

Bladder leaks aren't normal; here's how to fix them

LEXINGTON
Think bladder leaks are just part of aging? Laughing, sneezing, or lifting shouldn't come with a leak. While it's easy to dismiss the occasional leak as a byproduct of pregnancy, childbirth or just something that comes with age, urine leaks are not normal and can be a sign of pelvic floor dysfunction.

The good news is that urinary incontinence is common and treatable, and solutions are closer than you think.

Stress Urinary Incontinence (SUI) is the involuntary leakage of urine while coughing, sneezing, lifting, laughing or exercising. At least 10-20% of women are affected and find that their social and personal relationships and level of physical activity are impacted by incontinence.

Depression and anxiety are linked to urinary dysfunction; someone who feels they no longer can control their bladder may withdraw and become more socially isolated.

Pregnancy and vaginal birth, and other factors including obesity, chronic cough, chronic heavy lifting and constipation can cause an increase in abdominal pressure and aggravate stress incontinence. Weakness in the pelvic floor muscles that support the bladder and urethra can also lead to leakage.

A urogynecologist can perform some simple, minimally invasive tests to diagnose SUI and offer treatment options to help strengthen the pelvic floor.

Physical therapy, light-intensity exercises such as walking and yoga can strengthen the pelvic floor muscles, and there are several free apps with exercises for maintaining continence.

In some cases, surgery may be required to correct the weakened pelvic muscles that support the bladder.

If you are experiencing leakage, or other issues such as pelvic pain or discomfort, talk to your primary care provider about a referral to a urogynecologist to discuss treatment options.

JOHNNIE WRIGHT JR., M.D., is the division director of Female Pelvic Medicine and Reconstructive Surgery at UK HealthCare.

PUBLIC NOTICE

PUBLIC NOTICE CITY OF CATLETTSBURG CATLETTSBURG, KY PUMP STATION REHABILITATION

Sealed Bids for the construction of the Catlettsburg Pump Station Rehabilitation will be received, by the City of Catlettsburg, at the office of the City Clerk, 2611 Louisa Street, Catlettsburg, KY 41129, until 1:30 p.m. local time on September 8, 2025, at which time the Bids received will be publicly opened and read. The Project consists of rehabilitation or replacement of several wastewater pumping stations and appurtenances.

Bids will be received for a single prime Contract. Bids shall be on a lump sum basis, as indicated in the Bid Form. An Additive Alternative Bid schedule is included for Point Repairs, on a unit price basis.

The Issuing Office for the Bidding Documents is: Lynn Imaging, 328 Old Vine Street, Lexington, KY 40507, Phone: 859-255-1021, Website: www.lynnimaging.com. Prospective Bidders may obtain copies of the Bidding Documents from the Issuing Office as described below.

Bidding Documents also may be examined online at: Builders Exchange of Kentucky, Inc. www.bxkentucky.com and McGraw-Hill Construction/Dodge www.mcgraw-hill.com.

Bidding Documents may be obtained from the Issuing Office from 8 a.m. to 5 p.m., Monday through Friday. Bidding Documents are available by electronic download (as portable document format (PDF) files) for a non-refundable charge of \$115.00. Alternatively, printed Bidding Documents may be obtained from the issuing Office either via in-person pick-up or via mail, upon Issuing Office's receipt of payment for the Bidding Documents. The non-refundable cost of printed Bidding Documents is \$130.00 per set, payable to "Lynn Imaging", plus a non-refundable shipping charge. Upon Issuing Office's receipt of payment, printed Bidding Documents will be sent via the prospective Bidder's delivery method of choice; the shipping charge will depend on the shipping method chosen. The date that the Bidding Documents are transmitted by the Issuing Office will be considered the prospective Bidder's date of receipt of the Bidding Documents. Partial sets of Bidding Documents will not be available from the Issuing Office. Neither Owner nor Engineer will be responsible for full or partial sets of Bidding Documents, including Addenda if any, obtained from sources other than the Issuing Office.

