

# The Invisible Weight of Motherhood

By Tommy Druen

With the exception of news programming, The Tonight Show holds the distinction as the longest continuously aired program in the history of American network television. After more than 70 years on the air, its longevity is impressive but not mysterious. The show perfected the deceptively simple formula of comedic monologue, celebrity interviews, and musical guests that proved so effective it became the blueprint for virtually every late-night talk show that followed.

Some imitators thrived. David Letterman built an empire on the model. Arsenio Hall briefly turned late-night on its head in the early '90s. Others crashed magnificently. Chevy Chase and Magic Johnson each hosted shows that seemingly failed before the credits ran.

The Tonight Show's creator and original host was a young man named Steve Allen, whose résumé defies easy summary. Comedian, radio personality, author, musician, composer, television pioneer. Entire books

have been written about his contributions to the medium, but one of my favorite bits he invented was the "Man on the Street" interview. Allen would simply step outside the studio and question ordinary New Yorkers, often with absurd or leading prompts designed to produce hilarious answers. The charm was its apparent spontaneity. Whether it was genuine or not hardly mattered. The format proved durable, resurfacing decades later in Jay Leno's "Jaywalking" segments and Billy Eichner's frantic "Billy on the Street."

A few years back, Jimmy Kimmel adapted the concept for a Father's Day segment called "Pop Quiz." The premise was beautifully simple: fathers were asked basic questions about their own children. They struggled magnificently. They missed teachers' names, schools, eye colors, and even birthdays. Then the mothers stepped in and answered every question correctly without missing a beat.

It was funny. And, if

we're being honest, a little sad.

I understand television magic. Producers may well have interviewed a hundred fathers to find a handful who appeared gloriously clueless. The whole segment could have been staged. But the reason the bit works, the reason we laugh, is that it doesn't feel absurd. Most of us recognize the truth behind it. On average, mothers simply know more about the daily details of their children's lives than fathers do.

And that reality points to something larger.

Our society expects an extraordinary amount from mothers. At any given moment, they are expected to know what supplies are needed for school, what's happening in the classroom, when soccer practice starts, what the weekend looks like, which groceries are running low, when the laundry needs doing, and whether anyone has a doctor's appointment coming up. That's before we even get to their own careers, ambitions, and obligations.

I'm as guilty as anyone. When I ask my wife, "Honey, have you seen my keys?" it feels like an innocent question. In truth, it's one more straw laid across a camel already staggering under the weight, especially if that's the fortieth question she's fielded in the past hour. And when one of my kids asks me something, it's far too easy to shrug and say, "I don't know. Go ask your mother."

My wife has tried to explain this mental weight to me. Listening to the explanation alone is exhausting. I genuinely cannot imagine living with it every day.

In recent years, someone cleverly named this phenomenon the "mother load." It refers to the invisible, relentless mental labor required to keep a family running smoothly. It's a burden society quietly places on mothers, expecting them not only to respond to everyone's needs but to anticipate them as well. They are expected to be kind, patient, thoughtful, and endlessly accommodating. All admirable qualities, of

course. But they become a trap when someone feels personally responsible for the comfort and happiness of everyone around them.

Perhaps it shouldn't surprise us that women are diagnosed with depression and anxiety at roughly twice the rate of men. Given the mental and emotional demands placed upon them, the real surprise may be that the number isn't higher.

There's an anonymous quote that captures this all with painful precision: "Motherhood is the exquisite inconvenience of being another person's everything."

I wish I had real answers. I try to carry more of this mental burden at home, though I fail at it more than Chevy Chase failed in his monologues. And even when I do manage to take something off my wife's plate, she often struggles to

## Notice of Appointment

Administration has been granted by the Lewis District Court upon the Estate of Jackie Mullikin, whose address was 47 John Lane, Wallingford, KY 41093, and James Mullikin, whose address is 47 John Lane, Wallingford, KY 41093, was appointed Administrator on March 31, 2026.

