

# Classified

PUBLIC NOTICE  
OF BLASTING  
SCHEDULE  
PERMIT  
NUMBER  
866-0354

In accordance with the provisions of 405 KAR 16:120 Section 3, B & W Resources, Inc., 300 Liperote Way, London, Kentucky 40741, (606) 251-3070 proposes the following blasting schedule. The blasting site consists of approximately 415.0 acres located approximately Located in Aces Branch, Big & Little Peavine Branch in Leslie County and in Beech Oak Branch of Perry County, approximately 0.5 miles southeast of the intersection of the Hal Rogers Parkway and Lower Macintosh Road. Latitude 37° 13' 32' and Longitude 83° 19' 34". Detonations of explosives are proposed to occur from sunrise to sunset, Monday through Sunday. The blasting schedule is for the period from January, 2026 through January, 2027. Entry to the area is over coal haul roads. Appropriate signs and markers will be erected at the entrances. Access to the blasting area will be blocked by a company representative at least ten (10) minutes prior to any detonation. All public roads that are within a reasonable distance, as determined by the mine operator, will be blocked prior to

blasting. The blocked roads will be re-opened following the "All-Clear Signal". Audible blast warning and all-clear signals will be used before and after blasting. A siren, audible for one-half mile of the Blast Area, will be used as the signaling device. The "Blast Warning Signal" will consist of a one-minute series of long siren blasts five minutes prior to the "Blast Signal". The "Blast Signal" will be a one-minute series of short siren blasts one minute prior to detonation, The "All-Clear Signal" will be one prolonged siren blast following an inspection of the blasting area. All blasting will be conducted during the designated time periods except in the case of emergency conditions. Emergency conditions include, but are not limited to, rain, lightning, and other atmospheric conditions or deteriorated explosives which involve personnel, operational or public safety. If an Emergency or unscheduled blast is to occur, all land owners within the half mile blast radius will either be notified by phone call or by a B&W Resources employee traveling to their house and notifying in person, all other normal blasting requirements, audible blast warnings, closing of blast area will be followed according to the current plan.

COMMONWEALTH OF KENTUCKY  
LESLIE CIRCUIT AND DISTRICT COURTS  
P.O. BOX 1750  
HYDEN, KY 41749  
PROBATE CASE NO. 22-P-00047  
NOTICE OF FILING FINAL SETTLEMENT  
IN RE: ESTATE OF CHARLES EDWARD COLLINS  
MICHAEL COLLINS & TRACY COLLINS CO EXECUTORS OF THE SAID ESTATE, IS HEREBY GIVING NOTICE THE FINAL SETTLEMENT WILL BE HEARD IN LESLIE DISTRICT COURT IN 10 DAYS. ANY CLAIMS MUST BE FILED BY THAT TIME.  
Hon Michael Roper  
P.O. Box 7130  
Hazard, KY 41702

Notice of Request for Bid Proposals

Proposal for Camera Surveillance  
System at  
Leslie County Detention Center

General Information:

Bid ID Number: LCDC/CSS–12/04/2025  
Request for Bid Issue Date: December 11, 2025  
Deadline for Submission Date: Wednesday, December 31, 2025

Notice:

Leslie County Detention Center is currently soliciting proposals for a new camera surveillance system. Proposals, bids or responses will be accepted by Leslie County Detention at: Leslie County Detention Center P.O. Box 1893 493 Detention Road Hyden, Kentucky 41749

Every document must be enclosed in a sealed envelope clearly marked as a bid document, and may be mailed or hand-delivered to the front offices of Leslie County Detention Center. Two full copies of the proposal must be submitted, each one with signatures. Any response, bid or proposal received after the deadline for submission shall be considered late and will not be opened or considered.

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PO Box 967  
Hyden, KY  
41749  
Call 672-2841

Notice of Noncompliance

Pursuant to KRS 65A.040, the Kentucky Department for Local Government hereby gives public notice that as of December 2, 2025, Leslie County Health Department is in violation of Kentucky Law for failure to comply with the reporting requirements of KRS 65A.020. The last known point of contact for Leslie County Health Department is Maxine Shepherd, who may be reached at (606) 672-2393 and/or PO BOX 787 HYDEN, KY 41749. The last known Board Members are: Samantha Napier, Dwight Morgan, Richard Morgan, Tammy Melton, Brittany Maggard, Brian Overbee, Jonathan Shepherd, Donald Holbrook, Betty Huff, William Lewis, Shirley Baker, Belvia Roberts, Gladys Ann Pennington. The district was noncompliant with FY2024 - Audit Every 4 Years. The Auditor of Public Accounts has been notified and state funding for this entity will be withheld until further notice. Department for Local Government encourages this entity to comply with the law.

