyramid builders. I kept it several years after she died but finally gave it to a church in Hopkins County, Kentucky.

The swivel stool, however, we kept. A few years ago I sanded it and painted it a light ivory color. It is now in our shower bath and used as a vanity stool.

I'm told the stool is a collector's item. It has glass balls on the bear claw feet and the legs and spindles are lathe

turned. It's actually quite a conversation piece with memories attached.

Her favorite songs to play were "Leaning on the Everlasting Arms" (Elisha Hoffman) and "Boogie-Woogie" (Clarence "Pinetop" Smith). I often told her if she ever needed a job she could get a job in a honky-tonk or on a cruise boat.

I will remember her playing and stomping the pedals. She fit the stool perfectly, squirming around on it, giving an illusion of a sitting dance. I don't recall seeing her any happier than when she was playing her piano.

We lived in Marathon, Texas in the years before I started first grade in Kentucky. She played in the Marathon Baptist Church there. Often she mentioned the "baby grand" she played in that church.

I thought for years she had given the piano the name "baby grand." About 1978, we went to West Texas and one of our stops was Marathon. When I walked through the door of that little white church about three blocks north of Highway 90, I realized why she called it a baby grand.

There sat a miniature grand piano. Immediately I knew the one that had played that piano in the early 1950's was my sweet mother. If I had only thought and recorded some of her songs they would be an earthly treasure.

God gives us skills and abilities we can use to glorify Him. They may be building, organizational or skills dealing with church finances.

He also gives us spiritual gifts such as evangelism, preaching/teaching or workers of Jesus' mandate to be His witnesses.

Proverbs 16: 3 "Commit thy works unto the Lord and thy plans shall be established." In mother's generation, the significance of the Great Commission (Acts 1: 8) did not seem to be of particular urgency. As a child however, I saw her actions as a way of daily life.

Mom's age group however, had their missions group. They met each month. A mission's magazine was summarized so they would remain knowledgeable about Christian outreach around the world.

There were special weeks each year for focus on local, state and international missions. They sometimes referred to the Acts 1: 8 scripture which included the many locations around the world where missionaries were active.

I can only imagine how devastated my mother and father would be to see the world in the condition it is in now. Wars on numerous fronts, hatred greater than Americans have seen since the Civil War and the Ten Commandments are literally ignored by society. If Christian missions have ever been needed it is now.

Leviticus 18: 22, Proverbs 22: 6, Genesis 1: 27 and Matthew 16: 18 have been perverted to the point my parent's generation would shudder at the thought.

Racial tensions exist where we should be

working together to unify mankind rather than constantly looking for reasons to divide us. Acts 10: 35 "Then Peter opened his mouth, and said, of a truth I perceive that God is no respecter of persons."

Mother used to say "There's only one race and that's the human race." She considered every person as someone that Jesus died for.

It certainly appears in retrospect, her piano was her way of conveying her feelings. At times, it became a method of relieving frustration but those times were few. The intensity of her fingers on the keys were an indication of her attitude at the time.

We often wish we could go back in time and ask our parents questions or simply sit and listen to their experiences in life. My memories are many of mother's words but if life was to live over, without a doubt, recordings of her piano would be a part of my most precious possessions.

Of all her teachings, to believe in a crucified Savior was at the top of the list. She believed with all her heart, soul and mind that Christ Jesus died for her sins and the sins of the world.

My memories of her are precious. For any mother that may read this, consider the memories you are leaving your children; they last a lifetime.

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

PUBLIC NOTICE

NOTICE TO BIDDERS
DE-ICING SALT
FY 2026-27

Sealed bids will be received by the Union County Fiscal Court at the Union County Courthouse, 100 West Main Street Morganfield, KY, Office of the Union County Judge/Executive until 8:30 am May 12, 2026. All bids must be signed and sealed in an envelope clearly marked 'Salt Bid'.

Bids will be opened and read publicly in the Union County Courthouse at: 9:00 am May 12, 2026, at the regularly scheduled fiscal court meeting.