All creditors having claims against said estate are notified to present them to said James Mullikin, at the address shown verified according to law, not later than six months after the last publication of this notice. Any person owing said estate should make payment to said James Mullikin.

**Teresa Callahan, Clerk  
Lewis Circuit & District  
Courts**

## Notice of Appointment

Administration has been granted by the Lewis District Court upon the Estate of Benny F. Chaney, Jr., whose address was 89 Chaney Lane, Vanceburg, KY 41179, and Teresa Bryant, whose address is 247 Robinson Ave., Vanceburg, KY 41179, was appointed Executrix on March 31, 2026.

All creditors having claims against said estate are notified to present them to said Teresa Bryant, at the address shown verified according to law, not later than six months after the last publication of this notice. Any person owing said estate should make payment to said Teresa Bryant.

**Teresa Callahan, Clerk  
Lewis Circuit & District  
Courts**

relinquish it, not because she wants to carry it, but because after years of practice, it has simply become second nature and is now hard-wired into her personality.

Maybe the least we can do is acknowledge that the mother load exists, and that it is a tremendous weight for any person to bear. Perhaps we can do a little more to help shoulder it. But even when we fall short, recognizing the burden might offer at least a small measure of comfort to the women who have been quietly carrying it all along.

## Notice of Appointment

Administration has been granted by the Lewis District Court upon the Estate of Donna Sue Dunaway, whose address was 190 Southern Manor Rd., Vanceburg, KY 41179, and Susan Denise Dunaway, Christopher Dunaway, and Kelly Alburg, whose addresses are 17 Vice St., Vanceburg, KY 41179, 3008 Woodland Ridge 1, Maysville, KY 41056, and 5004 Shady Lane, Mayslick, KY 41055 were appointed Executrix on March 31, 2026.

All creditors having claims against said estate are notified to present them to said Susan Denise Dunaway, Christopher Dunaway, and Kelly Alburg at the address shown verified according to law, not later than six months after the last publication of this notice. Any person owing said estate should make payment to said Susan Denise Dunaway, Christopher Dunaway, and Kelly Alburg.

**Teresa Callahan, Clerk  
Lewis Circuit & District  
Courts**

## Notice of Appointment

Administration has been granted by the Lewis District Court upon the Estate of Pamela Chaney, whose address was 89 Chaney Lane, Vanceburg, KY 41179, and Teresa Bryant, whose address is 247 Robinson Ave., Vanceburg, KY 41179, was appointed Executrix on March 31, 2026.

All creditors having claims against said estate are notified to present them to said Teresa Bryant, at the address shown verified according to law, not later than six months after the last publication of this notice. Any person owing said estate should make payment to said Teresa Bryant.

**Teresa Callahan, Clerk  
Lewis Circuit & District  
Courts**

## Tollesboro Lions Club

By Craig Stanfield



On April 4 and 5, the Tollesboro Lions Club gave away 700 trees for Kentucky's Arbor Day. (Yes, Kentucky's Arbor Day is observed on the first Friday in April each year; nationally, for states that have not set a different date, Arbor Day is the last Friday in April.)

The Tree Giveaway was planned as a two-day event, Friday and Saturday; however, the Club originally expected to receive 600 trees, and 100 percent were claimed on March 12 — the date the event was announced in a local newspaper — between 9:15 a.m. and 1:15 p.m. That is 600 trees reserved in four hours.

The Club did receive an additional 100 white pine trees, but they were also claimed on Friday, leaving no trees available for Saturday.

Due to the high demand, the Tollesboro Lions Club will attempt to offer this program again next year. The Club must place its tree order this September for next year's Arbor Day event.

Individuals wishing to order tree varieties not offered this year, or those unavailable at the time of reservation, or those wanting to reserve significant quantities of certain varieties, are encouraged to contact Craig A. Stanfield at (606) 301-3350 in late August or early September to see if requests can be fulfilled.

Note: Forest tree varieties are available; fruit trees such as apple, peach, cherry, plum, or other "orchard" varieties are not. Oaks, chestnuts, walnuts, and hickory are nut trees; persimmons, pawpaw, wild plum, and crabapple are fruiting trees; dogwoods, redbuds, and poplar are ornamental varieties; and white pine provides windbreaks. Other varieties may be available.

