

Students promote safe sex for Valentine's Day

By Vera Greene
COLLEGIAN STAFF WRITER

Instead of teddy bears, chocolate and roses, some students handed out free "safe sex goodie bags" — condoms, candy and lubricant — for Valentine's Day.

"We want to give people resources to practice safe sex behavior," Penn State HIV/AIDS Risk Reduction Advisory Council (HARRAC) member Tiffany Tanzosh (senior-biobehavioral health) said. "We usually make 500 kits for the holidays, and they're usually gone by two or three in the afternoon."

HARRAC members team up with University Health Services to hand out condoms from 11 a.m. to 2 p.m. every Wednesday in the HUB-Robeson Center — but with Valentine's Day quickly approaching, some said these goodie bags are more appreciated.

On Valentine's Day, sex is on some people's minds more than usual, said Suzanne Zeman, a community health educator at University Health Services. She thinks someone who is used to passing by the table might stop and take a look this time around.

"With bigger events, like for Valentine's Day, we can reach more people than we necessarily do on a normal Wednesday," she said.

And Brittney Barbieri, a HARRAC member, said it's helpful to hand out safe sex materials in the HUB to encourage students to stop by later.

"It brings awareness for practicing safe sex," Barbieri (junior-biobehavioral health) said. "Most people don't know that two Beaver Stadiums filled with people get infected with an STD every day."

Barbieri said she agreed that Valentine's Day usually brings a lot more people than normal.

"I think it's because of the kits. People aren't as embarrassed to take one," she said.

But after walking by and picking up a safe sex kit, Russell Beyer admitted he did it only as a joke.

"I don't even like Durex," Beyer (junior-computer science) said. "Besides, I have my own. I'm going to give it to my girlfriend because it has a lollipop and condom."



Michael Sunday (sophomore-crime, law and justice) takes a safe sex packet from Brittney Barbieri (junior-biobehavioral health) on the ground floor of the HUB on Wednesday morning.

To e-mail reporter: vhg5003@psu.edu

UHS offers walk-in screenings, STD awareness

By Erica L. Brecher
COLLEGIAN STAFF WRITER

In an effort to catch an often-undetected sexually transmitted disease, University Health Services is offering a walk-in chlamydia screening clinic today.

All students can be tested for chlamydia — the most frequently reported sexually-transmitted bacterial infection in the United States — on the fourth floor of the University Health Center from 8:30 a.m. to 4:30 p.m. without a scheduled visit.

The screening will also detect gonorrhea.

The screening is part of Penn

If you go

What: Walk-in chlamydia screening

When: 8:30 a.m. to 4:30 p.m.

Where: University Health center, fourth floor

Details: Visit is free, test costs \$16

State's first Chlamydia Awareness Day, a day designated by the Pennsylvania House of Representatives to bring attention to the STD.

Jill Buchanan, a UHS nurse

practitioner specializing in women's health, said it's important to get checked because chlamydia is common and doesn't usually come with symptoms.

"Eighty percent of women with chlamydia don't have symptoms," she said. "And if you don't get checked but you do have it, your risk for complications goes up."

If detected, chlamydia is easily treated and cured, she said.

But the consequences of undetected chlamydia can be devastating, including the scarring of the fallopian tubes and infertility.

While symptoms and infertility

are much less common in men, they can occur, said Dr. Evan Pattishall, UHS clinical director and men's health provider.

Buchanan said if a woman does experience symptoms, she might have pain or bleeding related to sex or unusual discharge accompanied by pain, bleeding or pelvic discomfort.

Pattishall said symptoms for men might be burning or discomfort when they urinate.

Buchanan also said the clinic isn't the only opportunity to get tested and that today's screening is mainly for people without symptoms who have reason to believe they're at risk.

"Students come in for STD screening all year long," she said.

Pattishall said anyone who is sexually active should be screened once a year.

Buchanan agreed and she added that for demographics of people who are more sexually active or have more than one partner — like some college students — it is especially important to get a screening done periodically.

