



Participants in the 5K walk at UC Blue Ash. ENQUIRER FILE

RESEARCH

Walking could be key step against kidney disease

Kidney patients may make real strides against death or disability by routinely walking, a study from Taiwan suggests.

Reporting online May 15 in the *Clinical Journal of the American Society of Nephrology*, Taiwanese researchers found that regular walks helped kidney disease patients live longer, and also cut the odds they'd need dialysis or a kidney transplant.

"A minimal amount of walking – just once a week for less than 30 minutes – appears to be beneficial, but more frequent and longer walking may provide a more beneficial effect," study co-author Dr. Che-Yi Chou, of China Medical University Hospital in Taichung, said in a journal news release.

His team tracked outcomes for more than 6,300 Taiwanese people with chronic kidney disease (CKD), who averaged 70 years of age.

The patients were followed for an average of 1.3 years, and about 21 percent of them called walking their most common form of exercise.

Overall, patients who walked cut their risk of dying within the study time frame by a third, and they were 21 percent less likely to need dialysis or a kidney transplant, compared to those who did not walk.

And the more that patients walked, the greater the benefits.

Compared to non-walkers, those who walked 1-2, 3-4, 5-6 and 7 or more times a week were 17 percent, 28 percent, 58 percent, and 59 percent less likely to die, respectively, the researchers said.

They were also 19 percent, 27 percent, 43 percent, and 44 percent less likely to need dialysis or a kidney transplant, respectively.

The difference wasn't pinned to the walkers being healthier than the non-walkers.

The Taiwanese researchers note that walkers and non-walkers were equally likely to have other health problems, such as heart disease and diabetes.

Even with other health issues, many kidney patients "were able to walk if they wanted to, and walking for exercise is associated with improved patient survival and a lower risk of dialysis," Chou said.

Sperm, semen defects may be linked to shorter life spans

Men rendered infertile due to defects in their semen and sperm are more likely to die early than men with normal semen, new research suggests.

Over a period of about eight years, men with two or more abnormalities in their semen had a risk of death that was more than double that of men with healthy semen, researchers reported in the May 16 online issue of *Human Reproduction*.

Knowing this, doctors who treat men for infertility should advise them to adopt healthy habits that might boost their survival, said lead author Dr. Michael Eisenberg, assistant professor of urology and Stanford University School of Medicine's director of male reproductive medicine and surgery.

"There may be a window of opportunity here. When they see their doctor they could do some other things that might benefit them," Eisenberg said. "I see this as an opportunity to pay more attention to your health and be more proactive."

For the study, Eisenberg and his colleagues reviewed the medical records of about 12,000 men aged 20 to 50 who had visited either the Stanford University School of Medicine or the Baylor College of Medicine in Houston to be evaluated for possible infertility.

At both clinics, doctors had recorded information on patients' semen quality, such as total semen volume, sperm counts, sperm movement and shape. The researchers compared patient data with death records to track the men's death rates, while taking into account for underlying health issues that could compromise semen quality.

While no single semen abnormality in itself predicted early death, men with two or more such abnormalities had 2.3 times the risk of death during the study period than those with no semen abnormalities. The greater the number of abnormalities, the higher the risk of death, the study found.

Low semen volume, sperm concentration, sperm activity, total sperm count and the total count of active sperm specifically were associated with a higher risk. Abnormally shaped sperm did not appear to be linked to increased risk of death during the study follow-up.

"This striking increased death rate in men with abnormal semen parameters highlights the urgency and need to investigate the causes of male infertility and not to just proceed with assisted reproductive technologies," said Dr. Natan Bar-Chama, director of male reproductive medicine and surgery at the Icahn School of Medicine at Mount Sinai in New York City.

Bar-Chama, who was not involved with the study, added that "it is equally important to identify potential modifiable causes of male infertility that could be acted upon and subsequently decrease this increased mortality rate." ■

