

# Tips To Balance Children's School, Extracurricular Activities

Extracurricular activities figure prominently in the lives of modern children.

While extracurricular activities like sports play and club participation have been linked to a number of positive outcomes, including improved academic performance, child development experts warn that too much time in structured activities can compromise kids' creativity and make it harder for youngsters to learn how to structure their own time.

Managing school and extracurricular activities can feel like a juggling act, and it's important that parents work with kids so youngsters learn to balance school work and afterschool pursuits. With the school year in full swing, parents and kids can work together and consider the following strategies to ensure there's sufficient balance between academics and extracurricular ac-

tivities.

• Emphasize that academics come first. Extracurricular activities are undeniably important, but studies illustrate the importance of emphasizing academics over pursuits like sports.

Though many parents recognize academics should be a student's top priority, youth sports and scholastic sports now require greater commitments of time than in years past, which could make it hard to prioritize academics and may even give a false impression of future outcomes.

A 2025 survey of parents of young athletes found that 22 percent feel their child could play higher-level collegiate sports. Those expectations are not supported by statistics from the National Collegiate Athletic Association (NCAA), which reports that very small percentages of high school athletes go on

to play at the collegiate level.

For example, just 1.4 percent of male scholastic soccer players and 2.7 percent of female scholastic soccer players play division I soccer in college. While kids should not be discouraged from participating in extracurricular activities, it's important to prioritize academics and ensure kids are afforded ample time to do their best in the classroom.

Recognition of that significance can make it easier for kids and parents to avoid overscheduling and creating a situation where it's hard for students to maintain a balance that increases their likelihood of being successful.

• Identify the activities that are most important to students. Overscheduling activities is a concern, and a 2024 report from SolutionHealth noted that kids who spend more time in extracurricu-



lar activities are more likely to struggle with mental health issues like anxiety and depression. Kids may find it easier to balance school and extracurricular activities when they pare down and identify the afterschool pursuits that are most important to them.

• Work with children on time management skills. Parents can work with children and even enlist the help of coaches, scout troop leaders and others to instill time management skills in young students.

Encourage young kids to use daily planners so they can stay organized. In addition, kids can keep a daily time journal that documents how they spend their time each day.

After a week or two of tracking their time, parents and kids can identify ways to be more efficient. Parents also can examine time journals to look for periods when kids can get some free time, which is important for young people's development.

• Encourage kids to ask for help if they need it. Parents can emphasize

size that schedules need not be set in stone. Encourage kids to ask for help and offer input if the plan they develop with their parents to balance school and extracurricular activities is not working or proving too challenging.

Balance is important as kids navigate school and extracurricular activities. Parents and kids can try various strategies and remain flexible to help kids fulfill their commitments to school and after-school activities.

## WCSO Monthly Activity Report

The Webster County Sheriff's Office has the following activity to report for January, 2026.

This data is gathered by individual deputies during the course of their daily duties. This data was compiled and the total activity reported is as follows:

Traffic Stops: 302  
Total Citations: 182  
DUI: 6  
Speed: 31  
Seatbelt: 1  
Courtesy Notice: 293  
Driver Inspections: 386  
Complaints: 223  
Special Detail: 112  
Directed Patrol: 31  
Motorist Assists: 12  
Criminal Cases: 16

Criminal Arrests: 70  
Accidents Investigated: 24  
Programs: 0  
Warrant Service: 30  
Search Warrant Service: 0  
Criminal Summons Served: 4  
Civil Process Service: 30  
Security/Surveillance: 0  
Intelligence Reports: 0  
Vehicle Inspections (Office): 82  
Victim Contacts: 239  
JC3: 4  
E Call Response: 2  
E Crisis Response: 4  
K9 Deployment: 2  
Drone Deployment: 0  
CSS Referral: 11  
Regular Hours: 1151  
Overtime Hours: 106.5

## Choose A Healthy Diet

By Vicki Shadrick  
Extension Agent for  
Agriculture and Natural Resources

February is American Heart Month, making it an ideal time to explore ways to reduce your risk of heart disease. One of the most effective strategies is adopting a diet that supports heart health.

Two eating patterns supported by scientific research—the DASH (Dietary Approaches to Stop Hypertension) diet and the Mediterranean diet—are recognized for promoting cardiovascular wellness. Both approaches emphasize increasing your intake of whole grains, fruits, vegetables, legumes, seafood, and lean meats, while cutting back on sweets and highfat foods. These guidelines align closely with the U.S. Department of Agriculture's MyPlate recommendations. Along with nutrition, both eating styles also encourage regular physical activity. Beyond heart health, they may also help lower the risk of developing type 2 diabetes and certain forms of cancer.

The Mediterranean diet, inspired by traditional eating habits in countries such as Greece and Italy, is regularly ranked among the best diets worldwide. Rather than enforcing

rigid rules, it focuses on building a healthy lifestyle through nutritious food choices. Research has shown that people who follow this diet often experience lower LDL ("bad") cholesterol, reduced blood pressure, weight loss or weight maintenance, improved eye health, enhanced brain function, relief from rheumatoid arthritis symptoms, and potentially longer lifespans.

