

Students Have New Tool To Explore Career, Technology Opportunities

**By Tom Latek
Kentucky Today**

As Kentucky high school students return to the classroom for the start of a new school year, they will have a new resource to help them explore career and technical education opportunities available in their communities.

The Kentucky Council on Postsecondary Education's (CPE) career and education planning website, Futuriti.org, has always shown program listings for high schools and area technology centers across the state. Now, the new Program & Pathway Finder helps students and families better understand how those programs connect to future education and employment. Each listing includes a description of the pathway, related career options, aptitudes that may help students succeed in the field and opportunities to continue their education after high school.

"Kentucky students

should be able to see how the courses they take today can lead to a meaningful career and a better future," said CPE President Aaron Thompson. "These new resources give students a clearer picture of the opportunities available in their own communities and help them choose a pathway that aligns with their interests, talents and goals."

Kentucky schools offer more than 100 career pathways across 13 CTE program areas. Offerings vary by school and region based on local workforce needs, industry partnerships, facilities and educator availability.

Through Futuriti, students can take a deeper look at their interests and compare available pathways with related occupations, education requirements and career opportunities. The statewide platform also provides Kentucky-specific information about wages, employment demand,

college programs, scholarships, apprenticeships and the cost of living.

"CTE pathways can allow students to earn industry-recognized credentials and college credit before they graduate from high school, saving them both time and money," Thompson said. "When students understand where a pathway can take them, they are more likely to continue their education, complete a valuable credential and enter a rewarding career. Over time, that can increase college-going rates, strengthen Kentucky's workforce and improve the quality of life for graduates and their families."

The new CTE listings are part of CPE's continued expansion of Futuriti as a comprehensive classroom-to-career resource for Kentuckians. The platform is designed to help students make informed decisions by bringing

together state-specific education, workforce and financial information in one place.

Students, families, educators and advisers can explore the new CTE resources at Futuriti.org.

GRADD Senior Menu Listed For August

The August senior nutrition program menu for August has been announced by Green River Area Development District. The following meals will be served beginning Monday, August 3:

Monday, August 3-BBQ chicken, Italian blend vegetables, baked sweet potato, pineapple, hamburger bun, margarine

Tuesday, August 4-cheeseburger, broccoli raisin salad, carrots, sugar cookie, lettuce, tomato, onion, pickle, hamburger bun

Wednesday, August 5-pork with kraut, oven roasted potatoes, lima beans, fruited gelatin, dinner roll

Thursday, August 6-chicken with gravy, mashed potatoes, green peas, banana, dinner roll

Friday, August 7-pork ribette, broccoli, baked potato, carnival cookie, margarine, dinner roll

Monday, August 10-chicken strips, carrots, au gratin potatoes, diced pears

Tuesday, August 11-meatloaf with ketchup, mashed potatoes, green peas, clementine, dinner roll, margarine

Wednesday, August 12-Salisbury steak, buttered noodles, root blend vegetables,

brownie, dinner roll, pudding, cornbread, margarine

Thursday, August 13-herbed pork, lima beans, sweet potatoes, apple cinnamon cobbler, dinner roll, margarine

Friday, August 14-turkey slice, tomato soup, broccoli raisin salad, tropical fruit, cheese stick, wheat bread

Monday, August 17-herbed pork chop, green peas, mashed potatoes, tropical fruit, margarine

Tuesday, August 18-beef goulash, carrots, chocolate chip cookie, dinner roll, margarine

Wednesday, August 19-cordon bleu, California blend vegetables, scalloped potatoes, ambrosia salad, dinner roll, margarine

Thursday, August 20-tuna salad, corn chowder, lettuce, tomato, fresh orange, wheat bread

Friday, August 21-bean with ham soup, collard greens, vanilla

Monday, August 24-orange glazed chicken and rice stir fry, roasted turkey, baked potato, carrots, diced pears, dinner roll, margarine, sour cream

Tuesday, August 25-roasted turkey, baked potato, carrots, diced pears, dinner roll, margarine, sour cream

Wednesday, August 26-spaghetti salad, broccoli and cauliflower, banana, French dressing, breadstick

Thursday, August 27-cheeseburger, broccoli raisin salad, potato and carrot, lettuce and tomato, onion, pickle, hamburger bun, gelatin cup

Friday, August 28-breaded chicken, capri blend veggies, au gratin potatoes, red grapes, dinner roll

Monday, August 31-breaded fish, green beans, cole slaw, fried apples, hamburger bun

COOPERATIVE EXTENSION SERVICE

4-H NEWS

UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE

BY

ANNETTE BUCKMAN

COUNTY EXTENSION AGENT FOR 4-H

Healthy Eating Starts In The Kitchen

One of the best ways to encourage healthy eating is by getting young people involved in preparing food safety. Whether they are measuring ingredients, chopping vegetables with supervision, or trying a new recipe, time spent in the kitchen helps build healthy habits that can last a lifetime.

Cooking teaches much more than how to prepare food. Youth learn valuable life skills such as following directions, reading recipes, measuring ingredients, practicing food safety, working as a team, and cleaning up after themselves. These experiences build confidence and independence while encouraging children to make healthier food choices.

