

# b.i.k.e. Kids raise money for Doernbecher Kids!

Children from Bicycles and Ideas for Kids Empowerment raised over \$1,800.00, selling Christmas cards door to door over the months of October and September. Part of the money goes to purchase rain gear and safety lights for the young cyclists who practice in the dark hours of the morning.

"I hope we help some children get well, so they can come join our team," said Alene Andre, 12 year old at Ockley Green.

Like most children on the b.i.k.e. team, Alene has raced in races all over the state, including the State Championships. Her coaches approached the Doernbecher Foundation, seeing this fund raiser as a way to invoke a spirit of responsibility and community service in the team.

"We always try to put kids in a situation where kids are helping kids. We want them to have a sense of their duty to help their community," says Jim Edmark, children's coach.

Spandex aren't in style for adolescents, but for kids on b.i.k.e. lycra shorts are "In Vogue". The team jerseys carry more in terms of pride



Children from Bicycles and Ideas for Kids

than a Tommy Hilfiger jacket. "The bond within the team is what impressed me. Those kids are dedicated to something and that makes a

difference. I wish I was in b.i.k.e. when I was 12," said Joshua Wright, a youth mentor in b.i.k.e. b.i.k.e. (Bicycles and Ideas for

Kids Empowerment) If you would like to be a mentor, or just go for a ride with the kids of b.i.k.e., call. 234-8454.

## Adopt a Furry Friend After the Holidays

The holiday season has arrived, bringing with it the hustle and bustle of last minute shopping and the hope of running across that perfect gift for someone special. The idea of adopting a companion animal is not uncommon at this time of the year when love and compassion is in the air. The Southwest Washington Humane Society offers a few tips to ensure that all necessary considerations are made:

Utilize the gathering of family during the holidays to discuss completely the responsibilities of owning a pet, and the degree of commitment your lifestyle will allow. Who will exercise, feed and groom the pet each day?

The excitement of the season brings constant activity, which can be unsettling to a cat or dog who is becoming acclimated to new surroundings. Consider

waiting until after the holidays to bring a new cat or dog home.

If you feel a cat or dog would make a good gift for someone, accompany them to the shelter after the holidays to help find their perfect match. Consider covering the adoption fee for them.

The Southwest Washington Humane Society gladly provides literature on pet ownership and adoption procedures, and en-

courages individuals and families to make informed choices.

If you know you're ready to commit to a pet for life, a wide variety of pets are available for adoption at your Southwest Washington Humane Society.

For other ways to help the animals during the holidays, call the Shelter at 693-4746 or visit any of the following locations, where a variety of donations will be accepted.

## The Pollen May Be Gone, But That Doesn't Mean Your Allergies Are

**MILWAUKIE, WI, December 8, 1998** - The persistent cold symptoms you are experiencing, runny nose, nasal congestion and sneezing may actually be the result of perennial, or year-round allergies. Because many of the symptoms of both colds and allergies are similar, it is often difficult to distinguish between the two. Moreover, misdiagnosing the problem due to a lack of awareness about perennial allergies can result in unnecessary suffering.

In a new nationwide survey conducted by International Communications Research for the National Allergy Bureau (NAB), a program of the American Academy of Allergy, Asthma and Immunology, 66 percent of those polled did not know what "perennial allergies" were, despite the fact that a majority of respondents (90 percent) recognized that allergies could affect people year-round. Yet, almost half of respondents (49 percent) said they were unaware of what might trigger them. "When people think of allergies, there is a general tendency to associate them with outdoor culprits like pollen or ragweed - environmental elements common during the spring and fall," said Robert K. Bush, M.D., chair of the American Academy of Allergy, Asthma and Immunology's Indoor Allergen Committee. "Allergies are always in season." Those who are suffering with the sneezes and sniffles all year may need to take a closer look at their indoor environments. Perennial allergies are often triggered by irritants found indoors and can cause sufferers to experience symptoms of sneezing, sniffing and na-

sal stuffiness all year long. Common causes include dust mites, animal dander from pets, molds, fungi and cockroaches. Despite the fact that a quarter of allergies year-round, when all of the respondents were asked which season comes to mind when they think of allergies, only seven percent said winter while 63 percent thought spring.

As cold weather descends on much of the country and drives people indoors, the NAB is launching an education campaign to raise awareness about the prevalence and management of perennial allergies.

The NAB has established a toll-free number, 1-877-9-ACHOOO, which enables callers to request a free copy of a new brochure, "Because Allergies Last All Year Long." The brochure offers important information about year-round allergies and tips on how to reduce exposure to common triggers. Callers to the number will also be able to hear different messages about coping with year-round allergies recorded by some of the country's leading allergy experts.

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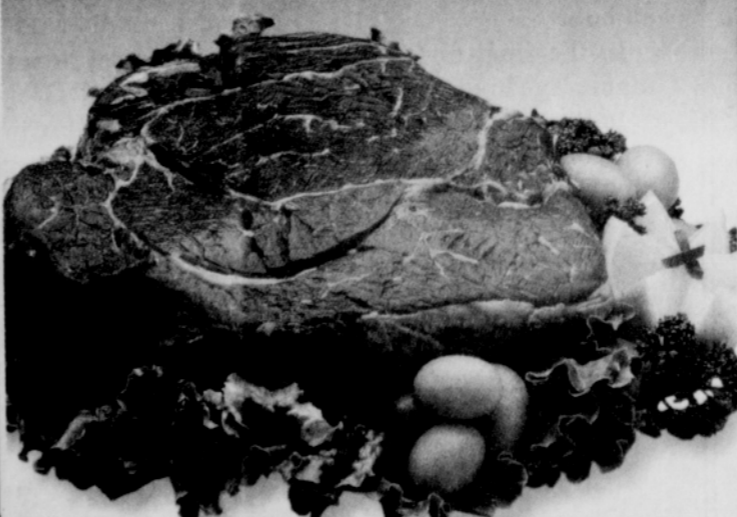
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