

# National Immunization Awareness Month

## Reminder to make sure student vaccines are up to date

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KY HEALTH NEWS

As students prepare to go back to school, there's no better time than National Immunization Awareness Month to remind folks that it's time to make sure their children are

caught up on their immunizations. Despite federal revisions to the childhood immunization schedule, Kentucky has not changed its school vaccine requirements. Kentucky requires every student to be current on immunizations

as they enter kindergarten and sixth grade. In a frequently asked questions document about the state's immunization schedule for students, the Kentucky Department for Public Health notes that the federal government recommendations

"are only advisory and do not follow the long-established steps that are critical to setting vaccine policy." Students entering kindergarten are required to have the combined DTaP vaccine for diphtheria, tetanus and pertussis; a measles-

mumps-rubella vaccine; and vaccines for hepatitis A, hepatitis B, polio and chicken pox. Students entering sixth grade are required to have all of the immunizations that were required to enter kindergarten, as well as a TDAP booster, a

meningitis vaccine, and a second chicken-pox vaccine. Kentucky law does allow for certain religious and medical exemptions. For information, contact the local health department, pediatrician's office, or school.

# Hydration strategies for the late summer weather

Summer is a season to spend outdoors soaking up some sun. But all that time outdoors can pose some health risks if people are not careful. The dangers of overexposure to the sun are well-documented. Sunburn is one such threat that can not only lead to discomfort, but also increase a person's risk for skin cancer. But sunburn is easily prevented with the use of sunscreen, and that's not the only summertime threat that's easily avoided. Dehydration occurs when the body loses more fluids than it takes in. Come the dog days of summer, it's easy to lose fluids when spending time outdoors. Sweating is one way to lose fluid on a hot day, but there are myriad ways to avoid dehydration once the hot weather kicks in.

- Don't wait un-

til you're thirsty to drink water. According to NHS Inform, the national health information service of Scotland, thirst is typically the brain's way of warning individuals that they are dehydrated. So it's unwise to wait until you're thirsty to drink water. A proactive approach can help to prevent dehydration, especially when spending time outdoors on hot days.

- Take breaks for water. A mid-morning coffee break or a mid-afternoon snack break are part of many people's daily routines. You also can incorporate drinking water into your daily routine. When pouring your morning coffee or tea, pour yourself a glass of water as well. When reaching for a mid-afternoon snack, pour yourself another glass of water.

- Keep a water journal. Documenting your daily water intake is one way to overcome forgetfulness in relation to remaining hydrated. Smartphone apps like Water Reminder and Plant Nanny can help people remember to drink water throughout the day. For those who prefer a more traditional approach to journaling, keep a small notebook near your desk or in your pocket when going outdoors so you can always know when your most recent water break occurred.
- Look to foods to stay hydrated. Drinking water isn't the only way to ensure you stay hydrated. Various foods are loaded with water. Henry Ford Health® notes that watermelon, berries, bell peppers, and grapes are water-rich foods that can

help you stay hydrated. Dehydration can creep up on hot summer days and put peo-

ple in serious jeopardy. That's why it's imperative that people make a concerted effort to hy-

drate and do not wait until they're thirsty to enjoy a glass of water on a hot summer day.

## Does local honey alleviate allergies?

Spring and fall are peak times of the year for millions of people to experience seasonal allergies. Sneezing, watery eyes and stuffy noses can make enjoying the outdoors particularly difficult for people with seasonal allergies, and many seek any and all remedies that can help them find relief. Raw, local honey is often presented as a means to alleviating allergies. Proponents say local honey acts like a natural vaccine when consumed. But does the science back up these claims? The logic behind using local honey to address allergies is related to the concept of immunotherapy. Immunotherapy relies on exposing a person to small amounts of an allergen over time so the body can get used to it, says the American College of Allergy, Asthma, & Immunology. Since raw honey contains trace amounts of local plant pollen, the idea is that consuming small, consistent doses of this pollen can help desensitize the immune system, turning off its hyper-reactive response over time. But some medical professionals say there is a flaw in this theory. That's because seasonal allergies are primarily triggered by lightweight, windborne pollens from trees, grasses and weeds. Bees tend to gather pollen from bright, flowering plants, which rarely cause seasonal allergies. So it's unlikely that local honey will contain the airborne allergens causing symptoms. A well-known double-blind study conducted by researchers at the