NOTICE TO BIDDERS SPECIFICATION NO. 2014-A, DELHI TOWNSHIP STREET REHABILITATION AND REPAIR CONTRACT SEALED PROPOSALS WILL BE RECEIVED FOR THE DELHI TOWNSHIP STREET REHABILITATION AND REPAIR PROJECT, SPECIFICATION NO. 2014-A AT THE PUBLIC WORKS DEPARTMENT OF DELHI TOWNSHIP, 665 NEEB ROAD, CINCINNATI, HAMILTON COUNTY, OHIO 45233, UNTIL 3:00 P.M. ON MAY 28, 2014. BIDS RECEIVED AFTER THIS TIME WILL NOT BE ACCEPTED. BIDS WILL BE OPENED AND READ AT THE REGULARLY SCHEDULED BOARD OF TRUSTEES MEETING AT 934 NEEB ROAD, ON MAY 28, 2014, AT 6:00 P.M. This contract involves rehabilitation of various Delhi Township Roads by repairing, adjusting, constructing, or modifying catch basins, inlets, manholes, valve boxes, or valve chambers; removing and replacing deteriorated pavement; resurfacing the pavement areas, where designated with asphalt concrete; pipe replacement and subgrade stabilization and installing new or repairing existing concrete curb and gutters. We will also be incorporating any work from our Sidewalk Program not completed by the bid acceptance meeting date. Bidders shall make a visual inspection and take all the necessary measurements and shall submit written certification with their proposal that such inspection has been made. Bidders must bid on the project in accordance with the terms and specifications in this proposal. Bids will be accepted only on forms available from the Township.

Bidders must comply with the prevailing wage rates on public improvements in Hamilton County, Ohio, and with applicable non-discrimination, equal employment opportunity and drug free workplace requirements. Each bid presented will be deemed to include these provisions. All work is to be completed within 120 days (from notice of commencement) in accordance with the surveys, plats, cross-sections, estimate, plans, profiles and specifications thereon on file in the Public Works Department of Delhi Township. Copies may be purchased for a non-refundable fee of \$30.00 per set payable to Delhi Township. Each proposal must be accompanied by a Bid Guaranty in the form of either a one hundred percent (100%) Bid Guaranty and Contract Bond or a certified check, cashier's check, or an irrevocable letter of credit on a solvent bank in an amount equal to ten percent (10%) of the bid, conditioned that the bidder shall, if his bid is accepted, execute a contract in conformity with the invitation and his bid. The successful bidder will be required to furnish a Performance Bond to Delhi Township in the amount of one hundred percent (100%) of the total bid price as a guarantee of faithful performance of the contract, conditioned according to law. All bonds submitted must be issued by a company approved by Delhi Township with an A.M. Best rating of "A" or better and has or exceeds the Best financial size category of Class VII. Both the company and the agent must be authorized to transact business in Ohio. The successful bidder must provide evidence of insurance in amounts set forth in the bid document. The successful bidder must supply all material, equipment and labor to complete all aspects of the project. The total price, the ability to meet all specifications along with other factors set forth in the bid document, will be taken into consideration in determining which bid is the lowest responsive and responsible. Delhi Township reserves the right to waive any informality, irregularity or defect in any bid and to reject any or all bids should it be deemed in the best interest of Delhi Township to do so. Information and specifications are available from Mr. Ronald Ripperger Director of Public Works, Delhi Township Public Works Department, 665 Neeb Road, Delhi Township, OH 45233 (513)922-8609 from 7:00 a.m. to 3:30 p.m., Monday through Friday.

James J. Luebke, Delhi Township Fiscal Officer
Date: May 14, 2014

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75 legal advertising

Public Hearing Notice
City of Cincinnati
Substantial Amendments to 2011, 2012 and 2013 Consolidated Plan Annual Action Plans
Thursday June 5, 2014
4:00 P.M.
Centennial II Plaza
805 Central Avenue, 7th Floor
A public hearing will be held and comments will be taken on the City's proposed Substantial Amendments to 2011, 2012 and 2013 Consolidated Plan Annual Action Plans as required by HUD. Proposed changes to the 2014 Annual Action Plan will also be outlined. The Consolidated Plan details the City's plan for the use of the following grants: Community Development Block Grant (CDBG), HOME Investment Partnerships Program (HOME), Emergency Shelter Grant (ESG), and Housing Opportunities for Persons with AIDS (HOPWA). Information will be provided on the proposed substantial amendments to the 2011, 2012, 2013 and 2014 HOME program and the impact to the Homeless to Homes Program. The proposed amendments will be posted on the City's web site beginning May 22, 2014 at: <http://www.cincinnati-oh.gov/communitydevelopment/references-resources/consolidated-plan>. The document is also available for review at the Department of Trade and Development, 805 Central Ave, Suite 700, Cincinnati, OH 45202, Monday through Friday, 8:30 AM until 4:30 PM. Written comments may be submitted to communitydevelopment@cincinnati-oh.gov or the address above to the attention of Kiya Patrick, CD Administrator, no later than June 22, 2014 to be included in a submission of written comments and City responses to HUD. 1808303

