



GEORGE BLAKELEY RECENTLY won the rifle from the American Legion Post 38 raffle. Harvey Messer, Legion Senior Vice Commander presented Mr. Blakeley with the prize.

Union County FCS News

Submitted by Shea Heady

Packing Lunches? Start With This Packing Guide

Source: Courtney Luecking, Extension specialist for nutrition and health

Packing lunches may feel like a chore on busy mornings. Investing a little time to plan can go a long way in saving time, money and energy. These practical tips will help you plan easy, tasty and nutritious lunches for growing minds and bodies.

Invest in reusable containers. Buying reusable containers will help save money over time. They will also allow more options for what you can pack. An insulated bag and ice pack will help keep cold foods cold and safe to eat. An insulated food container can help keep hot foods like soup warm until lunchtime. Kids can refill reusable bottles with water throughout the day.

Consider lunch limits. To help children get the most out of the much-needed lunchtime boost, find answers to these questions.

* What time is lunch? Lunchtime may be early or later in the day. With early lunches, frozen foods may not have time to thaw. With later lunches, your child might need a snack to bridge the gap between breakfast and lunch.

* How long is lunchtime? The lunch period may be as short as 20

minutes. With short lunch periods, it is helpful to send foods that do not require preparation and that are easy to eat. For example, soup or salad may take longer to eat than cheese and crackers or a sandwich.

* Is the school nut-free? Because of the increasing numbers of children who have food allergies and potentially serious outcomes, some schools do not allow peanuts or tree nuts. Examples of tree nuts include almonds, cashews and pecans. If your school is nut-free, try alternatives like sunflower or soy nut butter.

* Can children open packages? Whether you pack reusable containers or prepackaged items, make sure your children can open them. If not, you can either open packages before you put them in the lunchbox or put the food in something that is easier to open.

* Is there access to a microwave? Access to a microwave means you can send foods that need to be heated up. (Hello, leftovers!) If there is no microwave, make sure foods are ready to eat as packed.

Make a plan. When planning lunches, aim to include a protein, whole grain, fruit and vegetable. Choosing two to three staples from each of these groups will provide options for the week without breaking the

bank. Protein ideas include hard-boiled eggs, yogurt, cottage cheese and canned beans. Whole-grain ideas include tortillas, crackers, pasta and frozen waffles. Fruits can be fresh, frozen or packaged in a fruit cup or pouch. Vegetables can be fresh, frozen or reheated, including leftovers from dinner.

Keep it simple. Create a list of five to 10 main-dish ideas. You can use this over and over with the same or different ingredients. For example, you can use a whole-grain tortilla for a peanut butter and banana roll-up one day and a bean and cheese quesadilla the next. Serving familiar favorites in different ways gives children nutrition they need while also exposing them to new textures and flavors.

Get children involved. Include your children when you make the lunch plan. Invite them to help with grocery shopping. This can provide time to find new foods to try.

A little planning and creativity will help you pack lunches that fuel your children for the second part of their day. For more nutrition information and meal-planning tips, contact the Family and Consumer Sciences agent at the Union County Extension office.

PUBLIC NOTICE

In accordance with Chapter 65 and 424 of the Kentucky Revised Statutes, the financial statement, adopted budget, and most recent audit reports of the Lost Creek Watershed may be inspected by the general public at 719 U S Highway 60 E, Morganfield, Kentucky, by appointment, between the hours of 1:00 p.m. and 4:00 p.m., on Thursday, August 27, 2026. The Board meets in July and January.

Chairman: Bill Gough, 648 Ben Vize Road, Morganfield
Vice-Chairman: Randy Greenwell, 4135 State Route 141 N, Uniontown
Treasurer: Don Clements, 1877 St. Route 359, Morganfield
Director: Larry Turner, 5473 State Route 130 N, Uniontown
Director: Mike Fenwick, 1404 Hite School Road, Waverly

This advertisement was paid for by the Lost Creek Watershed using taxpayer dollars in the amount of \$30.00.

