

Spring is Allergy Season

By PJ Martin
Jobe Publishing

Most people love to see spring on the horizon; however, some folks dread the season simply because of the increase in allergies.

Those allergy symptoms can make life miserable for those who suffer from one or more allergies.

The body's immune system's job is to protect us from invading organisms that can make us sick. If you have an allergy, your immune system mistakes a normally harmless substance, such as pollen (allergen), as an invader. The immune system then overreacts to the pollen by producing Immunoglobulin or antibodies. The antibodies then travel to cells in the nose, sinuses, throat, or other tissue, signaling that tissue to release histamine and other chemicals. That is what causes the symptoms of an allergic reaction.

The American Academy of Allergy, Asthma &

Immunology (AAAAI), the leading experts in all things allergy, state that an allergic reaction begins in the immune system, but then spreads throughout the body.

Common allergic symptoms affect the nose, lungs, throat, sinuses, ears, stomach lining, or skin and can sometimes trigger asthma symptoms. Severe reactions referred to as anaphylaxis can be life-threatening. This reaction causes tissue swelling and makes breathing extremely hard. People with this severe allergy need to carry an epinephrine injection pen at all times.

A number of different allergens can be responsible for allergic reactions. The eight most common include: pollen, dust, food, insect stings, animal dander, mold, medications/drugs, and latex.

Anyone who suffers from allergic reactions on a regular basis needs to see a licensed Allergist

/ Immunologist who can perform specific tests to gauge exactly what substances you are allergic to.

Allergy Testing

Of course, there are specific blood tests for individual groups of allergens, but when the allergens seem to be numerous, broader tests must be done.

According to the Australian Society of Clinical Immunology and Allergy (ASACIA), there are three types of skin tests used for diagnosis.

- Skin prick testing (SPT) is used for IgE-mediated allergy.
- Intradermal testing (IDT) is also used for IgE-mediated allergy and delayed-type hypersensitivity.
- Patch testing is used for contact hypersensitivity and is mostly used by dermatologists and some immunologists.

The most common initial test is the Skin Prick Test, performed on the forearm. A small amount of an allergen, such as pollen, pet dander, mold, or dust mites, is pricked into the skin. If you're allergic to a specific substance, a small red bump will appear within minutes.

Intradermal testing, a more sensitive method, involves injecting a small amount of the allergen under the skin. Multiple allergens can be tested if spots are spaced apart. The reactions are checked after 15 to 20 minutes.

A Patch Test is used when checking for numerous allergens. A series of allergens on special tape that contains small aluminum discs (Finn chambers), which contain the individual allergens. This test can check for 30 to over 100 allergens simultaneously.

The specific allergens chosen depend on common

local allergies, household products, or the patient's occupation. The common allergens can vary from country to country.

The test strips remain in place for 48 hours, with results usually read by a doctor at around the 96-hour mark.

Treatments

Treatment options vary based on allergy severity and the number of allergens involved:

Avoid exposure: For milder reactions, avoid allergens by staying indoors during high pollen counts or using medications.

Daily allergy medications: Nasal sprays and antihistamines to help reduce the symptoms may be prescribed, particularly for seasonal allergies.

Allergy shots: This treatment, given over three to five years, can decrease your immune system's response to environmental allergens like pollen, mold,

dust, and stinging insects.

Medical alert card: For severe allergic reactions, such as anaphylaxis, you will need to carry a medical alert card or wear medical alert jewelry to alert medical personnel of possible danger from allergens like peanuts or bee stings.

Epinephrine injector (Epi Pen): This medication is essential for individuals in danger of anaphylaxis. This medication can be lifesaving if immediate medical treatment is not available.

Allergies are not limited to children. Immune systems change as we age, potentially causing new allergies to appear. Insurance usually covers allergy testing; however, it is advisable to check with your individual insurance company for specific coverage or preapproval requirements before undergoing testing.

