

COMMUNITY

EXTENSION NOTES

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Family and Consumer Science



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Pick one manageable job—like decluttering a drawer or organizing a single shelf—and go from there. Success with smaller tasks can motivate you to tackle bigger ones later on.

2. Focus on one room at a time: It's easy to get stuck rushing from one part of the house to another, only to realize you've created more chaos. Concentrate on one area until it's done. Checking off each room provides a sweet sense of accomplishment.

3. Use a timer: Got a big job ahead, like sorting through an entire closet? Break it down. Set a timer for 20 or 30 minutes and work until it goes off. This keeps you focused, helps prevent procrastination, and makes large tasks feel more approachable.

4. Spread out the cleaning: Unless you thrive on marathon cleaning sessions, don't try to do everything at once. For most of us, it's easier on both mind and body to spread tasks over several days or weeks. This way, you won't burn out before you're done.

5. Ask for help: Do you have more on your plate than you can handle alone? Call in reinforcements! Friends, family, or even roommates can make big projects more manageable. Plus, it can actually be fun when you're working

together. Crank up the music, chat and turn it into a social event.

6. Mindful cleaning: As you dust or scrub, pay attention to the sensations in your body. Feel your muscles working, notice the scents around you and focus on the moment. This kind of mindfulness can reduce stress and help you relax.

7. Celebrate your progress: Give yourself a pat on the back or even a small reward each time you complete a task. Recognizing your achievements keeps you motivated and encourages a positive outlook.

Remember, the goal of spring cleaning isn't just a squeaky-clean home, it's also about giving your mental health a little TLC. By chipping away at clutter, focusing on one task at a time, and inviting mindfulness into your routine, you can turn spring cleaning into a surprisingly refreshing and stress-relieving experience.

Contact your local

Rowan County Extension office for more information on how to spring clean your house. Source: Natese Dockery, clinical assistant professor and extension specialist for mental health and well-being

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The University of Kentucky Martin-Gatton College of Agriculture, Food and Environment news and communications team provides monthly Extension Exclusives in the categories of Horticulture, Agriculture and Natural Resources, 4-H and Family & Consumer Sciences. To see more exclusives, visit <https://exclusives.ca.uky.edu>.

Housing for the Holler meets April 30

Written by Allison Belter, Morehead State University student

On April 30th, Morehead residents are gathering to talk about housing issues in their community. The local event, Housing for the Holler, will be held at the Morehead Conference Center from 6:00 p.m. to 8:00 p.m. with light refreshments provided. The Morehead chapter of statewide housing organization, KY Tenants, is rallying people to highlight the persistent and extreme housing conditions in Morehead and to build an active community.

With two-thirds of Morehead residents being renters, understanding tenants' rights is key to local people's ability to thrive. At Housing for the Holler, community members will hear from their peers on housing issues in both the city of Morehead and Morehead State University's campus. KY Tenants members will stress the need for Proactive Rental Inspections and Community Land Trusts to make housing that doesn't fail its people and is in the hands of everyday citizens rather than ignorant landlords. Students will illuminate concerns that campus housing is also dangerous, under-

funded, and frequently neglected. Following these testimonies will be group discussions to build connections in the community and brainstorm solutions to the prevalent issues of the housing crisis in this region. Without loud, emboldened conversation, landlords can continue to keep tenants quiet and submissive. Instead, Housing for the Holler will hold a microphone to tenant voices to ensure they are heard and respected.

KY Tenants is a statewide organization fighting for safe, high quality, and affordable housing. The Morehead Chapter includes three action-focused campaigns: Proactive Rental Inspections which focus on improving the city's rental units, the Eastern KY Community Land Trust which keeps housing affordable and in the hands of locals, and the Morehead State University Chapter which amplifies student voices on MSU's campus. Together, they hope to bring in people from throughout the city to share their experiences and inspire collective action. All community members are warmly invited to this free community event. While RSVP is encouraged for planning, it is not required.

