

# What Health Professionals Say About Kids, Devices

The ubiquity of devices in twenty-first century life is hard to miss. Whether it's smartphones, tablets or laptops, devices are seemingly everywhere in modern life. That's even true with young children, who have a tendency to bring tablets along during car trips or nights out at a restaurant.

Parents walk a tightrope regarding screen time and children. Though media use is often, and understandably, discussed in terms of its potentially harmful impact on young minds, the issue is not exactly as one-sided as it may seem. For example, kids are naturally curious, and parents may not always have the answers to youngsters' questions. In such instances, devices can fill the gaps by encouraging kids to explore topics that interest them and find answers. Device usage also can teach kids digital literacy, which can help to prepare them for life in an increasingly digital world and also provide a way for children to employ lessons about internet safety emphasized

by parents and educators. The danger of devices in regard to young minds largely concerns overuse. Parents uncertain about how to help kids reap the rewards of media use without overdoing it can consider these recommendations courtesy of the American Academy of Pediatrics.

- Greatly limit device usage and access with children under age two. The AAP notes that children two and younger learn best when they interact with other people, including parents, siblings, caregivers, and others. The AAP also notes that children two and younger do not easily understand what they see on a screen and how it relates to their world, which makes screens a less useful educational tool for such youngsters than parents may realize. If parents of children between the ages of 18 and 24 months want to introduce screens to their kids, the AAP advises watching only high-quality programming and watching along with them. Reteaching lessons

when programs end also can help kids make the most of their limited screen time.

- Limit screen time to no more than one hour per day for kids between the ages of two and five. Children between ages two and five can utilize devices to build their vocabulary, and quality programming like "Sesame Street" can instill valuable social, language and reading skills. The AAP recommends co-viewing with youngsters in this age bracket as well, and be sure kids are watching interactive, nonviolent, educational, and pro-social media.

- Don't allow devices to become older children's go-to activity. Many schools now supply devices to children from kindergarten on. While that's a testament to the educational utility of devices, it also can complicate parents' efforts to minimize screen time, particularly if kids take tablets or laptops home from school each day. The AAP urges parents to make sure children five and older are not missing out



on sleep, family time and exercise due to their device usage. The AAP also recommends that parents monitor kids' media usage to ensure they're safe and watching appropriate content.

- Discuss media usage with teens and tweens. Teens and tweens typically consume media without oversight. But the AAP emphasizes the importance of engaging teens and tweens in a dialogue regarding me-

dia use, digital citizenship and online content, whether it's read or viewed. It's also important that parents keep track of who teens and tweens are communicating with while on their devices.

It's not easy for parents to navigate their children's device usage. But the right approach can ensure kids are safe and reaping the rewards of engaging with their world through their devices.

## Useful Tips To Stay Hydrated During This Summer's Heat

Hydration and electrolyte-replacement products are often marketed with buzzwords and flashy packaging. Originally developed for athletes, these products have found their way to grocery store shelves and are now promoted to the public. In general, we get electrolytes needed for hydration from a balanced diet. But some individuals may benefit from a supplemented source.

Here are some tips on how hydration and electrolytes work together in supporting everyday health and how much your body needs:

What are electrolytes, and how much do I need?

\* Most electrolytes come from food and drinks we consume. These include sodium,

potassium, calcium, magnesium and chloride. Other electrolytes can be made in our bodies and do not directly come from the diet, meaning that we don't have to take in all electrolytes through outside sources.

\* Individual needs for hydration and electrolytes depend on several factors such as age, body size, health status, daily medications, activity level and more. We can get enough electrolytes and adequate hydration by consuming a balanced diet alongside unsweetened beverages throughout the day.

\* Individuals who do high labor jobs or activities, especially outdoors in the heat like landscaping and construction, may benefit from additional elec-

trolytes and hydration. Active individuals who engage in intense activity for more than an hour may also need to replenish fluid and electrolytes lost in sweat.

Where do electrolytes come from? How do we stay hydrated?

\* Hydration is related to electrolyte intake but also includes the amount of fluid we take in through food and drinks. It is important to regularly drink water throughout the day. Unsweetened beverages like coffee, tea, and milk also contribute to hydration status. Foods like fruits, vegetables, and soups also help hydrate.

\* Electrolytes are found in a variety of foods and in smaller amounts in some wa-

ter, depending on the source. Some commercially available bottled waters have electrolytes added to them. Coconut water is another option that is naturally rich in electrolytes.

Pay attention to dehydration

\* Symptoms of dehydration include dizziness, lack of energy, memory trouble, headaches and muscle cramps. If you experience these symptoms, drink water and prioritize foods high in water and electrolytes, like fresh fruits and vegetables. If symptoms like confusion, rapid heart-beat, or fainting occur, seek medical care immediately.

More isn't always better

\* Many sports drinks and electrolyte mixes have large amounts of minerals like sodium. Too much sodium is a risk factor

for high blood pressure and heart disease.

\* Sports drinks are often high in added sugar, too. If you buy a sports drink with higher amounts of added sugar or sodium, dilute it with water or drink half of the serving instead of the entire beverage.