COMMONWEALTH OF KENTUCKY
40th JUDICIAL CIRCUIT
CUMBERLAND CIRCUIT COURT
CASE NO. 26-CI-00007

EVERETT LAKE HOLDINGS, LLC

PLAINTIFF

VS. NOTICE OF SALE

JOHN KEY,
UNKNOWN SPOUSE OF JOHN KEY,
COUNTY OF CUMBERLAND, KENTUCKY

DEFENDANTS

Pursuant to a Judgment and Order of Sale of the Cumberland Circuit Court entered in the office of the Cumberland Circuit Court Clerk on March 26, 2026, in the above styled action, the undersigned Master Commissioner of the Cumberland Circuit Court will sell at public auction, on April 24, 2026, at 10:30 a.m., at the west door of the Cumberland County Courthouse, Burkesville, Kentucky, to the highest and best bidder, the following described real property, lying and being in Cumberland County, Kentucky, with said property being more particularly bounded and described as follows, to-wit:

PIDN: 060-00-00-012.00
Property Address: 843 Kettle Creek Monroe Road, Burkesville, Kentucky 42717.

"Beginning on a small gum at the forks of the Road; thence Southward with a conditional line made between J.E. Moore and Darius Spears to sweet gum and black oak; thence with said line to a stone in Darius Spears line; thence westward with said Spears line to a stake in G.M. Key's line at the end of a wire fence; thence Northward with said fence about 63 poles to a black walnut near the Martinsburg Road, corner of G.M. Key and Dock Spears; thence Eastward with said road to the beginning, containing 40 acres, more or less.

Being the same property conveyed to John Key by a deed recorded November 29, 2016 in Deed Book, Page 571 and recorded in Cumberland County Clerk's Office.

The successful bidder or bidders may elect to pay the purchase price in full at the time of the sale or be required to pay 10% percent of bid purchase price down on the date of the sale and balance of purchase price will be due and payable on or before thirty (30) days from the date of the sale with interest at the rate of 6% per annum; however, the purchase may pay all or part of the purchase price prior to the maturity with all accrued interest due at the time of said payment. If the sale be had on credit, the purchaser shall execute and deliver to the order of the Master Commissioner, his or her bond due and payable in thirty (30) days, bearing interest at the legal rate of 6% per annum from date of sale until paid, with good and sufficient surety thereon and said sale shall likewise be secured by a lien upon said property sold, which shall have the same force and effect of a judgment and said bond with acceptable surety shall be executed immediately after the sale; upon default of the terms of said bond the Master Commissioner shall immediately resell the property on the same terms and conditions set out herein.

The 2026 and all subsequent years property taxes shall be paid by the Purchaser.