Requirements:

- 500 tons de-icing salt (estimated)
 - o County guarantees minimum purchase of 80% of estimated total
 - o Contractor agrees to provide up to 120% of estimated total at bid price
- Delivery specifications: Must be delivered by Tri-Axles/NO SEMIS to 186 Bluegrass Road Morganfield, KY 42437

Union County Fiscal Court reserves the right to:

1. Utilize additional information contained within any response;
2. Waive irregularities in any response; and
3. Accept any or all responses.
4. Reject any or all responses.

5/6c

UNION COUNTY FAMILY FUN FEST

MAY 28, 2026
4 to 6 PM

233 N Townsend St
Morganfield, KY 42437

JOIN US FOR FAMILY-FRIENDLY ACTIVITIES TO KICK OFF THE SUMMER!

Pizza ■ Refreshments ■ Inflatables
Face painting ■ Giveaways ■ Family photos
Access to mental health resources

rvbh river valley behavioral health

PUBLIC NOTICE

The Union County Fiscal Court will accept sealed bids on the following items until 8:30 a.m. on Tuesday, May 12, 2026, at the Union County Courthouse. Bids may be mailed to the office of the County Judge/Executive at Union County Fiscal Court P.O. Box 60 Morganfield, KY 42437, marked "sealed bid".

The bids will be publicly opened and read at the regular meeting of the Union County Fiscal Court at 9:00 a.m. Tuesday May 12, 2026. Copies of the specifications may be obtained by calling 270-389-1081 and we can mail, email or fax these to you, Monday thru Friday, from 8:00 a.m. until 4:00 p.m.

Items to Bid:

1. Bituminous concrete hot mix
2. Bituminous cold mix
3. Binder Mix
4. Flowable Fill
5. Crushed stone in various sizes
6. Corrugated steel circular pipe with bands
7. Corrugated steel pipe arch with bands
8. Coated corrugated pipe with bands
9. Plastic Pipe with bands
10. Portland cement concrete — 3500 PSI AND 4000 PSI compressive strength plant mixed, delivered to site
11. Prestressed concrete box beams (12" length thru 100" length) (HS -25 loading to meet KY State Highway laws)
12. Treated timber for Bridges (HS-25 loading to meet KY Highway specifications)

The Blacktop shall be laid before October 30, 2026, or a ten percent (10%) penalty will be assessed against the bidder. (Unless authorized by the Union County Engineer and the Union County Fiscal Court). Prospective bidders shall execute a non-collusive bid statement. All bids are to be made in accordance with the specifications and shall be submitted in multiples of SEVEN (7) copies. Union County Fiscal Court reserves the right to reject any and all bids, or parts thereof, so received and to waive all formalities in the bidding. The Union County Fiscal Court also reserves the right to award contracts to separate bidders if it appears that the lowest and best bids submitted on the foregoing materials are by different bidders. 5/6c

Saturday, May 16, 2026

THE STURGIS KY BICYCLE TOUR

WHEEL-IT

PEDALIN' PROGRESS
STURGIS, KY 2026 INAUGURAL BICYCLE TOUR

THREE BEAUTIFUL ROUTES!
63 miles - 31 miles - 17.5 miles

508 Adams Street
Sturgis, KY

Hosted by the City of Sturgis, KY

Online registration is open until May 15 at runsignup.com

Registration fee: \$35.00 for all rides

Early registration is open until May 6th You may register online after May 6th and in person at the time of event.

Early registrants will receive a commemorative event T-shirt.

Registration on the day of the ride begins at 7:30. Packet pickup day of the event at: 508 Adams Street, Sturgis, KY.

We ask that all riders participating in the 63 mile ride be on the road by 8:30. All riders must be on their route by 10AM.

All riders under 18 years of age must be accompanied by a responsible adult for the duration of their ride.

Helmets required.

Mobile support vehicles will be available.

For additional information, please contact the event organizers at: sturgiskybicycletour@gmail.com

63 MILE RIDE ROUTE INFORMATION

31 MILE RIDE ROUTE INFORMATION

17.5 MILE RIDE ROUTE INFORMATION