

# Yellow is the color of Ragweed

For the month of August, I thought I was going to get away with an easy allergy season. Usually my allergies start around mid-August. Right on time, I had the itchy eyes, but no other signs of my fall allergies. Yeah!!

All was good until the 10th of Sept. I woke up with the runny nose and heavy sneezing in the morning. That kept up all day to end with full sinus congestion. Ouch... My current medications don't seem to be doing any good. I realize that we just got some rain in the past few days, so I guess that is what really set the pollen and spores going.

Sinus headache is keeping me awake right now. I was sleeping, but someone sent me a text message and my phone kept beeping. Now with the sinus headache, I may be up for awhile..

I'm going to have to have the phone people turn off my text messaging, since I don't use it anyway, and I hate to pay for messages, I will never reply to.

On another note, only 4 more colors to go, and I have a box of Kindergarten crayons... I'll have to dig out the big box to see what colors there are now.

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## Whoa!!! I use this stuff!

While scanning the news sites today I found [this](#).

I've taken that stuff through the years. The heaviest usage was during my most depressing time of life!! The allergy

season of 2004 was extremely bad for me. I took *Singular* for the entire Spring thru Fall (Last Frost to First Frost). I'm very glad (my girls are probably glad too) that I never had that side affect. Suicidal is something I've never been. Hell, I've been so depressed I couldn't find my own socks in the morning, and they were right in the sock drawer where they've always been. I've put things in 'safe places' never to find them again. I went through at least 1 year on pure instinct. I'm surprised the people I met then still talk to me... Then again, the depression medication I was on had the same warning about suicide. Scary to take a med to help depression, that could cause thoughts of suicide.

Guess I have to talk with my Dr. before the allergy season starts up again...