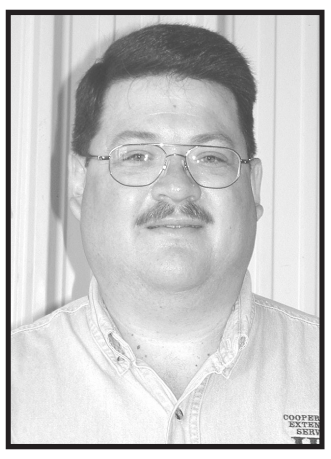
Ticks and Alpha-gal Syndrome



Eric Baker
Estill County Extension Agent for Agriculture & Natural Resources

Alpha-gal syndrome, an allergic reaction also known as the "red-meat allergy" that some people develop after a tick bite, is a life-changing diagnosis. Mackie Jo Pennington of Adair County knows that to be too true.

"Since I was diagnosed in 2014, I have researched recipes and support options every day," Pennington said. "I eat pretty much a vegan diet now." It is one reason why Pennington attended an alpha-gal educational meeting at the Adair County Extension office.

In 2009, medical researchers identified the reaction to galactose-alpha-1,3-galactose, a sugar found in mammalian meats. These include beef, pork, lamb and venison. Reactions occur after ingesting meat and can include skin irritations, hives, digestive tract issues and breathing problems. Researchers traced the cause of the reaction to bites from the lone star tick.

"Alpha-gal is different than other food allergies in that it is caused by an allergic reaction to a sugar molecule, whereas most other food allergies are the result of an allergic reaction to a protein," said Dr. Wes Sublett, an allergist who presented at the meeting. "Another difference is, with most food allergies, the reaction is immediate for the patient. With alpha-gal, the reaction is delayed, typically three to six hours after ingestion."

The lone star tick is found throughout Kentucky and most of the eastern United States. It gets its name from the iconic white spot found on the female's back. The tick needs three blood meals for survival during its lifetime. Individuals who spend a lot of time outdoors in tick-prone areas, such as tall grass and forests are at an increased risk for tick bites.

"Really the best way to keep from getting alpha-gal is to reduce your exposure to ticks," said Lee Townsend, extension entomologist in the UK College of Agriculture, Food and Environment who also spoke at the meeting. "You will not know if you are susceptible until you have a reaction after being bitten."

Pennington said "While I would not wish this on anyone, it has helped me to know there are others with this syndrome, and I'm not alone," she said. "It is interesting to hear about other people's experiences, because we all have different reactions and triggers."

Tick bite prevention information is available in UK's publication ENTFACT-618: Ticks and Disease in Kentucky. It is available online at https://entomology.ca.uky.edu/ef618 or go by the Estill County Extension office, 76 Golden Court, Irvine. (Article source: Dr. Lee Townsend and Nick Roy, UK Cooperative Extension)

The Estill County Extension office will be closed December 24th through January 1st for the holidays. Our office will reopen January 2nd. We wish everyone a Merry Christmas and Happy New Year!

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Wishing Well®

8	5	4	5	3	7	2	6	2	6	4	3	7
Y	Y	F	O	B	A	A	A	N	C	R	E	S
4	5	4	5	3	6	2	4	8	3	7	8	4
I	U	E	A	D	T	E	N	O	I	O	U	D
2	6	4	8	7	8	7	4	8	4	2	7	5
W	I	L	A	C	R	I	Y	E	G	D	A	R
6	5	4	3	4	8	4	5	7	3	6	3	5
V	E	A	P	T	O	H	P	L	L	I	O	R
6	5	7	8	4	3	5	4	7	6	8	4	7
T	O	E	N	E	M	S	R	V	Y	C	I	E
5	8	6	8	5	2	7	6	7	3	4	8	2
P	O	H	U	E	A	N	I	T	A	N	R	W
5	3	8	5	6	5	2	3	4	5	6	3	8
R	T	S	O	G	U	N	I	G	S	H	C	E

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: **P** equals **U**

CAQUQZQI V LQKKDC KDVUF RDP AHF OVINR UDHFQYVSQI, OKQVFQ YVSQ FPIQ RDP IQNPIU NAQ LVZDI.

