

HEALTH Q & A

Q I've had swelling of my stomach now for six years. It looks like I am six months pregnant, but I am not pregnant. Nothing shows up on a scan and it is not irritable bowel syndrome. Do you have any other suggestions for what this might be?

A Your question is very difficult to answer without examining you and seeing your medical records. Because you mention that you had a scan and that you know it is not irritable bowel syndrome, it sounds like you have already been to see a clinician about this issue. If you are concerned about this situation, we recommend that you pursue it with your primary care provider. If you are not satisfied with your current health care provider or you would like another opinion, it is perfectly reasonable to see another physician.

Q I was wondering if a pap smear could cause you to lose your virginity, because I had the test done recently. I told the doctor I was a virgin, but he still did the pap smear. Would that cause any tissue damage? Would I lose my

virginity by having this done?
A Having a pap smear or pelvic exam done by a health care provider does not result in the loss of virginity. Many, although not all, virginal women have hymens. A hymen is a circular band of thin tissue surrounding the vaginal opening. Most hymens have a small "hole" or opening in the middle that allows the introduction of small tampons or a small speculum (a medical instrument used during a pelvic exam) without injuring the hymenal tissue. Health care providers take great care when examining virginal women to not injure or tear the hymenal tissue. So, even if you had a pap test and exam but have not had intercourse, you are still a virgin.

Submit health questions online at www.sa.psu.edu/uhs/questions/qa.cfm.

All submissions will remain anonymous. Your e-mail address is removed, so UHS does not know who the sender is and can only respond through The Daily Collegian.

This column is not intended to replace advice from your personal clinician. If conditions persist, see a clinician.

HEALTHLINE

Media images contribute to eating disorders

By Susan L. Kennedy

MIRROR, MIRROR, on the wall, who is the fairest one of all? This old quote continues to be meaningful as today's media bombard us with messages that impact how we feel about our bodies and our self-worth. These media messages can also ultimately impact our health.



MY OPINION

Eating disorders are complex conditions that arise from a variety of factors, including physical, psychological, interpersonal and social issues. Media images that help to create cultural definitions of beauty and attractiveness are often acknowledged as being among those factors contributing to eating disorders. Media messages screaming "thin is in" may not directly cause eating disorders, but they help to create the context within which people learn to place a value on the size and shape of their body. To the extent that media messages like advertisements and celebrity spotlights help our culture define what is

beautiful and what is "good," the media's power over our self-esteem and body image can be incredibly strong. According to a recent survey of adolescent girls, the media is their main source of information about women's health issues. Another study of mass media magazines discovered that women's magazines had 10.5 times more ads and articles promoting weight loss than men's magazines did. A study of one popular young women's magazine over the course of 20 years found that in articles about fitness or exercise plans, 74 percent cited "to become more attractive" as a reason to start exercising, and 51 percent noted the need to lose weight or burn calories. A study of 4,294 network television commercials revealed that one out of every 3.8 commercials send some sort of "attractiveness message," telling viewers what is or is not attractive. These researchers estimate that the average adolescent sees more than 5,260 "attractiveness messages" per year. Encouraging the media to present more diverse and real images of people with positive messages about health and self-esteem may not eliminate eating disorders entirely. But it would help reduce the pressures many people feel to make their bodies conform to one ideal and, in

the process, reduce feelings of body dissatisfaction and ultimately decrease the potential for eating disorders. One way to influence the media to change the way they focus on the so-called "ideal look" is to sign up to be a "media watchdog." To do this, join My NEDA (part of the National Eating Disorders Association) at www.edap.org to receive updates and to sign on to letters of praise and protest. Keep your eyes and ears open to TV, radio and magazine messages that are positive or negative and send notices of items worthy of praise or pursuit. Attend the panel discussion "Different Voices on Standards of Beauty" at 7 p.m. tomorrow in the HUB Auditorium. There will be tables outside the auditorium where you can become a more visible media watchdog. Sign off your concern on images presented in ads in current magazines. These will be mailed to the various companies advertising. Check out the "Calculations for the Perfect Woman" exhibit in the HUB Gallery, on display through tomorrow. Above all, don't let the media tell you how you should feel about yourself.

Susan L. Kennedy is the associate director for educational services at University Health Services. Her e-mail address is slk5@psu.edu.