The DASH diet was specifically created to help individuals reduce high blood pressure. It emphasizes nutrientrich foods, reduced sodium intake, and proper portion sizes. Some individuals may see modest improvements in blood pressure within just a few weeks, and longterm adherence has been associated with drops of 8 to 14 points in the upper blood pressure number—significantly lowering heartdisease risk. This diet also aligns with general nutrition recommendations for reducing the likelihood of osteoporosis and stroke.

If you'd like to learn more about healthy eating habits, contact the Webster County office of the University of Kentucky Cooperative Extension Service.

COMMONWEALTH OF KENTUCKY  
WEBSTER CIRCUIT COURT  
CIVIL ACTION 20-CI-00043

JOYCE VERSINO  
vs.  
KEVIN J. CROWLEY; MELISSA CROWLEY;

JERRY HOWARD; COMMONWEALTH OF KENTUCKY,  
DEPARTMENT OF REVENUE;

COMMONWEALTH OF KENTUCKY, COUNTY OF WEBSTER

NOTICE OF SALE

By virtue of a Judgment and Order of Sale rendered by the Webster Circuit Court on the 4th DAY OF DECEMBER, 2025, I will on THURSDAY, FEBRUARY 12, 2026, at the hour of 11:00 A.M. or as soon thereafter as possible to 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: 886 State Route 56 E, Sebree, Webster County, Kentucky 42455

PVA No. / Map No.: 064-016-000.

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 22nd day of January, 2026.

STEPHEN M. ARNETT, MASTER COMMISSIONER

2/11c

PLAINTIFF

COMMONWEALTH OF KENTUCKY  
WEBSTER CIRCUIT COURT  
CIVIL ACTION 25-CI-00103

21ST MORTGAGE CORPORATION

vs.  
ISAAC THRASHER, UNKNOWN SPOUSE OF ISAAC THRASHER,

LINDA THRASHER, UNKNOWN SPOUSE OF LINDA THRASHER

NOTICE OF SALE

DEFENDANTS

By virtue of a Judgment and Order of Sale rendered by the Webster Circuit Court on the 1st DAY OF DECEMBER, 2025, I will on THURSDAY, FEBRUARY 12, 2026, at the hour of 11:00 a.m. or as soon thereafter as possible to 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: 2888 State Route 138, Dixon, Webster County, Kentucky 42409

PVA No. / Map No.: 067-027-001 and 067-027-001.01.

There is a 2021 Champion Mobile Home, VIN 021000HA006798A located on the property.

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 21st day of January, 2026.

STEPHEN M. ARNETT, MASTER COMMISSIONER

2/11c

COMMONWEALTH OF KENTUCKY  
WEBSTER CIRCUIT COURT  
CIVIL ACTION 24-CI-00228

ALLIANCE RESOURCE PROPERTIES, LLC

PLAINTIFF

JOHN CARSON HUNT and his unknown spouse, heirs, devisees, successors and/or assigns;

JAMES W. HUNT and his unknown spouse, heirs, devisees, successors and/or assigns;

EVA A. CHASE and her unknown spouse, heirs, devisees, successors and/or assigns;

CHARLES R. RAMSEY and his unknown spouse, heirs, devisees, successors and/or assigns;

BERTHA RAMSEY and her unknown spouse, heirs, devisees, successors and/or assigns;

WILL RAMSEY and his unknown spouse, heirs, devisees, successors and/or assigns;

RONALD RAMSEY and his unknown spouse, heirs, devisees, successors and/or assigns;

JOAN GARDNER and her unknown spouse, heirs, devisees, successors and/or assigns;

CHARLES G. RAMSEY and NANCY E. J. RAMSEY, his wife;

NANCY JEAN YATES and her unknown spouse, heirs, devisees, successors and/or assigns;

PATSY SUE OWEN and her unknown spouse, heirs, devisees, successors and/or assigns;

ALICIA DIANE OWEN and her unknown spouse, heirs, devisees, successors and/or assigns;

JEFFREY SCOTT OWEN and his unknown spouse, heirs, devisees, successors and/or assigns;

CAROLYN A. BOUTWELL and her unknown spouse, heirs, devisees, successors and/or assigns;

MARY E. PAYNE and her unknown spouse, heirs, devisees, successors and/or assigns; and

DAVID E. WILLIAMS and his unknown spouse, heirs, devisees, successors and/or assigns

NOTICE OF SALE

DEFENDANTS

By virtue of a Judgment and Order of Sale rendered by the Webster Circuit Court on the 20th DAY OF NOVEMBER, 2025, I will on THURSDAY, FEBRUARY 12, 2026, at the hour of 11:00 A.M. or as soon thereafter as possible to 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: NO PROPERTY ADDRESS - COAL AND MINING RIGHTS ONLY

PVA No. / Map No.: NO MAP NO. - COAL AND MINING RIGHTS ONLY

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 23rd day of January, 2026.

STEPHEN M. ARNETT, MASTER COMMISSIONER

2/11c