



THE UNION COUNTY High School cheerleaders are pictured as they encouraged crowd support for the Braves and Bravettes during last week's Sixth District Tournament. The cheer squad will be at Madisonville-North Hopkins on Thursday night as the Braves begin play in the Second Region Tournament.

We Are All Shaped By People We Watch

By Tommy Druen

We are all shaped by the people we watch. Some leave a mark intentionally. Others—like the man I encountered one rainy afternoon in 2006—leave one without ever knowing we exist.

A thunderstorm rolled in while my wife and I were at the beach. The sky turned charcoal, the waves grew choppy, and I found myself trapped indoors with little to do. Flipping through channels, I landed on the Travel Channel and encountered a wiry, sharp-tongued chef named Anthony Bourdain.

I was captivated immediately.

Here was a man who traveled the globe not in search of five-star luxury, but in pursuit of authenticity. He ate fermented shark in Iceland, roasted pigeon in Egypt, and balut—that controversial fetal duck delicacy from the Philippines. But what fascinated me most wasn't the shock value of the cuisine—it was the culture surrounding it. The stories. The people. The pride served alongside every plate. Through him, I traveled vicariously for years and came to understand that food is rarely just food. It is history, identity, and community made tangible.

That Christmas, my wife gave me a copy of Kitchen Confidential, Bourdain's 2000 memoir exposing the underbelly of New York's restaurant scene. Having never worked so much as a fast-food shift, I found myself immersed in a world both gritty and strangely beautiful. Kitchens, I learned, weren't simply places where meals were assembled. They were ecosystems built on hierarchy, discipline, and a relentless pursuit of excellence—as well as an unhealthy amount of stimulants.

I emerged with three practical lessons that reached far beyond the kitchen:

First, never order the Monday special. There's no telling how long it's been sitting around.

Second, pay attention to your server's body language. A server's genuine enthusiasm reveals whether a kitchen cares. Indifference reveals indifference.

And third, the smaller the menu, the more optimistic I become.

That last point seems counterintuitive. After all, wouldn't more options increase the odds of finding something I'd enjoy? Perhaps. But more options also increase the likelihood that nothing is done exceptionally well. My experience has taught me this: the more sprawling and diverse the offerings, the less likely any single dish has been perfected. But walk into a place that offers two or three entrées—prepared the same way every night—and you can rest reasonably assured they've mastered them. Otherwise, they wouldn't remain in business for long.

That principle extends far beyond restaurants.

We all know the phrase “jack of all trades, master of none.” It's not the harshest of criticisms, but it's hardly a compliment either. And yet modern

life seems determined to push us in precisely that direction.

We're expected to simultaneously be exceptional spouses, parents, children, employees, volunteers, and informed citizens. We're shamed if we haven't seen the award-winning film, formed a thoughtful opinion on international conflicts, responded to every email within the hour, exercised daily, hydrated properly, and somehow found time for self-care in the margins.

For all the conveniences technology has added to our lifetimes, the result hasn't been leisure—it's been expectation. Our grandparents would have seen our lives as chaos masquerading as productivity. But they had something we've surrendered: the right to down time. To call a day complete. To let something remain undone.

Our grandparents had the same twenty-four hours we do. The clock hasn't changed. So why do we feel so stretched? So fragmented? So perpetually behind?

Perhaps it's because we've allowed our menus to become too large. We've tried to offer everything—to everyone—at all times. Mastery requires focus. Deep focus. The kind that demands saying no to almost everything so you can say yes—fully, deeply—to a few things that matter.

Maybe the better path forward isn't to expand our offerings, but to refine them. Choose two or three things that matter most. Invest there. Perfect those dishes. A well-crafted life, like a well-crafted menu, never apologizes for what it doesn't offer. It triumphs because of what it does.

Did You Know?

Easter is a day of great joy for faithful Christians. Easter celebrates the Resurrection of Jesus Christ, which is detailed in the New Testament.

Easter is what's known as a moveable feast, which means it's not celebrated on the same date each year. Easter also is celebrated on a different day within Christian churches. Orthodox Christians do not celebrate Easter on the same day as non-Orthodox Christians.

History.com notes Orthodox Christians follow the Julian calendar when determining when to celebrate Easter. Orthodox Easter will take place between April 4 and May 8, following the first full moon after Passover. Non-orthodox Christians follow the Gregorian calendar, which was established by Pope Gregory XIII in 1582.

