

Moving to a new home or school can stress kids; here’s how to ease it

BY KATHERINE ROTH
ASSOCIATED PRESS

NEW YORK — Summer can be a time of big transitions for kids. It's often the season for moving to a new home or preparing for a different school. And that brings worry and stress.

Parents and families can help make things feel more manageable. If kids feel supported, they might even look forward to some of the changes and gain confidence, experts say.

“When routines, familiar places and even knowing where things are in the house are suddenly gone, it

forces youth to relearn their daily lives from scratch,” which can be stressful, says Victoria Kress, a professional counselor and president of the American Counseling Association.

At the same time, “this can invite exciting opportunities for growth," she says.

Author Nadine Haruni’s book “Freedra the Frog is on the Move” aims to help school-age kids deal with moving. Haruni, who guided her own family through moves and changes, tells the story of a mother frog who helps her little tadpoles adjust as they leave their hometown

and settle in a new one.

“It’s really important to recognize that transitions take time and that is totally normal. It’s OK to feel nervous and sad and anxious and maybe all of those things all at once, and even adults feel that way sometimes,” says Haruni.

“If you listen, you might be surprised. What matters to a child is not always what you might think it is,” she says.

Moves can be especially difficult if accompanied by other significant changes, such as a death, divorce or loss of family income.

Haruni’s book was inspired by her

family’s big, multifaceted transition. She was moving from Manhattan to New Jersey with her then-5-year-old daughter and 8-year-old son, and getting married all in the same week, a big transition for her kids and three teenage stepdaughters. In addition, the kids were starting at a new school the following week.

“The kids were very sad and worried at first. Life is about change, and it’s really hard to address that sometimes. Luckily, the kids discovered that they loved having more space and, like the tadpoles in the book, they happily adapted,” she says.

Here are some tips to reduce the

stress of a move or other big transition for kids:

TALK IT OUT

“Communicating and listening can alleviate a lot of anxiety,” Haruni says. “Let kids share their feelings and know that they are being heard, so they know that they matter. That really helps them feel like they have some control.”

Explain why a move is necessary, and preview what’s ahead. Discuss the destination ahead of time, especially its good points. Familiarity can help kids feel more confident, the experts say.

SOCCER

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growth that’s been evident with the team throughout the summer and into their scrimmages and how quickly the players have adapted to a new part of their system.

“The biggest surprise is how quickly the girls have picked up on building out from the back,” he said. “We are consistently working on that in practice and they’re applying it on the pitch. We still need to continue to improve on our effective communication as we often have more time on the ball than we realize and, as we start to use our time to our advantage, we will continue to get better and better as the season goes on.”

The team defeated Christian Consortium 8-2 on Monday.

The Titans were at Bullitt East Wednesday, after press time and return home in the district opener against Anderson County. That game kicks off at 7:30 p.m.

SHELBY STARTS SEASON

Across the county, the Rockets also

opened the season with a win, beating Bates Creek 1-0 on the road. However, they dropped the home opener in a weather-shortened match to Brown 3-0, came up short to Christian Educational Consortium 4-3 and took a tough loss to Cooper 8-0 on Saturday.

Head coach Mario Sanchez called that Cooper loss one his players must learn from as they went into the Capital City Classic in Frankfort Monday.

Even in the losses, however, Sanchez has been able to see the positives, including how he’s seen the seniors adapt to playing with a surging crop of younger players.

“We all recognize the talent they bring and the value they add to the team,” he said. “Although our young players are still adjusting, they are working really hard for the team. Freshman Annie Hardin has really stood out by filling in several positions for us. Her versatility has earned her a much bigger role on our senior squad than I think she expected to have.”

Sanchez has also been pleased with how balanced his team has looked in terms of skill and experience, leading to a wider variety of attack options and the leadership of junior Meridyth

Loudermilk on the backline.

“Meridyth was last year’s defensive MVP and has returned this year much faster and meaner,” he said. “Having her teamed up with an equally aggressive goalie, Macy Toll, they will keeping having huge moments defending our goal line.”

However, Sanchez has obviously seen places where his team can improve, notably in the midfield.

