



UNIONTOWN KNIGHTS OF Columbus member Lark Buckman on left presents a check for \$1,700 to Michael Brown from the Uniontown Friends of the Ballpark. The donation was for assistance by the Friends of the Ballpark in operating the KCs weekly Bingo over the summer.

Menu Decisions, Never Ending Dilemmas

By Becky Greenwell
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Life is full of decisions to be made. The older we get, the more decisions have to be made and the more difficult the answers become.

As a mother, the most dreaded question asked every day is, “What’s for supper?”

My response most often was, “I have no idea.”

If I planned ahead and had a meal started when the question was asked their answer was usually, “Yuck, I don’t like that,” or it was, “I want something else.”

Whenever I would ask for second opinions I would hear, “I don’t know,” “I don’t care,” or “Whatever.”

When I got the remarks of I don’t like that, I would throw up my arms, put the meal on the table and exclaim, just as my mother would,

“Well, you must not be very hungry then. This is supper.”

I managed to have a hot meal on the table every night with everyone gathered around the table. My family did not starve growing up and they really weren’t picky eaters. There were days when they might not have been very appreciative of what I put before them, but we all have those days when we are hungry but don’t know what we want.

Nothing sounds good. They don’t know what they want, but they know it isn’t that.

I had a rule that you eat what is served and when the dishes are done and the lights are turned off, the kitchen is closed. They learned to eat what was served.

Then the kids grew older, got busier, and those home-cooked nightly meals became less routine.

The decisions of “I don’t know,” “I don’t care,” or “Whatever” became standard. Family members weren’t very cooperative and I was pretty much getting like them. Nothing sounded good.

I remember sitting with a group of moms one afternoon discussing the dilemmas of mealtime and I realized I wasn’t the only one in a cooking rut of what to prepare.

One of the moms explained how she solved her dilemma by inventing special recipes for these types of days. She took some of her family’s favorite go-to recipes and called them, “I don’t know,” “I don’t care” and “Whatever.” When someone chose to eat “I don’t care” she prepared it. It may have been a Taco night, or Sloppy Joe night, or the “Whatever” could have been breakfast for supper.

I thought it was ingenious. I was going to do that. Then I faced the dilemma of deciding what recipe was going to be “I don’t know,” “Whatever,” or “I don’t care.” I was like the kids now and I didn’t know what to prepare.

During the full house years, we managed to survive meal-times. When it became an empty nest, my husband and I found ourselves as a family of two.

The decisions still had to be made.

What do you want for supper?

I don’t know. I don’t care. Whatever.

Cooking for two seems to be an awful lot of work and a little more expensive. We either throw out more food or we eat more than we need.

Do you want to go somewhere and eat?

Sure, where?

I don’t know. I don’t care. Wherever.

Then there are the nights when nothing sounds good or I’m not very hungry. When I’m not hungry it’s hard to plan a meal for someone without suggestions. I know he wants real food, but I can be satisfied with a bowl of popcorn and a glass of milk.

The conversation then becomes, “Well, if you aren’t going to eat I’m not going to just fix myself something.”

No, I can eat something what do you want?

I don’t know. What is there?

There’s nothing thawed. I guess you can have a sausage and egg sandwich. Okay then I will fix that.

Okay, I’m going to eat popcorn.

Finally, a decision is made and neither is probably satisfied with what we are having for supper.

About that time the front door opens and one of the grandsons drops by. “Hey, Mackey! I’m starving what do you have to eat?”

What do you want?

I don’t know, what have you got?

Popcorn, sausage and eggs.

Got anything else?

The cycle continues. I’m going to have to invent some of those go-to recipes to have on standby.

Agriculture Notes

Submitted by Katie Hughes

KY State Fair: will be August 20-30,2026 for more information <https://kystatefair.org/>

Keep Up with Everything Going on at the Union Co Extension Office: Make sure to follow all the Facebook pages to not miss a program or event held by the Union Co Extension Office those pages are Union County KY Agriculture Extension, Union County Extension Family and Consumer Science and Union County 4-H. If you would like to receive a newsletter, please contact the extension office at 270-389-1400 to be added to any program area or stop by the extension office 1938 US HWY 60W Morganfield, KY.

