



THE PSU Collegian

Volume 1 Issue 19
Jan. 21, 2013

Where the NEWS is all about YOU

Calendar of Events

MONDAY, Jan. 21

No Classes
Martin Luther King, Jr. Day

TUESDAY, Jan. 22

SGA Meeting
Noon

Brown Bag:

Discussion on Americans with Disabilities Act and Rehabilitation Act
Noon

WEDNESDAY, Jan. 23

Taikoza Japanese Drummers
7 p.m.

FRIDAY, Jan. 25

CCSG Weekend

SPORTS- BASKETBALL

TUESDAY, Jan. 22

Penn St. Hazleton @
Penn St. Worthington
Scranton

Women: 6 p.m.

Men: 8 p.m.

FRIDAY, Jan 25

Penn St. Hazleton @
Penn St. Fayette

Women: 6 p.m.

Men: 8 p.m.

SATURDAY, Jan. 26

Penn St. Hazleton @
Penn St. Greater Allegheny

Women: 1 p.m.

Men: 3 p.m.



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Beware of the 'Kissing Disease'

Daphnie Vega
dmv5121@psu.edu

So you're feeling lousy and run down, but not sure why. It isn't quite the flu or the common cold but the symptoms are similar. What you could have is mono.

Valentine's Day is right around the corner and many are planning a romantic evening with a loved one. If this is you, be sure you don't have symptoms of mono.

Mononucleosis is spread by saliva and close contact. Although more common in ages from 15 - 17, mono can develop at any age. Mono is caused by the Epstein Barr Virus (EBV) and is very similar to the Cytomegalovirus (CMV). The similarities in symptoms cause misdiagnosis, for example strep throat and the flu.

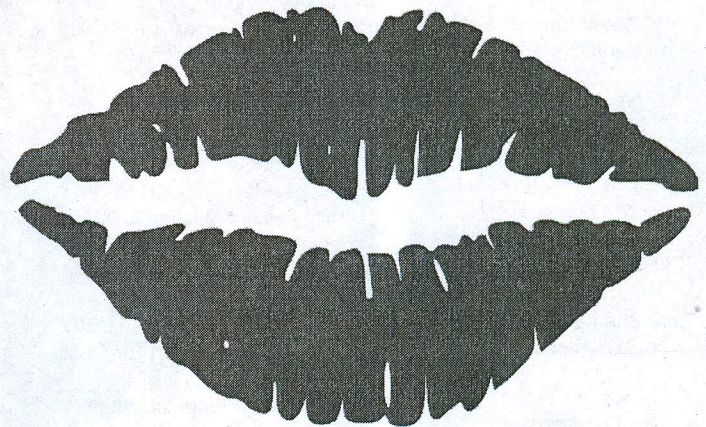
The EPV causes:

- Doziness
- Fever
- Loss of appetite
- Muscle aches
- Rash
- Sore throat (white pus at the back of the throat)
- Swollen Lymph nodes
- Swollen spleen

Many of these symptoms are similar to the flu, but unlike the flu virus, the mono virus dwells in your system for a longer period of time. And also unlike the flu, antibiotics do not work as a treatment for the "kissing disease."

So how will the doctor know you have mono?

After explaining your symptoms to your physician, a blood test will be scheduled to clarify the underlying issue. If indeed you are infected with the "kissing disease" the blood tests will show that your white blood cell count is higher than normal.



To further determine the diagnosis they will proceed with a Monospot test, which will read positive or negative for one of the two viruses that cause mono.

Jackie Blew, a freshman here at Penn State has had her share of run-ins with the disease.

"I've had mono twice and now I think I have it again. The first time I got it was in 8th grade from sharing drinks with my friends and the second time I got it was from stress. It sucks!" Blew said.

Stress? Yes, according to online sources mono is in the herpes family and just like herpes once you have it, it never goes away. After overcoming the symptoms involved with mono, the virus stays dormant in your system and those unlucky with low immune systems and high stress levels have a greater chance of reactivating the mono virus.

Remember, mono is contagious for a few months after being treated, so be aware and don't be shy to contact the Health Services located on campus.

Allen Sabatino, coordinator of the Health Services says he only sees about two to three cases of mono per year, a relatively low number considering many students are unaware of how to avoid the virus.

"Because about 50 percent of people infected with mono have enlarged spleens, we encourage students to avoid contact sports like football. The reason is because if they get hit in the abdomen their spleen can rupture causing more problems," Sabatino said.

With such risks involved with the mono virus, it is extremely important that you get diagnosed as soon as possible. But beware sometimes the Monospot test (which can be performed at the Health Service) can read negative if performed too early. To ensure the credibility of the test, a blood sample will be drawn and the results will be back within 48 hours.

Due to swelling in the back of the throat Sabatino has to use a special kind of treatment to ease the discomfort.

"Sometimes I will have to give the patient oral steroids to reduce the swelling, and have the patient be able to eat and drink to ensure they get better."

So, everyone should pay attention to symptoms similar to the flu or cold that last longer than two weeks. If others symptoms are also present, stop by the Health Services and get tested.