“(We’ve struggled with) our midfield’s ability to transition defensively,” he said. “Our midfield is missing a key component for us, which is ‘sacrifice.’ We need players to give every ounce of energy to win the ball back quickly and close gaps within our lines. Once our midfield develops the urgency to protect their space, we will certainly limit our opponent’s attacks.”

On Monday, Shelby County defeated Western Hills 8-0 on Monday.

The Rockets opened district play Wednesday, after press time, with a tough match at Woodford County. They return home Wednesday, Sept. 3 against Thomas Nelson. That match kicks off at 6:30 p.m.

TEAMS

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among the best in the area and is used by many college teams.

The schedule includes:

- *Bring Back the Mile Time Trial, Aug. 15, at 8:15 p.m. at Collins High School
- *Shelby County Invitational, Aug. 30, at 9 a.m., at East Middle School on Rocket Lane
- *Rumble through the Jungle, Sept. 6, 8:30 a.m., Creasy Magan Nature Preserve
- *Border Battle – Shelby vs. Oldham, Sept. 12, 6:15 p.m., Bullskin Course
- *Trinity/Valkyrie, Sept. 20, 8 a.m., Tom Sawyer Park in Louisville
- *Duke Meyer Classic, Sept.27, 9:30 a.m., Hanover College
- *Louisville Cross Country Classic, Oct.4, 1 p.m., Tom Sawyer Park, Louisville
- *Haunted Woods, Oct. 11, 8 a.m., Oldham County High School, LaGrange
- *3A Region 4 meet, Oct 25
- *State meet, Nov.1, Kentucky Horse Park

LOCAL

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a junior from Shelby County, were tied for 25th place in a logjam that also included Bullitt East freshman Elliot Gade, all with a score of four-over 75.

Colton Smith, a senior from Anderson County, was tied for 36th with Walker Webb, a junior from Collins, each with a 77.

North Oldham sophomore Jack Ballerstedt and Bullitt East senior Nathaniel Sivori

tied for 45th place and a 79.

Collins’ senior Tommy Rempe was tied in a group for 53rd with an 80 and North Oldham sophomore John Greer was in a pack tied for 57th with an 81.

Anderson County senior Camden Smith was 62nd with an 82.

Collins junior Grant Pellowe and Anderson County junior Trey Kincaid tied for 67th with an 83.

Anderson County junior Franklin Osborne tied with Collins senior Grant Roadcap at 84, good enough for a finish at 74th.

Shelby County senior Gavin Jewell and Anderson County senior Ryan Womack ended tied for 83rd place with a score of 86.

Max Quisenberry, a freshman from Anderson County finished in 87th place with an 87.

Sam Hatter, a sophomore from Shelby County, was alone

in 89th place with his round of 88.

Anderson County sophomore Braydon Caldwell and Shelby County freshman Zae Bracken tied for 90 place with a round of 89.

Connor Bridges, a senior from Anderson County was tied for 98th place with a 93.

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LEGAL NOTICE

SHELBY CIRCUIT COURT
RE-NOTICE OF MASTER COMMISSIONER SALE
By virtue of orders of the Shelby Circuit Court in the below listed actions, I shall proceed to offer for sale, at public auction, the real estate described herein to the highest and best bidder at the Shelby County Judicial Center, Shelbyville, Kentucky, **FRIDAY, September 5, 2025, AT 10:00 A.M., EDT**, which real estate is located in Shelby County, Kentucky, to-wit:

SALE NO. 1 FIFTH THIRD BANK, N.A. V. CAROLYN BENNETT, ET. AL., Civil Action No. 25-CI-00125, 816 10th Street, Shelbyville, Kentucky, Shelby County (for more specific and detailed description, refer do Deed Book 489, Page 84, in the Shelby County Clerk’s Office. Parcel No: S6-35-009). Plaintiff’s Attorney: Blake E. Embry

SALE NO. 2 M&T BANK V. BRITTANY J. REASOR, WILLIAM L REASOR. LYNV FUNDING LLC, UNITED STATES OF AMERICA THROUGH ITS SECRETARY OF HOUSING AND URBAN DEVELOPMENT, ET. AL., Civil Action No. 25-CI-00246, 3814 Mareli Road, Shelbyville, Kentucky, Shelby County for more specific and detailed description, refer do Deed Book 594, Page 77, in the Shelby County Clerk’s Office. Parcel No: 040C-02-036). Plaintiff’s Attorney: Victoria M. Kadreva Holmes

