FCS News

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Family and Consumer **Sciences**

Vicki R. Boggs **Leslie County Extension** Office

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

Source: Heather Norman-Burgdolf, Department of Dietetics and **Human Nutrition associ**ate professor

Ticks are bad news in general, but the lone star tick brings an extra problem: it can leave behind a sugar molecule called alpha-gal that may flip a person's immune system against red meat and other products that come from mammals.

Evidence points squarely at this one species; so far, no other tick in Kentucky has been linked to the syndrome. When the tick feeds on wildlife, alpha-gal can build up in its saliva. During a bite, that sugar slips into a person's bloodstream. Because humans don't make alpha-gal, the body considers it a "threat." After that, beef, pork, lamb—anything from a mammal-can trigger the same immune response, even hours after a meal. Reactions aren't guaranteed. Some bites never cause trouble, and larval "seed ticks" seem less risky than the larger nymphs and adults. Still, Kentucky sits near the top of the national charts

for confirmed cases, so prevention and practical know-how matter.

If a doctor pins down the diagnosis, the first rule is avoidance. Red meat is obvious, but alpha-gal lurks in gravies, gelatin, glycerin, certain pill coatings, a few vaccines, and even animal-derived heart valves. Dairy may or may not set someone off; it varies. Reading labels becomes routine. especially for ingredients like gelatin, glycerin, magnesium stearate, or bovine extract.

However, dropping mammal meat and avoiding other triggers doesn't leave a person with limited food options, especially high-protein foods. Poultry, fish, shellfish, eggs, beans, lentils, nuts and seeds can all stay on the menu. For example, 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 plantbased diet may need a supplement for nutrients such as vitamin B12 or iron—just confirm any capsule is free of gelatinand talk to your healthcare provider or pharmacist.

PUBLIC NOTICE

Pursuant to 405 KAR 8:010, Section 16(5), the following is a summary of permitting decisions made by the Department for Natural Resources, Division of Mine Permits with respect to applications to conduct surface coal mining and reclamation operations in Leslie County.

B & W RESOURCES, INC. 8660354 ΑM

6/9/2025



The Leslie County News

Office located at Main St. Hyden, KY

Vernon Baker.....Publisher Christy Napier....Composition/Editor

The Leslie County News is published weekly in Hyden, Kentucky 41749. Pub. No. SECD 586640. 🔳 Periodical postage paid in Hyden.

Postmaster, send address changes to The Leslie County News, P.O. Box 967, Hyden, Kentucky 41749.

Subscription rates: \$29.00 In County; \$39.00 **Outside County.**

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helps, too. Lone star ticks favor brushy edges and overgrown paths from spring through late summer. Long pants, permethrin-treated

ing, 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

Avoiding fresh bites

cloth-

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.

Eagles Kick Off in Less than a Month

from front

burg (Friday, Oct. 17) and Betsy Layne (Friday, Oct. 31).

After making an appearance in the KHSAA Class 2A State Playoffs, Leslie County exited the 2024 high school football season 6-5.

Following the KHSAA's latest realignment, Leslie County is poised to compete in Class 2A, District 7, along with Floyd Central, Knott County Central, Martin County and Prestonsburg.

The Eagles opened preseason practice earlier in the month, following the conclusion of the KH-SAA Dead Period.

Leslie County's schedule for the 2025 high school football season follows.

Leslie County Football 2025 Schedule

Friday, Aug. 22 Williamsburg

Friday, Aug. 29 at Letcher County Central Friday, Sept. 5 at Powell

County Friday, Sept. 12 Mid-

dlesboro Friday, Sept. 19 East

Ridge Friday, Sept. 26 Floyd Central

Friday, Oct. 3 at Martin County Friday, Oct. 10 Knott

County Central Friday, Oct. 17 at Prestonsburg

Have

Blessed

Great

INVITATION TO BID

LESLIE COUNTY BOARD OF EDUCATION **27 EAGLE LANE HYDEN, KENTUCKY 41749**

MOWING/WEEDEATING SERVICES

REFERENCE NUMBER: 07/2025

The Board of Education of Leslie County, Kentucky (herein after called the Board of Education) will receive sealed bids for the items and/or services listed herein. You are invited to submit a sealed bid, subject to the terms and conditions of this invitation to bid. Please read the instructions and specifications carefully. Failure to comply with these instructions may disqualify your bid.

Bids must be mailed by certified return receipt, emailed to brett.wilson@leslie.kyschools.us or delivered directly to the Leslie County Board of Education, 27 Eagle Lane, Hyden, Kentucky, 41749 in an envelope clearly designating the above-referenced item.

