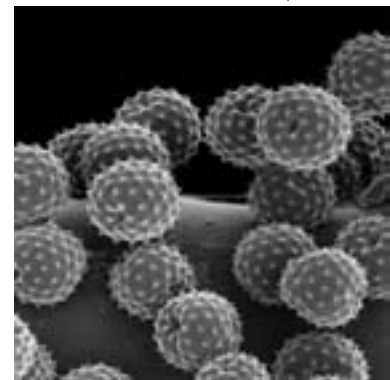




Aaa-chooo!

Allergies and the Season of Bless You's



hepafilters.com photo

Aaaah...warmer days are finally here. The wonderful colors of spring emanate from a bevy of blooms. Instinctively, you take a whiff of the floral-scented air and before you know it, a familiar itch in your nose intensifies -- making your eyes water, your sinuses clog up and a resounding "aaa-chooo!" follows through.

Yes, spring has sprung and so has allergy season. According to parents.com, "up to forty percent of children in the United States suffer from seasonal allergies." The American Academy of Allergy, Asthma and Immunology reported that at least 39.5 million Americans have seasonal allergies.

Allergies.about.com defines seasonal allergy as "an allergic reaction to a trigger that is typically only present for part of a year, such as spring or fall. This type of allergy refers to pollen allergy, such as trees, weeds, and grasses. Pollens are tiny egg-shaped powdery grains released from flowering plants, which are carried by the wind or insects, and serve to cross-pollinate other plants of the same type for reproductive purposes. When pollen is present in the air, it can land in a person's eyes, nose, lungs and skin to set up an allergic reaction. Symptoms may include allergic rhinitis (hay fever), allergic conjunctivitis (eye allergies) and allergic asthma."

Because pollen travel long distances, levels in the air may vary each day. Levels of pollen may peak from early morning to mid-morning, from 5am to 10am, the website also states.

Here are some other information from Allergies.about.com which may prove useful to people who are prone to springtime allergies:

How Do I Know What Pollens are Present?

In most areas, pollen is measured and counted, with the different types of pollen identified. This may be reported in terms of trees, weeds and grasses, or may be further divided into the types of trees and weeds identified. Specific grasses are not usually identified on pollen counts, as grasses look the same under a microscope.

How Do I Know Which Pollens I am Allergic To?

An allergist can help determine if you have seasonal allergies, and to which types of pollens to which you are allergic. This is accomplished through allergy testing, which typically involves skin testing or a blood test (RAST). Allergy testing can be helpful in predicting the times of the year that you are likely to experience allergy symptoms, and is needed if you are interesting in taking allergy shots.

How Can I Avoid Pollen Exposure?

Unlike avoidance of pet dander and dust mites, it is more difficult to avoid exposure to pollens, since it is present in the outdoor air. Here are some tips to minimize pollen exposure:

- Keep windows closed prevent pollens from drifting into your home
- Minimize early morning activity when pollen is usually emitted-between 5-10 a.m.
- Keep your car windows closed when traveling.
- Stay indoors when the pollen count is reported to be high, and on windy days when pollen may be present in higher amounts in the air
- Take a vacation during the height of the pollen season to a more pollen-free area, such as the beach or sea.
- Avoid mowing the lawn and freshly cut grass
- Machine dry bedding and clothing. Pollen may collect in laundry if it is hung outside to dry

For parents concerned about their kids' health, here are some questions addressed by Parents.com, through the assistance of Dr. Todd Mahr, Director of Pediatric Allergy/Asthma/Immunology at Gunderson Lutheran Hospital in La Crosse, Wisconsin.

What are the symptoms of seasonal allergies in kids?

They'll have repetitive sneezing, a running nose that is a thin, clear substance ... it's not usually thick and gooey; nasal congestion, an itchy nose, ears, eyes, throat -- so they get the itches, and watery eyes.

For perennial allergies, they'll get more nasal blockage and congestion. They'll have post-nasal drip, which is when mucus drips down the back of the throat and kids will tend to clear their throats a lot. They also do have runny nose and sneezing but it's less prominent than in kids with seasonal allergies.

Keep in mind that it varies from person to person -- one may have more sneezing, another more of a runny nose, another more of the itches.

What's the difference between seasonal allergies and perennial allergies? And when do the different kinds of allergies act up?

For seasonal allergies, they occur mainly with pollen so it comes from plants, weeds, grasses and trees. Many parents will recognize pollen

Continued on Page 7

Andy Tecson
CREATIVE WEDDING PHOTOGRAPHY

- WEDDING
- PORTRAIT
- SPECIAL OCCASSIONS

132 WILTON DRIVE LOS ANGELES, CA 90004
TEL: 323.467.5096
FAX: 323.467.6709
EMAIL: andytecson@yahoo.com



2nd Annual FASGI Fundraising Gala: H.O.P.E. (Happiness, Opportunity, Progress and Equality) For All

Friday, March 27, 2009
5:00 - 6:00 p.m. Networking Wine Hour
6:00 - 8:00 p.m. Dinner and Silent Auction
8:00 - 9:00 p.m. Networking and Photo Ops