Each of the foregoing parcels of real estate shall be sold on terms of cash deposit, cashier’s check, certified check or personal check in the amount of the purchase price, or 10% down at the time of sale and the balance thereof due and payable in 30 days after date of sale. The purchaser of said real estate shall have the right to pay all or any part of the purchase price on the day of sale by cash, cashier’s check, certified check or personal check. If the purchaser does not elect to pay the entire purchase price, the Master Commissioner shall take from the purchaser the sum of 10% down and a good and sufficient bond **WITH SURETY ACCEPTABLE TO THE MASTER COMMISSIONER** for the balance of said purchase price and bearing interest from date of sale as stated in the court order until paid in full.

SALE NO. 1 The Plaintiff is granted an In Rem judgment for the principal sum of \$39,213.43; plus interest on the principal sum at the rate of 5.875% per annum from September 1, 2024, until paid; plus costs and fees of this action; reimbursement for attorney’s fees in this action; sums advanced in payment of ad valorem taxes, insurance premiums, winterization, or in preservation of the real estate; plus, late fees, costs, attorney’s fees, and other advances made pursuant to the terms of the Note and Mortgage.

SALE NO. 2 The Plaintiff is granted judgment IN REM in the amount of \$127,320.27 with interest at the per diem rate of \$21.52 from May 30, 2025, until the date of judgment, and with a post-judgment statutory interest rate of 6% thereafter on the judgment amount until paid, plus any additional attorneys’ fees and costs of collection, expenses, and disbursements by Plaintiff incurred from the date of Plaintiff’s affidavit to the date of the Master Commissioner’s sale including but not limited to real estate taxes, assessments, insurance premiums, maintenance and property preservation, Master Commissioner’s sale costs, and bankruptcy fees and costs; judgment shall be in rem with respect to any remaining defendant(s).

MASTER COMMISSIONER’S NOTES
All prospective purchasers are advised to fully understand and consider the following:

1. All properties are sold strictly “as is with no warranties expressed or implied”. Properties shall be sold at the Judicial Center. No prior inspections are arranged by the Court or the Commissioner in that properties are often occupied as of the day of sale.
2. Risk of loss to improvements to real estate shifts to purchaser as of the date of sale. Insurance should be placed immediately by successful bidder.
3. All properties sold for less than two-thirds the appraised value are subject to current owner statutory right of redemption pursuant to Kentucky Revised Statutes.
4. Rights of possession given to purchaser with deed, but hold-over occupants of real estate may require additional Court action by purchaser to obtain actual possession.
5. Master Commissioner’s deed warrants title only so far as authorized by the judgment, order, and proceedings of the Court, but no further. Independent title examination by successful purchaser is recommended prior to confirmation of sale.
6. If the successful purchaser is an LLC, a certificate of good standing must be presented with a resolution allowing member to sign.
7. Third Party Surety must be presented at sale. Any questions about the surety must be directed to the Master Commissioner prior to sales date.

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LEGAL NOTICE

NOTICE TO CREDITORS

ADMINISTRATION HAS BEEN GRANTED TO THE PROBATE DIVISION OF THE SHELBY DISTRICT COURT IN THE ESTATE OF **NINA A. SCHULTZ**, DECEASED, WHO RESIDED IN SHELBY COUNTY, KENTUCKY. **WILLIAM PATRICK** was appointed **PUBLIC ADMINISTRATOR** OF THE ESTATE ON **JULY 14, 2025**. ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE ARE NOTIFIED TO PRESENT THEM TO **WILLIAM PATRICK 307 SOUTH MAIN ST. LAWRENCEBURG, KY 40342**, NO LATER THAN **JANUARY 14, 2026**. SAID ATTORNEY FOR ESTATE IS **CHARLES TICHENOR, P. O. BOX 509, TAYLORSVILLE, KY 40071**