Visiting the walk-in clinic is free, and the screening, which requires providing a urine sample, costs \$16.

To e-mail reporter: elb5136@psu.edu

Thousands of vehicles recalled by Honda Co.

By Shino Yuasa
ASSOCIATED PRESS WRITER

TOKYO — Honda Motor Co. is adding 437,000 vehicles to its 15-month-old global recall for faulty air bags in the latest quality problem to hit a Japanese automaker.

The company will replace the driver's side air bag inflator in the cars because they can deploy with too much pressure, causing the inflator to rupture and injure or kill the driver.

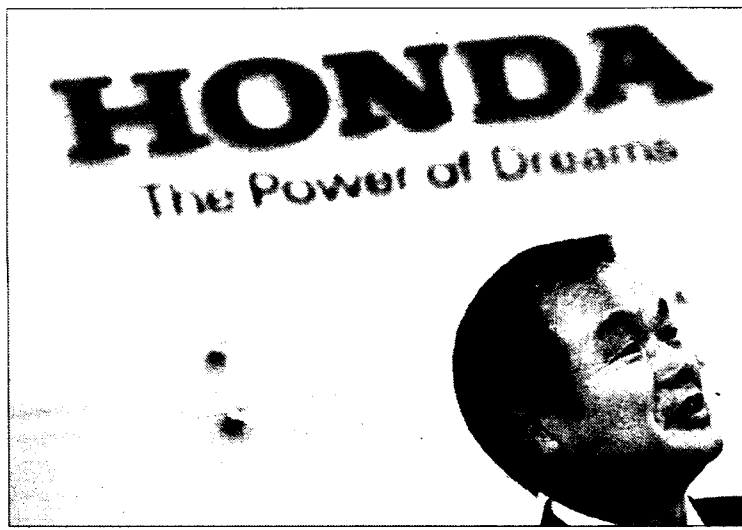
Japan's No. 2 automaker originally announced the recall to the U.S. National Highway Traffic Safety Administration in November 2008 and the total of number vehicles recalled since then is approaching 1 million.

The latest expansion of the air bag recall includes 378,000 cars in the U.S., some 41,000 cars in Canada and 17,000 cars in Japan, Australia and elsewhere in Asia.

The North American recall was announced Tuesday and followed Wednesday by the recall in Asia.

The recall now affects 952,118 vehicles, including certain 2001 and 2002 Accord sedans, Civic compacts, Odyssey minivans, CR-V small sport utility vehicles and some 2002 Acura TL sedans.

Honda's announcement comes at a time of increased attention on automotive recalls.



Takanobu Ito, Honda automaker's president and CEO, speaks at a press conference at the company's head office in Tokyo, Japan, last year. Honda Motor Co. is adding 437,000 more cars to its recall.

Though the problems are unrelated, rival Toyota Motor Corp. is in the process of recalling more than 8 million cars and trucks due to faulty gas pedals. Tuesday, Toyota said it would recall nearly 440,000 of its flagship 2010 Prius and other hybrids due to a braking glitch.

"There is a heightened sensitivity right now to anything to do with recalls," said John Mendel, executive vice president of sales for American Honda.

Honda said it is aware of 12 incidents linked to the problem — one death in May 2009 and 11 injuries. The company said it is not aware of any problems happening after July 2009.

Honda decided to expand the recall after a company investigation found that more cars might contain defective air bag inflators, made by supplier Takata Corp., based in Tokyo.

The problem, the company found, could be traced to a stamping machine that sometimes used insufficient pressure to make the inflators.

Honda company decided to recall all vehicles using the compressed inflator propellant produced by that machine, it said in a release.

"It took time to come to that conclusion because we had to do many tests," said Natsuno Asanuma, a manager of public relations at Honda in Tokyo. "We have concluded this is the cause."

One analyst suggested Toyota's woes may have lowered the bar for recalls, prompting automakers to announce full-fledged recalls for problems that would normally be handled during regular car inspections or service campaigns calling in cars at the owner's convenience.

