

The Wolfe County News
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Uncommon Sense

By Dr. Glenn Mollette



President Trump And Venous Insoufficiency

President Trump probably doesn't want any pictures taken with his feet on his desk. Maybe he never puts his feet on his desk. His recent diagnosis of a venous blood supply problem warrants such a recline two or

three times a day. Millions of Americans, especially seniors, deal with ankle and lower leg swelling caused by the flow of blood from the lower leg not returning to the heart as adequately

as it did earlier in life. It's not a debilitating issue unless it's ignored in which case a blood clot could develop in the lower leg or behind the knee. Blood clots are not good as they are not good for the veins. Even worse, a blood clot in the lower leg can travel to the upper part of the body which could be fatal. Thousands of Americans die every year from blood clots that travel to the heart or cause strokes which can be debilitating and fatal. The smart thing for our President to do is to put his feet up on his desk for ten minutes or so three or four times a day. He can do so when he is talking on his telephone or if he is having a casual meeting. Doctors typically recommend compression socks. There are different grades of compression socks. Some are very light and go on very easy while others are like fighting a war to put on because the compression is so tight. Most people don't particularly enjoy compression socks. However, many testify that once you are used to them you feel better because your

legs aren't swelling as much during the day. Besides compression socks and elevating your legs it's good not to stand in one spot for too long. Walking is great, but just standing in one position can negatively impact the lower leg and the flow of blood as it returns to the heart. Sitting too long creates the same problematic scenario. The President is doing the right thing by taking an aspirin a day to avoid clotting issues. Most people who develop a blood clot often end up on blood thinner for a while or a lifetime. Alcohol makes your blood slicker. It doesn't make it thinner as reported by a family physician. A few years back, I had a pulmonary embolism after receiving my third covid shot so I have some experience to draw from on this. President Trump can potentially live another robust 20 years or more. However, it's reality, he is getting older and has to take care of himself. .

Death of ginseng hunter in Breathitt mine investigated

A death investigation is underway after a man died at an abandoned mine in Breathitt County last week while hunting ginseng. According to the Breathitt County Coroner's Office, the incident occurred July 17 at Old Mine Number Two on Mine Shaft Road. The victim, John Mullins, 45, of Magoffin County and his cousin were searching for ginseng and yellowroot near

the mine, and both entered it. According to investigators, The cousin reported that Mullins went deeper into the mine, but after 5-10 minutes had passed, had not reappeared. The The cousin told investigators that Mullins started to come back out of the mine but collapsed. Mullins was pronounced dead at the scene just before 11 p.m. No cause of death is known at this time. The coroner says Mullins' body has been sent to the state medical examiner's office in Frankfort.

LOOK OUT!

There may be a litterbug in your truck!

Tossing trash like cups, cans or bottles in the bed of your truck creates litter when it flies or rolls out the back. This trashes our community.

