

Periodical cicadas emerge across Kentucky this spring

Kentucky will be the epicenter for the emergence of Brood XIV of 17-year periodical cicadas this spring. Periodical cicadas have appeared in Western Kentucky counties over the past few years, but the largest emergence area for 2025 will occur across most of Central and Eastern Kentucky.

While these time-keeping, red-eyed insects are not harmful to humans or pets, their egg-laying habits could damage the branches of young trees and shrubs. Tree netting is the most effective, non-invasive way to protect your landscaping and fruit trees.

The 17-year periodical cicadas are expected to emerge from the soil to molt into their flying, adult form in late April to early May, when the soil warms to the mid-60s. Periodical cicadas emerge much earlier than annual cicadas

and in greater numbers.

Cicadas do not bite or sting, and the feeding habits of the adults do not damage plants. Some may find the abundance of molted shells and loud, near deafening singing a nuisance, while others will enjoy this pageantry of nature. The periodical cicadas' choral song, however, is a cue to protect landscaping and orchards.

Female cicadas will lay their eggs into the new, lower branches of several species after mating: apple, arborvitae, ash, beech, berry and grape vines, crab apple, cherry, dogwood, hickory, holly, maple, lilacs, magnolia, oak, peach, pear, rose bushes, spirea and willows are the most likely targets.

The cicada's ovipositor is long and sharp, and they will inject 200 to 600 eggs into the stem tissue. This "flagging" may cause the tender branches to snap. The fallen

branch makes for a much shorter journey for the hatching nymphs from egg to soil but is not beneficial for the growing tree. Once the eggs hatch, the nymphs will feed on root sap, and a heavy population of nymphs in the soil may also impact the tree's root system.

While using insecticides may be less costly, the safest and most effective way to prevent tree and shrub damage is by using cicada netting, which prevents females from laying their eggs. Netting is suggested for use on new and smaller trees and should be installed when the cicadas begin to sing, about mid-May for most of the area. Trees that are established in the landscape—too tall to net for most people—will grow throughout the egg-laying period.

For more information contact the LaRue County Cooperative Extension office for more information on protecting trees and shrubs from cicadas.



ADAM THOMAS
COUNTY EXTENSION
AGENT FOR
AGRICULTURE AND
NATURAL RESOURCES

4-H CALENDAR OF EVENTS

4-H CAMP 2025- JUNE 17-20

Registration is open now! Forms are available at LaRue County Extension Service or online at larue.ca.uky.edu/events/2025-4-h-camp.

CANOE & KAYAK CLUB

Wednesday, April 16 at 6:30 p.m. at the LaRue County Extension Service.

SHOOTING SPORTS

Thursday, April 17 at 6:30 p.m. at the LaRue County Extension Service.

COUNTY SPEECH & DEMONSTRATION CONTEST

Monday, April 21, starting at 3:30 p.m. at the LaRue County Extension Service. Deadline to register



is April 18. Register for a time slot by calling 270-358-3401 or email mwilmoth@uky.edu. Country Ham Participants are required to present their country ham speech at the

county level.

KY 4-H TEEN COUNCIL & LEADERSHIP BOARD

Applications are due Monday, April 21. Applications can be turned into the LaRue County Extension Service. Applications can be picked up at the LaRue County Extension Service or found online at larue.ca.uky.edu/events/ky-4-h-leadership-role.

CLOVERBUDS

Thursday, April 24 at 5 p.m. at the LaRue County Extension Service.

TEEN CLUB

Friday, April 25 at 2 p.m. at the LCHS Greenhouse Classroom.

COURT

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paraphernalia — buy/possess and controlled substance prescription not in original container (first offense). Arraignment conducted. Bond to remain; however, court will release to treatment if a bed becomes available through probation and parole. (2025)

Patricia A. Gibson, DOB 1995. Second-degree burglary, fourth-degree assault dating violence (minor injury), third-degree criminal mischief and alcohol intoxication in a public place (first and second offense). Count one amended to third-degree burglary. Diversion entered for amended count one, plea of guilty entered for counts two, three and four. Sentencing conducted. Diversion order signed. Judgment and order of conditional discharge on misdemeanor signed. Restitution hearing to review court costs and fees May 19. (2024)

Devin M. Hurlburt, DOB 2003. Second-degree assault — domestic violence and third-degree unlawful transaction with a minor. Count one amended to fourth-degree assault — domestic violence (minor injury). Plea of guilty entered for amended count one and count two. Sentencing conducted. Judgment and order of conditional discharge signed. Review June 16 for payment of financials (2024)

Marlon R. Jackson, Sr., DOB 1972. Flagrant non-support. Defendant rejected probated offer, case on for trial; review April 21. (2023)

Ethan L. Lewis, DOB 1990. Second-degree arson and five counts of first-degree wanton endangerment. Independent evaluation not conducted as of yet. Remove from trial, review April 21. (2023)

