

LIFESTYLES

Start preparing for spring allergy season with these expert tips



ahead of allergy season.

While many people rely on over-the-counter antihistamines for short-term symptom relief, some prefer a more natural approach that supports overall immune health rather than simply masking symptoms.

Dr. Pescatore adds, "When recommending Pycnogenol® to my patients, I typically suggest 50 to 100 milligrams daily starting 5-8 weeks before allergy season for best results."

REDUCE POLLEN EXPOSURE

Pollen is one of the most common seasonal allergy triggers, so reducing your exposure is key. This is especially important now, as pollen seasons have become more intense, start earlier and last longer in recent years - largely due to climate change. Warmer weather creates the perfect environment for pollen to thrive, especially during warm days and cool nights.

Even though it's tempting to let the fresh spring air in, keep doors and windows closed to prevent pollen from entering your home and settling on surfaces. Using a high-quality air purifier with a

HEPA filter can also help reduce indoor pollen levels and improve overall air quality. In addition, avoid doing yard work like mowing the lawn before noon, when pollen counts are typically highest, and try to limit outdoor activities on high pollen-count days.

ADD A SHOWER TO YOUR NIGHTTIME ROUTINE

If you don't shower at night, it's time to start. During the day, pollen settles on and clings to your hair, face and body. Rinsing off before going to bed prevents pollen from settling on your pillow and triggering allergies while you sleep. Plus, having a warm shower before bed can be incredibly relaxing, allowing you to settle into sleep and wake up refreshed to take on another day.

DON'T BE REACTIVE. BE PROACTIVE.

You can't control allergens, but you can make intentional changes in your life to reduce your exposure to allergens and manage your symptoms before they start. Use these expert tips to get a jump on allergy season so you can enjoy the warmer weather to the fullest!

Spring is right around the corner! If you're among the one in four U.S. adults that suffers from seasonal allergies, it's time to start preparing for the influx of pollen and other allergens.

"The biggest mistake people make with spring allergies is waiting for the first sneeze to take action," said Dr. Fred Pescatore, M.D., a Manhattan-based natural physician and author of *The Allergy and Asthma Cure*. "If you wait for symptoms to show up, you're fighting an uphill battle. Preparing early is the difference between controlling your allergies and letting them control you."

Check out Dr. Pescatore's top tips for preparing for allergy season so you can enjoy spring with minimal symptoms.

CHANGE YOUR AIR FILTER

Your HVAC air filter works hard year-round to improve your indoor air quality by removing dust, pollen and other allergens from your home. Change the filter at the onset of spring so it is operating optimally before spring allergy season arrives.

Pro tip: If you have severe allergies, don't replace the filter yourself. The old filter will be full of allergens that can trigger your symptoms during the replacement. Instead, have another household member take on the chore and dispose of it immediately.

MANAGE INFLAMMATION

Leading up to allergy season, make an effort to manage inflammation before it starts. Inflammation is a normal immune response to allergens, triggering symptoms like sneezing, congestion, coughing and watery eyes.

A proactive approach can help reduce the intensity of seasonal symptoms. Foundational habits like limiting excess sugar, gluten and dairy, prioritizing sleep and managing stress all support a more balanced immune response. For those looking to add targeted nutritional support, Pycnogenol® French maritime pine bark extract has been clinically studied for its role in helping to modulate the body's inflammatory response when taken

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Helpful Tips

Host a successful yard sale

Instead of giving away unwanted items that have gathered dust around the house, many people turn to garage and yard sales to transform their clutter into some extra money. Yard sales may not be a "get rich quick" scheme, but they present an environmentally friendly way to clean up a home. What's more, they can be an ideal way to connect with neighbors and meet new people. Any money earned is an added bonus.

Statistics collecting resource Statistics Brain says that roughly 165,000 yard/garage sales take place in the United States each week. Nearly 700,000 people purchase something at those sales, leading to millions of dollars exchanging hands.

Yard sales may seem straightforward, but there are a few strategies to ensure such sales go boom rather than bust.

- Choose the right date and time

Plan when to hold the sale by looking at the calendar and choosing an open weekend. Many people host their yard sales on Friday, Saturday or Sunday mornings, theorizing that this is when the most people will be free to browse their wares.

Begin early in the morning so that shoppers will not need to disrupt their schedules much to visit neighborhood sales. A 7 a.m. start time will attract the early birds and free up most of the day.

- Advertise the sale

To reach the maximum number of shoppers, advertise your sale in various ways. Signage around the neighborhood announcing the sale is one method. Signs should be bold, simple and easily readable for passing motorists.

Place ads in local newspapers, online and on grocery store bulletin boards, and use social media to spread the word of the sale even further. Be sure to give ample notice of the sale so that shoppers can mark their calendars.

- Make for easy browsing

Arrange goods for sale into categories and pay attention to presentation. You may generate more sales if items are easy to see and browsing is made easy. Put items you expect to draw the most attention popular near the end of the driveway to entice passers-by.

A neat and inviting appearance also may convey that you've taken care of your home and your belongings. Play some music and offer light refreshments to create a convivial atmosphere.

- Price things reasonably

It's tempting to overprice items, but a good rule of thumb is to mark things for one-half to one-third of the original value. Be open to negotiation, but try to haggle with a "buy one get one" approach, rather than marking down the price considerably. After all, the goal is to get rid of as many items as possible, with financial gain a distant second.