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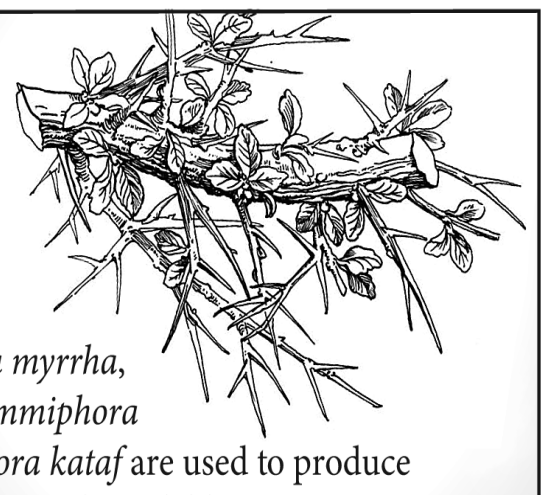
The Garden Bug

Myrrh



The shrubs *Commiphora myrrha*, *Commiphora mukul*, *Commiphora erythraea* and *Commiphora kataf* are used to produce **myrrh**, a resin gathered by making deliberate incisions with a specially designed tool into the bark of these plants. Most myrrh is produced in the southern Arabian peninsula and in northeast Africa. - *Brenda Weaver*

Source: www.itmonline.org

Birding BITS by Cindy Brook

Greatest Birding Moment

As the year comes to a close, I like to reflect on my greatest birding moment. This year it was the Carolina chickadee that came to my yard one rainy afternoon. He was fun to watch. I simply love birding, and I hope you do too.

Happy New Year, everyone!

E-mail: birdingbits@cfl.rr.com

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CryptoQuote

AXYDLBAAXR
is **LONGFELLOW**

One letter stands for another. In this sample, **A** is used for the three L's, **X** for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

CVHDP NRHGKH RNRE XWUC QGK HUVT QGK AVHQ UX KYKWEARE TDXK.

— MKWQGUTA RVKWMRPG

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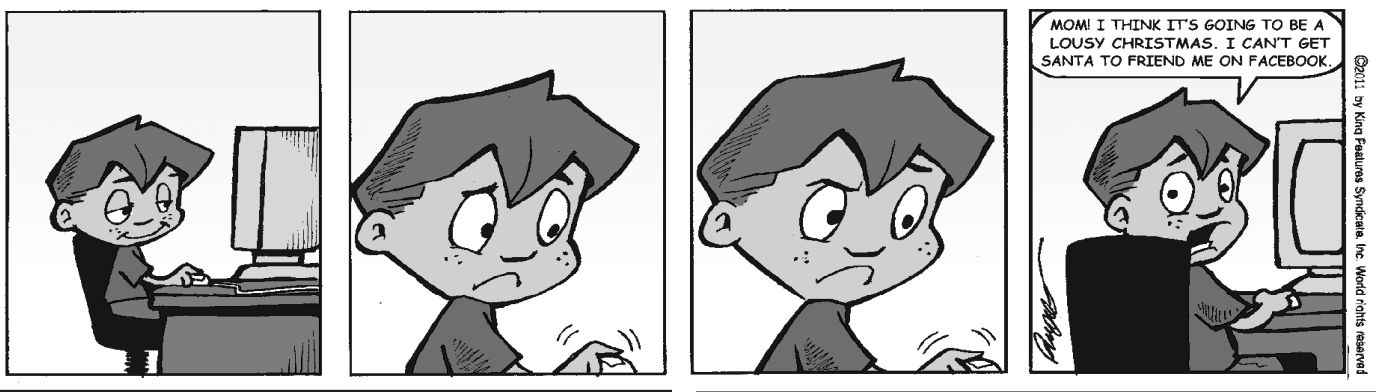
Amber Waves

