

Saturday December 4th

9:00pm Trabant MPR

"Move Against AIDS"

World AIDS Day Dance-a-thon



Featuring:
DJ Amaze

Raffle!

Dark Arts Performing Dance Co.

Drag Performances By:
Ci Ci Lourdes, Leera Lourdes, Sierra Mist

Prizes!

Belly Dancing By:
Haifa

How You Can Participate:

1. Pay the \$3 cover charge and show up at the Trabant MPRs at 9pm on Saturday, December 4th
2. Collect pledges from your classmates, friends, floor-mates and family and get in free!

Trabant Student Center

Multi Purpose Rooms

Saturday December 4th

9pm

Cover \$3

Cosponsored by:
The Red Ribbon Project, HAVEN, QUEST, DarkArts, HOLA, Latinas Promoviendo Comunidad/Lambda P Chi Sorority

WINTER
Commencement

SATURDAY, JANUARY 8, 2005
10:30 A.M.

BOB CARPENTER CENTER
ROUTE 896 (SOUTH COLLEGE AVENUE)

FOR SUMMER & FALL 2004 GRADUATES

Eligibility

Those who complete degree requirements during the Summer Session or Fall Semester of 2004 are eligible to participate in the Winter Commencement ceremony. Bachelors and Associate degree candidate eligibility is determined by the Dean's Office of each College. Doctoral (Ph.D. and Ed.D.) and Masters degree candidate eligibility is determined by the Office of Graduate Studies. Questions related to degree completion, requirements, and eligibility should be directed to the appropriate office.

Guest Tickets

All guests must have tickets to attend the Winter Commencement ceremony. Each degree candidate is entitled to a maximum of eight (8) guest tickets. Tickets will be available for pick-up at the Student Services Building on Lovett Avenue from Monday, December 6 through Friday, December 10, from 8 a.m. to 5 p.m.

Academic Regalia

All degree candidates participating in the Winter Commencement ceremony are required to wear academic regalia – cap and gown. For information about academic regalia, or if you have yet to place your order, visit the University Bookstore in the Perkins Student Center or call (302) 831-6804.

For More Information

Visit [www.udel.edu/wcommencement]
E-mail [alumnet@udel.edu]
Call (302) 831-8741 or TDD (302) 831-4563



First Annual Campus Wide

Holiday

Food Drive

Wednesday December 8th

Drop off: 9-Noon
All Trabant MPR's

Top 3 Groups Win Prizes!!!

(winners determined by weight of food)



(all food must be delivered at one time)



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Living off campus is your opportunity to learn civic responsibility and social skills that will last a lifetime. Your neighbors may need assistance and offering to help them is a step toward positive interaction and communication.

Dorm Sprinklers

The university recently finished installing sprinkler systems in all residence halls, except Pencader, and it's about time.

Planning to install sprinklers in all residence halls began in the late 1980s. The Christiana Towers were completed in 1990 with sprinklers and North campus was renovated for sprinklers in the mid 1990s. The installation of sprinklers in the East and West residence halls began in 2001 and was recently completed.

Sprinklers will not be installed in Pencader residence halls since their demolition is planned for June.

David E. Hollowell, executive vice president, said the 2000 fire that killed three students and injured 54 in a Seton Hall University residence hall was not the reason why the project began again, after nearly a decade span between the completion of North campus and East and West campus.

The Review realizes that

University President David P. Roselle has made major efforts to improve the university since came to the university. But we think approximately 20 years to complete sprinkler installation was too long.

If the university wanted to complete the sprinkler systems, it would have done so sooner. We recognize it is costly and difficult to install sprinklers in existing buildings, but why build new ones before the old ones are not up to par? Our tuition increases every semester, shouldn't that money be going toward student safety? Other improvements to the university, such as the campus beautification project, were made before sprinkler installations were complete. The safety of students should always come before aesthetic improvements to campus.

The Review applauds the completion of the sprinkler systems in the residence halls, but it sure did take a while.



WHERE TO WRITE:

The Review
250 Perkins Student Center
Newark, DE 19716
Fax: 302-831-1396
E-mail: ebiles@udel.edu

The Editorial page is an open forum for public debate and discussion. The Review welcomes responses from its readers. For verification purposes, please include a daytime telephone number with all letters. The editorial staff reserves the right to edit all submissions. Letters and columns represent the ideas and beliefs of the authors and should not be taken as representative of The Review. All letters become the property of The Review and may be published in print or electronic forms.