STEAM Academy of Cincinnati
Emergency Board Meeting
5560 Kirby Ave
May 29, 2014
6PM 1808382

To advertise your auto in the Classifieds, call 421-6300

NOTICE OF FUTURE WATER SERVICE AND SURCHARGE

Northern Kentucky Water District will seek approval of the Public Service Commission of Kentucky to furnish potable water service to Sub-District M Water Main Extension Project. This project is located in the rural area in Kenton County which includes the following streets or portions thereof:
Sub-District M:

1. Little Cruises Creek (KY 17 to Rich Road)
2. Rich Road (Little Cruises Creek to Rouse Road)
3. Fontana (off KY 17)
4. KY 177 (at 14669 near bridge - south to #15112)
5. Rich/Camp/Harbi/Rouse Roads (water main to limited area)
6. Lakeview Drive (off Taylor Mill Road, south of Harris Pike)

Total construction costs for this project will be approximately \$3,399,500.00. The proposed consumer rates will be:

PRELIMINARY NORTHERN KENTUCKY WATER DISTRICT MONTHLY WATER RATES FOR PROPOSED SUB-DISTRICT M WATER MAIN EXTENSION PROJECT

MONTHLY SURCHARGE OF \$30.00 SHALL BE ADDED TO THE MINIMUM MONTHLY BILL

SECTION II - RETAIL WATER RATES

Monthly Service Rate		
First 1,500 cubic feet used per month		\$4.25 per 100 cubic feet
Next 163,500 cubic feet used per month		\$3.53 per 100 cubic feet
Next 165,500 cubic feet used per month		\$2.72 per 100 cubic feet

Meter Size	Monthly Service Charge	Meter Size	Monthly Service Charge
5/8"	\$14.20	3"	\$54.90
3/4"	\$14.60	4"	\$68.80
1"	\$16.00	6"	\$101.90
1-1/2"	\$18.00	8"	\$137.60
2"	\$22.70	10" & larger	\$183.00

Sample Monthly Bill Amount for a 5/8" meter is as follows:

Estimated Monthly Usage of 2,000 Gallons	Estimated Monthly Bill = \$55.96
Estimated Monthly Usage of 3,000 Gallons	Estimated Monthly Bill = \$61.25
Estimated Monthly Usage of 4,000 Gallons	Estimated Monthly Bill = \$66.93
Estimated Monthly Usage of 5,000 Gallons	Estimated Monthly Bill = \$72.61
Estimated Monthly Usage of 6,000 Gallons	Estimated Monthly Bill = \$78.29

Note: Actual bill will vary according to actual measured usage
Note: The monthly bill includes the \$30.00 surcharge amount.

The proposed surcharge and rates are required under the terms of an agreement among Northern Kentucky Water District and the United States Department of Agriculture Rural Development (RD) a federal government agency and KRS 278.023 does not grant the Public Service Commission any discretionary authority to modify or reject any portion of the agreement among RD and Northern Kentucky Water District or to defer the issuance of all necessary orders to implement the terms of the agreement.

Any corporation, association, body politic or person may by timely motion, within 30 days of the initial notice, request intervention in the case. The motion must be submitted in writing to the Public Service Commission, 211 Sower Blvd., Box 615 Frankfort, KY 40602 and should state the grounds for the request, including the interest and status of the party. Intervention may be granted beyond 30 days for good cause. Customers may obtain without cost a copy of the Application and any testimony filed by contacting Northern Kentucky Water District at the address below, or at the District web site www.nkwater.org. Any person may obtain a copy of the Application or examine the application and supporting documents at the District's web site, or at the Public Service Commission web site www.psc.ky.gov. A copy of the Application and testimony is available for public review and examination at the District's office or the Public Service Commission office. Written comments regarding the proposed rates may be submitted to the Public Service Commission by mail or through the Public Service Commission's website listed below.

For further information contact the PSC of Kentucky at
PO Box 615
Frankfort, KY 40602
Tel: (502) 564 3940
www.psc.ky.gov

Or contact the undersigned,
Northern Kentucky Water District
2835 Crescent Springs Road
PO Box 18640
Ellettsville, KY 41018
Tel: (859) 578-9898
www.nkwater.org

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