

How Screen Time Affects Adults

The effects of screen time are a point of frequent conversation. However, such discussions often focus on the impact of screen time on the health and well-being of children. But children are not the only age group who has to consider how much time they spend with their devices.

Many professionals spend hours on end in front of computers, and those same people may spend a lot of their free time watching shows and/or scrolling social media and news stories online.

There are quite a number of negative effects of too much screen time, even for adults. However, the point in time when device usage is considered detrimental to adults' health is not clearly defined.

Some health experts say that limiting social media use to 30 minutes per day leads to a "significant improvement in well-being." If that isn't enough to convince adults to put down their devices, perhaps an examination of the various harmful side effects of screens might do the job.

Depression: A 2017 study published in the journal *Preventative Medicine Reports* found a significant association between television watching and computer use with moderate or severe levels of depression. Several studies also have found a positive association between screen time and depression in adolescents.

Eye strain: Looking at screens can impact eye health. The

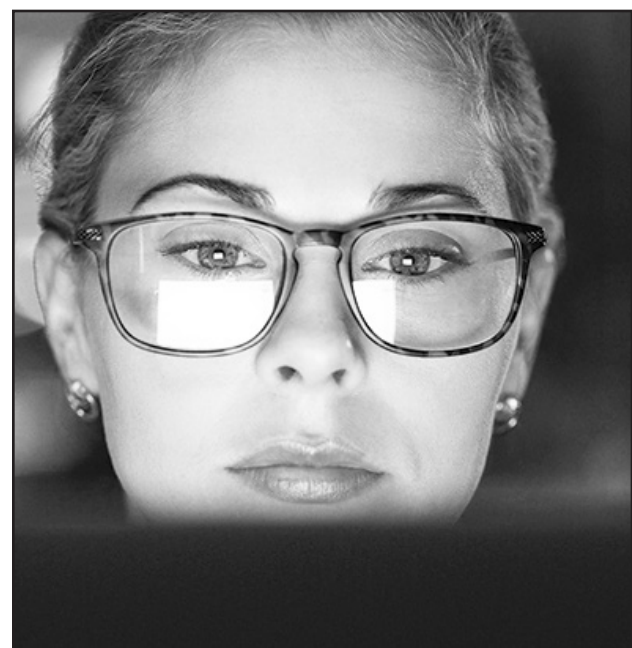
American Academy of Ophthalmology recommends the 20-20-20 rule for adults who work on a computer. This rule says that individuals look at something 20 feet away for 20 seconds every 20 minutes of the day.

Neck and back pain: Time spent sitting at a desk or on a phone and looking down adversely affects the body. This places strain on the neck, shoulders and back. In fact, many health care providers refer to the condition as "tech neck." Pain can occur and the risk for severe musculoskeletal issues can increase when these positions are held for too long, according to Reid Health.

Cognitive changes: A 2020 study in *Science Direct* found that adults who have been

diagnosed with smartphone addiction had problems with the part of their brains responsible for transmitting messages. Such adults also exhibited reduced cognitive performance. In addition, *Stanford Lifestyle Medicine* reports adults who watched television for five hours or more per day had an increased risk of developing brain-related diseases like dementia, stroke or Parkinson's.

Reduced physical activity: People who spend too much time on screens may be less likely to engage in physical activity, such as going on walks, working in the garden, playing sports, or engaging in active hobby projects. A sedentary lifestyle is linked to various health implications, such as



increased risk for obesity and the health problems that come with being overweight.

Impact sleep: The *JAMA Network* reports that among a cross-sectional analysis of 122,058 participants in the *American Cancer Society Cancer Prevention Study-3*, screen use was associated with decreased sleep dura-

tion and worse self-reported sleep quality. Electronic screen use before bed can disrupt circadian rhythms, leading to poorer sleep.

Screen time is not just a concern for children. Adults should moderate screen usage to safeguard themselves from an assortment of negative, device-related outcomes.

Between You and Me x 2

By Monty Carter

Default To Love

This past week, I experienced anger aimed at me from an unexpected time and place. It shook me up. And I'm still reeling from it. The details aren't important. What is important is that it came from someone who knows me. Someone I genuinely like and care about. It came out of nowhere. The level of vitriol and emotion aimed at me was scary. To be fair, an apology was made after the outburst. However, I've carried it all week and grieved over it. The relationship will never be the same.