The project will be funded by State and Local Fiscal Recovery Funds established under the American Rescue Plan Act, and must comply with all Federal, State and Local requirements of that funding program. These include Records Retention, Termination Clause, Clean Air Act, Federal Water Pollution Control Act, Debarment and Suspension clause, and Byrd Anti-Lobbying Amendment.

All Bidders must comply with the President's Executive Order No. 11246 as amended, which prohibits discrimination in employment regarding race, creed, color, sex, or national origin.

All Bidders must comply with Title VI of the Civil Rights Act of 1964, the Anti-Kickback Act, the Contract Work Hours Standard Act and 40 CFR 33.1016.

All Bidders must comply with OSHA (P.L. 91-596) and the Contract Work Hours and Safety Standards Act (P.L. 91-54). The successful Bidder and all Subcontractors will be required to conform to the labor standards set forth in the Contract Documents. If Owner awards the contract for the work, such award shall be to the responsible Bidder submitting the lowest responsive Bid. Bid security shall be furnished in accordance with the Instructions to Bidders.

Owner: City of Catlettsburg
By: Faith Day
Title: Mayor
Published: August 28 and September 9, 2025

Bipartisan effort to restore voting rights for Kentuckians with felonies expected in 2026

BY SARAH LADD
KENTUCKY LANTERN

Two Kentucky senators — a Republican and a Democrat — plan to sponsor legislation in 2026 to put a constitutional amendment on the ballot with the aim of restoring voting rights to most convicted felons.

Sen. Jimmy Higdon, R-Lebanon, and Sen. Keturah Herron, D-Louisville, told Tuesday's Interim Joint Committee Local Government that their legislation would exclude people convicted of treason, election-related crimes, sexual offenses and crimes against children.

A spokesman for Senate Democrats said the legislation has "not yet been drafted, as the details are still being worked out." Higdon said the language will be "pretty much identical" to previous versions of the bill.

His 2020 version also excluded people "with intellectual or developmental disabilities or serious mental illnesses who have been adjudicated as disabled and who have not retained their voting rights or had those rights restored." That language replaced the outdated label of "idiots and insane persons."

In 2019, Gov. Andy Beshear restored the voting rights of some 140,000 Kentuckians through an executive order. Beshear also excluded those convicted of violent crimes and other serious offenses. Higdon and Herron expressed



Election Day at the Scott County Public Library precinct in Georgetown on Nov. 5, 2024.

ARDEN BARNES | KENTUCKY LANTERN

concern Tuesday that a future governor could undo Beshear's order and undo those restored rights.

"Those folks that have served their time — they need that to get that privilege of voting back, as long as it wasn't a crime against a child, bribery, or any of those listed in the constitutional amendment," Higdon said.

Voting rights restoration varies across the United States, according to the National Conference of State Legislatures. In 23 states, people convicted of felonies lose their right to vote while behind bars and then get that right restored automatically

when released. Kentucky is one of 10 states that require additional actions for a person's voting right to be restored, according to the National Conference of State Legislatures.

"It has been my belief that once someone has been convicted of a crime, they do their time and they come out, that a part of them coming out and being a citizen and being whole is that they should be able to vote again," Herron said.

Herron and Higdon's amendment would relate only to voting rights, not other civil rights lost, such as the ability to run for office.

NEWS IN BRIEF

Cars and a movie at cruise-in

FLATWOODS
A classic cars and flicks cruise-in will be from 4:40 to 7:30 p.m. Saturday at the city park at 2513 Reed St. Registration will be available upon arrival. Concessions will be available for purchase. Movie will start at 8:15 p.m. All proceeds will bene-

fit the senior center.

'Ales and Tales' fundraiser set

RUSSELL
Ales and Tales, a celebration of dogs and beer, will be from 3 to 7 p.m. Saturday at Eridanus Brewing. Paw art, a pet photo area, splash zone and best-dressed pet contest are planned. The event is in conjunction with The Barkery Shop. A portion of proceeds

will benefit the Ashland Animal Rescue Fund. The venue is at 501 Ferry St.

