



Backwards PROM

Friday April 19th

9 pm—Midnight

\$3 Single \$5 Couples At The Door

Presented by: Shelby and Trisha

**Wear Neon - Glow Sticks - Neon
Face/Body Painting - Black Lights**

DANCE THE NIGHT AWAY

THE LANDING COULD USE YOUR HELP...

We are looking for a few items:

- ◆ Flat white sheets (twin-king size)
- ◆ Potting soil for seed starts / Greenhouse (big or small)
- ◆ Wood fence posts for pre-school fence (already have the metal fencing and t-posts)
- ◆ Extra-large culvert (for creative playground)
- ◆ Lumber for a picnic table to be built by the Pre-teen Club (to be placed in the gravel patio area next to the community garden)

YOUR SUPPORT IS GREATLY APPRECIATED! IF YOU HAVE ANY QUESTIONS PLEASE CONTACT THE LANDING AT 541-865-3500 OR SUSAN COOKSON AT 541-621-6799

A Word From Your Community Health Center

Do you start sneezing, wheezing and sniffing in the Spring?

Allergy season is beginning!

Here are a few tips from your Community Health Center:



- Start by taking an over-the-counter, non-sedating antihistamine, such as generic Claritin every morning.
- Saline rinses can help remove pollens from your nose.
- Antihistamine eye drops are available if your eyes itch .
- Take a shower after you've been outdoors for an extended time, you'll come inside literally covered in pollen and spores and spread it around your house.
- Allergens stick to fabrics; wash your bedding, pajamas and clothing often.
- If you have asthma, be sure to see your primary care provider for an asthma management plan.
- Asthma is often triggered by allergies.