Under the Gregorian calendar, churches determined Easter will be held on the first Sunday after the full moon that occurs on or after the spring equinox. These disparities are why Orthodox churches, which are primarily located in Russia, Greece, Cyprus, Romania, and Bulgaria, observe Easter on a later date than non-Orthodox churches.

In 2026, Orthodox Christians will celebrate Easter on April 12.

COOPERATIVE EXTENSION SERVICE

4-H NEWS

UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE

BY

ANNETTE BUCKMAN

COUNTY EXTENSION AGENT FOR 4-H

4-H Communications Projects Empower Young People

As spring approaches, 4-H members across Kentucky are preparing speeches, demonstrations, and presentations for upcoming local communications contests. In Union County, youth will have the opportunity to showcase their talents and build valuable life skills during Communications Day on May 5 at 5:00 p.m.

Communications programs have long been a cornerstone of 4-H. These events provide much more than friendly competition. Participants may deliver prepared speeches, present banquet addresses, demonstrate project skills, teach younger members how to complete project-related tasks, or even lead community service efforts.

Through these experiences, young people develop organization, critical thinking, and confidence. Preparing and presenting information in a clear, logical way helps youth strengthen communication skills that will benefit them throughout their lives. The supportive environment of Communications Day allows participants to practice in front of judges and peers while receiving constructive feedback to help them improve.

Mental Health Conditions In Adolescents Are Common

Mental health conditions during childhood are more common than one might think. The National Institutes of Health says many mental disorders can begin in childhood, including anxiety disorders, attention-deficit/hyperactivity disorder, depression, eating disorders, and post-traumatic stress disorder.

Estimates indicate one in five children are affected by mental health issues in the United States. The Mayo Clinic says it can be challenging to detect mental health conditions in children because childhood involves a process of growth fueled by change.

Children may not be able to express how they feel, and symptoms of a condition may depend on a child's age. Any parent worried about a child's mental health should consult the

Public speaking opportunities also help youth overcome nervousness and gain poise in front of groups. As members grow more comfortable expressing their ideas, they often discover new leadership abilities and a desire to share their knowledge with others.

Beyond the contest itself, communications programs foster independence, belonging, and generosity. Youth who master new skills are frequently inspired to mentor others and contribute positively to their communities.

Union County families interested in participating in Communications Day are encouraged to contact the Union County Extension Office at 270-389-1400 for additional details and registration information.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of 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, or physical or mental disability.

child's health care provider and describe the behaviors that are causing concern.

LEGAL NOTICE

The Kentucky Transportation Cabinet

In accordance with KRS 176.051, Kentucky's noxious weed law, the Kentucky Transportation Cabinet will control noxious weeds on state-owned right of way at the request of the adjoining property owner. The noxious weeds named in this law are Johnson grass (*Sorghum halepense*), Canada thistle (*Cirsium arvense*), Cutleaf Teasel (*Dipsacus laciniatus*), Nodding thistle (*Carduus nutans*), Common teasel (*Dipsacus fullonum*), Poison hemlock (*Conium maculatum*), Marehail (*Conyza canadensis*), Amur Honeysuckle (*Lonicera maackii*), Multiflora Rose (*Rosa multiflora*), Japanese knotweed, (*Polygonum cuspidatum*), Spotted Knapweed (*Centaurea stoebe*) and Kudzu (*Pueraria montana*).

Persons who own property adjacent to state right of way and who are involved in eradication efforts on their property can submit a written application to the highway district office in their area. Contact information can be found at transportation.ky.gov/DistrictPages

POSITION AVAILABLE

Street & Park Maintenance Worker

The City of Morganfield is taking applications for a full-time position for Street and Park Maintenance Worker. Position is responsible for performing a variety of maintenance, repairs and custodial duties along City streets, at City Parks & recreational facilities. Applications, requirements, salary and more details are available at City Hall, 130 E. Main Street, Morganfield, Kentucky between 8:00 AM to 4:00 PM.

4/4c

City of Sturgis A Plan for the Future

Your participation matters, let's shape our community together!



March 31 at
5:30PM



Union Co.
Expo Center
125 Pryor Blvd.
Sturgis, KY 42459

Together, Lets Plan for our Future!

Townhall Meeting

Come share YOUR vision for the future of Sturgis



Special Guests

Tad Long, John Buchanan, Sarah Stoll

~ Community & Economic Development Team from Ky League of Cities ~

Christopher Wooldridge

~ Faculty & Director - Center For Economic Development @ Murray State University ~

Sandwiches and light refreshments will be provided by Job Corps Culinary Dept.

Please RSVP if you plan on attending!
jessica.gibbs@cityofsturgisky.com
270-333-2166