

New SGA Officers



Photo by Kristy Pipher

The Student Government Association appointed several new officers at its meeting on Oct. 5. From left to right are Scott Richmond, Joe Marsicano, Jon Smith, Jessica Crum, Lisa Nagele, Jordan Merkel, Jennifer Scharff, and Chris Wood. Story and an additional photo, page 3.

Domestic Violence Awareness The Focus of Campus Volunteers

By Cathie McCormick Musser
Capital Times Staff Writer

The call came moments after Angela walked in the door. The harried voice on the telephone asked if she could help.

The volunteer on-call was unavailable; Angela lived only minutes from the hospital.

"I was nervous," Angela said. The training she received from the Sexual Assault Prevention and Counseling Center (SAPCC) was about to be put to use.

Angela L. Keen, a PSH student majoring in Behavioral

Science and Public Policy, spent the next three hours as a volunteer medical advocate for an 18-year-old victim of acquaintance rape while the medical and law enforcement communities did their work.

The three-hour ordeal included a 15-step forensic medical exam. The steps include pubic hair combing and sampling for evidence and digging under the victim's fingernails among other, more invasive, procedures.

"I had to get her through this first step," Keen said. "I kept thinking back to my training to make sure I was asking the right questions."

This type of volunteer work has inspired Keen to pursue a career helping women. It also inspired Keen to spearhead a series of activities at PSH during October for Domestic Violence Awareness Month.

Keen's involvement with issues of sexual assault and domestic violence began in the spring of 1998 when she attended volunteer training with

Lancaster YWCA's SAPCC.

After the training, Keen was qualified to staff the center's 24-hour hotline and act as a medical advocate for rape victims.

"Angela has been a volunteer for at least two years," Kathleen Forney, Volunteer Coordinator, said.

"She's an exceptional, committed volunteer who works much more than the typical 12 hours a month and she's always here," Forney added.

During the summer of 1999, Keen also completed an internship with the National Resource Center for Domestic Violence in Harrisburg.

Keen's involvement with Domestic Violence Awareness Month began during her internship. She helped write copy for brochures and organized activities.

As Domestic Violence Awareness Month approached, Keen noted the lack of planned activities at PSH.

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It's Open Season for the Flu

By Barb Roy, R.N.

Capital Times Staff Writer

Unless you look forward to a week or two laid up in bed utterly miserable with achy-feverish-chills-and-pain all over as a desirable break in your schedule, you should get a flu shot to prevent this little unplanned "vacation."

The influenza virus slams a powerful, sometimes fatal punch to those who get it and is not a respecter of whom it hits.

According to the Centers for Disease Control and Prevention, in an average year, influenza is associated with 20,000 deaths nationwide.

"Students often think the flu is only something elderly people get, or that it won't be that bad if they do get it," says Marylou Martz, R.N., the Penn State Harrisburg nurse. "The flu can affect everyone."

It's a common myth that the flu shot brings on or somehow is ineffective in protection against a case of the influenza virus.

One possible reason for this perception, Martz says, is that "people tend to label all bad colds as the flu. So, even if they get a shot or know someone who did, and then they, or that person, gets sick later, they'll call it the flu, even though it may be just a cold."

The viruses that cause the flu mutate often. The outbreaks begin in Asia.

Each year, a different major strain of the influenza virus is isolated. The most dangerous, strongest strain is the one targeted.

According to Martz, the virus usually gains access to the U.S. through Alaska from cruise ships. Because it is a different strain each year, a person needs a new vaccine every year, preferably before December because the vaccine supply, available to the public in the fall, tends to dwindle after that.

While it is the major strain that is isolated, there are minor strains, as well.

According to the U.S. Department of Health and

Human Services, sometimes a person comes down with the flu even after immunization, but it is due to exposure to the lesser, non-isolated, strain.

The immunization you receive contains a non-live virus to create antibodies within your own immune system to fight any exposure to the major strain.

After immunization, if you come down with a slight case of the flu, the symptoms will be much milder than a non-vaccinated person.

Also, there is a period of about ten days when a person may be susceptible to the flu after inoculation, until the full immunization is in effect in their bodies, during which time they may be vulnerable.

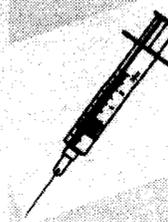
There are some people who should not be immunized. They are people who have a serious allergic reaction to eggs or a history of Guillain-Barre Syndrome.

Also, if you have an illness at the time of the immunization, put it off until you are better.

The effects of the inoculation are slight, but may include soreness, redness or swelling at the injection site (the upper arm.) Severe reactions to the injection

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FREE!



Free flu shots will be given on November 1 from 2 p.m. to 7 p.m. in the Gallery Lounge. No appointment needed.



Photo by Cathie McCormick Musser

Angela Keen