Grief Day set for Friday

ASHLAND
National Grief Awareness Day featuring a balloon release will be Friday at the Port of Ashland. Balloon pickup will be from 1:30 to 2 p.m. The balloon release will be at 2 p.m.

Blood drives next week

ASHLAND
Several opportunities to give blood will be available next week. The American Red Cross will have blood drives at the following times and locations:

Tuesday, 10 a.m. to 3:30 p.m. — Ohio University Riffe Center, 1804 Liberty Ave., Ironton.
Sept. 5, 10:30 a.m. to 3:30 p.m. — Central Fire Station, 1021 Carter Ave., Ashland.
Sept. 8, 1 to 6 p.m. — Faith and Fitness Center, 400 Vernon St., Ironton.
Sept. 9, 9 a.m. to 2 p.m. — Bellefonte Pavilion, 2000 Ashland Drive, Ashland.
Sept. 10, 7 a.m. to 1 p.m. — King's Daughters Medical Center Health Education Center, 2201 Lexington Ave., Ashland.

MEETING

Today, 5:30 p.m.: Flatwoods city council, special session, 2513 Reed St. Agenda includes setting the tax rate for the year. Staff reports

PUBLIC NOTICE

PUBLIC NOTICE SECTION 00010 - ADVERTISEMENT FOR BIDS

Sealed Bids will be received by the City of Ashland, Kentucky on the following item(s):

Logtown Water Storage Tank Rehabilitation Project

BASE BID: The bid for Logtown Tank consists of installing side-wall manway, replacing sidewall manway gaskets, replacing wet interior roof hatch, installing silt ring with deflector bars, installing a sample tap, modifications to overflow discharge, install fall prevention device, vandal guard, step-off platform, roof handrail and painter's railing, cathodic clips and pressure fitting, replacement of roof vent, pit welding, and removal of level indicator.

Specifications and bid instructions may be obtained in the Office of the Director of Engineering

City Building
1700 Greenup Ave.
Rm # 408
Ashland, Kentucky, 41101

during regular office hours or telephone (606) 385-3332.

Bids will be received by the City Clerk until 3:00 p.m., EST, September 18, 2025. At 3:15 p.m., EST, September 18, 2025, the bids will be opened and publicly read in the Commissioner's Chambers, Third Floor, City Building, 1700 Greenup Avenue, Ashland, Kentucky 41101

The OWNER reserves the right to waive any informalities or to reject any or all bids.

Each BIDDER must deposit with his Bid, security in the amount, form and subject to the conditions provided in the Instructions to Bidders.

No BIDDER may withdraw his Bid within ninety (90) consecutive calendar days after the actual date of the opening thereof.

Prospective bidders shall comply with the President's Executive Order No's. 11246 and 11375 which prohibit discrimination in employment regarding race, creed, color, sex or national origin, Title VI of the Civil Rights Act of 1964, the Anti-Kickback Act, Contract Work Hours Standards Act, 40CFR 35.936 F, and all other appropriate Federal, Commonwealth of Kentucky and City of Ashland Rules, Regulations and Ordinances in effect at the time of bidding the particular goods, or services called for in these documents.

All Contractors questions regarding this project must be in writing and e-mailed to badkins@ashlandky.gov at least 5 days prior to the bid date.

Barry M. Adkins, Director of Engineering
Published: August 28 and September 11, 2025



STAY INFORMED

When your school board's agenda includes proposed tax increases, you need your community newspaper to keep you informed.

Fight to keep public notices public!

Remain aware of decisions being made in your community.

DON'T FIND OUT TOO LATE

Public notices in newspapers help ensure open government by informing citizens about meetings, taxes, projects up for bid, and other important local and state activities. Without them, the public's ability to access accurate records and hold government accountable would be greatly diminished.

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