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Letters to the Editor

Please send letters to
stepha@udel.edu.

Focus on other improvements, not lobster



Christopher Moore
God Save the Queen

Before leaving for my highly anticipated Thanksgiving detox, I mean vacation, I read on the UDaily Web site the university would now be offering a premium menu plan for students who have a taste for lobster, steaks and crab cakes.

I rolled my eyes on a wave of frustration that this school, which has cornered the market on screwing students out of their last pennies, would offer such a ludicrous plan after "requests for more variety."

I'm thinking to myself, this isn't the University of Bloomingdale's, is it? Paris Hilton isn't attending school here, is she? Will I be able to valet park my bicycle?

So, to complement the university's premium meal plan, I offer the following suggestions:

How about a premium university bus that doesn't reek of body odor at 8 a.m.? Maybe a bus with more seating so I don't have to cling for my life to the overhead bar to keep from doing a back flip down the aisle when the driver hits the turn off Elkton Road at 60 mph.

Maybe a new class selection plan so seniors who register early for classes actually get them without having to beg and plead the first day of the semester just to get a seat with the other 30-odd sophomores who were, amazingly enough, already enrolled in the class.

How about a premium Teacher's Assistant plan that offers assistants who actually give a damn when it comes to helping a student with their impossible math homework so they can at least score a "D" in their single math requirement?

Or what if the university threw some cash into a premium-parking



THE REVIEW/Lauren Zane

plan so students don't have to park in southern New Jersey just to attend one lousy Friday class?

How about a premium bookstore that offers textbooks that don't scream "You are a fool if you pay full price for something you probably will never read."

Maybe the university should offer premium recognition for students who slave endless hours to make the dean's list every semester — something beyond the letter we all get right before the winter holidays sandwiched between reminders about parking tickets and that lovely Spring tuition bill.

Maybe University President David P. Roselle could spare a cool \$100,000 of his salary to give 100 or so students a nice \$1,000 tuition cut for academic excellence?

Ridiculous? Of course it is. Just as ridiculous as offering crab cakes to students who drink Beast on the weekend.

Naysayers will scoff, "If you don't like it, don't pay for it." In all fairness, instead of creating something new that will require more money, why doesn't the university just use that money to further enhance the normal meal plans?

For every 10 students who feel the need to enjoy the lobster there will probably be 20 who will pay 59 cents for the shrimp Cup-of-Noodles at the Harry Mart.

As an English major, I know when I graduate I will be thrown into a market that pays journalists meager sums. I fear the pampering of filet mignon and fancy deserts will ruin it while I pinch pennies for smokes and boxed wine as the reality of adult life kicks in.

So thank you, University of Delaware, for such a generous offer, but instead of alienating students who aren't willing to shell out money or those who simply can't afford it, maybe you should focus a little more attention on the regular food offered — you know, the food we all thought was the premium plan?

If it's all the same to you, I'll stick with my premium ramen and premium Diet Coke — premium clearly being in the eye of the beholder.

Christopher Moore is a Features Editor for The Review. Please send comments to ccmoore@udel.edu.

Tips for university and city parking services

Christopher Gale
Guest Columnist

Tell me if this sounds familiar: You're running late for classes heading straight for Trabant Parking Garage or the Galleria Parking Authority, only to find that they are both full. Frustrated, you realize you are going to have to settle for street parking. After all, it's prime traffic hour at the university.

Once you find a spot, you are clear across campus from your class' building. Frantically, you collect your things and get out your wallet as you approach a meter marked, "quarters only!"

Looking down at your wallet, you realize that you have two quarters left. Your class has been going for 5 minutes and you go about the possibility of a ticket looming over your head.

Parking stresses me out, and judging by the daily screams and cries I hear over at the Galleria as someone's car is towed away, I'm not the only one. As a senior and a student tour guide, I find it hard not to think of parking first when parents approach me with the question, "What don't you like about the university?"

There must be some changes that could be made to make parking less of a hassle for everyone. As a student with a car, I thought that my feedback would be appreciated and welcomed by local parking officials. I found that this was not the case, and in fact learned that parking authorities were as resistant to hear my thoughts and views.

