

Practices That Benefit Seniors’ Mental Health

Making an effort to maintain and safeguard mental health is a key component of a healthy lifestyle, and that’s as true for seniors as it is for children, young adults and men and women in middle age. Seniors can embrace a number of practices and habits to safeguard their mental health well into their golden years.

- Spend more time with family. Spending time with family members can be especially beneficial for adults 70 and older. According to a 2023 study published in the Journals of Gerontology: Series B, adults without family ties had worse mental health and were less likely to engage socially than older adults who were close to their family. The researchers behind the study noted those benefits are not affected by distance, as even the older adults who lived far away from their family members but maintained strong social ties to their families enjoyed higher levels of mental health and social participation than seniors with no such connections.

- Exercise regularly. Routine exercise also can have a profound impact on seniors’ mental



health. The Anxiety & Depression Association of America reports that evidence supports the notion that exercise can shift attitude, mindset and mood in a positive way. Another study found that adults who participated in a regular physical activity program experienced reduced rates of long-term and acute depression.

- Incorporate travel into your golden years.

Working professionals have long expressed an intention to travel more during retirement, and doing so may have an even bigger impact than seniors realize. According to a joint report from the Global Coalition on Aging and the Transamerica Institute® released in 2025, regular travel has been shown to lower Alzheimer’s risk by up to 47 percent, a benefit researchers link to

culturally enriching activities like visiting museums and exploring historical landmarks. The same report also notes that travel helps to address loneliness and social isolation, which are mental health issues that the senior population is especially vulnerable to, particularly during retirement.

- Volunteer. The Mayo Clinic Health System notes that volun-

teering can boost mental health in a number of ways. Volunteering has been found to reduce stress and increase positive, relaxed feelings. The Mayo Clinic also notes that volunteering leads to lower rates of anxiety and depression, particularly among adults 65 and older.

Mental health is part of a healthy life-

style. Seniors can look to various practices to protect their mental health and reduce their risk for conditions such as social isolation, loneliness and depression that affect a great number of older adults.

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PUBLIC NOTICE

Delta Regional Authority intends to solicit assistance from the **Department of War's Innovative Readiness Training Program (IRT)**. The assistance will include medical, dental, vision, and veterinary services.

The proposed assistance will take place in the State of Kentucky, Counties of Henderson, Webster, Union, and McLean in 2028.

Contractors who have questions or who wish to voice opposition to military assistance for this project may contact Christina Wood- en with Delta Regional Authority at 662-302-7339 or via e-mail at cwooden@dra.gov no later than thirty (30) days after the first publication of this notice.

Persons not filing comments within the time frame noted will be considered to have waived their objections to military assistance for this project.

9/16c

- PUBLIC NOTICE -

SECTION 00 11 13

ADVERTISEMENT TO BID

CITY OF STURGIS
STURGIS, KENTUCKY
STURGIS WWTP IMPROVEMENTS
CONTRACT 1-2025

The City of Sturgis (OWNER) is requesting Bids for the construction of the following Project:

Sturgis WWTP Improvements
Contract 1-2025

Electronic Bids for the construction of the Project will be received by OWNER until September 21, 2026, at 11 A.M., local time. At that time the Bids received will be publicly downloaded and read aloud via teleconference. The login information for the teleconference is as follows: (309) 205-3325, Conference ID 923 9843 8530.

The Project includes the following Work: Installation of a mechanical bar screen at the Main Pump Station, replacement of influent and effluent samplers, replacement of the Facultative and Overflow Lagoons liners, installation of valves and actuators for the Main Pump Station force main, replacement of the Facultative Lagoon, Overflow Lagoon and Plant Pump Stations pumps, new laboratory equipment, control panels for the WWTP Administration Building, and telemetry for each of the City's pumping stations.

Complete digital Project Bidding Documents are available at www.strand.com or at www.questcdn.com. Download the digital Bidding Documents for \$75 by inputting Quest project number 10334390 on the website's project search page. Please contact QuestCDN.com at (952) 233 1632 or info@questcdn.com for assistance with free membership registration, downloading, and working with this digital Project information.

For this Project, Bids will ONLY be received and accepted via the online electronic Bid service through QuestCDN.com. To access the electronic Bid Form, download the Project Documents and click the Online Bidding.

The Bid must be accompanied by Bid security made payable to OWNER in an amount of 5% of the Bidder's maximum Bid price.

Bidders shall comply with all provisions of Federal Davis Bacon Wage Rates.

OWNER reserves the right to reject any or all Bids, to waive any technicality, and to accept any Bid which it deems advantageous. All Bids shall remain subject to acceptance for 85 days after the time set for receiving Bids.

Contract award shall be made based on the lowest responsive and responsible Bidder.

This Bid is subject to Kentucky Revised Statutes Section 45A.490 through 45A.494, which in general provides that a "resident bidder" of Kentucky is to be given a bidding preference over a "nonresident bidder" who is registered in a state that gives preference to its in state resident bidders over a Kentucky resident bidder. The bidding preference is to be the same as that stipulated for the state of the "non-resident bidder." If the state of a "nonresident bidder" provides no specific preference, then "resident" and "nonresident bidders" are to be treated the same when evaluating Bids.

All Bidders must comply with all Federal, State, and City Equal Employment Opportunity laws and regulations which prohibit discrimination in employment regarding race, creed, color, sex, or national origin.

All taxes are the responsibility of the successful Bidder unless specifically exempted in the Bidding Documents.

All iron and steel products used on the Project shall be produced in the United States and comply with the American Iron and Steel requirements. All iron, steel, manufactured products, and construction materials shall also be produced in the United States and comply with the Build America, Buy America Act requirements.

