



How Arthritis Affects Daily Life, Mobility

Arthritis is a broad category of joint and connective tissue disorders that impacts around one in five people in both Canada and the United States, according to the Arthritis Society of Canada. In fact, arthritis is a leading cause of disability for many people around the world. Arthritis becomes a greater concern as people age. That's particularly so with osteoarthritis, which is degenerative condition caused by repeated use and stress on joints.

Common symptoms of arthritis include joint pain, swelling, reduced mobility, and physical weakness. Such signs underscore how much arthritis can affect daily life. Symptoms may come and go, but it's not always easy living with arthritis,

particularly rheumatoid arthritis. Also, in some people, rheumatoid arthritis can damage body systems beyond the joints, including the skin, eyes, lungs, heart, and blood vessels, says the Mayo Clinic.

There is no cure for arthritis, so working on lifestyle changes can improve quality of life and help people manage day-to-day tasks more easily.

- Lose weight: Carrying around extra weight can put greater stress on joints, causing more pain and stiffness. Losing a little weight can help alleviate stress on hips and knees and facilitate mobility.
- Take medicine: Talk to your doctor about which medicines might be available

to help manage daily symptoms. Certain prescriptions and over-the-counter options can help prevent flare-ups and may even reduce the risk of further problems.

- Find balance: Johns Hopkins Medicine suggests toggling between activity and rest to protect joints and lessen symptoms. Take breaks when needed, and don't feel down on yourself if you can't exercise for as long or as intensely as you once did.
- Get regular activity: Certain exercises can help reduce joint pain and stiffness. Consult with a doctor about what you can do to keep joints flexible. Swimming, walking and low-impact aerobic exercise can promote flexibility.

- Talk to someone: Arthritis also can come with emotional symptoms that you may want to discuss with a mental health professional.

Arthritis affects millions of people's

United Community Bank Is A Top-Ranked Performer

United Community Bank of West Kentucky has been recognized as one of the top-performing banks in the state, earning the #6 spot in overall performance among 120 Kentucky banks in the Q3 2025 Banks of Kentucky Report.

This prestigious ranking reflects the bank's strong financial health, operational efficiency, and commitment to delivering exceptional service to its customers. The report, compiled from comprehensive financial metrics including net interest income, non-interest income, asset quality, return on assets (ROA), and return on equity (ROE), places United Community Bank among the elite institutions in Kentucky's banking landscape.

"We are honored to be recognized among the top banks in the state," said Gwen Paris, President of United Community Bank. "This ranking is a testament to the dedication of our team and the trust our customers place in us every day. I'm very proud to be part of this strong community bank and to work alongside each and every staff member. It has always been our mission to make customer service a priority — and that will

not change."

United Community Bank of West Kentucky continues to demonstrate consistent growth and stability, with total assets exceeding \$511 million, a Return on Assets of 1.27%, and a Return on Equity of 16.48%, outperforming state averages in key financial categories.

As a locally owned and operated institution, United Community Bank remains committed to supporting the communities it serves through personalized banking solutions and community engagement.

lives, but management of the condition can improve quality of life.



God Knows You

By Dr. Bob Hardison

With God's Help, We Can Change Our Foul Language

Q: I come to faith in Christ from a rough and sordid background. My father and brother cuss like drunken sailors. I grew up talking like them, but that's not what I want to sound like. I know God can help with me with that, but how can that actually come to pass?

A: Having godly speech is important. Most of the influence we have on other people related to our faith is due to our character expressed through our words.

First, language change starts with knowing Jesus. One gets to know Him intimately by reading the Bible and by talking to Him in prayer. As you get to know Him, you will learn of His goodness. Soon, you'll begin to imitate His personal traits rather than the language of your father and

brothers.

Secondly, ask God to give you self-control over your language. He will give you all the power you need to transform your words into edifying ones. "His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness" (2 Pet. 1:3).

Third, make every effort to change your questionable speech. "For this very reason, make every effort to add to your faith goodness . . . godliness" (1 Pet. 1:5). To grow spiritually, one must balance his reliance on God's power for self-control with one's diligent effort to transform his speech. Aim for progress, not perfection. Just as a wall is built one brick at a time change in one's speech is changed one sentence at a time. Best wishes!

-- PUBLIC NOTICE --

SCOPE OF WORK
WEBSTER COUNTY FISCAL COURT
PROJECT NAME: 961818 TAPP LANE SEWER LIFT STATION

Webster County ("County") is requesting bids for the repairs of the Tapp Lane Sewer Lift Station. Work includes the provision and installation of two new pumps, pump control panel, grinder, and grinder control panel.

Responses are due no later than **November 24th, 2025; 9:00 AM CDT**

Required Documents for Submission:

- Copy of Insurance
- Copy of Drug Free Workplace Policy

RESPONSE DELIVERY:

Bids and all required documents must be submitted to the office of Stephen R. Henry, Webster County Judge/Executive, P.O. Box 155 Dixon, KY 42409 in a marked sealed envelope. Any questions please call Webster County Road Department Supervisor Randy Norman. (270-639-7000).

PROCUREMENT NOTES:

- All requested information must be filled out to be considered a valid bid.
- Work is expected to be **completed within a timely manner of contract award.**
- **Work will not be considered complete until all invoice documents are provided and invoice validation is complete.**

Final invoice with all required documents must be provided in a single transmission (email or link to a drop box, Google drive, or other file sharing service). Multi-part transmission of invoice documentation will cause a delay in validation which will affect payment processing timelines and designation of completion.

- Work will follow all best installation practices.
- Invoices must include at least 4 Photos of "Before" and 4 Photos "After" work completion. Photos must be taken with an app (such as Solocator or GPS camera) that displays the GPS (and preferably road name) and date.
- This work is for a specific site/repair with quantities listed on a FEMA grant; as such documentation supporting the quantities must be provided.

11/19c

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