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Those living with alpha-gal  
syndrome can still lead normal lives  
from front

ground turkey can fill in for hamburger, and plant-based butter can replace the real thing when baking. It may seem frustrating, but to some, sharing their time, practice and exploring new foods is helpful when making big changes to the diet. Those shifting toward a mostly plant-based diet may need a supplement for nutrients such as vitamin B12 or iron—just confirm any capsule is free of gelatin- and talk to your health-care provider or pharmacist.

Avoiding fresh bites helps, too. Lone star ticks favor brushy edges and overgrown paths from spring through late summer. Long pants, permethrin-treated clothing, and repellents like DEET or picaridin lower the odds. After time outdoors, inspect yourself, kids, and pets carefully and remove any ticks with fine-tipped tweezers.

Unfortunately, there is currently no medication to erase the allergy once it sets in, but with steady precautions—reading every label, asking about hidden ingredients, staying vigilant about ticks—people can manage daily life, travel, and social events without constant flare-ups. For more detailed guidance on living with alpha-gal syndrome, see the University of Kentucky’s publication at <https://publications.ca.uky.edu/sites/publications.ca.uky.edu/files/FCS3646.pdf>. To learn more about Alpha Gal, red meat allergies and other topics, contact your local Leslie County Extension Office at 606 672-2154 or [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu)

Advertisement for Bids  
Leslie County Fiscal Court

**Sealed bids for a construction contract associated with the Leeco Road Recreational Complex will be received by the Leslie County Fiscal Court on or before July 17, 2025 at the Leslie County Judge’s Office until 10:45 A.M. (E.S.T.), and then at Fiscal Court Special Call Meeting opened and read aloud.**

**The scope of work for this project will consist of the completion of a softball field (field #2 of the Leeco Road Recreational Complex).**

**Bid documents will be made available through:**

**Nesbitt Engineering, Inc.  
601 Main St, Suite 103, Hazard, KY 41701  
(859) 797-1778**

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

Notice of Kentucky Power Company’s Application  
for Approval of an Amended Environmental Compliance Plan, Recovery of Additional Costs Through Amendment of the Company’s Tariff E.S.,  
and for All Regulatory Approvals Necessary to Continue Taking Capacity and Energy from its Coal-Fired Mitchell Plant After December 31, 2028

**PLEASE TAKE NOTICE** that Kentucky Power Company will file on or after June 30, 2025 an application with the Public Service Commission of Kentucky seeking approval of its amended environmental compliance plan to add Project 23 to Kentucky Power’s existing environmental compliance plan (Compliance Plan) and seeking all required regulatory approvals for Kentucky Power to make the investments necessary to continue taking capacity and energy from its Mitchell Plant after December 31, 2028. Kentucky Power also will seek approval of amendments to its Tariff E.S. (Environmental Surcharge) to reflect the Compliance Plan and to implement a revised Environmental Surcharge to recover the costs of the Compliance Plan. Kentucky Power’s application has been assigned case number 2025-00175.

Project 23 comprises the installation of a flue-gas desulfurization biological treatment system with ultrafiltration at the Mitchell Plant, which was installed and fully in-service as of August 4, 2024, and is currently being paid for entirely by Wheeling Power Company, the other 50% undivided owner of the plant. Project 23 is required for compliance with the Steam Electric Effluent Limitation Guidelines Rule issued by the United States Environmental Protection Agency in order to allow its Mitchell Plant to continue operating as a coal-fired generating facility after December 31, 2028.

The Environmental Surcharge rate changes monthly. The most recent Environmental Surcharge rate for the April 2025 expense month, which was billed in June 2025, was 6.0495% of revenue for residential customers and 10.2106% of revenue for all other classes. Using the April 2025 rate, the addition of Project 23 would result in an estimated increase in the Environmental Surcharge rate from 6.0495% to 8.1162% for residential customers and from 10.2106% to 13.6990% for all other classes.

Kentucky Power is proposing that the changes to the Environmental Surcharge associated with Project 23 go into effect with the January 2026 billing cycle, which begins December 31, 2025. The impact on the total monthly bill amount for residential customer classes is estimated to be an increase of 2.02%, and the impact on the total monthly bill amount for non-residential customer classes is estimated to be an increase of 1.99%. For the average residential customer using 1,189 kWh per month, the increase in the customer’s total monthly bill is estimated to be \$3.68.

Information regarding the effect on customer bills by customer classification is presented in the table below:

Customer Classification	Annual \$ Increase for Class	Annual Percent Change	Annual Average Usage (kWh)*	Monthly Average Usage (kWh)*	Monthly Average Customer Demand (kW)*	Current Monthly Average Bill \$*	Proposed Monthly Average Bill \$	Monthly \$ Increase	Monthly Percent Increase
R.S.	\$5,772,231	2.02%	14,268	1,189	0	\$ 181.74	\$ 185.42	\$ 3.68	2.02%
S.G.S. - T.O.D.	\$7,331,585	1.99%	15,156	1,263	0	\$ 221.33	\$ 225.74	\$ 4.41	1.99%
M.G.S. - T.O.D.			50,556	4,213	2	\$ 642.10	\$ 654.88	\$ 12.78	
G.S.			19,560	1,630	6	\$ 283.24	\$ 288.88	\$ 5.64	
L.G.S.			826,176	68,848	216	\$ 9,973.75	\$ 10,172.26	\$ 198.51	
I.G.S.			37,781,100	3,148,425	5,411	\$ 250,003.87	\$ 254,979.76	\$ 4,975.89	
M.W.			219,096	18,258	27	\$ 2,523.03	\$ 2,573.24	\$ 50.22	
O.L.			684	57	0	\$ 16.45	\$ 16.78	\$ 0.33	
S.L.**			660	55	0	\$ 13.43	\$ 13.70	\$ 0.27	

\* Based on 12-months ending May 2025

\*\* Number of lamps, not customers

Any person by timely written request for intervention filed with the Public Service Commission may request leave to intervene in the Commission proceeding to review Kentucky Power’s application. The motion shall be submitted to the Public Service Commission, 211 Sower Boulevard, P. O. Box 615, Frankfort, Kentucky 40602-0615, and shall establish 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 30 days of the initial publication of this notice the Commission may take final action on the tariff filing.

Written comments on the Company’s proposals may be submitted to the Public Service Commission by mail to the address listed above or via the Commission’s website: <https://psc.ky.gov>. The rates and terms of service contained in this notice are the rates and terms of service proposed by Kentucky Power; the Commission may order rates to be charged and/or terms of service that differ from the proposed rates and terms of service contained in this notice.

Any person may examine the Company’s application at Kentucky Power’s offices located at 1645 Winchester Avenue, Ashland, Kentucky 41101; 12333 Kevin Avenue, Ashland, KY 41102; 1400 E. Main St. Hazard, KY 41701; and 3249 North Mayo Trail, Pikeville, KY 41501; or by visiting the Company’s website: [www.kentuckypower.com](http://www.kentuckypower.com).

A copy of the Company’s application and any related documents Kentucky Power may file with the Public Service Commission may be examined Monday through Friday from 8:00 a.m. through 4:30 p.m. at the offices of the Commission at the address listed above, or through the Commission’s website: <https://psc.ky.gov>.

Kentucky Power Company  
1645 Winchester Avenue  
Ashland, KY 41101  
1-800-572-1113

Public Service Commission  
211 Sower Boulevard  
Frankfort, KY 40602  
502-564-3940