

A breath of Fresh Air For Allergy Sufferers?

The timing may vary from region to region, but one constant remains during the spring and summer: at some point microscopic granules of pollen will descend upon allergy sufferers.

The end result is a breath of fresh air that is followed by sneezing, coughing, itchy and watery eyes and upper respiratory congestion.

The American Lung Association and the makers of Tavist are helping allergy sufferers learn how to manage their allergies and enjoy the outdoors throughout warm weather. Following is a list of measures allergy sufferers can take to make outdoor life "sneezeless."

— Look Before You Leap — Monitor air quality through radio, television and newspaper pollen count reports. Allergy symptoms often develop when pollen counts are moderate to high, but can continue even when the count lowers. Rainy, cloudy or windless days usually have lower pollen counts, but mold spores may be higher right after a rain. Taking note of which allergens are at the highest levels may help in determining those that are most bothersome.

— The Early Bird Catches The Pollen — Pollen levels are highest before 10 a.m., so try not to be outdoors then. While indoors, close

windows and use air conditioning to filter and dry the air. Have someone else mow the lawn or rake leaves. These activities stir up pollens and molds.

— Don't Be Hung Out to Dry By Allergens — Do not hang sheets or clothing out to dry. Pollen and molds collect on these materials and can trigger allergies later.

— Handle with Care — Avoid touching eyes and nose and transferring pollen there.

— When Ordering a Drink... — Remember that alcohol stimulates mucus production and dilates the blood vessels, worsening runny nose and

nasal congestion. Smoking irritates the eyes and respiratory system, making allergy symptoms worse.

— Avoid Pollen Triggers — Various types of allergy-causing plants can be found around the country, but there are ways to identify plants to select or avoid. Generally, showier plants pollinated by insects are better choices because these flowers' pollen grains are larger and less bothersome. Less attractive plants rely on the wind for pollination, and have smaller pollen grains that can cause allergies through inhalation. In most areas of the country, the allergens that cause most problems are:

Trees — Including oak, olive, western red cedar, elm, birch, ash, hickory, poplar, sycamore, maple and walnut

Pollinating grasses — Such as timothy, bermuda and orchard

Weeds — Ragweed, sagebrush and pigweed become a problem in late spring and early summer

— That's the Last Straw — Some gardeners with allergies use black plastic mulch instead of straw to keep down pollinating weeds, dust and mold growth. This also has the added benefit of warming the soil and helping crops such as tomatoes and melons mature faster.

— Consider Simple Treatment — Take an antihistamine 30 minutes before going outdoors.

Control Allergens With the Tavist Year-Round Calendar

For allergy sufferers who refuse to let their symptoms get the best of them, the American Lung Association and the makers of Tavist developed the Tavist Year-Round Allergy Management calendar, complete with more than 50 tips to help allergy sufferers enjoy everything from gardening to traveling, sports and enjoying their own home. The calendar is free by calling (800) TAVIST-D (828-4783).

Playskool Brings it's "Magic Touch" to the Book World

June 12, 1996—Playskool, a leading children's products manufacturer, has added its magic to the world of interactive books with a dramatic innovation in the children's book category. Playskool's Magic Touch(TM) Talking Books, which allow children to activate sounds and enjoy fun games simply by touching the pages, make their book-show debut at the American Booksellers Association Convention at McCormick Place Complex here from June 15-17, booth no. 5417. The line of 11 titles will be on retail

shelves in September.

Playskool's breakthrough books bring stories to life as children touch objects on the page — such as characters, animals, vehicles, foods and more — to illicit an audio response of up to 16 sounds per page and up to 100 different words and sounds in each book; more than any other product on the market.

"Playskool has taken the newest technology and developed an innovative, 'hands on' interactive experience in Magic Touch Talking Books that no other company offers, all for

under \$20," said Greg Miller, Playskool's vice president of marketing. "Based on early trade and consumer reactions in testing, we are confident this line will bring the children's electronic book category to a new level."