I was able to keep my cool, but my blood pressure and heart rate were racing. I was hurt, but more disappointed than anything else. You see, I did not know that our relationship or friendship was based on unanimous agreement. I was raised to respect people beyond differences of opinion. Growing up, I loved watching my parents debate and disagree on various subjects without yelling, threatening, or shouting. They raised us to have informed opinions and express them "dis-

passionately," as Mom would always caution.

This made me think of how different our world is today. It seems to me that if someone disagrees with us, we believe we have the license to respond with anger, vitriol, hate, judgment, and in some circumstances, violence. Biblically, for those who claim to follow Christ, nothing could be further from the truth. Jesus never permits us to act this way toward others, especially among fellow believers. Jesus was into "cheek turning": "But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also." (Matt. 5:39)

Nor does Jesus give us a free pass to judge others: "Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?" (Matt. 7:1-3)

And if this isn't enough, His words on forgiveness blow apart this whole notion that we can be anything less than grace-giving in our words and actions: "For if you forgive other people when they sin against you, your heavenly Father will also forgive you." (Matt. 6:14) The Apostle Paul fleshes this out when he writes the church in *Colossians*: "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." (*Colossians* 3:13)

These are just a few examples among so many in the New Testament that caution and guide us on how to relate to others. As a high empath, I genuinely care about other people. However, I've had to learn to draw healthy boundaries for my own spiritual, mental, and physical health. People with high mercy gifts can easily become doormats for the emotionally wounded. It is a delicate balance. In my situation last week, I had to practice grace and restraint. Yet inside, I wanted to go all in and get in the gravel. I'm glad I didn't. It is a natural human reaction to fight back when you are under attack. It would have served no purpose but to tarnish my profession of faith and witness. Trust me, this hasn't always been the case. God has taught me many lessons in this regard. It has taken a long time to learn it, too.

After a lot of prayer and alone time with God on this, I know it wasn't personal. It was unbridled fury toward a differing opinion. It could (and has in this case) happen to anyone else. This is what impacted me most as the week went along. I found myself genuinely hurting for the person who acted out. I was sad that someone I like is being held hostage by this idea of 100% unified agreement on all things. It must be scary

to live that way. To allow preconceived notions or bias to dictate how you see or respond to others. Oh my, the things we miss when we operate this way.

You may be in this camp, and that's ok. I don't wish ill will upon those with whom I disagree on sports, politics, morals, business, theology, etc. I am eagerly rediscovering the Christian duty to love no matter what. It is not for wimps either. It takes a lot of courage and humility to be guided by God's unfettered love for others. I'm still working on it. Sometimes I get it right and sometimes I really struggle with it.

Lawyer, popular author, and speaker Bob Goff has dedicated much of his life to this notion of unfettered love. His foundation, "Love Does," focuses on putting love into action. Read any of his *New York Times* best-sellers, and you will find the common thread of love. I close with two of my favorite Goff quotes:

"It will be the people with the greatest love, not the most information, who will influence us to change."

"The world will figure out what we really believe by watching what we actually do."

I do believe in the words sung by Michael W. Smith that no matter what, "love always wins!"

Agape, Monty

- PUBLIC NOTICE -

NOTICE OF SURPLUS PROPERTY

Sturgis City Council has approved the surplus sale of a 2006 Chevy Silverado, 4WD, 8-cylinder, single cab ½ ton pickup. VIN#2GCEK13T061180492, mileage 201,055.

Sealed bids will be accepted until close of business (4:30 pm CST) July 7, 2026, bids will be opened at the regular scheduled city council meeting July 8, 2026.

Mail seal bids to:

City of Sturgis
PO Box 98
Sturgis, KY 42459

Or hand deliver to:

Sturgis City Hall
106 W 6th St
Sturgis, KY 42459

6/24c

POSITION AVAILABLE

EMPLOYMENT OPPORTUNITY STURGIS FIRE CHIEF

The City of Sturgis, Kentucky is seeking an experienced leader to serve as the City's Fire Chief. The Fire Chief is the only full-time employee of the Sturgis Fire Department (SFD). The Sturgis Fire Chief oversees SFD operational budget and assets, provides support to the Sturgis Volunteer Fire Department (SVFD) and serves as the liaison between the City of Sturgis and the SVFD. This is a unique opportunity for a self-motivated individual to manage a small fire department.