Learn a little more about "The Kissing Disease" on Pg. 3

THE CREW

Newspaper Advisor
Pat Trosky, BA, MA
pxt13@psu.edu

Managing Editors

Amanda Gipson
avg5230@psu.edu

Mylique Sutton
mq5490@psu.edu

Design and Distribution

Casey Petty
cyp5142@psu.edu

Staff Writers

Tiara Zhan'e Hernandez
tzh5176@psu.edu

Shainaliz Ortiz
syo5170@psu.edu

Daphnie Vega
dmv5121@psu.edu

Sports

LJ Santa Maria
lxs5170@psu.edu

Contributing members

Krystin Baker, The PSU Spanish Club and Dr. Beatriz Glick

Editorial content

Articles, ideas, photos, opinion pieces, commentary, cartoons, jokes, artwork, music, videos and vlogs are welcome at The PSU Collegian. There are multimedia components to the student-run vehicle so just about anything may be communicated. This is an opportunity to hear or read about YOU.

All submissions must contain first and last names, ages, emails and phone numbers so we may contact you if there are any questions.

Email:

urpsunews@gmail.com

Voicemail, messages:

570-435-1PSU (1778)

Amanda Gipson
avg5230@psu.edu

Changes planned for attendance policy

The SGA plans to institute a policy that limits the number of excused absences a member of SGA may have. They plan to allot 3 excused absences for any reason to each member. This number would likely be in addition to the maximum number of unexcused absences given.

HELP meeting changed

HELP meetings will now be held after the general SGA meeting on Tuesday. This change is planned because each club is asked to report weekly at the general meeting, and the Vice President feels that this time change will increase attendance and be more convenient for those who come to HELP. HELP meetings are held to help and support club presidents in their goals.

Meeting time changed

SGA will now convene at 12:10 p.m. instead of noon. This change will allow senators to make it to the meetings on time from classes that end at 11:55 a.m. All who attend meetings should make note of this change.

New PR chairs

The PR committee announced new leadership at Thursday's meeting. Their new chairs are

SGA Happenings

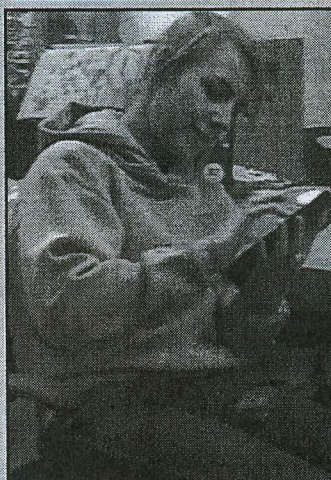


Photo by Amanda Gipson

THON Chair, Leeann Marie Tufaro, preps for her role as one of Hazleton's 2013 THON dancers.

Mary Connors and Christian Tabron. Both chairs reported that their committee is quite active, as they are responsible for the publicity for SGA and all of the ventures under its purview.

CCSG dates

Senators are reminded that they are welcome to attend more than one CCSG even though the new legislation requires that they attend only one session. There are three CCSG sessions left in the term: Jan 25-26, Mar. 15-16, and Apr. 12-13. These weekends are extremely vital to the progress of SGA, and all senators are invited to attend.

2013 Hazleton THON dancers announced

THON has announced this year's dancers from Hazleton. THON members selected were: Leeann Marie Tufaro, Michael Bailey, Megan McGee and Gabiela Herrera. While the selection process was difficult, the preparation for THON is not for the faint of heart. Dancers are asked to follow a sound diet and get plenty of rest and exercise in anticipation of their hours of dancing at THON in February.

Committee members needed

Megan McGee, president, has asked students who are interested in filling several openings on committees in the faculty senate to contact her for more information at mam6339@psu.edu.

Student representation on these committees is very important for meaningful collaboration between faculty and students and also for meaningful change to take place on campus.

SFF committee members appointed

The Student Facility Fee is dedicated to enhancing recreational areas on campus. Past efforts have included the hydration station in the gym.

New members have been appointed to uphold this mission. They are: Casey Petty, Vice President, Richelle Reeder, and Neil Grecca.

Join or contribute to the PSU Collegian today

Do you see unique events going on around campus and want to know more about them? Do you see a person, scene or situation and say, "Wow, I should take a picture of that!?" Do you hear someone talk or see something that seems wrong, and ask "Why? What's going on? Where did that come from? Who is that person doing those things? When has this started?"

If this is you and you have a strong curiosity about what goes on around campus, you may be a perfect fit for a member of The PSU Collegian staff. The newspaper club is always looking for people who notice more than the obvious, are not timid in asking questions about situations and



who enjoy taking a photo or video of something they find interesting. If you fit some or all of this please consider being part of the newspaper club.

Meetings are twice a week, usually on Tuesday and Wednesday after 4 p.m. and those who have good writing skills, have an eye for photography or video or know Photoshop and InDesign are welcome to join the club. Also, if you are a marketing or public relations major, you can help the

newspaper design, sell and manage the advertising.

Contact Amanda Gipson or Mylique Sutton at urpsunews@gmail.com or advisor Pat Trosky at pxt13@psu.edu if interested in being part of the club. You do not have to be a communications or English major to join. All majors are welcome.

The PSU Collegian also welcomes staff and faculty to submit articles and photos to the newspaper. Both photos and articles may be emailed at one of the aforementioned emails. All submissions need to have a first and last name and contact information in the form of an email or phone number for verification prior to publication.