After trying to contact university and city officials, I was given the runaround and wound up discouraged. So here I am, ... and to the local parking authorities, here are my suggestions that you so eagerly await:

1.) How about making feeding the meters more student-friendly by accepting other currency than quarters.

2.) Perhaps a nice reminder letter to unpaid ticket holders would be a more friendly approach than steal-

ing someone's car via scoffing laws and holding it ransom until a hefty towing fee is paid on top of your unpaid tickets. They don't accept credit to pay this either, so just how are you supposed to come up with this money on the spot if you are currently screwed out of your transportation to work?

3.) Lastly, I understand how letters to outstanding debtors would cost money, but I would much rather see my parking money go toward paying for this instead of other areas.

As reported in The Review (Nov. 12) \$480,911 from parking tickets and the \$2,544,715 from parking permit sales went toward operating the university bus system, snow removal and free services that jump start student cars and aid lock outs. I'm outraged. Why are possessors of cars on campus paying for University pedestrians to be cattle-called and bussed around to various campus locations for free? If you use it, you should pay for it.

As for snow removal, I feel those affected by this service should contribute to its funding, not just those with cars. The "get out of jail free" services for campus idiots are unnecessary in my eyes. They can get AAA just like everyone else.

The good news is parking fees are on the rise this year! This increase is to help fund the new parking garage being built on Elkton Road. This new parking garage is not the answer, nor an attempt, to ease the parking blues of students. The new garage will not be seen by our eyes, but only by those of university faculty, as I was so happily made aware of at a recent Blue Hen Ambassador meeting.

Thank you, local parking authorities, for taking the time to listen to us in the future, and for taking my suggestions into consideration with an open mind.

I'm sure that at the next planning meeting, the best interests of the students will be taken to heart, after all ... aren't we the ones responsible for keeping the university funded and for keeping city business alive?

Christopher Gale is a senior at the university. Please send comments to cmgale@udel.edu.

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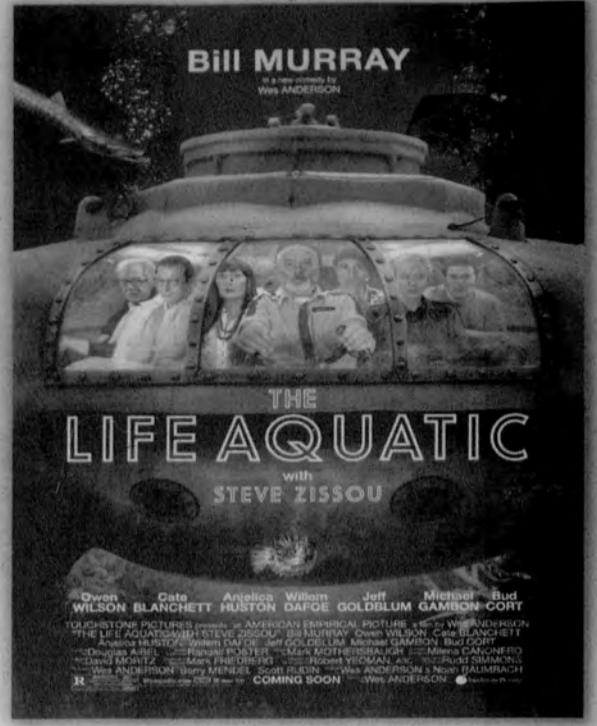