NOTICE					Colonial Light	100 Watt HPS 9,500 Lumens	\$	8.63	\$	9.05	
In accordance with the requirements of the Public Service Commission ("Commission") as set forth in 807 KAR 5:001, Section 17 and 807 KAR 5:007, Section 3, of the Rules and Regulations of the Commission, notice is hereby given to the member consumers of Jackson Energy Cooperative Corporation ("Jackson Energy") of a proposed rate adjustment. Jackson Energy intends to propose an adjustment of its existing rates to pass through the rate increase of its wholesale power supplier, East Kentucky Power Cooperative, Inc., pursuant to KRS 278.455(2), by filing an application with the Commission on or after August 1, 2025, in Case No. 2025-00215. The application will request that the proposed rates become effective on or after September 1, 2025.					Colonial Light	175 Watt Mercury Vapor	\$	10.29	\$	10.79	
					Interstate Light 400 Watt HPS	50,000 Lumens	\$	23.99	\$	25.15	
					Colonial Light	70 Watt HPS 4,000 Lumens	\$	12.74	\$	13.35	
					Pole	15 ft Aluminum Pole	\$	5.29	\$	5.54	
The present and proposed rates for each customer classification to which the proposed rates will apply are set forth below:					Pole	30 ft Wood Pole	\$	4.63	\$	4.85	
					Pole	30 ft Aluminum Pole for Cobra Head	\$	25.19	\$	26.40	
					Pole	35 ft Wood Pole	\$	9.04	\$	9.48	
					Pole	35 ft Aluminum Pole	\$	30.48	\$	31.95	
Rate	Code	Item	Present	Proposed	Pole	35 ft Aluminum Pole for Cobra Head	\$	29.96	\$	31.40	
					Commercial Service < 50 kW	20	Customer Charge Energy Charge per kWh	\$	40.72	\$	42.68
Residential Service	10	Customer Charge Energy Charge per kWh	\$	30.50	\$	31.97	Pole	40 ft Wood Pole	\$	10.37	
			\$	0.10610	\$	0.11121	Pole	40 ft Aluminum Pole	\$	34.81	
Residential Off Peak ETS	11	Energy Charge per kWh	\$	0.06108	\$	0.06402	Pole	40 ft Aluminum Pole Pole for Cobra Head	\$	60.66	
			\$	0.05903	\$	0.06187	Pole	45 ft Wood Pole	\$	12.49	
Commercial Service < 50 kW	20	Customer Charge Energy Charge per kWh	\$	40.72	\$	42.68	Pole	50 ft Wood Pole	\$	17.44	
			\$	0.09839	\$	0.10313	Pole	Power Installed Foundation	\$	8.66	
Commercial Off Peak ETS	22	Energy Charge per kWh	\$	0.05903	\$	0.06187	The effect of the change requested, in both dollar amounts and as a percentage, for each customer classification to which the proposed rates will apply is set forth below:				
			\$	0.07538	\$	0.07901					
Large Power Loads 50 kW +	40	Customer Charge Energy Charge per kWh Demand Charge per kW	\$	58.75	\$	61.58					
			\$	0.07538	\$	0.07901					
Large Power Rate 500 kW +	46	Customer Charge Energy Charge per kWh Demand Charge per kW	\$	6.80	\$	7.13					
			\$	1,754.33	\$	1,888.33					
Large Power Rate 500 kW +	47	Customer Charge Energy Charge per kWh Demand Charge Contract per kW Demand Charge Excess per kW	\$	0.06014	\$	0.06473	Rate Class	Code	Increase Dollars	Increase Percent	
			\$	7.06	\$	7.60	Residential Service	10	\$ 3,796,443	4.40%	
Schools Churches Halls Parks	50	Customer Charge Energy Charge per kWh	\$	1,754.33	\$	1,915.24	Residential Off Peak ETS	11	\$ 9,754	4.30%	
			\$	0.06122	\$	0.06684	Commercial Service < 50 kW	20	\$ 366,643	4.38%	
All Electric Schools AES	52	Customer Charge Energy Charge per kWh	\$	7.06	\$	7.71	Commercial Off Peak ETS	22	\$ 66	4.35%	
			\$	9.80	\$	10.70	Large Power Loads 50 kW +	40	\$ 353,987	4.41%	
Lighting Cobra Head Light	400 Watt Mercury Vapor	Customer Charge Energy Charge per kWh	\$	23.20	\$	24.32	Large Power Rate 500 kW +	46	\$ 559,283	6.86%	
			\$	0.10534	\$	0.11041	Large Power Rate 500 kW +	47	\$ 439,473	8.13%	
Cobra Head Light	200 Watt HPS 22,000 Lumens	Customer Charge Energy Charge per kWh	\$	57.73	\$	60.51	Schools Churches Halls Parks	50	\$ 128,434	4.41%	
			\$	0.08891	\$	0.09319	All Electric Schools AES	52	\$ 43,316	4.42%	
Cobra Head Light	250 Watt HPS 27,500 Lumens	Customer Charge Energy Charge per kWh	\$	17.73	\$	18.58	Lighting		\$ 147,290	4.80%	
			\$	18.35	\$	19.23	Total		\$ 5,844,689	4.74%	
Cobra Head Light	400 Watt HPS 50,000 Lumens	Customer Charge Energy Charge per kWh	\$	14.81	\$	15.52	The amount of the average usage and the effect upon the average bill for each customer classification to which the proposed rates will apply is set forth below:				
			\$	15.37	\$	16.11					
Security Light	175 Watt Mercury Vapor	Customer Charge Energy Charge per kWh	\$	10.41	\$	10.91	Rate Class	Average Usage (kWh)	Increase Dollars	Increase Percent	
			\$	20.03	\$	20.99	Residential Service	10	999	\$6.57	4.40%
Flood Light	1,000 Watt Mercury Vapor	Customer Charge Energy Charge per kWh	\$	40.95	\$	42.92	Residential Off Peak ETS	11	768	\$2.26	4.30%
			\$	10.41	\$	10.91	Commercial Service < 50 kW	20	1,364	\$8.42	4.38%
Flood Light	70 Watt LED Security Light	Customer Charge Energy Charge per kWh	\$	10.25	\$	10.74	Commercial Off Peak ETS	22	661	\$1.88	4.35%
			\$	16.39	\$	17.18	Large Power Loads 50 kW +	40	40,444	\$191.14	4.41%
Flood Light	129 Watt LED Floodlight	Customer Charge Energy Charge per kWh	\$	16.14	\$	16.92	Large Power Rate 500 kW +	46	1,062,832	\$6,079.16	6.86%
			\$	19.67	\$	20.62	Large Power Rate 500 kW +	47	891,607	\$6,189.76	8.13%
Security Light	70 Watt LED Cobra Head	Customer Charge Energy Charge per kWh	\$	11.83	\$	12.40	Schools Churches Halls Parks	50	1,901	\$10.76	4.41%
			\$	16.50	\$	17.29	All Electric Schools AES	52	36,011	\$156.94	4.42%
Acorn Light	175 Watt Mercury Vapor	Customer Charge Energy Charge per kWh	\$	18.49	\$	19.38	Lighting		NA		4.80%
			\$	12.94	\$	13.56	A person may examine the application and any related documents Jackson Energy has filed with the PSC at the utility's principal office, located at 115 Jackson Energy Lane, McKee, Kentucky 40447, (606) 364-1000. A person may also examine the application: (i) at the Commission's offices located at 211 Sower Boulevard, Frankfort, Kentucky 40601, Monday through Friday, 8:00 a.m. to 4:30 p.m.; or (ii) through the Commission's website at http://psc.ky.gov. Comments regarding the application may be submitted to the Commission through its Web site or by mail to Public Service Commission, Post Office Box 615, Frankfort, Kentucky 40602.				
Acorn Light	100 Watt HPS 9,500 Lumens	Customer Charge Energy Charge per kWh	\$	12.94	\$	13.56					
							The rates contained in this notice are the rates proposed by Jackson Energy, but the Commission may order rates to be charged that differ from the proposed rates contained in this notice. A person may submit a timely written request for intervention to the Commission at Post Office Box 615, Frankfort, Kentucky 40602, establishing the grounds for the request including the status and interest of the party. If the Commission does not receive a written request for intervention within thirty (30) days of initial publication or mailing of the notice, the Commission may take final action on the application.				