Union Co Yield Contest: If any producers would like to enter the corn or soybean yield contest, please contact Katie at the Union Co Extension Office 270-389-1400.

25th Annual Union Co Bull Sale: Since it will be the 25th Annual Union Co Bull Sale on February 6, 2027 at the Union County Expo Center, Sturgis KY. We are looking for pictures from past UC Bull Sale, if you have any and would like to share you can send them to katie.n.hughes@uky.edu or text pictures to 217-891-0947. Please note photos will be used on social media and promotional items.

PUBLIC NOTICE

Notice is hereby given of the dissolution of Ervin Telecommunication LLC, a Kentucky limited liability company. Pursuant to KRS 275.325, any persons having a claim against said company shall deliver notice of the alleged claim to Stephanie Beaven, 450 Pryor Blvd, Sturgis, Kentucky 42459. Such notice shall include the following information: (a) the full name, address and telephone number of the claimant; (b) describe the precise nature of the alleged claim; (c) the date such alleged claim first became known to the claimant; and, if appropriate, (d) the location where the alleged claim arose. Any claim against the company shall be barred unless a proceeding to enforce the claim is commenced within two (2) years after the publication date of this Legal Notice.

- PUBLIC NOTICE -

REQUEST FOR STATEMENT OF QUALIFICATIONS

In accordance with 7 CFR §1780.39, and KRS 45A.740, the City of Sturgis, Kentucky, is accepting Statements of Qualifications for engineering services, including, but not limited to, planning, design, construction procurement, construction administration, inspection, and preparation of a preliminary engineering report for the following drinking water projects:

I. Water Line Improvements Project – Phase 2: WRIS # WX21225071

Statements of Qualifications will be accepted by the City of Sturgis until 10:00 AM, local time, on Friday, August 28, 2026, at the address listed below. Proposals should be sealed and marked on the envelope “City of Sturgis – Statement of Qualifications.” Each firm should submit one hardcopy or send one electronic copy of the statement to Mayor Billy Adams (billy.adams@cityofsturgisky.com), and each statement shall be no more than 15 pages in length.

Qualifications will be evaluated and ranked by the City of Sturgis based on the following criteria.

Statements of Qualifications will be evaluated on the basis of written materials; therefore, it is not necessary that a representative of the firm attend the evaluation meeting. The city may request an interview with firms at a later date. After the close of evaluations, the city will contact the highest-ranking firm and enter negotiations. The City will negotiate scope and fee for each project separately in accordance with KRS 45A.750 and 2 CFR 200.320(b)(2)(v). If negotiations fail, the City will terminate discussions and begin negotiations with the next-ranked firm. Once a firm has been selected, all unsuccessful candidates will be promptly notified.

Statements of Qualifications will be evaluated and ranked on the basis of the following considerations:

1. Experience or technical expertise of the firm with regard to the type of services to be provided and projects of a similar nature.
2. Past record of performance on contracts with the locality and other clients, including quality of work and timeliness.
3. Capacity of the firm to work within time limitations, taking into consideration the current and planned workload of the firm.
4. Willingness to meet time and budget requirements for each project.
5. Familiarity with the locality of the project (program) requirements.
6. Location/proximity to the project.
7. Inclusion of women and minority firms with the proposed project.

REQUEST FOR STATEMENT OF QUALIFICATIONS

Statements of Qualifications should include the following information:

1. The experience and qualifications of the firm and the individual(s) to be assigned to the project.
2. Description of past record of performance with the locality, if applicable, and description of past record with other clients in the development of similar projects utilizing public funding assistance. Include the name and number of a contact person for each referenced project.
3. The firm’s capacity for performance. Describe the timeframe for services to be provided and staffing consideration such as availability, workload, etc. Indicate availability and any restrictions for attendance at any onsite meetings or presentations.
4. Description of the degree of familiarity with locality.
5. A map of the firm or organization’s location and how close it is to the project.
6. A listing of women and minority firms that will be involved with the project.