\* Let your health-care provider and pharmacist know if you use electrolyte-replacement products often.

Since they have high amounts of minerals, they could interact or interfere with other medications or health conditions.

No matter what, staying hydrated should be a priority. Most people can meet their electrolyte needs with a balanced diet and regular water intake.

Contact the Webster County Extension office for more information.

## Pleas Entered In Webster Circuit Court

Webster County Circuit Court convened on May 7, with a number of individuals entering pleas before the honorable Judge Daniel Heady. Following are the results of those court appearances.

Nicholas K Brown withdrew a not guilty plea and entered a plea of guilty to improper equipment, first degree possession of a controlled substance, first offense, methamphetamine; drug paraphernalia buy/possess; attempted tampering with physical evidence; failure to use child restraint device in vehicle, two counts; failure to produce insurance card; no/expired registration plates; failure to notify address change to department of transportation and owner to notify clerk of residence change. Brown was adjudged guilty on all counts and ordered to pay \$165 in court costs and \$900 in fines. He was also ordered to serve three years on count two of the indictment; 12 months on count three; 12 months on count four and 12 months on count nine with the sentences to run concurrently for a total sentence of

three years probated for a period of five years.

In the case of Matthew L. Arthur, the defendant withdrew a not guilty plea and entered a plea of guilty to second degree robbery. He was adjudged guilty of the offense and ordered to pay \$154 in court cost (waived per KRS 453.190(2)). He was also sentenced to ten year's incarceration to run consecutively with a previously imposed sentence in a separate Webster County Circuit court case.

In a second case in which Arthur is charged with first degree possession of a controlled substance, first offense, drug paraphernalia buy/possess and public intoxication, the defendant withdrew his not guilty plea and entered a plea of guilty to the charges. He was adjudged guilty and sentenced to one year incarceration on count one; 12 months on count two and 90 days on count three with the sentences to run concurrently for one year but consecutively to the previous case for a total sentence of eleven years incarceration.

**COMMONWEALTH OF KENTUCKY  
WEBSTER CIRCUIT COURT  
CIVIL ACTION 25-CI-00252**

KENTUCKY HOUSING CORPORATION PLAINTIFF  
vs.  
MATTHEW MILES, DESTINEE MILES, UNITED COMMUNITY BANK  
and SECRETARY OF HOUSING AND URBAN DEVELOPMENT DEPENDANTS

**NOTICE OF SALE**

By virtue of a Judgment and Order of Sale rendered by the Webster Circuit Court on the 20th DAY OF MARCH, 2026, I will on **THURSDAY, MAY 28, 2026**, 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: 9560 US HIGHWAY 41A N, SEBREE, WEBSTER COUNTY, KENTUCKY 42455**  
**PVA No. / Map No.: OOP-007-014**

*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 May, 2026.  
STEPHEN M. ARNETT, MASTER COMMISSIONER  
5/27c

**COMMONWEALTH OF KENTUCKY  
WEBSTER CIRCUIT COURT  
CIVIL ACTION 24-CI-00267**

PENNYMAC LOAN SERVICES, LLC PLAINTIFF  
vs.  
RICHARD NASON, JR.  
AKA RICHARD ROBERT NASON, JR. AND WEBSTER COUNTY DEPENDANTS

**NOTICE OF SALE**

By virtue of a Judgment and Order of Sale rendered by the Webster Circuit Court on the 10th DAY OF MARCH, 2026, I will on **THURSDAY, MAY 28, 2026**, 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: 229 Charles Buchanan Road, Sebree, Webster County, Kentucky 42455**  
**PVA No. / Map No.: 093-027-005.**

*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 3.75% 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 16th day of April, 2026.  
STEPHEN M. ARNETT, Master Commissioner  
5/27c

**COMMONWEALTH OF KENTUCKY  
WEBSTER CIRCUIT COURT  
CIVIL ACTION 21-CI-00153**

MID SOUTH CAPITAL PARTNERS, LP PLAINTIFF  
vs.  
MICKEY MORSE, SR.; COMMONWEALTH OF KENTUCKY,  
COUNTY OF WEBSTER; CITY OF PROVIDENCE, KENTUCKY;  
LEGAL RECOVERIES, INC.; INDEPENDENT CAPITAL HOLDINGS, LLC;  
UNKNOWN SPOUSE, IF ANY, OF MICKEY MORSE, SR.;  
and COMMONWEALTH OF KENTUCKY, DEPARTMENT OF REVENUE DEPENDANTS

**NOTICE OF SALE**

By virtue of a Judgment and Order of Sale rendered by the Webster Circuit Court on the 19th DAY OF FEBRUARY, 2026, I will on **THURSDAY, MAY 28, 2026**, 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: 909 South Broadway, Providence, Webster County, Kentucky 42450**  
**PVA No. / Map No.: PR4-032-003-001**

*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 16th day of April, 2026.  
STEPHEN M. ARNETT, MASTER COMMISSIONER  
5/27c

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