Collegian Classifieds

Number of words	1 issue	2 issues	3 issues	4 issues	5 issues	Each add'l issue
15	\$5.75	\$8.35	\$10.95	\$13.55	\$16.15	\$2.60
20	6.85	10.20	13.55	16.90	20.25	3.35
25	7.95	12.05	16.15	20.25	24.35	4.10
30	9.05	13.90	18.75	23.60	28.45	4.85
35	10.15	15.75	21.35	26.95	32.55	5.60
Each add'l 5 words add	1.10	1.85	2.60	3.35	4.10	.75

Advertising in Collegian Classifieds:

- Classified Word Ads must be PREPAID, unless the advertiser has established credit.
- Accepted payment via: Cash, Check, Visa & Mastercard.
- Words, numbers, telephone numbers and abbreviations count as one word.
- Only the most common abbreviations may be used.
- Complete Name, Address and Phone Number of advertiser is required.

DEADLINES:

- 1 pm, one business day before publication.
- Corrections, Changes, Corrections must be received by 1 pm, before the next day's publication. (Number of words in the ad must remain the same.)

Make checks payable to: Collegian Inc.
Send payment and ad copy to: Collegian Inc., Dept. C
123 S. Burrowes St.
University Park, PA 16801

View Ads and Policies at: www.collegian.psu.edu

Collegian Inc. reserves the right to refuse any advertisement or to edit advertisements without notice. Only the publication of an ad signifies acceptance by Collegian Inc. Advertiser assumes liability for the content of his/her ad. The Daily Collegian will not accept ads for insertion on the next day's insertion. Complete advertising policies are found in the Collegian's Local Home Book, available at the Collegian office and online.

ATTENTION

A WOMAN'S CONCERN: Pregnancy Resource Clinic provides free & confidential services: pregnancy tests, education about abortion procedures, risks & options, limited medical services, post-abortion recovery counseling, referrals, sexual integrity education. 423 S. Pugh St. or call 234-7340 anytime. www.awomansconcern.com

NOTICE OF SCHEDULED Meetings. The Board of Trustees of The Pennsylvania State University hereby gives public notice of meetings to be held in Room 133 of the University Fitness Center, The Milton S. Hershey Medical Center, Hershey, Pennsylvania, on Friday, March 18, 2005. Beginning at 8:30 am, the President's Report, followed by an Update on The Milton S. Hershey Medical Center, the Committee on Campus Environment; the Committee on Educational Policy; the Committee on Finance and Physical Plant; and the full Board meeting. All meetings are open to the public. Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact (814) 865-2521 on advance of your participation.

FOR RENT 2 BEDRM

2 BEDRM. ONE or two baths. LG sunny rms. Huge closets. Quiet atmosphere. \$675-\$760. As low as \$150/person Lions Gate 238-2600.

2 BEDROOM, 2- 1/2 Bath Townhomes. 1300 sq. feet of living. Private Bedroom and Bath. Luxury Furniture Available. Free internet, parking & bus passes. Prices from \$455.00 per person. www.cbeech.com 867-2323.

ACT NOW AND reserve your 2 br apt close to campus furnished for 5 & priced starting at \$281/ person/month. O'Brien Place, The Legend, The Collegian. Associated Realty 231-3333 www.arpm.com

3 BEDROOM, 3- 1/2 Bath Townhomes. Private bedroom & bath. Choose from Oak Hill or Aaron Drive. From \$322.00 per person. Luxury furniture available. Free internet, parking & bus passes. www.cbeech.com 867-2323.

A NEW THREE bedroom, two bath townhouse on Pugh St. All ceramic tile and hardwood floors. Very upscale. Laundry included. August to May lease. No pets. 237-3000 leave message.

AVAILABLE AUGUST ONE year lease. 3BR fireplace Hamilton Avenue. Up to 5 people, no pets. 466-7566.

6 BEDROOM, 2 bathroom. 5 blocks from campus. \$2100 + utilities. Pets okay. 231-2628.

9 BEDROOM, 3 bathrooms, 3 kitchens, 5 blocks to campus. \$3400/ month plus utilities, includes parking. Pets OK. 231-2628.

A PENN TOWER studio/ efficiency. Furnished, top floor, great view. One left! One block from campus. Competitively priced. Aug. '05- Aug. '06. Deal with owner, Ann, at 1-888-414-0418. www.penntower.com

DUPLEX FOR RENT- new 3 B/R, 1 1/2 bath; A/C; 4 blocks from campus; \$1200/ mo. + utilities; cable modem/ network ready; parking included. Call (814)695-7999. No pets.

EFFICIENCIES, 6 MONTH lease. Call 814-696-4349 or 814-937-9502. \$500/ month.

EFFICIENCY CUTE, CLEAN, quiet atmos. Hardwood or carpet. Perfect for 1. From \$485. Lions Gate 238-2600.