PSU doctors to hold a 'Heart to Heart'

PSU hospitals will host a call-in TV program that will answer questions about how to live heart-healthy.

By Eddie Tin-Yau Lau
COLLEGIAN STAFF WRITER

Penn State Milton S. Hershey Medical Center and Penn State Hershey Heart and Vascular Institute are presenting a half-hour TV program tonight to discuss women's heart and vascular health.

Three women who have survived serious heart and vascular conditions will share their stories during the program, said Brent Heard, marketing and communications specialist at the medical center.

The "Heart to Heart" program airs at 7:30 tonight on WHTM-TV (ABC27).

The call-in program will also include information about living a heart-healthy lifestyle and modern therapies available to those who already suffer from heart or vascular disease, according to a Penn State press release.

Viewers can call in and question a panel of medical experts from the Penn State Hershey Heart and Vascular Institute, who will be in the studio and ready to take calls.

But viewers will also hear first-

If you watch

What: "Heart to Heart"
Channel: WHTM-TV (ABC27)
When: 7:30 tonight
Details: Call-in number: (717) 346-3333

hand how heart disease impacts the lives of ordinary American citizens.

Melinda Saylor, of Spring Mills, one of the three women that will be sharing their stories in the program tonight, said she was diagnosed with supraventricular tachycardia (SVT) in November of 2006, when she began having heart palpitations.

Two months later, she went to the Hershey Medical Center.

"If you have the problem long enough ... it can damage your heart," Saylor said.

Penn State University Health Services Director Margaret Spear agreed.

She believes the program will provide valuable information on healthy lifestyles and how those lifestyles help people prevent heart disease.

The number to call in to the show is (717) 346-3333, and calls will be accepted from 7 to 8 p.m.

Viewers are also invited to submit their questions prior to the program at questions@abc27.com.

To e-mail reporter: tol5105@psu.edu

It's not rocket science.
Nittany Notes = Better grades
Better grades = Better future

High quality notes and proven study system

Nittany Notes

238-0623
nittanynotes.com

MAD HAT'R
www.happyvalleyhelmets.com
Largest Selection of Hats
in Central Pennsylvania

STUDENTS
QUANTITY DISCOUNTS
for your social events,
theme parties, or
any special occasion

Inventory Clearance Sale
30% off

103b S. Pugh St. (Across Pugh Street from the Rathskeller)
Tues-Sat: 11am - 6pm Sun-Mon: Call for Hours 814-237-5002

THE BRONZE
"Be a fan of an indoor tan!"

Many units to choose from:
Mystic Tan, Orbit Onyx,
Suncapsule, Ergoline,
and Sunvision!

* NO MEMBERSHIP FEES *

MYSTIC TAN - 3 Sessions for \$45.00
Unlimited Packages as low as \$25.00

319 E. Rear Beaver Ave
Behind Coldstone and Quizno's
(814) 238-4080

DVD RENTALS
LOOK FOR OUR KIOSK BY
THE BANK IN THE HUB

We have entertainment for you!

1 NIGHT FREE RENTAL
with code 999888

Also check out our new
BLUE RAY SELECTION!

RED DOG
WWW.REDDOGDVD.COM

Hey, PSU Faculty/Staff, Students & Retirees:

ZUMBA!®

*Must have valid PSU Fitness Membership or \$5 one day admission pass to attend. All classes located in 117 White Building

Wednesday, February 17th, 2:15-3:15 p.m.	Wednesday, March 24th, 2:15-3:15 p.m.	Monday, April 12th, 2:15-3:15 p.m.
Friday, February 26th, 9:00-9:45 p.m.	Friday, April 2nd, 12:10-12:50 p.m.	Wednesday, April 21st, 2:15-3:15 p.m.
Sunday, March 21st, 2:00-2:45 p.m.	Friday, April 9th, 5:45-6:30 p.m.	Friday, April 30th, 5:45-6:30 p.m.

www.psu.edu/dept/fitness