On Saturday, April 5, the Tollesboro Lions Club also sponsored an Easter Egg

Hunt and a Garden Tractor Pull. Both events were considered a success.

TOLLESBORO LIONS CLUB UPCOMING

APRIL 18 — GARDEN TRACTOR PULL

Garden Tractor Pulls are held throughout the year, beginning in April and continuing through October on

3 are encouraged to attend.

MAY 30 — EASTERN KENTUCKY WALKING & RACKING HORSE ASSOCIATION ANNUAL HORSE SHOW



Graduation will be here before you know it!

If you will be graduating from High School and:



• Apply for a Tollesboro Lions Club Scholarship!

• Available online for local high school seniors working toward higher education.

• Visit our website to learn more and apply now:

[www.tollesborolions.com](http://www.tollesborolions.com)



### EVENTS

SCHOLARSHIP APPLICATIONS NOW BEING ACCEPTED — The Tollesboro Lions Club is accepting applications for its 2026 Scholarship Program. High school graduates intending to pursue higher education in the immediate area are encouraged to apply.

The Club will offer scholarships in the amount of \$500, with up to 10 scholarships available this year. Applications can be downloaded from the Club's website at [www.tollesborolions.com](http://www.tollesborolions.com). (Note: A laptop is recommended, as the site is not cellphone-friendly.)

IMPORTANT: Applications must be received in hand (not postmarked) by 6:00 p.m., April 26. Submission instructions are included with the application.

APRIL 13 — TOLLESBORO LIONS CLUB MEETING

The next meeting is scheduled for April 13. All members are encouraged to attend.

the first and third Saturdays (except July, when the event is held during the annual fair). The next pull will be April 18.

APRIL 25 — MUD SLING

Mud Sling events begin April 25 and are scheduled for the fourth Saturday of each month through October (except July, when it is part of the annual fair).

APRIL 27 — TOLLESBORO LIONS CLUB MEETING

Scholarship recipients will be approved at this meeting.

APRIL 30 - MAY 3 — SPRING TRADE DAYS EVENT

This is the first of three Trade Days events.

• Summer Trade Days: June 18-21

• Fall Trade Days: September 10-13

MAY 18 — ZONE MEETING

Hosted by the Orangeburg Lions Club and chaired by Craig A. Stanfield. All six clubs in Region 1, Zone

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THE LEWIS COUNTY HERALD

336 Lions Lane, Vanceburg, KY 41179

ALLISON BALL  
AUDITOR OF PUBLIC ACCOUNTS

### SUMMARY OF PROCEDURES AND FINDINGS AGREED-UPON PROCEDURES OF THE LEWIS COUNTY CLERK

For The Period January 1, 2024 Through December 31, 2024

The Lewis County Clerk applied for and received approval from the Auditor of Public Accounts (APA) to obtain an Agreed-Upon Procedures (AUP) engagement for calendar year 2024 in accordance with KRS 43.070(1)(c). AUP reports present the procedures performed and the results of those procedures, called findings. The summary below presents those findings for which an exception (an instance of noncompliance with the criteria) was identified during the AUP engagement.

During the AUP engagement of the Lewis County Clerk, the following exceptions was noted:

- There were two disbursements made from the investment accounts maintained by the county clerk that were written and signed by the bank staff and not the county clerk.

Findings related to procedures for which there were no exceptions identified, and official responses to exceptions are not included in the summary above but can be found in the full report. A copy of this report is available on the Auditor of Public Accounts' website at [auditor.ky.gov](http://auditor.ky.gov).

Respectfully submitted,  
*Allison Ball*  
Allison Ball  
Auditor of Public Accounts  
Frankfort, KY

December 22, 2025

209 ST. CLAIR STREET  
FRANKFORT, KY 40601-1817

TELEPHONE 502.564.5841  
FACSIMILE 502.564.2912  
AUDITOR.KY.GOV

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