University of Connecticut compared local raw honey, commercial pasteurized honey and a honey-flavored placebo syrup. The researchers found no statistically significant difference in symptom reduction among the three groups. But some studies point to the potential that local honey could be effective against allergies. According to a randomized, placebo-controlled trial in the East Coast of Peninsular Malaysia published in the Annals of Saudi Medicine, ingestion of a high daily dose of honey combined with an antihistamine resulted in continuous, significant improvement in allergic rhinitis. Another 2011 study published in The International Archives of Allergy and Immunology found patients consuming birch pollen-enriched honey experienced a 60 percent lower total symptom score and 70 percent fewer days with severe symptoms compared to a control group. Local honey may or may not help alleviate seasonal allergies. Those seeking

relief from seasonal allergies are urged to consult an allergist for advice on alleviating their symptoms.



## What Green-Taylor Water upgrades mean for customers

The Green-Taylor Water District recently announced major changes that will be of benefit to customers. The company is transitioning to new meters with plans to install 500 of those by the end of 2026.

- \* customers will get more accurate statements that will help discover leaks or excessive water usage;
- \* the transition means the district will change from a customer-read system to an employee-read system. This will result in customers paying for the exact amount of water that is used each month;
- \* the new meters are part of an Advanced Metering Infrastructure (AMI) that will send readings to the district's office every four hours and will not require some to read the meters every month;
- \* once all new meters are installed, customers will not have to worry about excessive water usage (i.e., leaks) because the new system will notify the district with an alarm if there is excessive usage by a customer;
- \* the company will keep customers up to date on its Facebook Page, will continue to have information through the local media and will send all customers a letter along with the bills that are mailed;
- \* none of the upgraded changes will result in an increase in customer costs. The district already had money on-hand to purchase the supplies associated with the new system.

The district asks for customers to be patient and cooperative as it incorporates the new system into the operation.

The Green-Taylor Water District was established in 1964 and currently has a base of more than 6,700 customers with 5,500 having active meters.

### NOTICE

Notice is hereby given that Green-Taylor Water District expects to file an application with the Public Service Commission on or about July 31, 2026, seeking approval of a proposed adjustment to its rates for water service. The proposed rates shall not become effective until the Public Service Commission has issued an order approving these rates or six (6) months from the date of the filing of the application, whichever occurs first.

#### CURRENT AND PROPOSED RATES

##### Green-Taylor Water District

| 5/8 Inch Meter                                        | Current              | Proposed             | Difference | % Increase |
|-------------------------------------------------------|----------------------|----------------------|------------|------------|
| First 2,000 gallons                                   | \$24.05 per month    | \$24.78 per month    | \$0.73     | 3.04%      |
| Next 3,000 gallons                                    | \$0.01018 per gallon | \$0.01049 per gallon | \$0.00031  | 3.05%      |
| Next 5,000 gallons                                    | \$0.00832 per gallon | \$0.00857 per gallon | \$0.00025  | 3.00%      |
| Over 10,000 gallons                                   | \$0.00563 per gallon | \$0.00580 per gallon | \$0.00017  | 3.02%      |
| 3/4 Inch Meter                                        | Current              | Proposed             | Difference | % Increase |
| First 3,000 gallons                                   | \$34.23 per month    | \$35.27 per month    | \$1.04     | 3.04%      |
| Next 2,000 gallons                                    | \$0.01018 per gallon | \$0.01049 per gallon | \$0.00031  | 3.05%      |
| Next 5,000 gallons                                    | \$0.00832 per gallon | \$0.00857 per gallon | \$0.00025  | 3.00%      |
| Over 10,000 gallons                                   | \$0.00563 per gallon | \$0.00580 per gallon | \$0.00017  | 3.02%      |
| 1 Inch Meter                                          | Current              | Proposed             | Difference | % Increase |
| First 5,000 gallons                                   | \$54.59 per month    | \$56.25 per month    | \$1.66     | 3.04%      |
| Next 5,000 gallons                                    | \$0.00832 per gallon | \$0.00857 per gallon | \$0.00025  | 3.00%      |
| Over 10,000 gallons                                   | \$0.00563 per gallon | \$0.00580 per gallon | \$0.00017  | 3.02%      |
| 1-1/2 Inch Meter                                      | Current              | Proposed             | Difference | % Increase |
| First 10,000 gallons                                  | \$96.19 per month    | \$99.12 per month    | \$2.93     | 3.05%      |
| Over 10,000 gallons                                   | \$0.00563 per gallon | \$0.00580 per gallon | \$0.00017  | 3.02%      |
| 2 Inch Meter                                          | Current              | Proposed             | Difference | % Increase |
| First 20,000 gallons                                  | \$152.49 per month   | \$157.13 per month   | \$4.64     | 3.04%      |
| Over 20,000 gallons                                   | \$0.00563 per gallon | \$0.00580 per gallon | \$0.00017  | 3.02%      |
| Leak Adjustment Rate                                  | Current              | Proposed             | Difference | % Increase |
|                                                       | \$0.00272 per gallon | \$0.00280 per gallon | \$0.00008  | 3.04%      |
| Wholesale                                             | Current              | Proposed             | Difference | % Increase |
| Larue County Water District #1                        | \$0.00361 per gallon | \$0.00372 per gallon | \$0.00011  | 3.04%      |
| City of Greensburg                                    | \$0.00322 per gallon | \$0.00332 per gallon | \$0.00010  | 3.04%      |
| Monthly Water Loss                                    |                      | Proposed             | Difference | % Increase |
| Reduction Surcharge                                   | \$0.00 Per customer  | \$2.76 Per customer  | \$2.76     | 100%       |
| (New charge for all customers for forty-eight months) |                      |                      |            |            |