by Dave T. Phipps

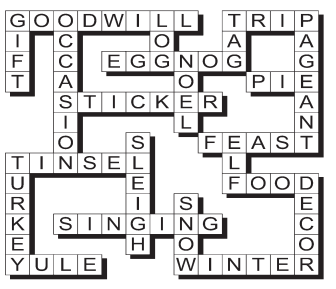


Puzzle Answers

December 19, 2018

Puzzles4Kids

Answer



FEAR KNOT

answer

Letter Box

Solution

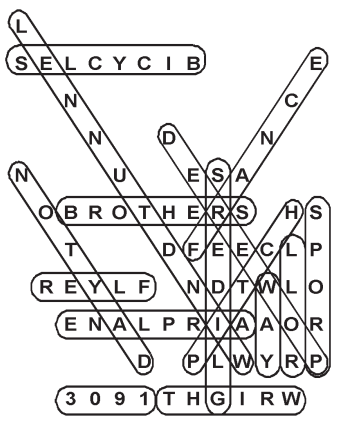
L	H	A	N	E	O	I	C	G
N	C	I	L	G	H	A	E	O
E	O	G	A	C	I	L	H	N
A	G	H	O	N	E	C	L	I
C	N	E	I	L	G	H	O	A
O	I	L	C	H	A	N	G	E
I	L	C	E	O	N	G	A	H
G	E	N	H	A	L	O	I	C
H	A	O	G	I	C	E	N	L

Even Exchange

answers

1. Break, Bread
2. Comedy, Comely
3. Tense, Tease
4. March, Match
5. Gallop, Gallon
6. Ashen, Aspen
7. Drove, Drone
8. Invent, Indent
9. Fable, Table
10. Simmer, Summer

ORVILLE AND WILBUR



Weekly SUDOKU

Answer

6	7	2	3	8	1	4	9	5
5	4	1	9	6	7	2	8	3
8	3	9	4	2	5	1	6	7
2	1	8	5	3	6	7	4	9
3	6	5	7	9	4	8	1	2
7	9	4	2	1	8	3	5	6
1	2	6	8	5	3	9	7	4
4	5	3	1	7	9	6	2	8
9	8	7	6	4	2	5	3	1

CryptoQuip

answer

Whenever a fellow loans you his party noisemaker, please make sure you return the favor.

CryptoQuote

answer

Music washes away from the soul the dust of everyday life.
— Berthold Auerbach

King Crossword

Answers

Solution time: 21 mins.

H	O	R	N	■	T	S	P	■	T	R	E	K
O	B	O	E	■	O	W	L	■	H	E	R	E
G	I	V	E	A	W	A	Y	■	R	I	N	G
G	E	E	■	L	I	T	■	J	O	N	E	S
■	■	■	B	O	T	■	F	E	W	■	■	■
E	N	T	R	E	■	C	U	T	A	W	A	Y
L	I	R	E	■	D	O	N	■	W	A	V	E
F	L	Y	A	W	A	Y	■	K	A	R	A	T
■	■	■	K	I	D	■	A	N	Y	■	■	■
R	O	M	A	N	■	U	F	O	■	S	E	E
S	L	A	W	■	S	T	O	W	A	W	A	Y
V	I	S	A	■	O	A	R	■	B	A	S	E
P	O	K	Y	■	T	H	E	■	A	N	T	S

Bible Trivia Answers

Now available by Wilson Casey! 2017 Bible Trivia box calendar loaded with daily teasers.

ANSWER: 1) New; 2) Engaged; 3) Bible not specific; 4) Herod; 5) Nazareth; 6) Silver

Thanks for Coming 'Round!

It's beginning to look a lot like Christmas around here and that means it's time to offer our best wishes to our neighbors, customers, associates and friends. We appreciate your giving us so much to celebrate this holiday season!

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Stickeler's Puzzle

STICKELERS [sic]. by Terry Stickels

The value of a professional sports team was reduced by 75% in one particular year. By what percent must the value be raised in order to bring it back to its value before the 75% reduction?

A. 75%
B. 30%
C. 400%
D. 300%

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Stickeler's Answer on Page 11

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We offer 16 colors of our #1 grade metal roofing tin cut to the inch.
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