

How To Make Mental Health Matter

Mental health is now discussed more openly than it once was. Mental illness or issues that affected mental health used to be stigmatized, and many people suffered in silence and might not have gotten the help they needed.

The National Institute of Mental Health reports more than one in five adults in the United States lives with a mental illness. Mental illnesses include many different conditions that may vary in degree of severity, from very mild to severe. The Centre for Addiction and Mental Health advises that, in any given year, one in five Canadians

experiences a mental illness as well. Such statistics highlight just how common mental illnesses are.

The NIMH notes self-care plays a significant role in maintaining mental health and supporting recovery. People can safeguard their mental health in many ways, and doing so will improve their overall health as well.

- Spend time in nature. Nature can have a calming effect on people. Going for a walk can help tame stress and break patterns of negative thinking. In Japan, the concept of forest bathing is said to improve mental health.

Forest bathing involves spending time in a forest or another green area experiencing the different sounds, sights and smells that nature offers.

- Set boundaries. B2B Reviews says 12 percent of U.S. workers were fully remote in August 2023. Estimates suggest that number may have increased to around 14 percent by 2025. Working from home can make it more challenging to set firm divisions on time spent working and for home life. Establishing boundaries means not being available 24/7 for calls or emails and

not feeling guilty about taking time away from work.

- Get regular exercise. Just 30 minutes of exercise each day can get feel-good endorphins flowing through the body to boost mood and bodily health.
- Get more sleep. Adults generally need between seven and nine hours of sleep for optimal health and reaching deep sleep phases, says the Mental Health Foundation. Creating consistent sleep routines that include going to bed and waking at the same time each day; avoiding screens before bed; and avoiding caffeine or vigorous exercise late in the day can

help improve sleep.

- Try relaxing activities. Relaxing activities can include reading, listening to music, meditation, or low-stress crafts and hobbies. Make time each week for these calming pursuits.
- Socialize with others. Socialization provides opportunities to see others and talk about anything you want to get off your chest. People feeling stress or anxiety might think they are alone. But having conversations with others can illustrate that these are common problems and there are solutions. Sometimes just talking about an issue can help you overcome it.

- Use your vacation time. Too many people are not using enough of their deserved and accrued time off. A survey from the financial services company Sorbet found that 62 percent of Americans don't use all of their paid time off. A Pew Research Center survey found that nearly half of U.S. employees with paid time off take less time than their employers offer. Failure to take time off is a recipe for burnout. Mental health should be a priority.

Safeguarding mental health can involve various self-care techniques that anyone can employ.



Water Wisely This Summer

By Vicki Shadrick
Extension Agent for
Agriculture
and Natural Resources

Our summers can feel like living inside a greenhouse; high heat, thick air and the occasional thunderstorm that somehow misses your yard entirely. When the thermometer is stuck in the 90s with little rain, plants need help. The trick is watering smart, not nonstop. Watering your yard in the early morning lets water sink in while the sun's still low, so less of it evaporates into thin air. Lawns built on tall fescue or Kentucky bluegrass want roughly an inch to an inch and a half of moisture each week. Pay attention to color and timing: when blades turn a tired gray-green, your footprints linger a bit too long or it hasn't rained in a week or so, it's time to run the sprinklers. Remember that watering thoroughly as opposed to frequently will promote deep root systems that help grass withstand dry periods.

Trees and shrubs run on a different clock. New saplings crave approximately 10 gallons of water weekly for each inch of trunk thickness. It may even help to build a small berm or raised area that surrounds newly planted trees to concentrate applied water around the root zone where it is needed most. Established woody plants settle for an inch of rain every week or so, and many native species can usually go two weeks without suffering harm. Stick a finger in the dirt — if those top two inches feel damp, hold off on watering. Roots that are too wet

cause problems as well.

Veggies can be picky. Tomatoes, peppers, beans — once they decide to bloom and the fruit or pods bulk up — will wilt at the first hint of drought. Aim for an inch of water a week, but break it into two sessions if your soil drains fast. Drip lines or soaker hoses help keep leaves dry and disease at bay; if you're hand-watering, hit the soil, not the foliage, and do it early in the day. Also remove weeds and grass nearby that will compete with your food crops for moisture.

Soil texture matters. Bluegrass clay retains moisture like a sponge, so fewer, longer waterings are most effective. Sandy pockets in central or western parts of the state drain like a sieve, demanding shorter, more frequent pours. Either way, spread a three-inch mulch blanket — shredded bark, straw, even last fall's leaves. Mulch cuts surface evaporation, evens out soil temperature

and prolongs soil moisture which saves you from constant hose duty. Keep mulch two to three inches from the base of plants to allow air movement and drying — prolonged moisture in these areas may promote disease.

It is also be very helpful to keep a rain gauge in the yard. When a summer storm dumps an inch, skip the next watering cycle and let nature foot the bill.

Contact the Webster County Extension office for more information on watering your plants.

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God Knows You

By Dr. Bob Hardison

Who Is Jesus?