Other responsibilities include providing direction, administration and command for all fire suppression, prevention and emergency medical services; actively support and integrate the volunteer staff; oversee the department's operational budget, equipment, and apparatus procurement; and otherwise act as the public face of fire safety in Sturgis, working closely with city administration, schools and local businesses.

Minimum Qualifications:

1. Have and maintain Emergency Medical Technician (EMT) certification
2. Have and maintain all required state and local firefighter certification(s)
3. Experience in fire service leadership and supervision
4. Have and maintain a valid Kentucky driver's license
5. A high school diploma or GED required

A full job description is available upon request at City Hall.

This position is a full-time, salaried-exempt position, and includes normal and customary benefits. Salary commensurate with experience.

Interested candidates should submit a resume, cover letter, and professional references to the Mayor of the City of Sturgis at billy.adams@cityofsturgisky.com or by mail to: City of Sturgis, PO Box 98, Sturgis, KY 42459; or by hand delivering a copy to City Hall @ 106 W 6th St., Sturgis, KY 42459. Resumes will be accepted until 4:30 pm CST, (5:30 pm EST), June 30, 2026

The City of Sturgis is an Equal Opportunity Employer.

6/24c

-- PUBLIC NOTICE --

CITY OF STURGIS, KENTUCKY

ADVERTISEMENT FOR BIDS FOR STREET RESURFACING

The City of Sturgis is accepting sealed bids for street resurfacing at seven (7) separate project locations within the City Limits of Sturgis. Each individual project location must be priced and submitted as a separate bid. A list of project locations and specifications may be obtained by calling City Hall at 270 333 2166 or by requesting the information via email at billy.adams@cityofsturgisky.com.

Each bid must contain the full name of every interested person or company submitting the bid and shall be submitted in a sealed envelope marked "Sealed Bid for Street Resurfacing." If mailed, the sealed bid envelope must be placed inside the mailing envelope, and clearly marked as directed.

Each bidder must also submit the following information:

1. A minimum of two (2) references relating to your history and experience;
2. A minimum of two (2) credit references;
3. Certificate of insurance indicating CGI insurance coverage limits.

Sealed bids will be accepted at Sturgis City Hall until **4:30 p.m. CST (5:30 pm EST) July 7, 2026**. Bids received after the deadline will be considered non-conforming.

Sealed bids may be mailed to:

Sturgis City Hall
PO Box 98
Sturgis, KY 42459

Or hand delivered to:

Sturgis City Hall
106 W 6th St
Sturgis, Ky 42459

Bids will be opened and read aloud at the regular City Council meeting on July 8, 2026 to be held at 4:00 pm CST (5:00 pm EST).

The City of Sturgis reserves the right to reject any and all bids, in whole or in part; to waive any informality in any or all bids; and to accept the bid or part of bid it deems most favorable to the City after the bids have been opened, examined and checked.

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-- PUBLIC NOTICE --

SUMMARY OF AMENDED STURGIS CITY COUNCIL MEETING

LOCATION AND TIME ORDINANCE

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF STURGIS, KENTUCKY FIXING THE LOCATION OF MEETINGS OF THE CITY COUNCIL OF THE CITY OF STURGIS, KENTUCKY; ADDING EASTERN TIME ZONE AS REQUIRED BY STATUTUE; SETTING THE EFFECTIVE DATE; AND REPEALING ALL ORDINANCES IN CONFLICT HEREWITH.

Pursuant to KRS 83a.130(11), cities of the home rule class operating under the mayor-council plan shall hold regular monthly meetings at least once per month at such times and places fixed by Ordinance. Currently, the fixed place for regular meetings of the Sturgis City Council is the Senior Citizens Building, 1002 Monro Street, Sturgis, Kentucky.

Due to the sensitivity and cost of the equipment to livestream the council meetings, the council has determined it is prudent to move the location of the monthly council meetings to the room behind the former City Council Chambers at 26 E 6th Street, Sturgis, Kentucky, which is a more secure location.

In addition, state law now requires that all notices containing the time of meetings shall include both central and eastern times. Therefore, this Amended Ordinance is further amended to state the time of the regular monthly meetings to be at 4:00 p.m., central time, (5:00 p.m., eastern time).

The full text of this 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.

This Ordinance shall be Effective upon publication.

Billy Adams, Mayor