



Pedal Tractor Pullers



THE PEDAL TRACTOR pull with Play-n-Hooky is always a fund event at the Morganfield Lions Corn Festival—the 2025 event proved to be no different. Here, children tried to make a “full pull” in the final rounds of the competition.

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Meal Preparation Can Save Time, Frustration

**Submitted by
Shea Heady**
Source: Heather Norman-Burgdolf, associate extension professor

Deciding what to have for dinner each night can be a daily conundrum for many of us. As a result, we may find ourselves in line at a fast food restaurant more than we care to admit. But it does not have to be this way. By preparing at least portions of our meals in advance, we can have home-cooked, healthy meals on a regular basis.

Research shows people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat a more balanced diet overall. Meal prepping is extremely popular, as it allows us to live our hectic lives while still providing our families with nutritious food. It saves time because steps in the cooking process are already completed to varying degrees. The process may include simply preparing ingredients or complete dishes that are stored and reheated for a quick meal. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping before, start small and don't invest a lot of money. At first, aim to prepare two to three

meals per week in advance. Find nutritious recipes that your family would enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the meals or ask them if there is a new food or recipe they would like to try.

It is easier to set aside one day for grocery shopping and meal prepping, as it cuts down on the number of times you need to handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation. Not only will it help spread out the cooking responsibilities, but it will also teach your family basic cooking skills and healthy eating habits.

Remember food safety when preparing food. When using a cutting board, slice vegetables before cutting meat. Store produce and meat separately to avoid contamination. While most people associate meal prepping with dinner-time, you can also prepare quick breakfasts or use leftovers for lunches. While dinner is cooking, make the most of your time in the kitchen. Chop veggies for a salad the next day or slice some fruit for a quick grab-and-go snack.

After the food is prepared, store it in an airtight container and place it in either the refrigerator or freezer, depending on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.

More information on meal prepping and healthy eating is available at the Union County office of the University of Kentucky Cooperative Extension Service.

FCS Happenings:
September has been busy with the Union County Homemakers hosting the area annual day, chunky knit pumpkin classes, health classes at SES, and Wits Workout at the Sturgis and Morganfield Senior Centers. October has just as much fun in store with the following events on the calendar:

- *Wits Workout at Morganfield Senior Center on Mondays and Sturgis Senior Center on Thursdays (both at 12pm)
- *Laugh and Learn for children age 2-5 on Monday, October 13th 10:00-11:00am
- *Savor the Flavor cooking demonstration on Wednesday, October 22 at 10:30am
- *Basket Weaving with Wendy Tallis on Saturday, October 25th 10:00am-4:00pm

*Collection of stuffed animals for the Bears for Bravery campaign by the Union County Homemakers--the homemakers have several locations with drop boxes including the Union County Extension office.

Please watch our facebook page for additional programs being added during the month and call the extension office at 270-389-1400 with any questions

Educational programs of the 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

PUBLIC NOTICE

The Union County Fiscal Court is accepting applications for a full-time employee at our Animal Control Facility.

This is a full-time position with benefits, including health insurance, retirement, and vacation.

Applications can be picked up and turned in at the Union County Judge/Executive's Office, located at 100 W. Main St., Morganfield, KY 42437, or on the County's website at www.unioncountyny.org. Applications will be accepted until October 3, 2025.

The Union County Fiscal Court is an Equal Opportunity Employer: All applicants are considered for employment without regard to race, color, national origin, religion, sex, age, veteran status, or disability.

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PUBLIC NOTICE

AN ORDINANCE OF THE CITY OF UNIONTOWN, KENTUCKY, ESTABLISHING TAX RATE ON TAXABLE PROPERTY WITHIN THE CITY LIMITS FOR THE YEAR 2025.

BE IT ORDAINED BY THE CITY OF UNIONTOWN, KENTUCKY, AS FOLLOWS:

Section 1. That for the purpose and use of the General Fund of the City of Uniontown, Kentucky, for the year 2025 there is hereby levied and appropriated for the General Fund a tax of .268 for real property, .3823 for tangible personal property, and 45.6 for motor vehicle and watercraft, on each \$100.00 (One Hundred Dollars) worth of taxable property within the city limits of the CITY OF UNIONTOWN, Kentucky as of the assessment date of January 1, 2025, as equalized by the City Board of Supervisors for the year 2025

All other ordinances or parts of Ordinances in conflict herewith are, to such extent, hereby repealed.

CITY OF UNIONTOWN,
LADONNA TAPP, Mayor

ATTEST:
JENNIFER BUCKMAN, City Clerk

PUBLIC NOTICE

ADVERTISEMENT FOR BIDS

Sealed bids for two (2) new Rotational 360 Degree Coverage Tornado Sirens with complete installation to be located in Sturgis Fire Station & Pride Community Building will be received by the Union County Fiscal Court at the Union County Judge/Executive's Office, 100 West Main Street, Morganfield, Kentucky 42437, until 8:30 a.m. Central Standard Time on Tuesday October 14, 2025. The bids will be publicly opened and read at the regular called meeting of the Union County Fiscal Court at 9:00 a.m. CST on Tuesday, October 14, 2025.

The Contract Documents, including technical specifications and drawings, may be examined at the following location:
**Union County Judge/Executive's Office
100 West Main Street
Morganfield, Kentucky 42437**

To receive electronic copies of bid documents, please email Jill Hunley at jill.hunley@unioncountyny.gov with the Union County Judge/Executive's Office and request bid documents for "Tornado Sirens."

The Union County Fiscal Court shall reserve the right to waive informalities and reject any or all bids.

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-- PUBLIC NOTICE --

ADVERTISEMENT FOR BIDS

Sealed Bids for a new Design/Build Pre-Engineered Steel Building, will be received by the Union County Fiscal Court until 8:30 a.m. Central Standard Time on October 14, 2025. They will be publicly read in Union County Fiscal Court, 2nd floor of the Union County Courthouse, 100 West Main Street, Morganfield, KY on October 14, 2025 at 9:00 a.m. cst.

The Contract Documents, including technical specifications and drawings, may be examined at the following locations:

**Union County Judges Office
100 West Main Street
Morganfield, KY 42437**

Copies of the Contract Documents may be obtained at the office of Union County Judges Office, 100 West Main Street, Morganfield, Kentucky 42437. Copies may be obtained via email by emailing jill.hunley@unioncountyny.gov.

The Union County Fiscal Court shall reserve the right to waive informalities and to reject any or all bids

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