25-P-00194

ADMINISTRATION HAS BEEN GRANTED BY THE PROBATE DIVISION OF THE SHELBY COUNTY DISTRICT COURT IN THE ESTATE OF **TIMOTHY SCOTT BRUNER** WHO RESIDED IN SHELBY COUNTY. **FELICIA CARNEY** WAS APPOINTED **EXECUTRIX** OF THE ESTATE ON **AUGUST 11, 2025**. ALL PERSONS HAVING CLAIM AGAINST SAID ESTATE ARE NOTIFIED TO PRESENT THEM TO **FELICIA CARNEY 1820 PEA RIDGE ROAD, WADDY, KY 40076** NO LATER THAN **FEBRUARY 11, 2026**. Said Attorney for Estate is **MATTHEW H. CHANDLER 931 MAIN STREET, SUITE 100, SHELBYVILLE, KY 40065**

25-P-00222

ADMINISTRATION HAS BEEN GRANTED BY THE PROBATE DIVISION OF THE SHELBY COUNTY DISTRICT COURT IN THE ESTATE OF **BARRY GLENN MOORE** WHO RESIDED IN SHELBY COUNTY. **SERRIA A. ALLEN** WAS APPOINTED **ADMINISTRATRIX** OF THE ESTATE ON **AUGUST 11, 2025**. ALL PERSONS HAVING CLAIM AGAINST SAID ESTATE ARE NOTIFIED TO PRESENT THEM TO **SERRIA A. ALLEN 396 BRIDLEWOOD AVE., SHELBYVILLE, KY 40065** NO LATER THAN **FEBRUARY 11, 2026**. Said Attorney for Estate is **MATTHEW H. CHANDLER 931 MAIN STREET, SUITE 100, SHELBYVILLE, KY 40065**

25-P-00221

ADMINISTRATION HAS BEEN GRANTED BY THE PROBATE DIVISION OF THE SHELBY COUNTY DISTRICT COURT IN THE ESTATE OF **WANDA LEE GAINES** WHO RESIDED IN SHELBY COUNTY. **REAGAN FIELDS** WAS APPOINTED **EXECUTRIX** OF THE ESTATE ON **AUGUST 11, 2025**. ALL PERSONS HAVING CLAIM AGAINST SAID ESTATE ARE NOTIFIED TO PRESENT THEM TO **REAGAN FIELDS 1607 ACOSTA COURT, LAGRANGE, KY 40031** NO LATER THAN **FEBRUARY 11, 2026**. Said Attorney for Estate is **ROBERT MILES 101 1/2 SOUTH MAIN STREET, LAWRENCEBURG, KY 40342**

25-P-00223

ADMINISTRATION HAS BEEN GRANTED TO THE PROBATE DIVISION OF THE SHELBY DISTRICT COURT IN THE ESTATE OF **RONALD WILLIAM ZOELLER**, DECEASED, WHO RESIDED IN SHELBY COUNTY, KENTUCKY. **CHRISTOPHER ZOELLER** WAS APPOINTED **EXECUTOR** OF THE ESTATE ON **AUGUST 11, 2025**. ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE ARE NOTIFIED TO PRESENT THEM TO **CHRISTOPHER ZOELLER 1028 8TH STREET, SHELBYVILLE, KY 40065**, NO LATER THAN **FEBRUARY 11, 2026**. SAID ATTORNEY FOR SAID ESTATE IS **ALAN Q. ZARING P. O. BOX 226, NEW CASTLE, KY 40050**

25-P-00217

NOTICE OF PUBLIC MEETING

The Public Service Commission of Kentucky issued an order of July 31, 2025, scheduling a public comment meeting to be held on September 8, 2025, at 5 p.m., Eastern Daylight Time, at Jefferson Community & Technical College: Hovarth Auditorium, 1000 Community College Dr., Louisville, KY 40272 for the purpose of hearing public comments on Kentucky Utilities Company and Louisville Gas and Electric Company applications for adjustment of its electric and gas rates and approval of certain regulatory and accounting treatments in Case Nos. 2025-00113 and 2025-00114.

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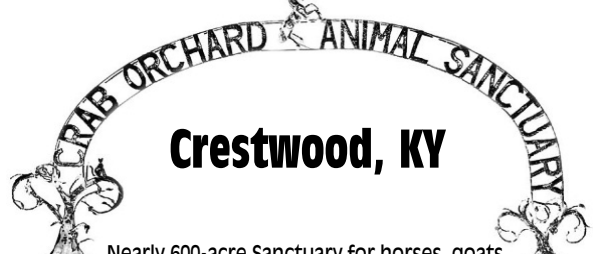
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