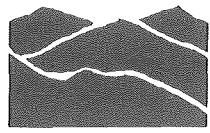


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# ENTRICITY

VANCOUVER  
COMMUNITY  
COLLEGE



CITY CENTRE

Vancouver Community College  
City Centre  
2100 Main Street  
Vancouver, B.C. V6B 1S9

Volume 4, Issue 9

June 9, 1993



## Hay Fever

Over 3.75 million Canadians suffer from hay fever - and many are afflicted year-round.

There are numerous substances, found indoors and outdoors, that can act as allergens and cause allergic reactions in different people. Depending on whether the allergen is present all year or just during a particular season, the allergy it causes may be known as perennial or seasonal. Hay fever is usually seasonal if it's caused by pollinating trees, grasses or plants, but there are other possible causes of hay fever symptoms.

Seasonal hay fever occurs during the spring, summer and early fall when plants shed pollen into the air. Generally, trees pollinate in the early spring (February to April), grasses in early summer (May to July), and weeds in mid and late summer (June to September). Unfortunately, the different species of grasses are closely related, so a patient who is allergic to one variety of grass is usually allergic to all varieties.

British Columbia is one of the safest areas in Canada for hay fever sufferers. Ragweeds do exist, but they are rare and their pollen count in autumn adds little to the airborne total. Ragweed is only a problem east of the Rocky Mountains. Along the coast, pollen from the narrow leaved plantain is common, while inland in the drier areas, pollen from lamb's-quarters and sages is fairly abundant, especially in late summer.

Perennial hay fever, on the other hand is a continual sensitivity to many other airborne particles commonly found in the home or workplace. These particles can also cause the typical symptoms of hay fever-sniffles, coughing, headache, poor appetite, running nose, teary and itchy eyes, uncontrollable sneezing, nasal stuffiness and a tickly throat-similar to the effects of a cold. Unlike colds, allergies don't usually cause fever, severe sore throat or swollen glands.

Hay fever, also known as allergic rhinitis or nasal allergy,

is an inflammation of the lining of the nose brought on by an allergic reaction. It occurs because of a sensitivity of the nasal tissues to inhaled particles called allergens. The allergic reaction is an exaggerated bodily response to substances that are normally harmless. The allergens stimulate the body to produce antibodies which react with the allergen to cause the release of histamine, producing the itching, swelling and other allergy symptoms.

If you are concerned about hay fever, consult your family physician. After an examination you may be sent to see an allergy specialist. If your physician or allergist confirms that you have symptoms consistent with hay fever or a related allergy, the next step will be to determine from your family history what indoor or outdoor allergens you are sensitive to and whether or not your allergy is perennial or seasonal. Once the causal allergens have been identified, treatment can begin.

## CITY CENTRE

### New Books in the Library



- Bicycling Vancouver
- Entrepreneur's Guide to Growing Up:  
Taking Your Small Company to the Next Level
- Healing and the Mind
- Heritage Walks Around Vancouver
- Issues Affecting the Implementation & Use of  
Educational Technology
- Just Wages: A Feminist Assessment  
of Pay Equity
- Las Vegas
- Magic of Touch
- Mild-Free Kitchen
- On the Hill: A People's Guide to  
Canada's Parliament
- Running Windows 3.1
- Sexual Harassment in the Workplace

### Summer Hours



### Admissions, Student Records, Cashiers

Monday to Thursday: 8:00 AM to 4:00 PM  
Friday: 8:00 AM to 3:00 PM

### Financial Aid

Monday to Thursday: 1:00 PM to 4:00 PM  
Friday: Closed

### Library

Monday & Wednesday: 7:30 AM to 5:00 PM  
Tuesday & Thursday: 7:30 AM to 8:00 PM  
Friday: 7:30 AM to 4:00 PM  
Saturday & Sunday: Closed

### Switch Board

Monday to Friday: 8:00 AM to 4:00 PM

### From Building Services



A big thanks to all participants  
on the last Red Cross Blood Donor  
Clinic.

This clinic was a success in attracting 104 donors,  
which resulted in a collection of 88 units of blood.

### "The Green Corner"



### Recycling Computer Ribbons

If you have any computer ribbons or laser cartridges  
that you would like to recycle, drop them off at  
I.M.S. and Malcolm will make sure they get  
recycled.

Thank you

### Recycling Committee

There is a Recycling Committee starting up again.  
For more information please contact Abby Rose at  
local 8362.

Thank you

### Environmental Committee

Anyone interested in recycling is welcome to attend  
a meeting of the Environmental Committee.

**Date:** June 9, 1993  
**Time:** 12:00 - 13:00  
**Place:** I.M.S. Studio Room #224

**Bring your lunch!**

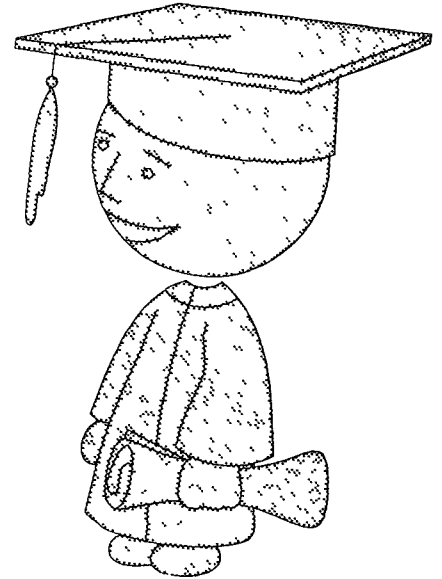
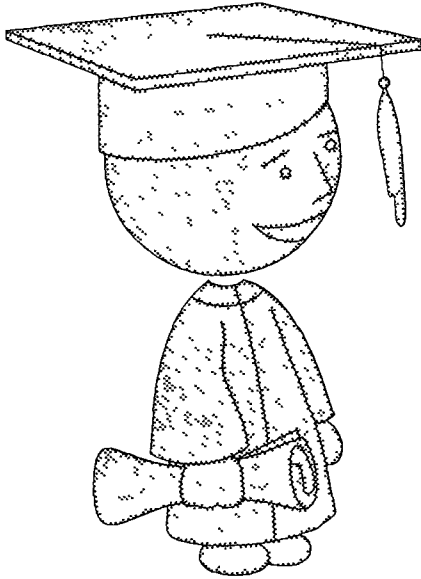
### Human Resource Development's CUSTOMER SERVICE WORKSHOP with the "Connections" Video Program June 23, 1993 (8:30 a.m. to 4:00 p.m.)

There are still spaces available in this highly  
participative and entertaining workshop, which  
focuses on Customer Service in a College  
environment.

For information and registration, please call Carol  
Harrison at 871-7142.

### Automotive Repairs

VCC Automotive Department (KEC Campus) is  
currently accepting requests for mechanical repairs  
to vehicles 1980 or newer. We particularly need  
Brake, Tune-up, Clutch and Transmission work.  
Repair request will be filled as openings become  
available. Contact Robert, Local 7426 (leave  
message).



**JUNE 1993**

**CITY CENTRE**

**GRADUATION CEREMONY**

The City Centre graduation ceremony will be held on Friday, June 25, 1993 at the Enterprise Hall, Plaza of Nations, 760 Pacific Blvd. South, Vancouver.

**Come out and watch your students graduate!**

The ceremonies will start at 7:00 p.m sharp, so come a bit earlier to allow for parking, etc. We are expecting over 1,400 persons in attendance, so it should be a good show.

If you really want to add to the fun, **VOLUNTEER** your services for the evening. Please contact Jane Dyton local (8416) by June 14.

**See you there!**