Sources of project funding may include, but not be limited to, USDA Rural Development, Water Loan and Grant Funds, Community Development Block Grant, Delta Regional Authority, municipal bonds, KYWWATERS and KIA SRF Funds.

The City of Sturgis will adhere to the provisions of Title VI of the Civil Rights Act of 1964, Section 3 and Section 109 of the Housing and Community Development Act of 1974 in the implementation of this project.

No person shall be excluded from participation in, denied benefits of, or subjected to discrimination in the implementation of this program on the grounds of race/ethnicity, color, religion, sex, disability, national origin, familial status, gender identity and sexual orientation. Attention is particularly called to the requirements as to conditions of employment to be observed under the contract, Section 3, Segregated Facilities, Section 109, Title VI of the Civil Rights Act of 1964, E.O. 11246, the Anti-Kickback Act and Section 504 requirements.

The City of Sturgis reserves the right to reject any and all responses submitted.

All Statements of Qualifications should be addressed in a sealed envelope to:

City of Sturgis - Statement of Qualifications
Attn: Mayor Billy Adams
P.O. Box 98
Sturgis, KY 42459-0098
Or emailed to billy.adams@cityofsturgisky.com

“EQUAL EMPLOYMENT OPPORTUNITY”

Sturgis City Council

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the waterline replacement in the city is expected to begin in September. The blacktop improvements are expected to begin this week.

In other business, council members approved a contract with the Kentucky League of Cities to develop a city web site. According to Mayor Adams, the cost to do that is \$6,000 annually. The city will be able to make changes and adjustments to the site at no cost. In the future, city residents will be able to go to the web site to pay utility bills.

The council approved a request from officials with the Union County Schools to close Johnson Street between 10th Street and 12th Street during school hours. The city attorney stated she believed that portion of Johnson Street already belonged to the school district. Mayor Adams will discuss the matter with school district personnel.

Council members approved the

closure of Adams Street from 5th Street to 7th Street and 6th Street from Adams Street to past the fire department on Halloween, Saturday, October 31. The council also set Saturday, December 5, 4:00 P.M. as the date for the annual Christmas parade.

In final business, Mayor Adams informed council members the 2025 audit should be completed later this month. He also praised the work of the “Beautify Sturgis” committee, which has been busy for the past several weeks upgrading areas of the community. “Beautify Sturgis” is a tax-deductible non-profit, and persons interested in making a donation to help fund future projects should contact city hall.

No further business came before the council, and the meeting was adjourned at 5:10 P.M.

The next regular meeting of Sturgis City Council will be Wednesday, September 9, 4:00 P.M.

Scams That Target Seniors

Continued from Page 1

an avenue to view sensitive information, but scammers also may diagnose nonexistent problems and charge a fee. But the scam does not always stop there. Some call back later and offer a refund to account for services that can no longer be rendered or to correct an overcharge. The scammers then request victims’ specific banking details under the guise of “correcting” these alleged oversights.

· Lottery Scam: The lottery scam involves scammers calling potential victims and informing them they have won a foreign lottery or sweepstakes. Perpetrators of this scam typically identify themselves as lawyers, customs officials or lottery representatives. The telemarketers behind this scam may be based in Jamaica, but the U.S. Embassy in Jamaica warns that those behind the

scam will ask winners to pay various fees, including shipping and customs duties, until victims’ funds are exhausted.

· Romance Scam: The FTC warns that wildly popular dating sites, social networking platforms and chat rooms provide opportunities for scammers to identify and exploit potential victims. The aim of these scams, which many victims are too ashamed to report even after they realize they’ve been victimized, is to convince targets to send money in the name of love. But the EJI warns that online love interests who ask for money are almost certainly scam artists.

These are just a handful of the many ways that modern scammers target seniors. More information about these and other scams is available at justice.gov/elderjustice.