

We Must Take Pride In All That Is Around Us

By Tommy Druen

My home county was never affluent by any stretch of the imagination. When I was in high school, over a quarter of our people lived below the poverty line, and that figure climbed past a third among kids under eighteen. In 2001, the federal government officially added us to the coverage area of the Appalachian Regional Commission. I never considered us truly part of Appalachia, nor do many people. Whenever anyone questioned our inclusion, I always told them that what we lacked in mountains, we more than made up for in poverty.

Change comes slowly to Metcalfe County. The population has barely budged over the decades, and today we have just two hundred more souls than we did a century ago. That is why any shift in the landscape turns into a major event. When McDonald's opened in Edmonton back in 1999, the high school marching band showed up in full uniform to play for the ribbon-cutting.

August of 1994, the start

of my junior year, brought a big milestone. For the first time in thirty-six years, the county had a brand-new high school building. It threw all of us for a loop. After two years of navigating the quirks and crowded halls of the old facility, we upper-classmen suddenly felt like lost freshmen.

The first week was chaotic, but once we sorted out the parking and figured out the floor plan, we settled in. Even so, the newness was almost overwhelming. The waxed floors gleamed like mirrors. The hallways smelled of fresh paint. Lockers actually worked without you having to bang on them. There was something different in the air, and we all felt it.

That feeling lasted all of two weeks. That's how long it took for a couple of boys whose necks ran decidedly scarlet decided to rip a porcelain urinal clean off the restroom wall. Two weeks into a thirty-six-year upgrade, we had already proved why we couldn't have nice things.

The senselessness of it bothered me then, and look-

ing back across thirty years, it bothers me even more now. Teenage boys will do foolish things, sure. But where was the common decency? Where was the gratitude for having a place that was clean and working properly? Where was the pride?

Pride is a tricky word. On one hand, we are taught in church that it is a spiritual hazard, the root "deadly" sin sitting atop the other six. C.S. Lewis called it the vice that breeds every other vice. Theologians trace the fall in the Garden of Eden right back to it. Even folks who've never opened a Bible know the abridged warning from Proverbs that pride goes before a fall.

On the other hand, Aristotle called pride the crown of the virtues. We spend years teaching our children to build self-esteem. We urge our neighbors to take pride in their craft and their communities. Even Ecclesiastes reminds us that there is nothing better for a person than to find joy in his labor.

Trying to reconcile those two ideas can feel contradic-

tory, but that's the nature of humanity, full of tensions that don't resolve neatly. It's the same reason parents will lunge for the remote at the first hint of nudity on television, then turn around and walk those same kids through an art museum, pointing out the beauty in Botticelli or Titian without a second thought. Context changes everything. So does intent.

I think Aristotle had the right instinct all along. Pride, like most things in a person's character, isn't good or bad on its own. It's the extremes that get you in trouble. Too much curdles into arrogance, isolation, broken relationships. Too little leaves a person with no sense of worth, willing to accept neglect and mistreatment they don't deserve.

Part of the trouble is that the word itself lumps everything under one umbrella. We have specific words for bad pride, such as hubris, conceit, and haughtiness. We have fine words for good pride, such as dignity, honor, and self-respect. But in everyday conversation,

though, we mash them all together under the singular word of pride. It is a lot like sitting in the doctor's office hearing your cholesterol numbers and trying to remember which kind helps your heart and which kind clogs your pipes.

The healthy kind, though, is worth defending. It fuels honest competition and lifts up whole communities. There's real virtue in taking pride in your school, your hometown, your state, provided it never curdles into smugness. The goal is quiet confidence, not loud cockiness, though the line between them is thinner than we like to admit.

The French author Georges Bernanos captured that delicate line when he wrote, "It is a fine thing to rise above pride, but you must have pride in order to do so."

Or, to put it in plainer terms, have enough pride in who you are not to tear the urinals off the wall, literally or figuratively.

Three Tips That Will Help Corral Online Spending

Global online shopping generates vast sums of money each year. According to Capital One Shopping, global online shopping revenue totaled \$3.64 trillion in 2025, and industry analysts estimate that will increase to more than \$5 trillion by 2030.