Kenneth Mitchell, DOB 1986. Trafficking in a controlled substance (first offense), first-degree promoting contraband and second-degree persistent felony offender. Count one amended to attempt to

trafficking in a controlled substance (first offense) and count two amended to second-degree promoting contraband. Plea of guilty entered for amended counts one and two, count three dismissed. Sentencing conducted. Judgment signed. Review April 21 to turn self in and serve remainder of sentence. Review Nov. 17 for payment of costs and fees. (2024)

Alejandro Perez, DOB 1990. First-degree robbery (complicity), fourth-degree assault (minor injury) and third-degree terroristic threatening. Case dismissed without prejudice on motion of the Commonwealth based on being unable to locate witnesses. Remove case from trial. Bond to go to Mr. McCall for attorney fees. Testimony taken from surety and she acknowledged and agreed to same. (2022)

Note: The above information includes a bi-weekly listing of cases heard by the LaRue County Circuit Court. Individuals are presumed innocent unless and until proven guilty in a court of law.

FINDS

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- and anxiety that disrupt sleep.

- **Habitual checking:** Social media use after lights out is a strong predictor of poor sleep, as checking notifications and scrolling before bed can quickly become an automatic habit. Studies have shown that nighttime-specific social media use, especially after lights are out, is linked to shorter sleep duration, later bedtimes and lower sleep quality. This pattern reflects bedtime procrastination, where people delay sleep despite knowing it would be better for their health and well-being.

- **Fear of missing out, or FOMO:** The urge to stay connected also keeps many people scrolling long past their intended bedtime, making sleep feel secondary to staying

updated. Research shows that higher FOMO levels are linked to more frequent nighttime social media use and poorer sleep quality. The anticipation of new messages, posts or updates can create a sense of social pressure to stay online and reinforce the habit of delaying sleep.

Taken together, these factors make social media more than just a passive distraction – it becomes an active barrier to restful sleep. In other words, that late-night scroll isn't harmless – it's quietly rewiring your sleep and well-being.

HOW TO USE SOCIAL MEDIA WITHOUT SLEEP DISRUPTION

You don't need to quit social media, but restructuring how you engage with it at night could help. Research suggests that small behavioral changes to your bedtime routine can make a significant difference in sleep quality. I suggest trying these practi-

cal, evidence-backed strategies for improving your sleep:

- **Give your brain time to wind down:** Avoid emotionally charged content 30 to 60 minutes before bed to help your mind relax and prepare for sleep.

- **Create separation between social media and sleep:** Set your phone to "Do Not Disturb" or leave it outside the bedroom to avoid the temptation of late-night checking.

- **Reduce mindless scrolling:** If you catch yourself endlessly refreshing, take a small, mindful pause and ask yourself: "Do I actually want to be on this app right now?"

A brief moment of awareness can help break the habit loop.

This article was republished from The Conversation, a platform for journalism by academics. Brian Chin is an assistant professor of psychology at Trinity College.

EXTENSION CALENDAR

Special Called Extension District Board Meeting

Monday, April 21, 1 p.m. at LaRue County Extension Service

Time to Register for State 4-H Teen Conference

This year, Kentucky 4-H will host the annual 4-H Teen Conference June 10-13. This leadership opportunity has offered senior 4-H'ers the chance to continue to grow and better prepare themselves for college or the workforce. This year, conference organizers are offering exciting new options for members.

Much like an incoming college freshman, young people who attend this year's conference at the University of Kentucky will get to choose a major and will also have a minor. Their major selection will be in one of 4-H's core content areas and will be similar to the tracks that the conference has offered in the past. Core content areas include communications/citizenship, natural resources, health, expressive arts, agriculture, science, engineering and technology, and family and consumer sciences. 4-H'ers will receive six hours of instruction from subject experts recruited from UK or surrounding agencies during the conference.

Their minor will focus on leadership development. Teens will participate in two hours of activities designed to help strengthen their skills as leaders, focusing on communication, teamwork skills and appreciating diversity. All participants will experience a common leadership experience. Additionally, they will participate in a community service project in the Lexington-Fayette

County area.

As in years past, 4-H Teen Conference will include the induction of the Kentucky

4-H state officers for the upcoming year. During the conference, participants will also watch the Kentucky 4-H Fashion Revue.

Teen Conference is a time for celebrating 4-H'ers success by honoring those who participated

in the 4-H Achievement Program. The Kentucky 4-H Foundation will also award deserving 4-H'ers with various scholarships to apply to post-secondary education, and the 2025 state-level leadership boards will be announced. Participants will close out the conference dressed in formal attire at the closing dance.

The 4-H Teen Conference is open to youth who have completed the eighth grade through high school and the cost is \$300, however the LaRue County 4-H Council is contributing \$700 toward registration fees to be split among those attending.

Contact the LaRue County Extension Office at 270-358-3401 for the registration forms or they may be found online at larue.ca.uky.edu/events/ky-4-h-teen-conference. April 25 is the registration deadline and those registering may pay \$200 until the final fee can be determined based on the final number registering. More information on 4-H leadership opportunities is available at the LaRue County Cooperative Extension Service.