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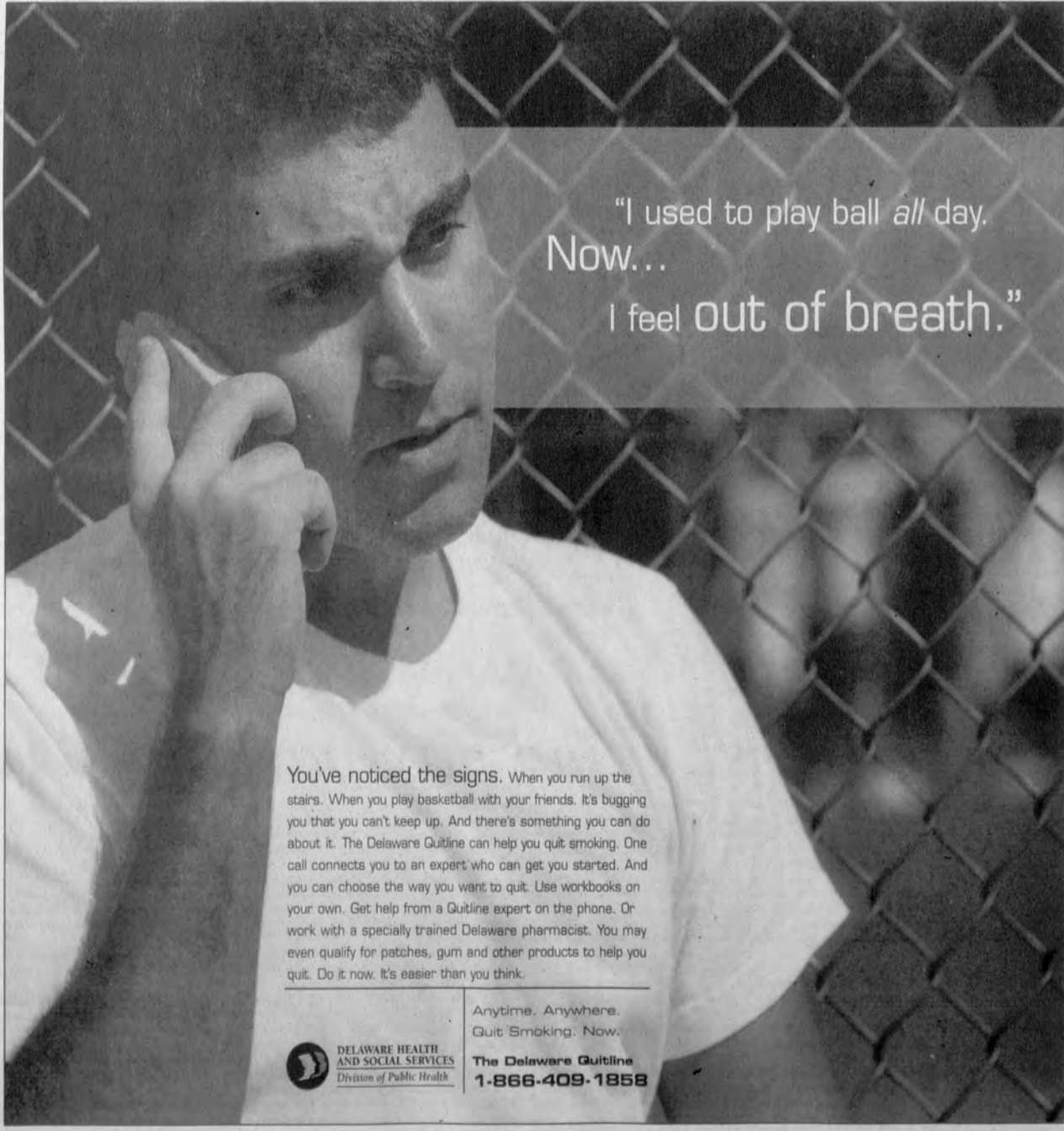
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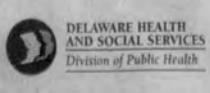


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Lurking Within:
The evolution of dating.