Yard sales are popular ways to make money and clear homes of unwanted items. Hosts can make their sales even more successful by employing a few simple strategies.

What's INdY?

<u>When?</u>	<u>What?</u>	<u>Where?</u>	<u>What Time?</u>
Mar. 22-May 16	Walk Kansas	K-State Research and Extension Office – 410 Peter Pan Road Suite B	
Mar. 27	Knights of Columbus Fish Fry	St. Andrew Parish Center – 210 North 4th	5:30 p.m. – 7:00 p.m.
Mar. 28	CPR Class with Indy Saves	Indy Fitness – 2801 West Main	9:00 a.m. – 11:45 a.m.
Mar. 28	Chili, Soup, Dessert & Bake Sale Fundraiser Benefiting Mark & Lisa Paige	Eisenhower Elementary School – 501 Spruce Street	11:30 a.m. – 1:00 p.m.
Mar. 28	5th Annual Mountain Bike Easter Egg Hunt	Eagle Loop Trailhead – Central Park Sports Complex	2:00 p.m.
Mar. 28	Easter Egg Hunt	Medicalodges – 1000 Mulberry	2:00 p.m.
Mar. 28	3rd Annual Poker Tournament Fundraiser	IGC Sporting Heritage Center – 212 North Penn. Avenue	Doors Open – 4:00 p.m.
Mar. 29	Pictures with the Easter Bunny Benefiting IHS Forensics & Debate Team – \$5/photo	Independence High School Library – 1301 North 10th	12:00 p.m. – 2:00 p.m.
Mar. 30	Independence Children's Summer Theatre Auditions – <i>Newsies Jr.</i> Musical – Grades 6-12 – indykidsonstage.com		
Mar. 30	County Commission Meeting	Montgomery County Judicial Center – Lower Level 300 East Main	9:00 a.m.
Mar. 30	VFW Bingo Night	113 East Myrtle	Doors Open 4:00 p.m. Games Begin 7:00 p.m.
Mar. 30	ICC Board of Trustees Meeting	ICC FabLab – CIE #104 – 3884 CR 3720	5:30 p.m.
Mar. 31	Red Cross Blood Drive	Independence Community College – Student Union	9:30 a.m. – 3:30 p.m.
Mar. 31	SEK Cancer Support Group	First Church of the Nazarene – 3167 South 10th	5:30 p.m. – 7:00 p.m.
Mar. 31	Eagle Rock Shredders Group Trail Night Bike Ride	Elk City State Park Outlet Channel Parking Lot	6:00 p.m.
Apr. 1-16	Young Artist Exhibit	Independence Historical Museum & Art Center – 123 North 8th	10:00 a.m. – 4:00 p.m.
Apr. 1	Independence Community College Open Enrollment		
Apr. 1	Little House on the Prairie – Opening Day – lhopmuseum.com		
Apr. 1	Hamburger Night & Auxiliary Baked Goods Auction	VFW Post 1186 – 113 East Myrtle	5:00 p.m. – 7:00 p.m.
Apr. 1	Music Bingo	Uncle Jack's Bar & Grill – 104 North Penn. Avenue	7:30 p.m.
Apr. 2-May 21	Stained Glass Class	ICC FabLab – 3884 CR 3720	
Apr. 2-4	Weekly Community Brush, Leaves & Limbs Dropoff	City Brush Yard 1/2 Mile South of College Avenue on CR 4100	8:00 a.m. – 12:00 p.m.
Apr. 2-3	Weekly Community Debris, Appliance, Furniture, & Bulky Item Dropoff	Sanitation Yard – 21st & Maple	8:00 a.m. – 12:00 p.m.
Apr. 2-3	Weekly Community Recycling	Sanitation Yard – 21st & Maple	8:00 a.m. – 12:00 p.m.
Apr. 2	Friends of the Library Meeting	Independence Public Library – 220 East Maple	
Apr. 2	Trivia Night	Uncle Jack's Bar & Grill – 104 North Penn. Avenue	7:30 p.m.
Apr. 3	Chamber of Commerce First Leadership Session IV – "Get Well, Get Fit, Get Happy"		
Apr. 3	USD 446 – No School – Good Friday		
Apr. 3	Pictures with the Easter Bunny	Independence Chamber of Commerce – 616 North Penn. Avenue	4:00 p.m. – 5:00 p.m.
Apr. 3	Live Music Night	Uncle Jack's Bar & Grill – 104 North Penn. Avenue	6:00 p.m. – 9:00 p.m.
Apr. 3	Karaoke Night	Turbos Sports Bar & Grill – 103 West Main	9:00 p.m.
Apr. 4	Community Recycling Dropoff	Sanitation Yard – 21st & Maple	8:00 a.m. – 12:00 p.m.
Apr. 4	Independence Poultry & Small Animal Swap	2900 West Main	9:00 a.m. – 2:00 p.m.
Apr. 4	Easter Egg Hunt	Elk City State Park – Prairie Meadow Campground	10:30 a.m.
Apr. 4	Community Easter Egg Hunt (Ages 0-9) Sponsored by Independence Rotary Club	Riverside Park Oval	3:00 p.m.

104 Notices

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AA MEETINGS; 213 W. Oak; Independence; Noon Wednesday, Saturday & Sunday; Wednesday at 7pm. Thursday at 7pm; Sunday at 6pm. Alanon meetings; Tuesday at 7p m TF

121 Help Wanted

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132 Rummage Sale

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134 Livestock & Equipment

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