MISTY WILMOTH
UK EXTENSION

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www.laruecountyherald.com

ADVERTISEMENT FOR BIDS

Larue County Water District No. 1
421 Strange Road
Hodgenville, Kentucky 42748

The Larue County Water District No. 1 will except bids for the supply and delivery of **Three (3) 35 KW diesel operated permanent generators, one (1) 25 KW Diesel operated permanent generator and one (1) 70 KW natural gas-powered permanent generator.** All bids must be received by the Larue County Water District No. 1 at the District Office at 421 Strange Road Hodgenville, KY 42748 **3:00 pm (EST Local Time) Tuesday, April X, 2025.**

Questions regarding bidding shall be directed to:

LARUE COUNTY WATER DISTRICT No.1, 421 Strange Road, Hodgenville, KY 42748.

Phone: 270.491.5248

KENTUCKY ENGINEERING GROUP, PLLC., 101 High Street, Versailles, Kentucky 40383

Phone: 859.351.9849

All bids must be submitted on bidder's letterhead and include an all-inclusive price for each generator with all equipment and appurtenances listed. Bids may be mailed, faxed or emailed prior to date and time listed above.

No Bidder may withdraw his Bid within sixty (60) days after the actual date of bid opening.

Bidders must comply with President's Executive Orders No. 11246 and No. 11375 and any amendments or supplements to those Executive Orders. Attention of bidders is particularly called to the requirements as to conditions of employment to be observed under the contract, Section 3, Segregated Facility, Section 109 and E.O. 11246.

Bidders must certify they do not and will not maintain or provide for their employees any facilities that are segregated or based on race, color, creed or national origin. Bidders must comply with 41CFR 60-4 in regard to affirmative action and to ensure equal opportunity to females and minorities, and all that are applicable. Minorities and small businesses are encouraged to submit bids on this project.

Bidders must comply with Title VI of the Civil Rights Act of 1964 Anti-Kickback Act, and the Contract Work Hours Standard Act.

The Larue County Water District No. 1 reserves the right to waive any bidding informalities and to reject any or all bids, for any reason. The right is reserved by the Owner, in the exercise of its sole judgment to reject any or all Bids, and to re-advertise and award the Contract in the regular manner or to waive any informalities, irregularities, mistakes, errors, or omissions in any Bid received and to accept any Bid deemed to be responsive to this invitation and favorable to interests of the Owner.

John Detre, Chairman

Larue County Water District No. 1

Date: April x, 2025

LARUE COUNTY MASTER COMMISSIONER'S NOTICE OF SALE

By virtue of Judgment and Order of Sale entered in the LaRue Circuit Court in the case listed below, the Commissioner will sell the following property located in LaRue County, Kentucky at the front door of the LaRue County Courthouse, 209 W. High Street, Hodgenville, Kentucky on Thursday, **MAY 1, 2025**, at the hour of 10:00 a.m., and being more particularly described as follows:

- 1) **49 LaFollette Road, New Haven, LaRue County, Kentucky 40051**
Deed Book 270, Page 86; PVA MAP #: 036-00-00-01401
[Christopher Kyle Ashlock, et al. v. Christopher Call, et al.](#)
Civil Action No. 25-CI-004

At the time of the sale, the successful bidder shall either pay full cash or make a deposit of 10% of the purchase price with the balance on a credit for 30 days. In the event the successful bidder desires or elects to credit the balance, he or she will be required to post bond and furnish an acceptable surety thereon. The down payment, in addition to either a letter of credit or acceptable surety, must be produced at the time of the sale. (The necessary surety form can be obtained at the Master Commissioner's office.) Said bond and/or letter of credit shall be for the unpaid purchase price and bear interest at the judgment rate from the date of sale until paid. The Surety **MUST BE PRE-APPROVED** by the Master Commissioner's office no later than 12:00 noon on the Friday immediately preceding the sale date to secure the unpaid balance of the purchase price. In the event the successful bidder is the cross-claimant, then in lieu of the deposit the cross-claimant shall be allowed to bid on credit up to the judgment amount.

The purchaser will be responsible for taxes for the year of the sale. The Master Commissioner will make a good faith effort to obtain and pay all taxes or assessments upon the property for prior years; however, this cannot be guaranteed.

The purchaser may take possession of the property pursuant to the terms of the judgment. If the judgment does not make provision for possession, the purchaser may seek possession of the property through the court system after payment of the full purchase price. The Master Commissioner does not have ability to grant access to or possession of the property, and therefore makes no representation or warranty of any kind as to the conditions of the property.

The Master Commissioner does not obtain a title search or investigate for further liens on the property. The purchaser is responsible for title searches and/or any additional liens not named in the Judgment and Order of Sale and for the results of any good and accurate survey of the property. The Cross-claimant, the Court, and the Commissioner shall not be deemed to have warranted title to any purchaser. The property is sold subject to the Judgment and Order of Sale in each case which should be reviewed carefully prior to purchase.

The property shall otherwise be sold free and clear of any right, title, and interest of all parties to the action and of their liens and encumbrances thereon, excepting easements and restrictions of record in the LaRue County Court Clerk's Office and such right of redemption as may exist in favor of the United States of America or the defendant(s).

THOMAS P. CLAYCOMB
Master Commissioner, LaRue Circuit Court
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