

Seniors Can Navigate Medication, Exercise

Exercise is widely acknowledged as a pathway to improved physical and mental health. Reduced vulnerability to disease, lower risk for broken bones thanks to improved bone density and strength, and improved mood are just some of the many benefits attributed to regular exercise. Indeed, exercise is vital to people of all ages, including seniors.

Seniors can benefit from routine exercise, but they may need to navigate working out differently than their younger counterparts. That's because prescription drug use is much higher among older adults compared to younger demographics. According to the Centers for Disease Control and Prevention, 89 percent of adults age 65 and older take prescription medication. That's notable because prescription medication can produce side effects that must be taken into consideration when designing and performing an exercise regimen. Seniors taking prescription medication who want to exercise can consider these strategies to ensure their workouts are safe.

- Open a dialogue with your physician(s). The first step seniors must take is to open a dialogue with any physician who is currently prescribing them medicine. Physicians will be familiar with the potential side effects of medications they prescribe and are great resources who can share information about what seniors can expect while taking a given medicine. Physicians can discuss patients' intended workout schedules and may recommend taking medications at certain times of day so workout

routines go as smoothly as possible.

- Consider low-exertion exercises. The Mayo Clinic notes that opioids slow breathing and heart rate. Breathing less means the body takes in less oxygen, and that in turn means less oxygen is available for muscles. This can adversely affect endurance, and seniors taking opioids may find they tire quickly or cannot exercise with the intensity they're accustomed to. In such instances, seniors can consider low-exertion exercises such as walking so they can still get the benefits of physical activity while taking the medications their doctors prescribe.

- Work out with a friend. The buddy system has long been touted as a great way to maintain exercise motivation, but working out with a friend also is beneficial for seniors taking medication who don't necessarily need a companion to keep them on track. Exercising with a workout buddy can ensure someone is there to point out any side effects that individuals may not feel themselves or may feel but write off as harmless consequences of breaking a sweat. A workout buddy can report when a pal looks flushed or seems off in some other way. Of course, working out with a friend also ensures someone is there to call for help in the case of an emergency.

Seniors have much to gain from exercising regularly. However, older adults taking prescription medications must be mindful of the potential side effects of their medicines and keep an eye out for any warning signs that they could be in danger.

Tonight Show's Longevity Is Special

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 Magie 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 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, relent-

less 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 relinquish it, not because she wants to carry it, but because after years of practice, it has simply become second nature and is now hardwired 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.



God Knows You

By Dr. Bob Hardison

God's Grace Will Sustain You Through Anything

Q: I tend to be a depressed person. I look at a cup as being half empty instead of it being half full. With it being winter, I am closed-in a lot. The cloudy, overcast days affect my disposition. I've been in a prolonged season of depression. Can my faith in God help me to persevere?

A: Catherine of Aragon, the first wife of Henry VIII, wrote this powerful sentence, "None get to God but through trouble." That's a painful

sentence, but there's truth in it. Suffering and struggles cause us to turn to God instead of relying upon oneself. If we are not vigilant, good health, success and prosperity can cause us to think we have the world by the tail and that we don't need anything--including God.

In the Bible, the Apostle Paul tells us of a thorn in the flesh he had to endure. He learned to boast about it because it caused him to depend upon God during his struggles. He turned to God for help and God told him,

"My grace is sufficient for you, for my power is perfected in weakness" (2 Cor 12:9). Spiritually speaking, "Comfort leads to complacency, suffering leads to intimacy with God. It's been said, "God speaks louder in suffering."

God meets us amid our struggles. His grace is certainly sufficient for each of us. By turning to Him His love and power, you will find help to endure depression. Draw near to God through Bible reading, prayer and worship both individually and with others in church and you will receive help to persevere and even thrive.

Webster County Jailer's Report

Webster County Jailer Greg Sauls reports inmates worked a total of 1886 hours between March 29 and April 2, 2026. Hours worked include 520 hours in jail maintenance; 280 hours at the RCC; 80 hours mowing; 360 hours for Union County; 40 hours for the city of Clay; 80 hours for the city of Dixon; 160 hours for the city of Providence; 40 hours for recycling; 40 hours for the road department shop; 40 hours for the dog warden; and 16 hours for Landon's Hope.

The total jail population is 159 with 34 county inmates; 27 Union County inmates and 98 state prisoners. Thirty-three inmates participated in the Moral Recognition Therapy program with one

graduate; 25 attended Anger Management; 18 attended Thinking for Good; 18 attended Untangling Relationships with one graduate.

Eleven inmates participated in the GED program with one taking a test.

Incarcerated during the same period were Roger Belt
Teal Bloodworth
Nicholas Brown
Donald Harmon
Amber Johnson
Peggy Jo Jones
Constance McKenzie
Ryan Newcom
Melecio Nunez
John Oakley
Carl Parker
Matthew Pendley
John Pierce
Austin Poole
Dennis Shelton
Corey Stone
Mark Thurby
Samantha Wall
Cody Wilson

-- PUBLIC NOTICE --

NOTICE OF BOND RELEASE

In accordance with KRS 350.093, notice is hereby given that Webster County Coal, LLC, 1146 Monarch Street Suite 350 Lexington KY 40513 has applied for Phase I, II, and III bond release on increment no. 2 of permit no. 917-5023 which was last issued on July 25, 2025. The application covers an area of approximately 0.25 surface acres located 1.6 miles from Lisman in Webster County.

The permit area is approximately 1.6 miles from the intersection of KY-270 and KY-874 and approximately .66 miles southeast of Fredricks Ditch.

The bond now in effect for increment no. 2 is a surety bond in the amount of \$75,000. 100% of the original bond amount of \$75,000 is included in the application for release.

Reclamation work performed includes: The permittee has successfully completed all surface coal mining and reclamation operations in accordance with the approved reclamation plan, such that the land is capable of supporting the post mining land use approved pursuant to 405 KAR 16:210 or 405 KAR 18:220; and has achieved compliance with the requirements of KRS Chapter 350, 405 KAR Chapters 7 through 24, and 405 KAR 10:020, Section 3(2) and release of 0.25 acres.

Written comments, objections, and requests for a public hearing or informal conference must be filed with the Director, Division of Field Services, 300 Sower Boulevard Frankfort, Kentucky, 40601 by Friday, May 15th, 2026.

A public hearing on the application has been scheduled for 9:00 AM on Tuesday, May 19th, 2026 at the Department for Surface Mining Reclamation and Enforcement's Madisonville Regional Office, State Office Building, Third Floor, 625 Hospital Drive, Madisonville, KY 42431. The hearing will be cancelled if no request for a hearing or informal conference is received by May 15th, 2026.

4/15c

IF YOU WANT IT SOLD, LET US AUCTION IT!

HERRON

Auction - Realty

431 Second Street - Henderson, KY
Phone (270) 826-6216
Kevin Herron Auctioneer

FOR SALE

6'9" x 9'8"

TRAILER

Wood Floor
Sides Detach To Be Used
As Ramps
Extra Set of Rims



\$800⁰⁰ Cash Only (As Is)
Great for hauling firewood, riding mower, or other small equipment

(270) 635-2041
Sebree, KY