Spring cleaning for your mental health

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules and endless to-do lists, it's easy for clutter to pile up—along with your stress levels. While spring cleaning might seem like just another chore, it can actually work wonders for your mental health. A fresh, organized home doesn't just look good; it helps you feel better, too.

Believe it or not, clutter can contribute to feelings of anxiety, overwhelm and even depression. When you're surrounded by mess and disorganization, it's a constant reminder of everything you still need to do. On the flip side, an orderly space can foster mental clarity, reduce stress and give you a sense of calm. If you're ready to spruce up your home—and your mind—here are some practical strategies:

1. Prioritize tasks: Start small instead of throwing yourself into a massive cleaning frenzy.

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PUBLIC SERVICE ANNOUNCEMENT

Rowan County Democratic Party Reorganization Meeting

The Rowan County Democratic Party will hold its **Reorganization Meeting on Wednesday, April 30, 2025, at 5:00 PM** at the **Rowan County Courthouse Fiscal Courtroom**.

All registered Democrats in Rowan County are encouraged to attend, participate, and help shape the future of our local party. Whether you're a longtime member or new to politics, there's a place for you. Precinct elections will be held, and new leadership will be selected in accordance with party rules.

This is your opportunity to get involved, make your voice heard, and play a role in strengthening our community through Democratic values.

When: Wednesday, April 30, 2025

Time: 5:00 PM

Where: Rowan County Courthouse Fiscal Courtroom

For more information, contact the Rowan County Democratic Party using the information below:

Email: rowancountymocrats@gmail.com

Facebook: Rowan County Democratic Executive Committee

Instagram: @rowancountymocrats

Let's organize. Let's lead. Let's make a difference—together.

FREE DISPOSAL DAY

Saturday, April 26, 2025

8:00am-12:00pm

at **Waste Management**

Landfill in Rowan County

300 Old Phelps Rd.

Morehead, KY 40351

YOU MUST BE A CITIZEN OF ROWAN COUNTY
ALL LOADS MUST BE TARPED/TIED TO A VOID SPILLAGE

-NO HAZARDOUS MATERIALS

-NO TIRES OR APPLIANCES ACCEPTED

FOR MORE INFORMATION CONTACT:

ROWAN COUNTY SOLID WASTE OFFICE

Phone: (606)784-6345

Email: tyler.brown@rcky.us

COMMONWEALTH OF KENTUCKY
21st JUDICIAL DISTRICT
ROWAN CIRCUIT COURT
DIVISION II

File No 23-CI-90264

FEDERATION ON APPALACHIAN HOUSING

PLAINTIFF

VS: NOTICE OF COMMISSIONER'S SALE

WALTER LITTLETON, ET AL

DEFENDANT

By virtue of a Judgment and Order of Sale entered in the Rowan Circuit Court on March 21, 2025, to raise the sum of \$95,475.91, plus interest, fees and costs, I will expose for sale to the highest and best bidder, at Rowan County Judicial Center, 700 West Main Street, Morehead, Kentucky, 40351, on Wednesday, April 30, 2025, at the hour of 10:00 a.m., the following described property:

A tract commonly known as 70 Stonekirck Way, Morehead, Ky, and being the same property conveyed to Walter Littleton and Megan Harris by deed dated October 31, 2008, and recorded at Deed Book 231, Page 239, of the Rowan County Records.

