

Open Season for Flu

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are extremely rare.

The benefits of protection outweigh the potential of catching the virus should you brave the season without protection.

You can try to prevent exposure or attempt to treat the symptoms. A new flu spray has been recently developed to help guard against the flu but it is not yet approved for the general public by the FDA.

Just like your mom you, germs spread viruses through unwashed hands or in the air. So, cover your mouth when you sneeze and wash your hands before and after you use the keyboards in the computer lab.

Colds are not caused by going out in the rain with wet hair or not buttoning up your coat in cold weather.

Is it a cold or the flu?

Because many people confuse the two, it is helpful to know the symptoms to be able to distinguish between the two. A virus causes both, so nothing can cure them.

Cold symptoms include sinus congestion, coughing, sore throat, runny nose, blocked-up ears, and a mild fever.

If the fever persists for more than a few days and you get an earache, then see your physician. The cold may have moved into the ear and sinus infection stage.

Flu symptoms include severe headache, high fever spikes (101 degrees or higher), achy body, and severe fatigue and exhaustion.

Flu symptoms may also respiratory problems such as head and chest congestion, but if symptoms become severe, know that influenza can lead to bacterial or viral pneumonia.

If you have flu-like symptoms with a severe sore throat and swollen glands, you could have Strep throat. You will need a throat culture and antibiotics for this.

If you do get the flu, getting plenty of rest, drinking fluids, and taking Acetaminophen (such as Tylenol) or Ibuprofen (such as Advil) are the only and best things you can do to ride it out.

Or get your flu shot and avoid all of the above.

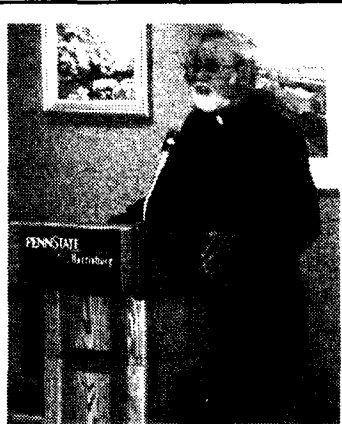


Photo by Matthew McKeown

Rev. Srbojub Jockovich spoke in the Gallery Lounge on Oct. 13. He discussed his views of the recent NATO bombing campaign in Kosovo. The speech was sponsored by International Affairs Assoc.

Noted Penn State Authors to Sign Books

Special to The Capital Times

On Nov. 1, three authors will sign copies of their Penn State-related books at Hershey Elementary School.

Thomas E. Range II, co-author of "The Penn State Blue Band: A Century of Pride and Precision," and Jackie Esposito and Steven Herb will be signing copies of their book, "The Nittany Lion: An Illustrated Tale."

All three authors will be appearing from 6 to 8 p.m. at Hershey Elementary School on Homestead Road in Derry Township.

Range serves as President of the Penn State Alumni Blue Band and recalls in his book the traditions, memories and stories of the Penn State University Marching Band over the past 100 years.

Esposito and Herb's book offers a beautifully illustrated history behind Penn State's beloved icon. Featured in the book is the legendary story of Princess Nittanee, the creation of the famous limestone Nittany Lion shrine on Penn State's University Park campus and profiles of some of the many Penn State students who have played the role of the Nittany Lion mascot.

Esposito and Herb will make a second book signing appearance at Hershey Elementary School on Nov. 4 from 6 to 8 p.m.

All three Penn State authors are appearing in Hershey as part of Hershey Elementary School's annual Book Fair, sponsored by the Hershey Elementary School Parent Teacher Organization.

The Book Fair, which is open to the public, runs from Nov. 1 through Nov. 5 and is held in the Elementary School's Multi-Purpose Room. For more information regarding the Book Fair or the Penn State authors book signings please call 566-8898 or 566-4446.

CAMPUS POLICE REPORT

By Kristy Pipher
Capital Times Staff Writer

October 2, 1999

10:00 a.m. Motorist assistance on Flickinger Avenue. Provided a jumpstart for a student at Meade Heights.

October 3, 1999

1:15 a.m. Noise disturbance on Nelson Drive. A verbal warning was given to resident in 800 block of Nelson Drive to turn down music and keep party inside.

October 4, 1999

6:35 a.m. Campus assistance. Provided a vehicle escort for staff member to the airport.

7:00 p.m. Escort service. Provided a student escort from the Olmsted Building to Meade Heights.

8:40 p.m. Escort service. Provided a student escort from the Olmsted Building to Meade Heights.

8:50 p.m. Escort service. Provided a student escort from the Olmsted Building to Meade Heights.

October 5, 1999

7:45 p.m. Community relations. Conducted a safety awareness program at Meade Heights Community Center for Residence Life.

10:15 p.m. Escort service.

Provided a student escort from the Swatara Building to Weaver Avenue.

10:54 p.m. Campus assistance in Olmsted rear parking lot. Flowers and candles were observed by motorcycle parking spaces as memorial to student. Candles were put out for safety reasons. Student Affairs to be notified.

October 6, 1999

3:52 a.m. Traffic stop on College Avenue. A traffic citation was issued for a speed-related moving violation.

9:45 a.m. Vehicle lockout. Assisted student in unlocking their vehicle.

10:11 p.m. Traffic stop on College Avenue. A citation was issued for a speed-related moving violation.

October 7, 1999

9:30 a.m. Fire drill at the Childcare Center. Conducted a fire drill. The building was evacuated in under 40 seconds.

11:04 a.m. Traffic stop at College Avenue and O Street. A warning was issued for a traffic violation.

3:30 p.m. Harassment. Student reported verbal harassment while on campus by another student. Information received and contact was made with the appropriate department and faculty coordinator.

8:45 p.m. Escort service. A student was provided an escort from the Olmsted Building to Weaver Avenue.

9:00 p.m. Vehicle lockout. Provided vehicle lockout assistance.

October 8, 1999

5:55 a.m. Summary warrant service. Police stopped to assist a disabled motorist on College Avenue. A records check revealed that the operator had warrants from Harrisburg City. Operator transported to city police department.

1:45 p.m. Traffic stop on University Drive. A verbal warning was issued for a traffic violation.

1:46 p.m. Traffic stop on University Drive. A verbal warning was issued for a traffic violation.

1:49 p.m. Traffic stop on University Drive. A verbal warning was issued for a traffic violation.

October 9, 1999

12:26 p.m. Escort service. Provided an escort from campus to the airport for a faculty member.

4:10 p.m. Health/Safety. A verbal warning was issued to several juveniles to stop skateboarding on the front steps of the Olmsted

Building.

9:00 p.m. Harassment on Flickinger Avenue. Complaint stated that roommate made harassing statements. Residence Life is aware of the problem and is taking action.

October 10, 1999

8:35 p.m. Staff escort. Provided transportation for staff member from the airport to the Swatara Building.

October 12, 1999

9:00 p.m. Escort service. Student patrol transported student from Olmsted Building to Weaver Avenue.

October 13, 1999

9:03 a.m. Traffic stop at University and Alumni Drives. A verbal warning was issued for driving on the wrong side of the road and a written warning was given for an inspection violation.

12:28 p.m. Traffic control. Provided traffic control for incoming conference attendees at the CUB.

7:45 p.m. Community service. Visited the Meade Heights Community Center during the CRA meeting.

9:45 p.m. Escort service. Transported student from the Olmsted Building to Meade Heights.