NOW RENTING FOR Fall and Spring of '05. Efficiencies, 1 and 2 bedroom apartments. Rent for next year at this year's rates. Call 814-696-4349 or 814-937-9502. www.randcassociates.com

ON CAMPUS ROOMS for rent for fall semester '05 in fraternity house. Single or double occupancy. Unfurnished, utilities included. Parking available. Membership not required. Contact nelsonnityan@aol.com

PRIVATE ROOM. 2 min. walk to campus. A/C, furnished, large size room. Utilities \$335/ month. 129 Locust Lane. 234-7934.

FOR RENT 1 BEDRM

1 BEDRM- JUNIOR, Deluxe and LG w/ study. Quiet atmosphere. LG rms., sunny \$550 to \$680. Lions Gate. 238-2600.

1 BEDROOM APT. 1 block to campus. \$725/ month, includes heat. Tenant pays electric. Pets ok. 231-2628.

BEAVER PLAZA ONE bedroom available August 2005. Walking distance to campus. 237-2420.

NOW RENTING A. W. & Sons has a few 1 bdrm. apartments available for fall 2005. 309 E Beaver Ave, SC 237-0363. www.awandsons.com

BEAVER PLAZA: LARGE 2 bedroom, 1.5 bath apartment downtown. Fully furnished, accommodates four. Available August. Call 237-2142.

COLLEGIAN: BEST FLOOR plan in town with 2 large bedrooms, separate study area w/ built-in desks and high speed internet access avail. Spacious living room w/ balcony. Going fast for fall. Call Associated Realty 231-3333. www.ARPm.com

O'BRIEN PLACE FURNISHED 2 bedroom, 2 full baths. Few remain for Fall. 5 person occupancy. \$289 per person per month. Associated Realty 231-3333. www.arpm.com

SPACIOUS 2 BEDROOMS from \$745.00 a month. All utilities included. Great amenities. new carpet & new furniture. parkway plaza. 238.3432

FOR RENT

1 BEDROOM APT. 5 blocks to campus. \$600/ month. Includes utilts and parking. Pets OK. 231-2628.

2 AND 3 bedroom spacious townhomes. The most space at PSU, private bedrooms and baths. Oak Hill or Aaron Drive from \$332 per person. Free internet, parking, and bus passes. www.cbeech.com 867-2323.

2005 SPRING SEMESTER leases available - 1 and 2 bedroom unfurnished apartments on West College Avenue available immediately. Rent ranges from \$550 - \$650 per month. Call Continental Real Estate at 238-1598 for more information.

272-7772 CALL TODAY! B & L Investments. Apartments for rent! Don't miss the best rentals in town! Orlando Apartments. Efficiency, 1 and 3 bedroom apts. Sanderling Apartments, 1, 2 and 3 bedroom apts. Other properties available! Some with free parking.

3 BEDROOM HOUSE, 1 bath, 1 mi to campus from Hickey's Beer Distributor, bus stop across the street, large yard, full basement, \$875/ mo. + util. Pets ok, 231-2628.

3 BEDROOM HOUSE, 2 bath, 1 mi to campus, newly remodeled, hardwood floors, fireplace, washer/ dryer. Bus stop across the street, garage, full basement. Pets ok, \$975/ mo. + util, 231-2628.

AMBASSADOR AND BARCROFT efficiency apts. Available August. Starting at \$490/ month. Furnished for two. Call Associated Realty 231-3333. www.arpm.com

APARTMENTS, HOUSES, ROOMS close to campus. E-mail us for a complete list. 238-4408. Halfmoonrealy@aol.com

ASSOCIATED REALTY INVITES you to take our virtual tour at ARPm.com

AT LAST, A small apartment building with real grass in the front yard, on-site parking, in a quiet neighborhood, plus many other amenities, including real, cozy hardwood floors. Enjoy townhome living in these one and two bedroom apartments just a few blocks from campus. \$615- \$875/ mo. Hamilton Apts. Call Associated Realty 231-3333.

FANTASTIC LOCATION ON College Avenue!! Spacious, furnished apartments available for fall. Utilities included in rent. Fitness center, study lounge, MAC, laundry and covered parking all on site!! Call today - they won't last long!!! 231-9000.

FIVE BEDROOM HOUSE for 5; four bedroom house for 4; 10 blocks south near South Allen; available August; year lease; no pets; free parking; \$330/ 5 people; \$380/ 4 people. 234-3901.

HETZEL PLAZA - 1 and 2 bedroom furnished apartments available mid-August. Rent ranges from \$680 to \$1095 per month, some utilities included. Call Continental Real Estate at a showing 238-1598.

UNIVERSITY GATEWAY- 2 bedroom furnished unit available immediately. Rent is \$1020.00 and includes water/ sewer/ refuse. Contact Continental Real Estate at 238-1598 to arrange a showing today.