Inflation-related price hikes have raised the cost-of-living by a considerable amount in recent years, and that's led many consumers to wonder where they can save. Reducing re-

liance on online shopping, where it's easy to lose track of spending, might be one avenue worth exploring. Capital One Shopping notes online shopping revenue in the United States in 2025 was equivalent to an estimated \$4,267 per adult. While much of that spending might have been on necessities, some also might have been impulse purchases. For consumers concerned by an increased cost-of-living, these three strategies to corral online spend-

ing could be a difference maker.

1. Turn off phone notifications from online retailers. The days when sales were exclusive to holidays and the holiday season are a thing of the past. The online retail giant Amazon now offers an assortment of multi-day sales events throughout the year, and these events typically are held at times of year like March and October when consumers might otherwise not be looking to spend. But it can

be hard for shoppers to resist deals that can be had in the blink of an eye via an app on a smartphone, even when they are not necessarily looking to buy. One way to corral such spending is to turn off phone notifications from online retailers. Doing so means you won't be alerted to sales, which may reduce the likelihood you will shop impulsively.

2. Incorporate patience into your online shopping to overcome the emotional attach-

ment. A 2025 report in Psychology Today explored the concept of emotional shopping, which is marked by a strong belief that money spent on a given object will guarantee positive emotions. One way to overcome that, and thus corral online spending, is to resolve to wait before purchasing an item. While it can be hard to deny the immediate emotional benefit of buying a given item, resolving to wait 24 to 48 hours before adding an item to your online cart and ultimately purchasing it might help consumers overcome that instant yet potentially fleeting feeling of excitement. After time to think it over, consumers may feel as if the item was not vital, after all.

3. Remove stored data from online retailers. Features like "one-click shopping" help to foster the notion that online shopping is the

simplest and most convenient way to shop. But such convenience may come at a steep cost, as consumers whose payment data is stored on online retailers might find themselves making a purchase before they had even a brief amount of time to mull it over and consider their finances. By removing stored data from online retailers, consumers are ensuring they get that time, however brief it may be. And if forced to enter their payment data each time, consumers may tire of that and ultimately end up spending less and saving more.

Business is booming for online retailers, and that may be making it hard for consumers to cut back. Consumers looking to rein in their online spending can try these strategies in an effort to reduce how much they're spending online.

KSP Announce Traffic Safety Checkpoints

The Kentucky State Police would like to offer periodic reminders to drivers who travel area roadways. The agency strives daily to ensure the safety of the motoring public. Some of these proactive measures include various roadside safety checkpoints and saturating known problematic areas in the district through general patrol tactics.

The Kentucky State Police utilizes traffic safety checkpoints to promote safety for motorists using the public roadways and to provide a deterrent for those who violate laws contained in the Kentucky Revised Statutes.

The intent of a traffic safe-

ty checkpoint is to provide for a high visibility, public safety service, focusing on operator impairment, vehicular equipment deficiencies (confirming appropriate registration and insurance of vehicles) and the valid licensing of drivers. Other violations of law and/or other public safety issues that arise will be addressed.

These checkpoints will allow the Kentucky State Police the opportunity to periodically concentrate its efforts in checking for violations of Kentucky traffic and regulatory laws that will

ultimately increase the safety of the citizens within the Commonwealth.

Post 16 serves the following counties: Henderson; Daviess; Union; McLean; Ohio and Hancock.

For a list of Post 16 road check locations, visit the KSP website: KentuckyStatePolice.ky.gov

Citizens can contribute to highway safety by calling KSP toll-free at: (1-800-222-5555). Citizens can call to confidentially report impaired drivers or any criminal activity. You may also confidentially report crime tips electronically with the KSP Crime Tip Form.