PUBLIC NOTICE

In accordance with Chapter 65 and 424 of the Kentucky Revised Statutes, the financial statement, adopted budget, and most recent audit reports of the Goose Pond Watershed may be inspected by the general public at 719 U S Highway 60 E, Morganfield, Kentucky, by appointment, between the hours of 1:00 p.m. and 4:00 p.m., on Thursday, August 27, 2026. The Board meets in August and January. The directors ask that landowners either maintain their ditch banks or allow the watershed to keep it clear.

Chairman: Bill Thomas 6443 State Route 947, Morganfield
Vice-Chairman: John Wayne Hooper, 5165 St. Route 270 W, Morganfield
Treasurer: John Mark Brown, 4334 St. Route 492, Morganfield
Director: Kevin Greenwell, 494 Mason Road, Sturgis
Director: Drake Shirel, 3294 St. Route 109, Sturgis

This advertisement was paid for by the Goose Pond Watershed using taxpayer dollars in the amount of \$33.00.

PUBLIC NOTICE

In accordance with Chapter 65 and 424 of the Kentucky Revised Statutes, the financial statement, adopted budget, and most recent audit reports of the Cypress Creek Watershed may be inspected by the general public at 719 U S Highway 60 E, Morganfield, Kentucky, by appointment, between the hours of 1:00 p.m. and 4:00 p.m., on Thursday, August 27, 2026. The Board meets in July and January.

Chairman: Scott Omer, 2863 St. Route 270 W, Sturgis
Vice-Chairman: Nathan Hardesty, 952 St. Route 948, Morganfield
Secretary/Treasurer: Landon Brown, 380 Herron Road, Clay
Director: Joe Woodring, 204 Pottery Lane, Sturgis
Director: Joe Wells, 8055 St. Route 758, Clay

This advertisement was paid for by the Cypress Creek Watershed using taxpayer dollars in the amount of \$30.00.

PUBLIC NOTICE

In accordance with Chapter 65 and 424 of the Kentucky Revised Statutes, the financial statement, adopted budget, and most recent audit reports of the Eagle Creek Watershed may be inspected by the general public at 719 U S Highway 60 E, Morganfield, Kentucky, by appointment, between the hours of 1:00 p.m. and 4:00 p.m., on Thursday, August 27, 2026. The Board meets in July and February.

Chairman: Lyle Waller, 3988 US Highway 60 W, Morganfield
Vice-Chairman: Dennis Hardesty, 89 Adamson Road, Morganfield
Treasurer: John Davis, 635 Bob Hite Road, Morganfield
Director: Randy Morgan, 891 State Route 1257, Sturgis
Director: Gregg Steward, 225 State Route 1598, Morganfield

This advertisement was paid for by the Eagle Creek Watershed using taxpayer dollars in the amount of \$30.00.

COOPERATIVE EXTENSION SERVICE

4-H NEWS

UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE

By

ANNETTE BUCKMAN

COUNTY EXTENSION AGENT FOR 4-H

Beyond Ready: How Kentucky 4-H Prepares Youth For Work, Life

The world is changing faster than ever. Today's young people will enter careers that do not yet exist, navigate new technologies and adapt to challenges throughout their lives. Their success will take more than technical knowledge; it will require confidence, communication, leadership, problem solving and the ability to work with others.

In Kentucky 4-H, we prepare youth for that future through our Beyond Ready approach. Every 4-H experience is intentionally designed to help young people develop the skills needed to succeed in school, the workforce and life. Whether they are raising livestock, designing a robotics project, creating a photography exhibit, giving a speech or serving their community, every experience helps them grow.

To ensure every member develops these essential skills, Kentucky 4-H incorporates three key components into every program, no matter the content area.

Communication

Youth practice sharing ideas, listening to others, presenting with confidence, interviewing, writing and speaking in front of groups. These experiences prepare them to advocate for themselves, collaborate with others and communicate effectively in any setting.

Leadership

Leadership is about more than holding an office. Through 4-H, youth learn to make decisions, set goals, solve problems, work as a team and take initiative. These experiences build confidence while preparing young people to lead in their schools, careers and communities.

ties.