Copies of this invitation to bid may be obtained at the Leslie County Board of Education, 27 Eagle Lane, Hyden, Kentucky 41749 between 9:00 a.m. and 3:00 p.m. Monday through Friday, prior to the time and date specified, or by downloading from the district website www.leslie.ky12.ky.us

PERIOD OF CONTRACT: The period of contract will be from August 12, 2025, through June 30,

DATE OF ADVERTISEMENT: Thursday, July 24, 2025

CLOSING DATE OF BID: Tuesday, August 5, 2025 at 1:00 p.m.

Time/Location of Bid Opening: Bids will be opened and read at 1:00 p.m. on Tuesday, August 5, 2025 at the Leslie County Board of Education, 27 Eagle Lane, Hyden Kentucky 41749. You are invited to be present at the bid opening.

All bids must be received by the time designated in the invitation and none will be considered thereafter. Failure to have bid in the official bid box prior to bid opening will automatically prevent the reading of your bid. The Board of Education cannot assume the responsibility for any delay as a result of the failure of the mail to deliver bids on time.

For any questions, contact Brett Wilson at 672-2397 or email brett.wilson@leslie.kyschools.us

MOWING SERVICES SPECIFICATIONS

Leslie County Schools

Bid reference number 07/2025

- 1. Please write in a total dollar amount per school.
- 2. Mowing/weed-eating services will be determined on an "as needed schedule" by the Superintendent 3. Contractor must provide certificate of coverage in the following areas: \$1,000,000 Liability Insurance and Workers compensation.
- 4. The Superintendent shall require background checks and drug testing on all contract labor, cost of checks will be covered by contractor.
- Grounds are to be trimmed every service. Trimming includes the areas around the school building, trees, landscaping, parking lots, playgrounds, and fence lines. The use of herbicide is strictly prohibited.
- Mowing and trimming directly around the school building shall be done on hours designated by the school's principal. Contractor shall conform to all OSHA regulations (wearing proper personal protective equipment). Coordinate your schedule with the school principal.

Site to Be Mowed	Mowing Only	Weed-eating only	Mowing and Weed- eating combined
Hayes Lewis Elementary			
Mountain View			
Elementary			
Stinnett Elementary			
W.B. Muncy Elementary			
Leslie County High School – (weed-eating only)	No bid accepted for LCHS mowing		
Nixon Center			
Vocational School Hill only above football field			

ADVERTISEMENT FOR BIDS

Sealed Bids for the construction of the Leeco Road RV Park & Campground Phase 1 will be received, by the Leslie County Fiscal Court, at the County Judge's office at 22010 Main St, Hyden KY 41749, until 9:45 am local time on Wednesday, July 30, 2025. Bids will be publicly opened and read aloud during the Fiscal Court Meeting at the County Court House.

Work is to include: Grading, crushed stone roadways and parking and camping amenities.

The Issuing Office for the Bidding Documents is: Lynn Imaging, Inc., 328 East Vine St. Lexington, KY 40507, Phone 859-255-1021 online at lynnimaging.com/distribution. Prospective Bidders may obtain copies of the Bidding Documents upon payment of a non-refundable payment of \$100.00 plus a shipping charge for each set.

Questions regarding this project must be received by Matt Steen at Nesbitt Engineering, Inc. (msteen@nei-ky.com) in writing no later than 12:00 pm (noon) on July 23, 2025.

Bids will be received for a single prime contractor. Bids shall be on a unit price basis. A 5% bid bond is required.

Bidders must comply with Title VI of the Civil Rights Act of 1964, the Anti-Kickback Act, Non segregated facilities order 32FR 7439, and the Contract Work Hours Standard Act. This project will be in compliance with, and bidders must comply with Executive Order No. 11246 (EEO) as amended, prohibiting discrimination in employment regarding race, creed, color, sex or national origin. Contractors & subcontractors will comply with 41 CFR 60-4, (affirmative action), to ensure equal opportunity to females and minorities and will apply the timetables and goal set forth in 41 CFR 60-4. Bidders will make positive efforts to use small, minority, women owned and disadvantaged businesses. DBE's are encouraged to bid. The owner reserves the right to waive any informality or to reject any or all bids.

This project is subject to Build America, Buy American Act. Davis Bacon Wage Rates are NOT applicable.

No bidder may withdraw his bid within **90** days after the actual date of the opening thereof. Bid award will be made to the lowest, responsive, responsible bidder.

William R. Lewis Leslie County Judge Executive

END OF ADVERTISEMENT FOR BIDS