Bidder's attention is called to the fact that any Contract awarded under this Advertisement to Bid is expected to be funded in part by a loan from the Kentucky Infrastructure Authority (KIA) State Revolving Fund (SRF). The Bidder shall comply with the Supplemental General Conditions of the Clean Water State Revolving Fund, Drinking Water State Revolving Fund (Water and Wastewater).

Bidders shall comply with 40 CFR 31.36 which includes but is not limited to the following: (1) the President's Executive Order 11246 (Equal Employment Opportunity) as amended, which prohibits discrimination in employment regarding race, creed, color, sex, or national origin, (2) Title VI of the Civil Rights Act of 1964, (3) the Anti Kickback Act, and (4) the Contract Work Hours Standards Act.

CONTRACTOR and its Subcontractors shall comply with 41 CFR 60 4, in regard to affirmative action, to ensure equal opportunity to females and minorities and will apply the timetables and goals set forth in 41 CFR 60 4, if applicable to the area of the Project. Bidder shall make positive efforts to use small, minority, women owned, and disadvantaged businesses.

A pre-bid conference will be held at 10 A.M., local time, on September 9, 2026, at City of Sturgis, City Hall, 106 6th Street, Sturgis, KY 42459. Bidders are encouraged to attend and participate in the conference.

The Strand Associates, Inc.® project manager is Joseph K. Okyere, P.E. and can be contacted at Strand Associates, Inc.®, 325 West Main Street, Suite 710, Louisville, KY 40202, (502) 583 7020 regarding the Project.

For all further requirements regarding Bid submittal, qualifications, procedures, and Contract Award, refer to the Instructions to Bidders that are included in the Bidding Documents.

Published by the authority of the

City of Sturgis

Mayor Billy Adams

Dated at Sturgis, Kentucky

August 24, 2026 and September 14, 2026

Union County 4-H Notes

Submitted by Annette Buckman

Families Encouraged To Help Youth Stay Active

As the school year gets underway, families are encouraged to find simple ways to help children and teens stay active each day.

After spending hours in the classroom, many young people come home ready to relax in front of a television, phone, tablet or computer. While screen time and downtime have their place, regular physical activity is an important part of keeping youth healthy and supporting their overall well-being.

The Centers for Disease Control and Pre-

vention recommend that children and teens ages 6 to 17 get at least 60 minutes of moderate-to-vigorous physical activity each day. However, many young people do not meet that recommendation.

Physical activity provides benefits beyond building strong muscles and bones. Regular movement supports heart health and can contribute to better mental health. Physical activity has also been associated with improved concentration, classroom behavior, attendance and academic performance.

While schools provide opportunities for phys-

ical activity through physical education, recess and extracurricular activities, families can play an important role in helping youth remain active outside of school.

Being active does not have to involve expensive equipment or organized sports. Families can take an evening walk, ride bicycles, play catch, dance to favorite music, walk the dog, work in the garden or turn household chores into opportunities for movement. Even small amounts of activity throughout the day can add up.

Parents and caregivers can also set a positive example by being active themselves. When families participate together, physical activity can become a fun way to spend time together rather than another chore.

Community organizations and schools can also provide opportunities for young people to stay active through walking clubs, after-school programs,

recreational activities and sports.

As families settle into the school-year routine, consider making physical activity part of the daily schedule. Turn off the screens, head outside and find an activity the whole family can enjoy.

Helping young people develop healthy habits now can benefit them for years to come and help them stay healthier, happier and better prepared for success in school and beyond.

For more information and ideas for keeping youth active, contact the Union County office of the University of Kentucky Cooperative Extension Service.

Follow Us On Facebook!

To keep up with all the fun events happening in the Union County 4-H Program follow Union County 4H on Facebook for all the latest news, events, and information about 4-H. There you will find interesting articles related to youth/4-H and much more!

PUBLIC NOTICE

NOTICE TO BID

The Union County Sheriff's Office is taking sealed bids on two vehicles for the next budget year.

They are: Two Ford Interceptors SUV All wheel drive, with 3.0 Eco Boost engine option, added exterior lighting package.

Bidding will open for two weeks from 09/16/26 to 09/30/26.

Mail bids to: Union County Sheriff's Office
P.O Box 30
Morganfield Ky 42437

ELECTION NOTICE

GENERAL ELECTION EXCUSED
ABSENTEE BALLOT
DROP BOX LOCATION

Union County Clerk's Office
Union County Courthouse
100 W. Main St.
Morganfield, KY

Union County Board of Elections will offer ONE drop box for deposit of excused mail-in absentee ballots for the November General Election for voters choosing not to mail their ballot back to Union County Clerk's Office. It is located inside the north entrance of the Union County Courthouse and will be available during regular business hours, weekdays, 8:00 A.M. to 4:00 P.M. ALL excused mail-in absentee ballots MUST be received by 6:00 P.M. on Election Day, November 3.

GARRICK THOMPSON
Union County Clerk

ELECTION NOTICE

November 3, 2026 General Election

ABSENTEE VOTING
BY MAIL

For voters who are eligible for an Absentee Ballot by mail, the ballot can be requested by visiting www.govoteky.com or by calling the County Clerk's office at (270) 389-1334.

- Mail-in absentee ballots can be requested through the options above from September 19 thru October 20.
- Voters **should not** request a mail-in ballot if they intend to vote in person.
- After the voter has completed their ballot, it can be returned two ways. Ballots can be returned either in-person in the drop box at the Union County Clerk's Office at 100 W Main St. in Morganfield (the Court House) or through the mail. **If returned by mail, the postage on the return envelope should be \$1.98.**
- Make sure you sign **BOTH** the inner golden flap as well as the outside return envelope!
- All ballots must be received by 6:00 P.M. on Election Day.

GARRICK THOMPSON
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