In addition to Playskool's patented technology, a combination of key factors make Magic Touch Talking Books stand out from the competition including: strong titles; hot children's licenses, including Disney's "Hunchback of Notre Dame;" unique story lines; and

animated voices and effects.

The Magic Touch Talking Book line marks Playskool's entry into the electronic children's books category. Miller explains the toy company is exhibiting at ABA to develop relationships with a more book-focused audience to expand the company's distribution to additional channels and to build awareness of the innovative product line.

Each of the original stories was written solely for Playskool's Magic Touch Talking Books line. The whole line is specifically designed so that

each book complements the others, offering children a well-rounded curriculum including the alphabet, counting, music, science, the solar system and much more.

The Magic Touch Talking Books line was designed in conjunction with the Playskool Advisory Panel, a diverse group of children's experts brought together to provide ongoing counsel to Playskool on product development.

The Playskool Advisory Panel, formed in 1993, includes experts in child-related fields including develop-

ment, education, health, and rehabilitation. The distinguished group of experts works closely with Playskool to provide ongoing counsel on product development. Founded in 1928,

Playskool is a brand of Hasbro, Inc., a worldwide leader in the manufacture and marketing of toys, games, interactive software, puzzles and infant care products. Playskool's baby and preschool lines feature a complete selection of innovative, quality products designed to entertain, stimulate, feed and clothe children from birth through six years old.

Affordable Housing Bolstered

Continued from Metro

HOST, as a non-profit corporation, does not try to take advantage of the hot market. It uses other ways to keep its home prices down, using donated materials and, sometimes, donations of land by Multnomah County and Emanuel Hospital. It does not use any sort of donated labor, Nolte says, because this would allow no control over the quality of the workmanship.

Since 1989 Host has turned over 39 homes - 15 rehabilitations and 24 new constructions - and is working on 38 more. All are welcome to buy, but HOST puts four special conditions on its sales: the house must remain owner-occupied until paid for, and the owner must attend a homeowner education class, maintain the home properly, and contribute 50 hours to community service projects. No one has ever defaulted on a HOST mortgage, and only one

home has been resold, Nolte says.

The HOST board includes community leaders such as Erik Sten of commissioner Gretchen Kafoury's office and Jim May of Emanuel, but most of its members are part of the real estate industry. Some critics charge that while its activities benefit individual homeowners, the effect of its upgrading is to push community land values even higher, to the benefit of HOST and at the expense of tenants and would-be homeowners.

"It's an interesting dilemma," Nolte says. "Do you leave a neighborhood in decay and let property values stagnate or run backward, or do you upgrade the neighborhood while giving people a chance for home ownership? A few years ago we had 80 year old people living in crumbling home that gave them no equity at all. Someone would have come in and tied those homes up by now. You can't freeze property values."

300 Say "Farewell"

Continued from Metro

ence/math v. Technology.

The students speak ten different languages but they still feel the warmth when Daniels is visual in the halls, and outside each day.

The Brooklyn Community held its annual parade on May 15th and surprised Daniels by being the Grand Marshall. (With a crown, roses and riding in a convertible car. May 23rd the staff provided an exciting evening recalling the past ten years, at the

Eastmoreland Golf Club.

The evening of May 15th Daniels was surprised to receive the Brooklyn Community Plaque from the Brooklyn Action Corp. (A reception where Secretary of State Phil Keisling presented the award).

As Daniels departs on June 28th she leaves many good memories. This fall she will start her new job as the University's Teacher Supervisor.

Daniels once said as God closes one door he opens another door, because God is her guiding light.

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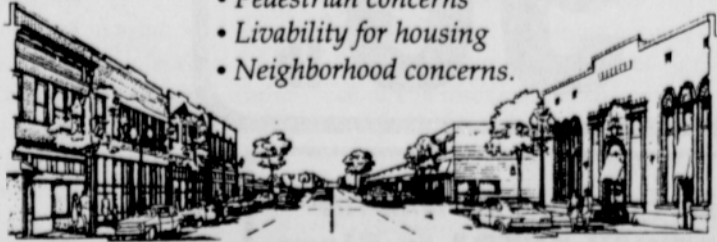
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