

STUDENT LIFE

Campus Ministry welcomes Bishop

By Maggie Causgrove
staff writer

On Nov. 12, the Erie Catholic Diocese Campus Ministry will be holding a dinner for anyone interested in meeting and sharing a night with Bishop Donald Trautman. The event will be held in the Smith Chapel.

Donald Bishop Trautman is the ninth Bishop of Erie. He was appointed in 1990 and still serves our diocese today as a leader of hope and change. He is very active with the youth of today and is an excellent candidate for this event held by the Catholic Campus Ministry on Behrend's campus.

Sr. Mary Drexler, SSJ, the coordinator of the Catholic Campus Ministry said, "The purpose of this function is to provide students with an opportunity to meet informally with the Bishop and to talk with him about concerns they have."

Students who are participating in this event can submit questions or any concerns ahead of time that they would like the Bishop to address. These questions can be emailed or brought to the Smith Chapel anytime before Nov 12.

Sr. Mary Drexler told the Beacon that this is the second year the event is taking place. Last year

it was held at Saint Mark Catholic Center in the city, so Behrend is at an advantage this year with it being held on campus. This opportunity will allow the convenience of being close to students as well as providing Behrend students with the familiarity of the surroundings on campus as well as in the chapel.

Drexler said, "My hope for the night is that any or all interested students will sign up to come."

The expected amount of students Drexler hopes for is between twenty-two and twenty-eight, she told the Beacon. "This number also includes students from other campuses," said Drexler.

Other campuses participating include Allegheny, Edinboro, Gannon and Mercyhurst. This is significant in that students of all religious backgrounds have the chance to come together and share beliefs and interests in the faith community. Any student who wants to be involved in this event can as long as they make a reservation. This is required. A reservation can be made by emailing Sister Mary Drexler at mc14@psu.edu or by calling x6245. There is no cost for students to attend this event.

The night will begin at 5:30 p.m. in the Smith Chapel for all those who have registered to attend.

Wheat allergies can severely limit diet



PATRICK FARRELL/KRT

Above, a waiter serves a customer a specially made meal that will not trigger her allergies. "Peppy's in the Gables," located in South Florida, is one restaurant that specializes to customers allergies.

By Howard Cohen
Knight Ridder Newspapers
(KRT)

MIAMI - If there is any doubt that food allergies have hit the mainstream, one need look no further than the season's new, top-rated series, ABC's Sunday night soap "Desperate Housewives."

Neatnik nag Bree (Marcia Cross) reacts to her henpecked husband's declaration that he wants a divorce by (accidentally?) poisoning him using salad tongs as her weapon. He's allergic to onions, she conveniently forgets that at the salad bar, he collapses and the audience chuckles.

But for people like Susan Corrigan, who's allergic to wheat, milk and some vegetables and spices, it's no laughing matter.

Corrigan's wheat allergy is particularly problematic.

"Wheat is difficult to keep out of the diet. It's one of the predominant proteins," explains Dr. Kathryn Eisermann-Rogers of Memorial Regional Hospital in Hollywood, Fla. People who are allergic to wheat are "severely limited" in the selection of foods they can eat, she says. "You can have alternatives from health food stores but most taste like crap."

Corrigan, 41, says eating a serving of bread or pasta any larger than a Lean Cuisine leads to sneezing, watery eyes and coughing. When she dines out, she has to ask the waitstaff questions.

"My father gets annoyed, 'I can't take you anywhere!'" she says of her father, George.

Growing up, Corrigan sometimes felt like an outsider when she had to take her own lunch to school as she couldn't eat a regular sandwich. "I can eat all the chocolate in the world. Give me junk food and I'm not allergic. Give me something healthy and I'm allergic."

There are no accurate figures for the prevalence of wheat allergies but it's more common in children than adults. An allergy is an immune-system response to something the body perceives to be an intruder - in this case, wheat. Those who

are wheat allergic may experience hives, eczema, abdominal cramping, nausea, vomiting, diarrhea, allergic rhinitis and sometimes life-threatening anaphylaxis if they eat the wrong thing.

And who knew Play-Doh and glue had wheat products in them?

"What do we buy that doesn't have wheat in it and how's this kid gonna live?" Michael Kesti of South Miami-Dade's Community Health Foundation once said of his son Andrew, who suffered a wheat allergy.

"This allergy significantly restricted his diet and his ability to enjoy many foods, in addition to creating problems ordering at restaurants and buying groceries." Andrew, now 15 and living with his mother in Philadelphia, outgrew his wheat allergy a couple years ago.

Though not considered an allergy, celiac disease is another disorder that limits the amount of wheat and other grains some people can eat. The disease hits about one out of every 133 Americans and tends to run in families.

The presence of gluten, a component of wheat, barley and rye, prevents the small intestine from absorbing the nutrients in digested food. This can lead to diarrhea, malnutrition and, in the long term, osteoporosis.

"It's rarely fatal," says Mary Schluckebier, executive director of the Celiac Sprue Association.

A problem with wheat doesn't have to be a complete downer, however.

"We have become dependent on all-purpose flour, but you can thicken a soup by mashing some potatoes in it," Schluckebier says. For meatloaf, instead of oat meal or bread crumbs, grind up a carrot and potato.

"It opens creative thinking to your foods."