Civic Engagement

By participating in service projects and community partnerships, youth discover that they have the power to make a difference. They develop responsibility, empathy and a commitment to giving back while learning that strong communities depend on engaged citizens.

The more opportunities youth have to say "yes" in 4-H, the greater the impact. Joining a club, participating in a project, giving a demonstration, serving in a leadership role, attending camp, volunteering in the community or competing in a contest each provides another opportunity to strengthen work and life readiness skills. Every experience builds on the last, helping youth become more confident, capable and prepared for whatever comes next.

At Kentucky 4-H, our goal is not simply to teach project knowledge. It is to equip young people with the experiences, skills and confidence they need to be Beyond Ready for work and life.

September 1 marks the beginning of a new Kentucky 4-H program year, making it the perfect time to get involved. Whether your child is enrolling for the first time or returning for another year of new experiences, there

is a place for them in 4-H.

Contact the Union County Cooperative Extension office to learn about available clubs, camps, projects, leadership opportunities, upcoming events and more. Enroll your child and discover how Kentucky 4-H can help them develop the skills, confidence and experiences needed to be Beyond Ready for whatever the future holds.

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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 expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

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PUBLIC NOTICE

THE FOLLOWING ESTATE HAVE BEEN PROBATED IN UNION DISTRICT COURT. PERSONS HAVING CLAIMS TO FILE AGAINST SAID ESTATES MUST FILE SAME NOT LATER THAN SIX MONTHS FROM THE DATE OF THE APPOINTMENT OF THE FIDUCIARY.

Estate of Alvin L. Robinson. Executor/Administrator Wendy Robinson Baird, 288 Chestnut Street, Sturgis, KY 42459. Date of appointment August 13, 2026. Attorney Jessica Larew, 325-A North Elm Street, Henderson, KY 42420.

Estate of Vicki Gwen Odom. Executor/Administrator Stephen Gwen Odom, 711 North Kelsey Street, Strgis, KY 42459. Date of appointment August 13, 2026.

PUBLIC NOTICE

In accordance with Chapter 65 and 424 of the Kentucky Revised Statutes, the financial statement, adopted budget, and most recent audit reports of the Union County Conservation District may be inspected by the general public at 719 U S Highway 60 E, Morganfield, Kentucky, by appointment, between the hours of 1:00 p.m. and 4:00 p.m., on Thursday, August 27, 2026. The Board usually meets the second Tuesday of each month.

Chairman: Jason Greenwell, 1643 St. Route 669, Waverly
Vice-Chairman: Ben Dossett, 650 Heavrin Road, Sturgis
Treasurer: Carrie Divine, 1515 St. Route 56 E, Morganfield
Director: Doug B. McElroy, 5000 U S Highway 60 E, Waverly
Director: Jeremiah Jones, 117 Poplar Street, Sturgis
Director: Daniel Hendrickson, 186 St. Route 1176, Morganfield
Director: Matt Wolles, 7680 St. Route 871, Morganfield

This advertisement was paid for by the Conservation District using taxpayer dollars in the amount of \$32.50.

PUBLIC NOTICE

In accordance with Chapter 65 and 424 of the Kentucky Revised Statutes, the financial statement, adopted budget, and most recent audit reports of the Highland Creek Watershed may be inspected by the general public at 719 U S Highway 60 E, Morganfield, Kentucky, by appointment, between the hours of 1:00 p.m. and 4:00 p.m., on Thursday, August 27, 2026. The Board meets in July and February.

Chairman: John Royster, 8385 US Highway 60 E, Waverly
Vice-Chairman: Jerry Joe Greenwell, 5260 State Route 947, Morganfield
Treasurer: John Will Royster, 8928 Lod Powell Road, Corydon
Director: Randy Hagan, 79 Waverly-Hitesville Road, Waverly
Director: John Nally, 13400 State Route 360, Uniontown
Director: Brenda Southard, 12848 U S Highway 60 W, Corydon
Director: Greg Greenwell, 484 State Route 666, Morganfield
Director: Hal Baggerly, 8677 White Lick Road, Corydon

This advertisement was paid for by the Highland Creek Watershed using taxpayer dollars in the amount of \$36.00.