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Size  
Acerage

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and  
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## 10 Doctor-Recommended Health Resolutions for 2026

(StatePoint) With a new year ahead, the American Medical Association (AMA) is offering Americans 10 evidence-based tips for staying healthy in 2026 and beyond:
 

- Get health screenings: Schedule preventive visits, tests and screenings so your physician can catch conditions before they become more serious.
- Manage stress: Mental health is part of overall health. Techniques such as meditation, deep breathing and yoga can help reduce stress. Ask for help from a mental health professional when you need it.
- Be physically active: Start the year off by prioritizing physical activity. Strive for at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous intensity activity each week. If you have a sedentary lifestyle or primarily sit for long stretches at work, build in frequent breaks to stretch and move throughout your day.
- Follow a healthy diet: Drink water instead of sugar-sweetened beverages and eat nutritious, whole foods, including fruits, vegetables, whole grains, nuts and seeds, low-fat dairy products and lean proteins. Avoid unhealthy ultra-processed foods, especially those with high levels of added sodium, saturated fats and sugar. Drinking sugary beverages, even 100% fruit juice, is associated with a higher mortality risk, according to a study published in JAMA Network Open.
- Stay hydrated: Drink plenty of water or other beverages composed mostly of water, such as milk or herbal tea, to avoid dehydration and to keep your body functioning properly. Even mild dehydration can drain your energy and make you tired. Adult men should get about 15.5 cups of fluids a day and women should get 11.5 cups, according to the National Academies of Sciences, Engineering, and Medicine.
- Get plenty of good sleep: To maintain your health and emotional well-being, most adults need 7 to 9 hours of quality sleep. Rest helps boost immunity and improve mental clarity.
- Update vaccinations: Vaccinations remain the best defense against flu and other serious respiratory viruses. Since significant flu activity can stretch into May,

it's not too late to get a flu shot. The AMA recommends vaccination as long as the threat of flu remains. Talk with your physician or other health care professional to determine which vaccines are right for you. To cut through vaccine confusion and have open, honest conversations with your physician, first go to the AMA website for evidence-based information. For help finding a flu vaccine in your area, visit GetMyFluShot.org.
 

- Drink in moderation: If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines: up to one drink per day for women and two drinks for men,



and only for adults of legal drinking age.
 

- Quit tobacco, nicotine and e-cigarettes: Ask your doctor or health care professional for resources and guidance to help quit smoking, vaping or using other nicotine products. Make your home and car smoke-free to eliminate secondhand smoke exposure.
- Follow medication directions: When taking prescriptions, store them safely to prevent diversion or misuse, and properly dispose of any leftover medica-

tion. If you're prescribed antibiotics, complete the full course to prevent antibiotic resistance. For more health tips and resources visit ama-assn.org. "With the holiday cookies eaten and those missed workouts officially last year's worry, the new year is a great chance to refocus on the healthy choices you want to make in 2026," said AMA president Dr. Bobby Mukkamala. "Even tiny changes now can snowball into major gains for your long-term health."

CROSSWORD

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THEME: BODY LANGUAGE ACROSS  
1. Hot Springs and such  
5. \_\_\_\_ Bell and \_\_\_\_ Barker  
8. Wharton degree, acr.  
11. Artist's inspiration  
12. \*Move head to show attention  
13. Angry growl  
15. Shamu, e.g.  
16. Diva's number  
17. Put on fancy dress (2 words)  
18. \*Making facial expression showing pain  
20. Mine passage  
21. Single-handedly  
22. Assistance  
23. Made according to specifications  
26. Economizes  
30. Biochemistry acr.  
31. Aerie baby  
34. Genesis skipper  
35. Leaves out  
37. \*Some look up and to the right when telling one  
38. Watcher  
39. "The Forsyte \_\_\_\_" by John Galsworthy  
40. Forty winks  
42. Fraternity letter T

43. \*Said "easy peasy" with fingers  
45. Like a weight lifter, usually  
47. Weasel-related onomatopoeia  
48. Undo laces  
50. Helicopter sound  
52. \*Showing low self-esteem or boredom  
56. 100 centimes  
57. Purl partner  
58. From square one  
59. Frustration, in a comic book  
60. "At \_\_\_\_, soldier!"  
61. Don't go  
62. Dashboard acr.  
63. Like Willie Winkie  
64. Frustrated driver's recourse  
DOWN  
1. Urban haze  
2. Make like a cat  
3. Ascus, pl.  
4. Same as sea moss (2 words)  
5. Rice wine  
6. Dress with a flare  
7. Rudolph, when older  
8. Famous Christmas guests  
9. Like some champagnes  
10. High mountain  
12. Toyota truck model  
13. Part of flight

14. \*Showing agreement  
19. Healing plants  
22. Be in a cast  
23. \*Show anger with arms  
24. Unnerve  
25. Eurasian antelope  
26. "\_\_\_\_ but not heard"  
27. Much, in Italy  
28. Song of praise  
29. \*"I don't know" move  
32. \*One's smiling because one's \_\_\_\_  
33. Intoxicated  
36. \*Showing impatience with fingers  
38. Like retina and brain connecting nerve  
40. Large edible mushroom  
41. Keen  
44. Nice place for a rocking chair  
46. Reuse ideas  
48. Forearm bones  
49. Hustle and bustle sound  
50. Sandwich alternative  
51. Stay out of its way!  
52. Place at angle  
53. Gung-ho about something  
54. Close by  
55. Gwyneth, for short  
56. Opposite of #54 Down