Terms of the sale are as follows: (A) At the time of sale, the successful bidder shall either pay cash or make a deposit of 10% of the purchase price with the balance on credit for thirty (30) days. In the event the successful bidder elects to credit the balance, he shall post bond with acceptable surety for the unpaid purchase price bearing interest at the judgment rate from the date of the sale. The surety may be a person who owns real estate in Kentucky who must be present at the sale, or an alternative type of surety. Alternative types of acceptable surety may be obtained by an email request to budsalyer4@gmail.com. A lien shall be retained by the Commissioner as security for the purchase price; (B) The purchaser shall assume and pay all taxes and assessments for the current fiscal year. (C) All other delinquent taxes and assessments for previous years shall be paid from the sale proceeds if properly claimed in writing and filed of record by the purchaser within ten (10) days from the date of sale; (D) If a successful bid is less than two-thirds of the appraised value, the defendant shall retain a right of redemption for six months from the date of sale; the purchaser shall receive an immediate writ of possession and a deed containing a lien in favor of the defendant reflecting the defendant's right of redemption. KRS 426.530; (E) 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 Rowan County Clerk's Office, and such right of redemption as may exist in favor of the United States of America or the Defendant(s); (F) For more particulars, reference is made to the records of the Rowan Circuit Clerk; (G) Bidders are advised to obtain a title examination; (H) Exceptions must be filed not later than ten (10) days following the filing of the Commissioner's Report of Sale; (I) Risk of loss for the subject property shall pass to the purchaser on the date of sale, and possession of the premises shall pass to the purchaser upon payment of the purchase price and delivery of deed; (J) Announcements made at the time of sale take precedence over any statement contained herein; (K) Purchaser is responsible for the current year's taxes. Anyone wanting to be added to a mailing list of future sales should send a request to budsalyer4@gmail.com.

B. R. Salyer
Rowan County Master Commissioner
210 Big Brushy Road
Morehead, KY, 40351
606-776-0119
budsalyer4@gmail.com

COMMONWEALTH OF KENTUCKY
21st JUDICIAL DISTRICT
ROWAN CIRCUIT COURT
DIVISION II

File No 24-CI-90028

SERVBANK, SB

PLAINTIFF

VS: NOTICE OF COMMISSIONER'S SALE

DERRIK, HALE, ET AL

DEFENDANT

By virtue of a Judgment and Order of Sale entered in the Rowan Circuit Court on November 22, 2024, to raise the sum of \$94,966.67, plus interest, fees and costs, I will expose for sale to the highest and best bidder, at Rowan County Judicial Center, 700 West Main Street, Morehead, Kentucky, 40351, on Wednesday, April 30, 2025, at the hour of 10:00 a.m., the following described property:

A tract of land commonly known as 215 Eden Hollow Road, Morehead, KY, bearing PVA Parcel ID 133-00 00 010.00, containing 1/-1/4 acres, more or less, and being the same land conveyed to Defendants herein by deed dated August 10, 2015, and recorded in Deed Book 256, Page 732, of the Rowan County Records.

Terms of the sale are as follows: (A) At the time of sale, the successful bidder shall either pay cash or make a deposit of 10% of the purchase price with the balance on credit for thirty (30) days. In the event the successful bidder elects to credit the balance, he shall post bond with acceptable surety for the unpaid purchase price bearing interest at the judgment rate from the date of the sale. The surety may be a person who owns real estate in Kentucky who must be present at the sale, or an alternative type of surety. Alternative types of acceptable surety may be obtained by an email request to budsalyer4@gmail.com. A lien shall be retained by the Commissioner as security for the purchase price; (B) The purchaser shall assume and pay all taxes and assessments for the current fiscal year. (C) All other delinquent taxes and assessments for previous years shall be paid from the sale proceeds if properly claimed in writing and filed of record by the purchaser within ten (10) days from the date of sale; (D) If a successful bid is less than two-thirds of the appraised value, the defendant shall retain a right of redemption for six months from the date of sale; the purchaser shall receive an immediate writ of possession and a deed containing a lien in favor of the defendant reflecting the defendant's right of redemption. KRS 426.530; (E) 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 Rowan County Clerk's Office, and such right of redemption as may exist in favor of the United States of America or the Defendant(s); (F) For more particulars, reference is made to the records of the Rowan Circuit Clerk; (G) Bidders are advised to obtain a title examination; (H) Exceptions must be filed not later than ten (10) days following the filing of the Commissioner's Report of Sale; (I) Risk of loss for the subject property shall pass to the purchaser on the date of sale, and possession of the premises shall pass to the purchaser upon payment of the purchase price and delivery of deed; (J) Announcements made at the time of sale take precedence over any statement contained herein; (K) Purchaser is responsible for the current year's taxes. Anyone wanting to be added to a mailing list of future sales should send a request to budsalyer4@gmail.com.

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