Programs like 4-H provide youth with hands-on opportunities to develop cooking skills while learning about nutrition. Through fun, interactive lessons, young people discover how to prepare balanced meals, understand portion sizes, and make healthy food choices. These programs also emphasize kitchen safety, proper handwashing, and the importance of keeping food preparation areas clean.

Parents and caregivers can continue the learning at home by inviting children to help plan meals, shop for groceries, wash produce, measure ingredients, and prepare simple recipes. Even younger children can assist with appropriate age tasks, while older youth can gradually take on more responsi-

bility under adult supervision. These shared experiences create opportunities for family conversations while teaching valuable skills youth will use throughout their lives.

The Union County 4-H MasterChef Cooking Club provides youth with opportunities to gain confidence in the kitchen through hands-on cooking experiences. Participants prepare a variety of healthy recipes while learning food safety, kitchen skills, proper measuring techniques, and the importance of balanced nutrition. Cooking together not only helps youth develop lifelong skills but also encourages them to make healthier food choices for themselves and their families.

Healthy eating doesn't begin at the dinner table—it begins in the kitchen. By giving young people, the chance to cook, experiment with new foods, and learn essential life skills, we are helping prepare them for a healthier future, one recipe at a time.

To help families get started, here is a simple, healthy treat that youth can prepare with adult supervision. Banana "Ice Cream"

Servings: 4?
Size: 1 scoop (? cup)
Ingredients

- 2 bananas, sliced and frozen
- 2 tablespoons milk
- Optional toppings or mix-ins:
 - o Sliced strawberries
 - o Peanut butter
 - o Coconut flakes

Directions

1. Peel and slice the bananas. Place the slices in a freezer bag and freeze overnight.

2. Combine the frozen banana slices and milk in a blender. Blend until smooth and creamy, stop occasionally to stir or shake the mixture if needed.

3. Continue blending until the mixture reaches the consistency of soft-serve ice cream.

4. Serve immediately and enjoy!

Try a different flavor! Mix in a handful of sliced strawberries, one tablespoon of peanut butter, or one teaspoon of coconut flakes before blending.

Nutrition Facts (per serving, banana ice cream only):?60 calories; 0g total fat; 0g saturated fat; 0mg cholesterol; 0mg sodium; 14g carbohydrate; 2g fiber; 8g total sugars; 0g added sugars; 1g protein.

Recipe Source: University of Kentucky Cooperative Extension Service, Nutrition Education Program – Eat Smart to Play Hard, Chop Chop Summer 2019.

Class of '76 Planning 50 Year Reunion

The Webster County High School Class of 1976 is planning a 50 year reunion for Saturday, September 19. The event will be held at Hummingbird Hall, 1040 Market Street, Henderson.

Tickets are on sale now and may be purchased for \$35 per person by August 15. After that date ticket prices will increase to \$40 until September 5. Payment may be made through Venmo @ Pam Bivens-1. Tickets may also be purchased by mailing a check to Pam Bivins 4127 Liberty Pt., Owensboro, KY 42303.

Cocktails (mixers only provided) will start at 5:00 p.m. with dinner catered by Thomason's BBQ starting at 6:00 p.m.

Class members who plan to attend may RSVP by text to 270-302-3868.

PUBLIC NOTICE

The Union County Public Health Taxing District financial statements, adopted budget, and the most recent financial audit for the fiscal year ending June 30, 2026, maybe examined by the public at: <http://kydigweb.ky.gov/>

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-- PUBLIC NOTICE --

VIBRACOUSTIC ADHESIVE PLANT HAS BEEN FOUND TO HAVE EXCEEDED THEIR PERMIT LIMIT FOR ZINC DURING THE SECOND QUARTER (JANUARY - JUNE 2026).

VIBRACOUSTIC HAS SURPASSED THE TECHNICAL REVIEW CRITERIA LIMIT, OF 33% OR MORE AND THE CHRONIC MONTHLY LIMIT OF 66% OR MORE. THEREFORE, AS A RESULT OF THIS VIOLATION, VIBRACOUSTIC ADHESIVE PLANT IS IN SIGNIFICANT NONCOMPLIANCE OF THE CITY OF MORGANFIELD'S PRETREATMENT PROGRAM.

IF YOU HAVE ANY QUESTIONS YOU MAY CONTACT THE CITY OF MORGANFIELD WASTEWATER TREATMENT PLANT.

MONEY FOR ON-FARM INVESTMENTS AVAILABLE...

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Owensboro, KY 42302

270-929-0194 Stacy

grabig@bellsouth.net

COUNTY AGRICULTURAL INVESTMENT PROGRAM (CAIP)

Applications will be available for Webster County's CAIP and YAIP to assist Farmers and Youth in making important on-farm investments.

Application Period:

August 1, 2026 - November 30, 2026

No applications will be accepted after November 30, 2026

Application Availability:

Webster County Extension Service

Monday – Friday (8 a.m. – 4:30 p.m.)

For More Information:

Contact Extension Service at 270-639-9011 to request applications

All applications are scored, based on the scoring criteria