Agriculture Notes

Submitted by Katie Hughes

October Garden Tips: For cool-season lawns such as tall fescue and Kentucky bluegrass, fall is the most important time of year for maintenance. University of Kentucky turf specialists recommend fertilizing cool-season grasses during the fall growing season to encourage stronger root systems and improve recovery from summer stress. Fall is also the best time to control troublesome broadleaf weeds such as dandelion, clover, chickweed, and plantain. Applications made in late October often provide better control than spring treatments. If your lawn has thin or bare areas, October is still an excellent time to reseed. Tall fescue seed germinates well in Kentucky's fall conditions, and the warm soil helps establish strong roots before winter. Continue mowing as long as the grass is actively growing, but gradually lower the mowing height heading into winter. Fall is one of the best seasons to add new plants to the landscape. Trees and shrubs planted in October have months

to develop roots before next summer's heat arrives. When selecting plants, remember the old gardening rule: "Right Plant, Right Place." Choose varieties adapted to your site's sunlight, soil, and moisture conditions. Native plants are often excellent options because they are well suited to Kentucky conditions and provide valuable habitat for pollinators and wildlife. Many spring- and summer-flowering perennials can be divided this month. Hostas, daylilies, black-eyed Susans, and ornamental grasses often benefit from division every few years. Dividing overcrowded plants improves vigor and gives gardeners additional plants to share with friends and neighbors. Fall is also an excellent time to collect soil samples. A soil test provides valuable information on nutrient levels and soil pH, helping you make informed decisions about lime and fertilizer applications. By testing now, you can address soil issues before spring planting begins.

National Farmer Day: Is Oct 12 so the UC Extension Office will be giving out goodie bags to farmers and anyone that works in Ag industry that day. You can text 217-891-0947 for bags to be delivered or contact the UC Extension Office to pick up bags at the office 270-389-1400. Just a little thank you for all you do year round.

CEC Meeting: The Union County Extension Council will meet on Oct 13, 2026 at 12PM at the UC Extension Office.

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NOTICE OF FILING

On September 29, 2026, Big Rivers Electric Corporation filed its 2026 Integrated Resource Plan with the Kentucky Public Service Commission in Case No. 2026-00268. This filing includes Big Rivers' most recent load forecasts, and a description of the existing and planned conservation programs, load management programs, and power supplies it intends to use to meet forecasted requirements in a reliable manner at the lowest possible cost. Any interested person may review the plan, submit written questions to the utility, and file written comments on the plan.

Any person interested in participating in the review of this Integrated Resource Plan should, within ten (10) days of the publication of this notice submit a motion to intervene to Executive Director, Public Service Commission, 211 Sower Boulevard, P.O. Box 615, Frankfort, Kentucky 40602.

- PUBLIC NOTICE -

REQUEST FOR PROPOSALS Grant Administrative Services

The City of Sturgis, KY is requesting proposals to provide administrative services on a federal grant from the US Department of Commerce, Economic Development Administration. Grant award number EDA26ATL0G0343. The grant award will be for the Sturgis Groundwater Treatment Plant Project. Services to be by the Consultant include assistance with compliance with federal regulation regarding the administration of the grant including compliance with 48 Code of Federal Regulations (CFR) Part 31, 2 CFR Part 200 and Economic Development Administration's Standard Terms and Conditions for Construction Project. Services to be provided also include compliance with Department of Commerce and Economic Development Administrative requirements. The Consultant will be responsible for advising the City on all aspects of the proper administration of the project and filing of all federal reports and request for funds to the Economic Development Administration. It is anticipated that services will be required over a 3 to 5 year project period.

A Statement of Qualification and a not to exceed cost for providing the services should be submitted in a sealed envelope clearly marked "Grant Administrative Services Proposal". The proposal may include a USB flash drive along with a hard copy of the signed proposal. All proposals should be submitted to City of Sturgis. Delivered/mailed, to the attention of Mayor Billy Adams 106 6th Street, P O Box 98 Sturgis, KY 42459 or emailed to billy.adams@cityofsturgisky.com. The proposal must be received no later than 10 AM CST, on Wednesday, November 4, 2026.

The City of Sturgis, KY is an Equal Opportunity Employer.
BILLY ADAMS, Mayor
City of Sturgis, Kentucky