Q: During our work lunch break, some discuss religion. One says that Jesus was a wise prophet who lived long ago, but nothing more. I believe in Jesus as my Savior, but I'm able to say more. Who is Jesus?

A: Jesus is the Son of God and the second Person of the Trinity. He has all authority and power. John chapter 5 tells us of Jesus healing a man who had been disabled for thirty-eight years. Because He healed him on the Sabbath, a group of Jews questioned His authority. Their questions opened the door for us to see who Jesus truly is.

His response speaks clearly of His authority and power. Jesus answered, "My Father is always at his work to this very day, and I, too, am

working," (John 5:17). He called God His own Father. Jesus went on to explain, "The Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does. For the Father loves the Son and shows him all he does," (John 5:17,19-20).

Jesus's relationship with God, the Father, isn't just based on a legal standing but on a standing of love (v.20). The love God has for His Son is the same love that Jesus has for all of us, which is shown at the cross. Jesus's purpose on earth is shown ultimately in His healing of our sickness of sin. Through faith in Jesus, we can rest in His finished work on the cross and have victory today as we share in the life we have in Jesus's resurrection.

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**COMMONWEALTH OF KENTUCKY
WEBSTER CIRCUIT COURT
CIVIL ACTION 24-CI-00043**

ADS TAX LIEN COMPANY, LLC
vs.
JUSTIN L. FRANCE; UNKNOWN SPOUSE
OF JUSTIN L. FRANCE; CITY OF PROVIDENCE, KENTUCKY;
AND COUNTY OF WEBSTER, KENTUCKY

PLAINTIFF

DEFENDANTS

NOTICE OF SALE

By virtue of a Judgment and Order of Sale rendered by the Webster Circuit Court on the 21st DAY OF MAY, 2025, I will on **THURSDAY, JULY 31, 2025**, at the hour of **11:00 A.M.** or as soon thereafter as possible at the Courthouse door in the City of Dixon, Webster County, Kentucky, proceed to offer for sale to the highest and best bidder the following described real property located in Webster County, Kentucky, to-wit:

**Property Address: 414 Woodson Street, Providence, Webster County, Kentucky 42450
PVA No. / Map No.: PR3-009-044, PR3-009-042, PR3-009-043, PR3-009-045**
The current year's property taxes will be paid by the purchaser of the property.

Purchaser may pay cash or said property will be sold upon payment of 10% deposit, with the balance upon credit of 30 days, the purchaser shall execute a good and sufficient bond with approved surety thereon for the purchase price, the bond to bear interest at the rate of 6% per annum from the date thereof, until paid, and to have the force and effect of a judgment, but a lien shall be retained on said property to further secure the payment of the purchase price. At his option, the purchaser may pay cash or pay the bond with accrued interest at any time before its maturity. Said sale to be made free and clear of any and all liens, claims, rights, title, and interest of any and all parties to this action. The purchaser will be prepared to promptly comply with these terms or the said property will immediately be offered again for sale.

GIVEN under my hand this the 7th day of July, 2025.

STEPHEN M. ARNETT, Master Commissioner
7/30c

**COMMONWEALTH OF KENTUCKY
WEBSTER CIRCUIT COURT
CIVIL ACTION 24-CI-00054**

ADS TAX LIEN COMPANY, LLC
vs.
ENRICO T. HARRELL; UNKNOWN SPOUSE
OF ENRICO T. HARRELL; STANLEY HARRELL, JR.;
UNKNOWN SPOUSE OF STANLEY HARRELL, JR.;
DR. STUART BALDWIN, DMD;
CITY OF PROVIDENCE, KENTUCKY;
AND COUNTY OF WEBSTER, KENTUCKY

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By virtue of a Judgment and Order of Sale rendered by the Webster Circuit Court on the 21st DAY OF MAY, 2025, I will on **THURSDAY, JULY 31, 2025**, at the hour of **11:00 A.M.** or as soon thereafter as possible at the Courthouse door in the City of Dixon, Webster County, Kentucky, proceed to offer for sale to the highest and best bidder the following described real property located in Webster County, Kentucky, to-wit:

**Property Address: 300 McElroy Drive, Providence, Webster County, Kentucky 42450
PVA No. / Map No.: PR2-001-003-002.**
The current year's property taxes will be paid by the purchaser of the property.

Purchaser may pay cash or said property will be sold upon payment of 10% deposit, with the balance upon credit of 30 days, the purchaser shall execute a good and sufficient bond with approved surety thereon for the purchase price, the bond to bear interest at the rate of 6% per annum from the date thereof, until paid, and to have the force and effect of a judgment, but a lien shall be retained on said property to further secure the payment of the purchase price. At his option, the purchaser may pay cash or pay the bond with accrued interest at any time before its maturity. Said sale to be made free and clear of any and all liens, claims, rights, title, and interest of any and all parties to this action. The purchaser will be prepared to promptly comply with these terms or the said property will immediately be offered again for sale.

GIVEN under my hand this the 3rd day of July, 2025.

STEPHEN M. ARNETT, Master Commissioner
7/30c