UNIVERSITY GATEWAY- 2 bedroom furnished units avail. mid-August. Rent is \$1025.00 per month and includes water/ sewer/ trash. Arrange a showing with Continental Real Estate 238-1598.

FOR RENT 3 BEDRM

... NEAR CAMPUS, three bedroom house, laundry, parking, available Aug. No pets. \$1080/ month plus utilities. Call 237-7230 or 860-604-4259.

3 BEDROOM CONDO. 5 blocks from campus. w/d, no pets. \$750. 9 months lease. 237-3860.

3 BEDROOM HOUSE, 10 minutes from PSU. Available August 1. No pets. \$1175. 883-2907.

ATHERTON HOUSE - EFFICIENCY and 1 bedroom units avail. mid August. Ren ranges between \$455.00 and \$580.00 per month. Rent includes water/ sewer/ trash/ heat. Contact Continental Real Estate 238-1598.

ATHERTON HOUSE 4 blocks to campus incl. heat, hot water, partially furnished, \$565. Aug. '05 to Aug. '06. 867-0650.

BEAVER PLAZA - 1 and 2 bedroom furnished apartments available mid-August. Rent ranges from \$785 to \$1125 per month and includes water/sewer/trash/basic cable. Contact Continental Real Estate at 238-1598.

BRING YOUR APARTMENT search to an end! Lenwood is your simple solution to apartment living. Great rates on 1, 2 & 3 bedrooms, plus free utilities and cable internet! www.lenwoodinc.com 814-238-6655.

LIVE ALONE! OWN room 1 1/2 blocks from campus. Fall leases starting at \$295/ mo. All utilities included except cable and phone. Associated Realty 231-3333. www.ARPm.com

LOCATION, LOCATION, LOCATION. Very large newly remodeled house 1 block to campus. 6 bedrooms, 2 bathrooms, hardwood floors. A must see. Available June or July. Pets ok. \$2800/ mo. + utilts. 231-2628.

NO BUS OR parking hassle... walk to class! Leases starting June 1 and August 15 for one and two bedroom homelike apartments for two or three persons on S. Allen St.. Rent includes parking, basic cable, and furniture. 238-9697 or psrindr@yahoo.com

WELCOME TO MARVIN Gardens. Newly remodeled 2 bd. apts. new hardwood floors, new kitchens, on site laundry, pets OK, heat included. 9 blocks to campus. on bus route. \$725/ mo. standard \$600/ mo. new ground level units. \$535/ mo. 231-2628.

NOW RENTING FOR Fall 2005 Continental Real Estate Management has furnished and unfurnished apartments and unfurnished houses available for Fall 2005. Please contact our office at 238-1598 or check our website out at ContinentalRealEstate.net for more information.

Spring Rental Sale!

Make yourself at home

- Big Rooms - Walk-in Closets - Free Heat & Parking
- High Speed Internet Available - Beautiful Grounds
- Tennis - Basketball - Pets Welcome - ETL 1 & 2 BR

Efficiencies from \$485
1 Bedroom from \$550
2 Bedroom from \$675

LION'S GATE APARTMENTS 238-2600
424 Waupelani Drive
Open Mon.-Fri. 9-5, Sat. 10-3 • www.lionsgatepsu.com

FOR RENT 3 BEDRM

3 BEDROOM HOUSE, 10 minutes from PSU. Available August 1. No pets. \$1175. 883-2907.

3 BEDROOM CONDO. 5 blocks from campus. w/d, no pets. \$750. 9 months lease. 237-3860.

3 BEDROOM HOUSE, 10 minutes from PSU. Available August 1. No pets. \$1175. 883-2907.

Park Forest Apartments

Stop in Today!

1 bedroom \$515/mo.
2 bedrooms \$675-695/mo.

Visit us at ApartmentsStateCollege.com

Includes: heat, hot water, cable, high speed internet hookups, storage, free parking, laundry facilities, on CAMPUS HOUS, pets welcome.

Call NOW! 238-1443
901 E. Aaron Dr. contact us: pta901@aol.com

-Free heat
-free expanded cable
-quiet building
-balconies
-cats allowed
-close to downtown
-CATA bus stop

spacious and affordable

2005 Rent Prices

- 1 Bedroom \$550-\$570 mo
- 2 Bedroom \$615-\$655 mo
*New, Hardwood Stiv & Floors
- 3 Bedroom \$845 mo
*New Stiv & Floors Available

ApartmentsStateCollege.com

Executive House Apartments
814-238-7... 411 Waupelani Dr., State College
Office Open: Mon. - Fri. 9-5