Universal City Hilton
555 Universal Hollywood Drive,
Universal City, CA 91608

HONORING:

COMMUNITY SERVICE LEADER OF THE YEAR AWARD:
Mr. Greg Macabenta

LEADER OF THE YEAR AWARD:
Honorable Xavier Becerra

AMERICAN DREAM AWARD:
Mr. Jess Espanola

CORPORATE VISIONARY LEADER OF THE YEAR AWARD:
Honorable Quentin L. Kopp
California High-Speed Rail Authority

ENTREPRENEUR OF THE YEAR AWARD:
Seafood City

SPORTSMAN OF THE YEAR:
Mr. Emmanuel "Manny" Pacquiao

Sponsored by:

FOUNDER'S CIRCLE



Admiral Home Health, Inc.
ABS-CBN International-Balitang America

BENEFACTOR'S CIRCLE



Southern California Edison
CB Richard Ellis

CHAIRMAN'S CIRCLE

Eduardo Angeles
Abratique & Associates, Inc. and SafeProbe, Inc.
Los Angeles World Airports
Wells Fargo Bank
AXA Financial Protection



FRIEND'S CIRCLE

John C. Davis and John S. Mina
Cris Liban and Maria Benel Corazon G. Se Liban
Duramed Homehealth Services
Haliya Wines



3Mplus

INDIVIDUAL SPONSOR

Admiral Ramon Alcaraz & Concepcion Alcaraz
Major Peping Bacilig, U.S.A.V.R.
Vicente Ching
Greg Walsh
Lito Sapiandante

DIRECTOR'S CIRCLE
Edward Dilkes

For more information, contact Rhoda Francisco (213) 487-9804 x 212, rhodaf@fasgi.org or go to our website www.fasgi.org

DIOR • VERSACE • CALVIN KLEIN • SALVATORE FERRAGAMO • GUESS • PRADA • JUICY COUTURE • DOLCE & GABBANNA • NEOSTYLE • BCBG • NEOSTYLE • BCBG

One Hour Glasses & Contacts

without the "One Hour Price"

Thousands of Beautiful Frames To Choose From

15 PAIRS FRESHLOOK COLOR CONTACTS \$276

Up To \$99

Bring in any local competitor's current ad and we'll match the price on exact products. Guaranteed!!

\$50 OFF Any Frame From \$100-\$150

GLASSES FRAME AND LENSES \$59*

Single Vision, Clear Plastic Lenses + or -4.00 D.
Frames from Suburban Frame Collection Only. (Official \$20 Mart)

DuraSoft® 2 Colors DAILY WEAR 2 PAIRS \$159 | 1 PAIR \$89

*2 PAIRS DURAISOFT® 2 OPAQUE COLORED LENSES. Blue, Green, Grey, Hazel

SAVE \$25* DESIGNER & FASHION FRAMES

Price from \$35-\$99.

EYE CARE PACKAGE ONLY \$179*

* Comprehensive eye exam & contact lens fitting.
* 1 pair of glasses single vision to 3.75 diopters, + or -4.00. Frames from a special collection.
* 1 pair of contact lens \$117 daily wear.
* Suburban starter kit.

FRESHLOOK® COLOR COLLECTION \$225

15 PAIRS \$211 REBATE \$10 YOUR PRICE

INCLUDING EXAM

* Includes Exam & Fitting.
* 12 pairs of contacts, 12 pairs of Freshlook® ColorBlinker® & 3 pairs of Light or Dark Eye Colored.
* Follow-up, Solution starter kit, Solution only.

BREATHABLE CONTACT LENSES® \$229

Annual Supply of up to 12 Pairs

AIR OPTIX

MP08 \$219 REBATE \$10 YOUR PRICE

INCLUDING EXAM

* Includes Exam & Fitting, Annual Supply of 12 Pairs of Lenses, Follow-up Care, and Care Kit, Solution only.
* SoftLens® contact lens solution required.
* For contact lens use only. Not for sale without solution.
* See Your Doctor for more information. Offer valid 3/1/09 - 3/31/09.

ALL UNION GROUPS, INSURANCE PLANS & MEDICAL WELCOME!

LA PUENTE OPTOMETRY CENTER
DR. ANDREW G. CHONG, O.D. & Associates
1641 N. Hacienda Blvd. La Puente West Covina
626-918-2020

Emphasizing Soft Contacts For:
• Astigmatism • Bifocal • Presbyopia (24-Hr.)
• Contact Patched • Gas Permeable
• Color Lenses • Disposable Lenses

GENERAL PRACTICE
• Eye Examinations • Accurate Prescriptions
• Contact Lens Fitting • Children Care
• Glaucoma Testing • Therapeutic Contact

CHINO OPTOMETRY CENTER
DR. JOHN T. JU, O.D. & Associates
11640 Central Ave., Chino
909-628-5581

Hours: Tue & Thurs 9AM-5PM, Sat 9AM-4PM, Sun 10AM-4PM, Mon 9AM-5PM, Wed 9AM-5PM

Service, Quality, Courtesy & Value

Se Habla Español • One Hour Glasses at La Puente location only.