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You and your parents are invited to visit the home of the Vice President for Student Affairs during Parent's Weekend.

On Saturday April 29 the home will be open from 9:00 a.m. to 4:00 p.m. and refreshments will be served. The home is located at 100 Throckmorton St., across from the Sanders Corps of Cadets Center.

For more information please call 845-4728.

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## HEALTH TIPS

### Mononucleosis common to college students, experts say

By Dr. Jane Cohen  
 A.P. BEUTEL HEALTH CENTER

Infectious mononucleosis, commonly called mono, is a viral illness that is fairly common among college students.

The illness can strike at almost any age, but 70 to 80 percent of all documented cases occur between the ages of 15 and 30. In 95 percent of cases among adolescents and young adults, mono is caused by the Epstein-Barr virus, or EBV.

Mono is commonly spread through EBV-infected saliva. The disease is most often spread through intimate contact, such as kissing or sharing drinking glasses, beverage cans or utensils.

Mono is not a highly contagious illness. It has a low risk of transmission through casual contact with roommates and family members. Typically, the virus remains in the saliva for 30 to 45 days, but in some cases it can be present for up to 18 months.

A few cases have been diagnosed at Beutel Health Center.

Don't assume that you're just getting worn down because you are not getting enough sleep or good food. Stay healthy as you finish the semester.

The two main symptoms are a sore throat and swollen glands.

Other symptoms include mild to extreme fatigue, fever, headache, muscle aches and appetite loss. The lymph nodes in the neck, armpits and groin become swollen and tender.

Mono may cause the spleen to become enlarged and may also cause minor liver abnormalities. Rarely, a skin rash or jaundice may also occur.

If your physician suspects mono from your symptoms and physical exam, he or she may confirm the diagnosis with a blood test.

If the symptoms described above make you suspect you have mono, see your health professional for a proper diagnosis and treatment. Although no specific medication cures mono, your body should be able to effectively fight the infection if you take care of yourself while you are sick.

To treat your symptoms, first get plenty of rest. Even with exams and the end-of-the-semester stress to finish projects and papers, reasonable hours of sleep will help you recover.

Next, gargle with salt water (1/2 teaspoon salt in eight

ounces of warm water) or use throat lozenges to relieve sore throat pain.

Eat a well-balanced diet. Even with a sore throat, try to eat three to six times each day, including a balance of foods from the Food Guide Pyramid. Fruits and vegetables provide a good source of vitamin C to help resist infection.

Increase fluid intake to guard against dehydration. Normally, eight 8 oz. glasses of water are needed daily. Add orange juice and other citrus foods and juices for extra fluid and more nutrients.

Pain relievers, such as acetaminophen, aspirin or ibuprofen, may help relieve headaches, muscle pain and fever. Your physician may recommend medication.

Avoid physical exertion. Rupture of the spleen is a rare but serious complication of mono that can result from strenuous physical activity, such as lifting, straining or participating in sports activities before recovery is complete.

If your spleen is much larger than normal, your physician may recommend a stool softener to prevent constipation. This reduces the risk of a ruptured spleen from straining.

To avoid damaging liver, do not drink alcohol while you are ill. Your physician may also recommend avoiding alcohol for one month after your illness.

The length of illness depends on the individual. Generally, symptoms begin to subside in six to 10 days, but you should be up and about within two weeks.

In some cases, fatigue and weakness may linger for three months. If you have not returned to your normal energy level, get plenty of rest. However, be aware that extra rest will only weaken you and make you more tired.

In most cases, once you have been infected with EBV, you are immune from getting the virus again. When you have mono, your body reacts by producing antibodies which provide permanent protection against further attacks.

For more information on health problems, check with your physician.

If you have general questions on health for a special paper, come by the Health Education Center in Room 203 Beutel Health Center for health tips.

## Army helicopter crashes in rural Texas

All five passengers, four men and one woman, were killed during the routine test flight.

FLORENCE (AP) — Five crew members aboard an Army helicopter died Monday when the twin-rotor aircraft exploded during a routine testing flight, authorities and witnesses said.

"When we got to the scene, there was still debris falling from the air," said Steve Pruett, a homebuilder who was working nearby. The helicopter crashed

in a rural area, splitting into three main pieces, he said.

He and Jeffrey Condon, another construction worker building the only home in the vicinity, said four men and one woman were killed. Condon said he checked unsuccessfully for vital signs.

The incident occurred about 11:15 a.m. near Florence in Williamson County, a town of about 800 some 40 miles north of Austin. There was no immediate word on a possible cause, and Army investigators were at the crash site, near County Road 233 and Texas Highway 195.

The twin-rotor CH-47 Delta Chinook was based at Fort Hood near Killeen, about 15 miles

north of the crash site, said Army spokesman Maj. Terry O'Rourke.

"The helicopter was on a routine test flight," following "routine maintenance," O'Rourke said, adding that the aircraft's history was not immediately available.

"All the sudden it just, boom, like it locked up."

— Steve Pruett, witness

The remains of the five victims, who were not identified, will be

taken to Darnell Army Community Hospital at Fort Hood, he said.

"A private citizen saw a plume in the air and one of black and whites (patrol) was in the vicinity, and the men flagged him down and he told him about it," said Texas Department of Public Safety spokesman Mike Cox.

Pruett said he witnessed explosion.

"All the sudden it just, like it locked up," he said.

The CH-47 Chinook medium-lift helicopter Army uses to transport soldiers, weapons, ammunition and other equipment and other units.

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