

# An Apple a Day ...

*With the student living fast-paced care-free lives, health issues are sometimes forgotten in the chaos.*

## Upcoming cold and flu season can be avoided

By CHRIS MARTIN  
Staff writer

Fall is quickly segueing into winter, which makes it just the right time for hay rides, pumpkin and cold and flu season. The clinical conditions, including use institutional living, intense man interaction and alternating temperature conditions, can create a playground for snot, sniffles and a perennial favorite, the "crud."

Joan Davis, Registered Nurse at Beutel Health Center, said dorms, apartment buildings and rooms can be havens for common seasonal ailments.

"On campus you find all kinds of germs sitting in classrooms at close proximity, coughing and sneezing," Davis said. "Problems can arise especially in resident halls, houses or any place where people live close together or come in close contact."

Margaret Griffith, Texas A&M's health education coordinator, said this time of year is especially bad because students that live in various parts of the nation and bring back local germs.

"It's strange because one week everyone will come in for nausea and diarrhea, then the next week it'll be upper respiratory, sore lungs and runny noses," Davis said.

Sharon Arnold, Registered Nurse at Beutel, said this time of year is bad for students with allergies. Getting sick can be a costly endeavor for a student. Taking the time to create free vacation time from work and school, but lost lectures can often never be made up.

Sharon Davil, RNC at Beutel, said

there are many simple precautions students can take to hinder the spread of germs.

"Not drinking after each other and washing your hands is a good start," Davil said. "Washing your hands effectively requires friction and a good anti bacterial soap. You should scrub for at least 30 seconds."

Davil also prescribed breaking the college traditions of sacrificing rest and eating unhealthy meals, which can compromise the immune system.

"Be sure to dress appropriately in cold weather," Davil said. "That way you can avoid getting chilled, and keep your body temperature constant."

"But when the weather changes, you need to protect yourself from drastic changes in temperature, especially when going into a warm classroom on a cold day or getting into an air-conditioned car."

Davil said getting plenty of fluids and vitamin C will keep the body flushed and help build up immunity.

If a student has nausea or diarrhea, Davis suggests rest and only clear liquids for 24 hours.

"If you need to eat a little something, we recommend a BRAT diet," Davis said. "That stands for bananas, rice, applesauce and toast. That way you can have a little something in your stomach without irritating it."

When sore throats and congestion turns into aches, fever and chills, it can be the calling card of the cold's vicious cousin, the flu.

Although there is no preventative medicine for the common cold, a flu shot is a quick and easy precaution.

PLEASE SEE **HEALTH** ON PAGE 5.



DAVE HOUSE AND RYAN ROGERS/THE BATTALION

## Sexually Transmitted Diseases affect one in five

By RHONDA REINHART  
Staff writer

Today's society is bombarded with sexual images. Television shows, movies and even the walls of public restrooms present graphic depictions of sexual situations. But the media tends to ignore the negative repercussions of the casual sex they so often portray.

Besides the possible effects of unwanted pregnancy or emotional stress, sex can result in the transmission of sexually transmitted diseases (STDs).

STDs are transmitted through intimate (usually sexual) contact with a person who has the disease. The more common STDs include genital warts, hepatitis B, chlamydia, syphilis and gonorrhea.

It is estimated that one in five Americans is infected with a STD.

Dr. Michael V. Reitano, executive publisher and editor in chief of Sexual Health: The Magazine for Sexual Well-Being, said in a question and answer session adolescents and young adults are the age groups at greatest risk for acquiring a STD.

"They are more likely to have multiple sex partners, they may be more likely to engage in unprotected sex and their partners may be at higher risk for being infected compared to most adults," he said.

Reitano said it is estimated that one in four new HIV infections in the United States occur among people under the age of 20.

Margaret Griffith, the health education coordinator at A.P. Beutel Health Center, said anyone

who has had unprotected sex should consider being checked for STDs.

She said the national Centers for Disease Control and Prevention reported a recent study of public and private colleges and universities in the United States, and one conclusion of the study was 70 percent of college students did not use condoms the last time they had intercourse.

Griffith said alcohol use can play a role in unprotected sex.

"Alcohol plays a part for a lot of folks," she said. "They have sex with people they wouldn't normally have sex with, and/or they don't use protection. Our decision-making process becomes impaired under the influence of alcohol."

PLEASE SEE **STD** ON PAGE 5.

### PRINCIPLES of SOUND RETIREMENT INVESTING

Year	1 year	3 years	Since inception
CREF Growth Account	32.03%	28.56%	26.24%

Year	1 year	3 years	Since inception
CREF Equity Index Account	30.38%	26.69%	24.61%

Average annual compound rates of total return (periods ending 6/30/97)\*

## YOU'RE LOOKING AT TWO COMPLETELY OPPOSITE, FUNDAMENTALLY DIFFERENT WAYS TO INVEST IN STOCKS. WE RECOMMEND BOTH.

Whether you want a fund that selects specific stocks, or one that covers the market, we're on the same page. Our CREF Growth and CREF Equity Index Accounts use two distinct strategies for investing in the stock market, but both aim to provide what every smart investor looks for: long-term growth that outpaces inflation.\*\*

The CREF Growth Account searches for individual companies that we believe are poised for superior growth.

In contrast, the Equity Index Account looks for more diversification, with a portfolio that seeks to mirror the experience of the

U.S. stock market as a whole.

Like our CREF Stock Account, the largest singly managed equity fund in America,\*\* and our Global Equities Account, which actively seeks opportunities worldwide, our accounts are managed by experienced investment professionals. They're the same experts who have helped make TIAA-CREF the largest pension system in the world, with \$200 billion in assets under management.

To find out more about building your portfolio—and your future—with TIAA-CREF, just call 1 800 842-2776. And take your pick.

Visit us on the Internet at [www.tiaa-cref.org](http://www.tiaa-cref.org)



Ensuring the future for those who shape it.™

\*The total returns shown for CREF variable annuity accounts represent past performance. Total returns and the principal value of investments in the accounts will fluctuate, and yields may vary. Upon redemption, your accumulation units may be worth more or less than their original price. Investment results are after all investment, administrative, and distribution expenses have been deducted. \*\*These accounts are available for Retirement Annuities subject to the terms of your institution's plan. They are available for all Supplemental Retirement Annuities. \*\*\*Based on assets under management.

CREF certificates are distributed by TIAA-CREF Individual and Institutional Services. For more complete information, including charges and expenses, call 1 800 842-2733, ext. 5509, for a prospectus. Read the prospectus carefully before you invest or send money.

9/15/97

# FROM Learning To Earning

College was your training ground. This is your proving ground. At Wells Fargo, you can build on your student success, and put all your hard earned skills to work without a lot of additional ramp-up time. Because we work as a results-driven team, we use the talent we hire to grow the business.

So join a trailblazer as successful and dynamic as yourself. Explore the vast frontier of career opportunities at Wells Fargo. *The next stage in banking.* We will be on campus for the following:

### BA INTERVIEWS

Thursday, October 30th  
8:30am-5:00pm  
Koldus Building  
Room 209

• MARKETING OR TECHNICAL

• RELATIONSHIP MANAGEMENT DEVELOPMENT PROGRAM

Stop by the Career Placement Center today to schedule an appointment with our Representatives.



WELLS FARGO

EEO, M/F/D/V

EXPLORE THE NEW FRONTIER  
[WELLSFARGO.COM/](http://WELLSFARGO.COM/)