

by CYNTHIA DE CASTRO
AJPress

KENDRO CALICA


Playing the Piano and Violin

One of the key members of the Filipino American Symphony Orchestra (FASO) is a 23 year old musician from San Diego, Kendro Calica.

Born and raised in San Diego, Kendro plays the piano and violin. "I started my musical training at the age of 5," Kendro said.

For a young man, Kendro has quite a number of accomplishments to his name. He was a member of the San Diego Youth Symphony & the San Diego Young Artists Symphony. He was the concert master in the San Diego Youth Symphony and was featured as a piano soloist in the San Diego Young Artists Symphony.

Kendro placed in many competitions in San Diego. His major awards include 1st place in the 2001 H.B. Goodlin Foundation Scholarship Competition and 4th place in the 1999 United States Open Music Competition. He also had a solo concert with the SBS Radio and Television Orchestra in 2006 in Sydney, Australia.

Currently pursuing a bachelor's degree in piano performance in UCLA, Kendro is also a regular piano accompanist for a number of churches in Los Angeles. Together with a group that includes FASO musical director Robert Schroder and Christopher "Pete" Avendaño (one of the guest singers in the upcoming FASO gala concert), Kendro also plays the piano or violin for weddings and other special events. 



seasonal allergies?

The best thing to do is try and keep a little diary answering the questions, "when are the symptoms triggered and by what?" Because when you see your doctor, they will want to know if there is a pattern, and will ask you things like, "is it worse during the daytime or nighttime, or is it seasonal?" Those answers can give a lot of information [to a doctor].

Seeing your health care provider is a smart thing to do ... they can then make a determination if you should see an allergist. An allergist can look at the symptoms, do a physical exam and then maybe even do skin testing. Skin testing is when they put small amounts of allergens on the skin, or just below it, and look for a reaction to try to detect what you're allergic to. Once you have testing and can determine what you're allergic to, then you know and can avoid some triggers.

What could happen if allergies go untreated? Is there a real danger there?

In kids specifically, we see a lot of problems that are related to the congestion [caused by allergies]. Fatigue, especially during the daytime, poor concentration in school, learning problems and other difficulty in school can all be related to nasal congestion, because kids won't be sleeping as well at night. And then during the daytime, they're blowing their nose a lot and experiencing other symptoms. It can lead to peer pressure and social tension ... you know, they may not want to go out and play because they know if they do they'll start

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Aaa-chooo!

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more in the Spring, you know, if they leave their car outside overnight and go out to it in the morning, they'll see a little, yellow dusting on their car ... that's pollen. And if you have pollen allergies, they'll appear when that's in the air. Classically, it comes from trees early in the spring, so in April and May. Then in May, June and July, it's the grasses that are at their worst ... so people with allergies to various kinds of grasses may feel it more. And then in the Fall, it's the weeds, so ragweed allergies may flare up in mid-August to the end of September. That's classic, but it varies in different parts of the country.

For perennial nasal allergies, it means you're dealing with it year-round and these are usually indoor allergies: so it's dust mites, animal dander, cockroaches, molds and feathers. So individuals may have symptoms occasionally or throughout the year, depending on what kind of allergies they have.

What are the common triggers that will bring on allergic reactions?

For kids who have allergies, sometimes everyday objects can be the trigger. For example, their favorite pet -- a dog or cat -- could shed dander (tiny pieces of skin), and that may trigger a flare-up. Sometimes the beds can be the trigger, including sheets, mattresses and box springs, because that's where dust mites live. So it's not that you're allergic to the bed, it's more the dust mites that are there.

There are also triggers that present themselves once kids are in [allergy] season, so for example with pollen season, things like cigarette smoke or perfumes can be triggers. Sometimes the weather -- the wind and rain -- can affect the amount of pollen in the air, and thus trigger an allergy flare-up in someone.

What should a parent do if they suspect their child has



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The Asian Journal MDWK MAGAZINE - March 25, 2009

Face to face with The Four Divas

An engaging Starmedia press conference with
Kuh, Zsa Zsa, Pops, and Regine

It was Wednesday night, March 18, and the air was brimming with excitement as Vic Perez and Dr. Frieda Brookshire, the hosts for the night introduced the luminaries of the evening -- Pop Diva Kuh Ledesma, the Divine Diva Zsa Zsa Padilla, Concert Queen Pops Fernandez and Asia's Songbird Regine Velasquez. What a show of force! It was indeed a rare chance for these divas to be gathered in one show. It was unimaginable to actually seat them together that night since these artists are some of the most bankable artists in the Philippines with very hectic schedules.

Zsa Zsa, Pops and Regine attributed it to Kuh, the brainchild of *Divas 4 Divas*. Regine revealed that Kuh Ledesma really persevered and courted her to really say yes in this project. Both Pops and Zsa Zsa added that Kuh was very determined and was almost unstoppable in putting this project into fruition.

Kuh also said that her working relationships with all the divas made it easier for her to convince them to come together in one great concert. Kuh has worked with Zsa Zsa with the series of *Divas 2 Divas* concerts in Manila and the US. She also sang with Pops and Regine in the successful *Power of Two* concert series.

When asked on how the divas worked with their significant partners, most of them reminisced on the good projects like Zsa Zsa relived how she valued Dolphy more when she was with him in live concerts here and how the people loved and respected his husband. Zsa Zsa said "It is in these concerts that I really appreciated Dolphy's great rapport with his fans." Pops intimated her wonderful experience with Martin. "It was much fun" she quipped. Regine who was the 'jester' in the group enjoyed the secrecy of her relationship with Ogie while doing these live shows. "Magkakahilaway nga ang kuwarta naming noon," she recalled. Kuh was then enjoying working with her daughter in some of her live shows in the US.

The reporters were quite timid with questions. Some were expecting controversial queries for Kuh about her position on her cook who died last year and Pops raging controversial concert with Martin and her cool off with Jomari Yllana but instead the press was very cautious. They closed the questions with values of each artists-like what are the attributes of these artists that are worth emulating.

Kuh stood among the divas as the persistent and persevering. They also talked about her Christian ways without being too preachy. Zsa Zsa is the most friendly, being very intimate with everybody and serious with work. She is always prepared and is very punctual. Pops is an optimist who is good natured and light. She seems to take everything in stride without being too pressured and stressed.

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