B3

Mosaic

ENTERTAINMENT THE ARTS PEOPLE FEATURES

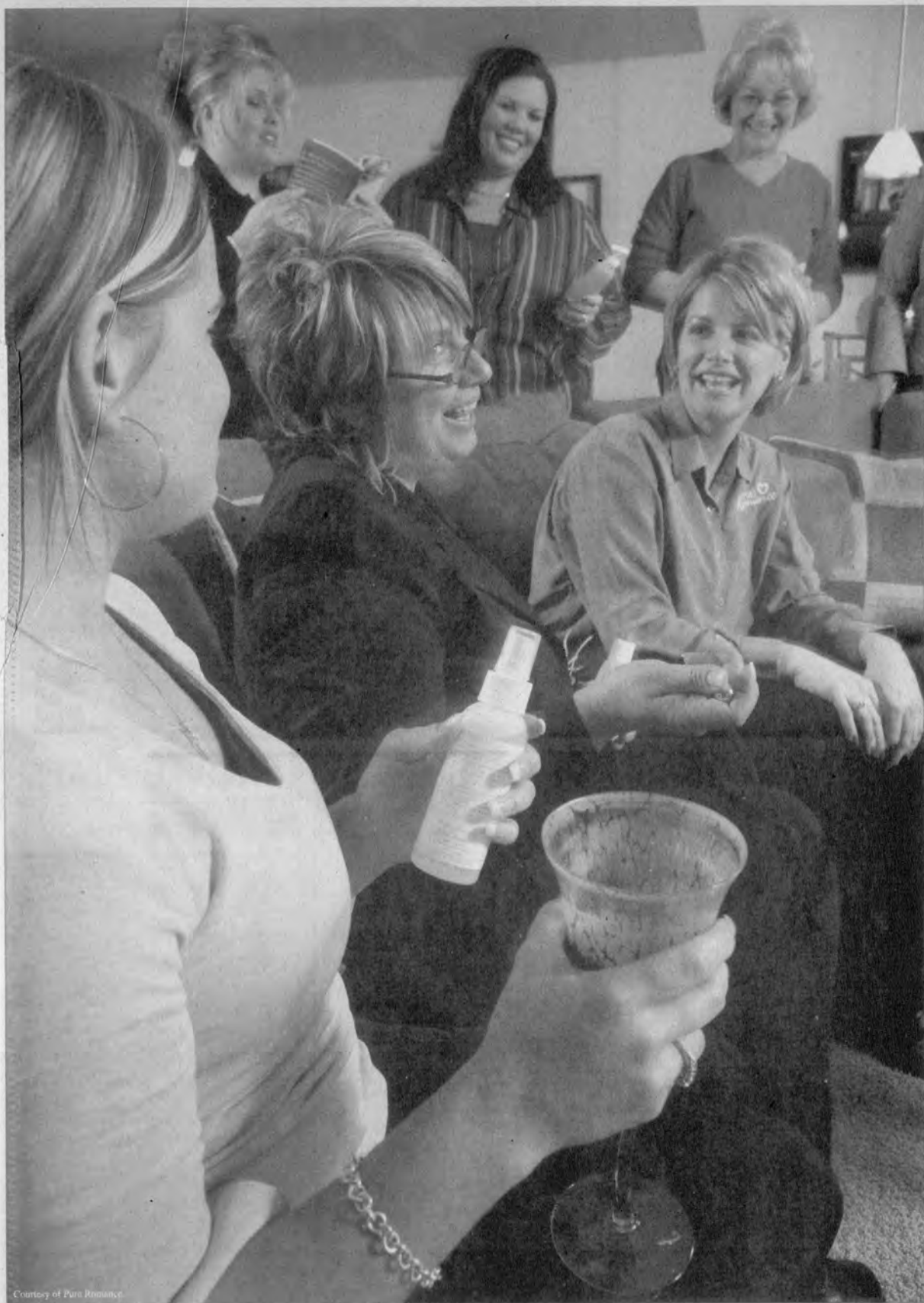
Movie Reviews:
"Aviator,"
"Alexander"
and
"Christmas with the Kranks"
B2



Friday, December 3, 2004

Sex sells

Parties embrace female sexuality as adult toy industry skyrockets



Courtesy of Pure Romance

BY KIM DIXON
Staff Reporter

Hey ladies, ever find yourselves wanting to be as sexually liberated as Samantha Jones? Have Carrie's confidence in the sack? Or maybe you just want to feel comfortable saying "penis" out loud.

Whatever your level of sexual distress, Pure Romance says it has an answer. From the comfort of their own homes or small apartments, women across the country are educating themselves on sex and all the accessories that come with it.

Pure Romance, the leading sex-toy distributor of its kind, has become increasingly popular over the last four years, going from a profit of \$1.7 million in 2000 to a projected \$46.2 million in 2004. It was recently described in *Forbes* magazine as "The Party That Crashed Retail" and celebrities like Jessica Simpson are jumping on the bandwagon as well.

Pure Romance sends their experienced consultants to educate women about their bodies and show (yes, show) them how to heighten their sexual experiences.

The educational aspect of the company's presentation sets it apart from the other businesses in the same area, says Genine Drozd, director of public relations for Pure Romance.

"We teach women the who, what, when, where, why and how aspects of the products," she says.

For example, if a G-spot vibrator is being introduced at a party, the consultant will first identify where the G-spot is, what it does, and how to stimulate it, Drozd says.