ITEMS TO AVOID

Bypass most cereals, breads, pastas, crackers, cookies and cakes but be mindful of food labels. Persons with celiac disease should avoid products with ingredients such as gluten, semolina, gelatinized starch, cracker meal, farina, spelt, vegetable gum, kamut or hydrolyzed vegetable protein.

Plan for the sneezin' season

By Michael Precker
The Dallas Morning News
(KRT)

On one hand, it's always allergy season. Something's always out there to turn some noses into faucets and spread misery throughout the land.

But for many people, fall and winter are prime time. Here's a look at the showdown between nose and nature, with scouting reports, coaching strategies and expert predictions.

YOUR OPPONENT

Seasonal allergic rhinitis, an inflammation of the nasal passages that causes sneezing, runny nose, congestion and itchiness in the nose, throat, eyes and ears. It's also commonly called "hay fever" because 19th-century researchers thought it coincided with the hay harvest. This is a separate malady from perennial allergic rhinitis, caused by such things as dust mites and pet dander that never go away.

ARE YOU IN THE GAME?

If it's a cold, which is a viral infection, it will probably be gone in five or seven days, says Dr. Jeffrey Adelglass, an allergy specialist. Allergies, on the other hand, go on and on.

Itchiness usually indicates allergies, Adelglass says, and fever means a cold. And pay attention to what's coming out of your sinuses. How can we put this delicately? Green is probably a cold, the doctor says; yellow is generally an allergy.

OFFENSIVE THREATS

Pollen, a microscopic wind-borne particle necessary for fertilization, is produced by many plants and trees, but only a few types cause serious reactions in humans. Some of the main culprits:

Ragweed, a yellow flowering plant that releases its pollen in late summer and fall.

Mold spores, which grow in damp conditions and spread through the air.

KEEPING SCORE

The Web site www.pollen.com lists pollen counts around the country and includes forecasts for the next few days.

Consider them a simple allergy test. "If the numbers are high and you're having problems, chances are you're having allergies," Adelglass says.

DEFENSE I: AVOIDANCE

It's easier said than done and may not always

help. But try these tips:

Stay inside on high-pollen days, particularly in the morning.

Wear a mask if you need to mow the lawn or work outdoors.

Use air conditioners and filters. They can lower pollen counts inside homes and cars.

Avoid irritants such as cigarette smoke, dust and polluted air that can make pollen allergies worse.

DEFENSE II: MEDICATION

To relieve symptoms, first try over-the-counter remedies, advises Dr. Mark Millard.

Antihistamines that have been available for many years, such as Benadryl, make many people drowsy. Now Claritin and its generic copies, which are less sedating, are sold without a prescription.

The next step up, Millard says, are nasal sprays with steroids, such as Flonase, which requires a prescription.

If those don't work, he says, the next options would be non-sedating antihistamines such as Allegra or Zyrtec, or other strong prescriptions.

"There's a billion-dollar industry that wants those prescriptions written, but the first prescription should be for a nasal steroid," Millard says.

DEFENSE III: A SEASON TICKET

By this we mean allergy shots, also known as immunotherapy.

"All the medications control the symptoms but don't control the allergy itself," says Dr. David Khan, who specializes in allergy and immunology. "The shots can make you less allergic."

Millard advises patients who suffer allergies over three seasons to consider shots. Adelglass focuses more on the severity than the frequency.

The clearest reason, Khan says, "is that you're already on good prescription therapy from your doctor and it's not working."

MORE COACHING TIPS

Wash your eyes (with ocular saline solution) and nose (with salt water). "That clears some allergens out and can help," Millard says.

Shower before bed. "If you've been outdoors, the pollen can stick to your hair and get deposited on your pillow," Khan says.

Go away. "If you know you have problems every January, schedule an ocean cruise," Adelglass says.

'How to Be President'

By Daina Klimanis
Knight Ridder/Tribune News Service
(KRT)

In this election season, anyone can run as a write-in candidate but not everyone knows where to go or how to order breakfast if they win. Now those who need a cheat sheet for their first day in the White House can pull out "How to Be President: What to Do and Where to Go Once You're in Office."

The slim book is almost pocket-sized, but it's full of information vital to a commander-in-chief. It lets you know, for example, that as president you will not have to make your bed or do your laundry (housekeepers are on hand for this), but will have to foot the dry-cleaning bill yourself.

The stuffy politics that weigh down debates and civics textbooks are absent, leaving a breezy volume that looks at the details of the life and routine of the most powerful politician in the world. That's not to say the book isn't well researched - references are listed

in the back. But it keeps history to a minimum, limited to things like a list of exotic White House pets, such as the alligator presented to John Quincy Adams by the Marquis de Lafayette.

Brought to you by Chronicle Books, the company behind "The Worst-Case Scenario Survival Handbook" series, "How to Be President" (www.chroniclebooks.com, \$9.95) has the familiar matter-of-fact explanation of what to do in situations most citizens will never face.

Though the book does not deal with situations as exotic and dire as those in the "Worst-Case" handbooks, it does offer a few contingency plans. Not only does the book explain how to read a teleprompter, it tells you what to do if the teleprompter suddenly fails. Another portion gives tips on breaking bad news to the country, suggesting that Friday evening is a good time because people pay the least attention to the news on Saturday.

"How to Be President" is the perfect guide for those wondering what the next president will face his first day in the Oval Office or for anyone who thinks they could do a better job.

Know an interesting student?
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