HON. HOLLY LONG PARRIGIN
MASTER COMMISSIONER
CUMBERLAND CIRCUIT COURT

4/16/26

Super Crossword

QUADRENNIAL ARRIVALS

- ACROSS**
- 1 Elite roster
 - 6 Yard tool
 - 11 Attorney's job
 - 15 Close loudly
 - 19 Maui porch
 - 20 Yankee Yogi
 - 21 Penne — vodka
 - 22 Imogene of comedy
 - 23 Motivational speaker who wrote "Unlimited Power" [1960]
 - 25 Tooth-saving procedure
 - 27 Takes effect
 - 28 He convoked the Council of Trent [1468]
 - 30 Via walking
 - 33 Rolling car part, in Leeds
 - 34 Suffix with Rock
 - 35 Lead singer on the 2010 hit "Pumped Up Kicks" [1984]
 - 39 And more: Abbr.
 - 41 "Always on Time" rapper [1976]
 - 45 Suffix with Rock
 - 46 Aquanaut's abode
 - 48 "Equi-" cousin
 - 50 Bovine bellow
 - 51 — B. DeMille
 - 54 Director of "Wings," the first Best Picture winner [1896]
 - 59 Santa — (hot winds)
 - 61 Platoon VIP
 - 62 Morales of "Freejack"
 - 63 Liquidy Japanese bowlful
 - 67 Gave it a shot
 - 69 Crime doers
 - 73 When the people featured in this puzzle were born
 - 77 Sniffed (around)
 - 78 Tale
 - 79 More prying
 - 80 Political admin.
 - 82 Dianne of "Parenthood"
 - 85 — marché (cheaply, in Paris)
 - 86 He played Jagger Cates on "General Hospital" [1972]
 - 92 Finished
 - 95 Color grade
 - 96 Hwy. offense
 - 97 Overly long sentences
 - 99 Bread variety
 - 100 Founder of the Shakers in America [1736]
 - 103 "Adios!"
 - 106 "Anniversary Song" singer [1916]
 - 109 Wise to
 - 111 Catch sight of
 - 113 Fled to marry
 - 114 "So Rare" bandleader [1904]
 - 118 Thick-trunked African tree
 - 121 Criminal court of London
 - 122 Designation for the people featured in this puzzle
 - 127 Maui, e.g.
 - 128 Facet
 - 129 Fessed (up)
 - 130 Actress Kemper
 - 131 Depilatory brand
 - 132 Co. honchos
 - 133 Requires
 - 134 Be in power
 - 7 Actress Mazar of "Younger"
 - 8 Smile widely
 - 9 Suffix with north
 - 10 Hoarse
 - 11 Rug
 - 12 Healing plant
 - 13 Skiing site
 - 14 Classic neon diner sign
 - 15 Mountain climber, e.g.
 - 16 TV actress Anderson
 - 17 Brazilian berry
 - 18 African nation
 - 24 Klemperer and Preminger
 - 26 — rug (dance)
 - 29 Raw metal
 - 30 Quad VIP
 - 31 Elis' college
 - 32 Noisy fights
 - 33 Merry song syllables
 - 36 Stitch
 - 37 Mai —
 - 38 Right-angled annexes
 - 40 Covert U.S. org.
 - 42 Steak — (froze beef brand)
 - 43 Mauna —
 - 44 Huge time stretch
 - 47 What the number in brackets is for the people featured in this puzzle
 - 49 Stockholm is its capital
 - 52 During a single sitting
 - 53 1996 Mario Puzo novel, with "The"
 - 55 Farming-related prefix
 - 56 "Correct — I'm wrong" (1952 film)
 - 57 Blanket for the legs
 - 58 Rest atop
 - 60 Tofu source
 - 63 Everest, e.g.: Abbr.
 - 64 — Jima
 - 65 Remove from the cargo hold, e.g.
 - 66 Fruit stone
 - 68 Failing grades
 - 70 Bit of precipitation
 - 71 Lead-in to nuptial
 - 72 Leb. neighbor
 - 74 "And — word from our sponsor"
 - 75 Chi-Town daily paper
 - 76 Constricting snake
 - 81 Part of DVD
 - 83 Cram, e.g.
 - 84 Novelist Morrison
 - 86 "I've got it!"
 - 87 Mother superior, e.g.
 - 88 Five pairs
 - 89 Sis or bro
 - 90 Actor Hamm
 - 91 Single-stranded cell stuff
 - 93 Brontë's Jane
 - 94 Feat of skill
 - 98 "Come Back, Little —"
 - 101 Supple
 - 102 "Exile" New Age singer
 - 104 "For sure!"
 - 105 Jargon suffix
 - 107 "Buffy the Vampire —"
 - 108 Walk with a limp
 - 110 "It's true!"
 - 112 Aviator's guidepost
 - 114 Connect
 - 115 "Casablanca" heroine
 - 116 Roman 1,551
 - 117 Make anew
 - 118 Cause of ruin
 - 119 Mimicked
 - 120 Chances
 - 123 Ram's mate
 - 124 Muhammad of the ring
 - 125 Large
 - 126 Money unit of Japan

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Answers on Page 8

Crossword Sponsored by:



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