

Flu is Nothing to Sneeze At

By Joyce Povey

What more could we want? We've been having spring weather in the winter, and have been wearing shorts instead of ski suits. But there is one reminder from mother nature that this is February - the flu that is plaguing Penn State students.

"Quite a number of students have

come in [with the flu]...more so this week than last week," said school nurse Jean Kresge.

According to Kresge, the two most common forms of the flu are the stomach virus, and the upper respiratory problems.

Symptoms of the stomach virus are nausea, fever, body aches and diarrhea. The upper respiratory virus shows up in

sinus congestion and headaches.

The American Medical Association states that the fever is "the body's reaction to chemicals produced by the germs. In fact the fever may help the body fight infections; white blood cells attack the germs more efficiently at higher temperatures."

Okay, we'll take off our shorts and at least put on jeans, but what can sickly

students do to get rid of these viruses?

"Nothing other than taking aspirin to get rid of the fever and body aches; all you can do is wait it out," Kresge said.

According to the AMA, a flu patient should make sure to drink plenty of liquids and be kept lightly clothed, and forget the old saying "sweat a fever out."

Instructor's Art On Display

by Nathan Lee Gadsden

Subdued colors sometimes paint a gloomy picture, but they enhance the animation in the Humanities gallery exhibit "Italy Revisited."

Artist Linda Mylin Ross, a Penn State Harrisburg instructor, succeeds in depicting "images in stone as inhabiting a haunting melodramatic world" and the animated landscape of the Italian countryside.

The foreboding lion of Naval Monument, Venice" nobly guards against all intruders - past, present or future. As well, the face growing from a building in "Street in Venice" reflects the anguish of past troubled times.

Of particular interest is the animation provided by Ross in her landscapes. She captures what she calls the "rhythm" of the rolling Italian countryside.

In all the exhibit's landscapes, Ross reaches her objective. "In my drawings, I wanted to accent the patterns that are particularly pronounced when the Italian hills glow in the early evening light," she said.

Ross also works hard to bring the works of other artists to PSH. She works with Janet Widoff of Student Activities to arrange exhibits for the

Gallery Lounge, as well as assist with exhibits for the Heindel library, and plan exhibits for the Humanities gallery where her works are on display.

"Some schools have a full-time paid gallery director to do what we do voluntarily," Ross said.

In her full-time capacity as an assistant professor of Humanities and Education at Penn State Harrisburg where she has taught for six years, Ross teaches courses in studio art, art education and art history. She said she has taught and developed 14 courses since coming to PSH

Ross holds a B.S. in Art Education and an M.A. in Humanities from PSH, and an M.F.A. from Maryland Institute College of Art. She currently resides in Marietta where she has been restoring a large Victorian house for 13 years.

Ross said the selection process for exhibits involves evaluating more than 100 letters of interest each year. "We look for artists that have a respectable exhibition record and who are doing something unique and innovative," she said.

"This past year's top candidates exhibit in major New York and Philadelphia galleries, or are faculty members at art schools and colleges with excellent reputations."



photo by Kevin Facer

Linda Ross, Professor of Art, with one of her works on display in the Humanities suite

A workshop that teaches you how to get your message across both in your personal and professional life--Wed. March 15 and 22, 1989 5:30 p.m. to 7:30 p.m.

Register by March 14
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SEC. 1: Tue. March 28
April 1, 4, 11, 18, 25
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SEC. 2: Mon. March 27,
April 3, 10, 17, 24 from
5:30 to 7:00 p.m.

Register by March 24, 1989
Contact the Student Assistance Center W-117

Student Assistance Center Announces Programs

A support group for Adult Children of Alcoholics and Other Dysfunctional Families has formed and is meeting Tuesdays, 3:30 to 4:45 p.m. and welcomes new members. Contact Dr. Ed Beck, Coordinator Counseling Programs, in the Student Assistance Center, Olmsted W-117, 948-6025.

Five self-help publications are now available for loan to members of the college community for two week periods from the Student Assistance Center

* *The 12 Steps: A Way Out...A Working Guide for Adult Children of Alcoholics and Other Dysfunctional Families*, Recovery Publications

* *The Twelve Steps for Everyone*, Revised, Comp Care Publications

* *Al-Anon's Twelve Steps and Twelve Traditions*, Al-Anon Family Group Headquarters, Inc.

* *Twelve Steps and Twelve Traditions*, Alcoholics Anonymous World Services, Inc.

* *A Twelve Step Program for More Likes and Less Dislikes*, by Jon R. Weinberg, Ph.D., Comp Care Publications

A support group for Gay and Lesbian individuals also has formed and is meeting weekly and welcomes new members. Contact Dr. Ed Beck, Coordinator Counseling Programs, Olmsted W-117, Student Assistance Center, 948-6025.

Women In Communications Scholarship

The Central Pennsylvania Chapter of Women in Communications, Inc. (WICI), is offering a scholarship worth \$500 to a communications arts major who is completing the junior year.

Applicants must have at least a 3.0 average in communications arts subjects; must submit a portfolio of their work in communications, whether print, electronic, or photographic, plus a statement by the adviser, and must include a brief letter listing the applicant's qualifications and plans for a career in communications.

Full details are available at the Capital Times office. Deadline for entries is Monday, March 13.

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