If the Public Service Commission approves the proposed water rates, then the effect on the average monthly bill for each customer class is set out in the table below.

| Gallons per Month  | Meter Size | Existing Bill | Proposed Bill | Change  | % Increase | Proposed WLRS | Proposed Bill + WLRS | Change  | % Increase |
|--------------------|------------|---------------|---------------|---------|------------|---------------|----------------------|---------|------------|
| 4,000              | 5/8"       | \$44.41       | \$45.76       | \$1.35  | 3.04%      | \$2.76        | \$48.52              | \$4.11  | 9.3%       |
| 6,000              | 3/4"       | \$62.91       | \$64.82       | \$1.91  | 3.04%      | \$2.76        | \$67.58              | \$4.67  | 7.4%       |
| 15,000             | 1"         | \$124.34      | \$128.10      | \$3.76  | 3.02%      | \$2.76        | \$130.86             | \$6.52  | 5.2%       |
| 30,000             | 1-1/2"     | \$208.79      | \$215.12      | \$6.33  | 3.03%      | \$2.76        | \$217.88             | \$9.09  | 4.4%       |
| 60,000             | 2"         | \$377.69      | \$389.13      | \$11.44 | 3.03%      | \$2.76        | \$391.89             | \$14.20 | 3.8%       |
| Larue County WD #1 |            | \$1,125.06    | \$1,159.28    | \$34.22 | 3.04%      | \$2.76        | \$1,162.04           | \$36.98 | 3.3%       |
| City of Greensburg |            | \$1,910.53    | \$1,968.64    | \$58.11 | 3.04%      | \$2.76        | \$1,971.40           | \$60.87 | 3.2%       |

The Application may be examined at the utility's office located at 250 Industrial Park Road, Greensburg, Ky; 42743 telephone (270) 932-4947. The rates contained in this notice are the rates proposed by the utility. However, the PSC may order rates to be charged that differ from the proposed rates contained in this notice. A person may examine this application at the Public Service Commission offices located at 211 Sower Boulevard, Frankfort, Kentucky, 40601, Monday through Friday, 8:00 am to 4:30 pm or through the PSC website at <http://psc.ky.gov>. Comments regarding the application may be submitted to the PSC through its website or by mail to the Public Service Commission, Post Office Box 615, Frankfort, KY 40602. You may contact the Public Service Commission at (502) 564-3940. A person may submit a timely written request for intervention to the Public Service Commission, Post Office Box 615, Frankfort, KY 40602, establishing the grounds for the request including the status and interest of the party. If the Public Service Commission does not receive a written request for intervention within thirty (30) days of the initial publication of this notice, the Public Service Commission may take final action on the application.