Pure Romance is also unique in that it primarily does business with women. Men are not allowed at parties, Drozd says.

"Men have been given all the tools to find themselves sexually," she says, "and now women are getting that opportunity."

The company does, however, offer their products to men online and has a fair amount of products aimed toward male pleasure, like "Tickle His Pickle," the "penis instruction manual."

Customers can shop for lotions like "Reveal," a calming cream, or "Tickle," an erotic foot rub. They also offer an essence line and instructional materials like "The Complete Manual of Sexual Positions."

Or, if one so chooses, Pure Romance offers a wide array of accessories including feather teasers and handcuffs.

Denaë Mason, a Pure Romance consultant from St. Albans, N.Y., says one of the most popular products ordered is the Sea Lion. Retailing for \$48, the seven-setting vibrator is sure to take its users on a pulsating, underwater adventure.

Aside from purchasing products, the only real way to utilize what the company has to offer is to attend one of their parties.

Mason says she usually starts a party with icebreakers — games to get the crowd interested.

"They usually like the sex quiz game," she says. "It asks questions like, 'Have you ever started your motor without him?' and 'Have you ever tried things outdoors?'"

The game is played like a lap game with players sitting in a circle. For every question answered yes, participants move one seat to the left, sometimes sitting on a neighbor's lap. The first to return to their original chair wins.

After game time, partygoers watch a product demonstration to learn how they work.

"They get to sample the lotions and creams," Mason says, "and I'll demonstrate how to work the toys and also how to introduce them to their partners."

Drozd says communication is a big part of the company's approach.

"In teaching women about their sexual needs, we also emphasize ways they can put effort back into their relationship as opposed to the use of a pill [to make him last longer]," she says.

Alex Robbo, founder of www.howtohavegoodsex.com and registered sex therapist, agrees communication is the key ingredient to a healthy relationship. She suggests introducing new ideas slowly.

"Couples need to find a way to fine-tune their likes and dislikes," she says.

Robbo admits she is a little wary of sex-toy parties.

see COMPANY page B3

Sparkle & Shine at Wilmington's Red Room

BY CHRISTOPHER MOORE
Features Editor

Disco beats fill the spaces in between the velvet curtains hanging from the walls of The Red Room.

Guests donning the finest in '70s apparel mill around the bar and dance floor, feeling the surge of a familiar bass line and taste of sweet cocktails on their glossy lips.

Five minutes in the building and it's obvious this isn't any typical night out on the town.

Harvey Banning, co-promoter of Shine Sundays held at The Red Room in Wilmington, says his goal for this weekly event is to create a "big, fabulous living room complete with awesome music and lots of friends laughing."

Void of the typical dramatic nonsense found in metropolitan clubs, Shine has all the trappings of a classic club without the nameless, empty feel one might find dancing among 2000 other sweaty guests.

"We keep the riff-raff and drama out of the club so everyone can remain comfortable," he says.

Banning and The Red Room manager George Saba plan to keep the party alive every

week by offering themes that give club-goers the opportunity to express their unconventional sides by dressing in military duds or the ever-available butterfly-collared, wildly-patterned shirt for a disco party.

"Shine is a combo of sorts," Banning says. "We have taken all the good elements of existing and sadly-missed clubs and placed them into our 'formula.'"

Banning focuses on making mixed albums combining music popular in New York City, San Francisco and London.

"Deep, funky house music begins our evenings," he says, "followed by more familiar vocal house remixes with a tribal edge coupled with European 'nu' disco and clever remakes of oldies thrown in here and there."

He says guests are treated with a mix of southern and European hospitality mixed with a "Cheers" friendliness that is obvious before the \$10 cover is even paid.

Banning, a respected disc jockey whose credentials span many notable clubs on the East Coast, including clubs in Orlando, Tampa and

see NIGHTCLUB page B3



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Announcement

Grace Church meeting this Sunday 115 Purnell Hall at 10:30 a.m. All invited for special Christmas Service. For more info contact Pastor Greg Barrier 388-4293

Unexpected Pregnancy? You don't have to abort. Catholic Scholars can offer a better choice. Call Rae Stabosz, 831-6551 or Kate Rogers, 831-8480.

The DUSC will be voting on proposed amendments to the constitution and bylaws on December 6th at 7p.m. in the Trabant Theater.

STUDENT HEALTH SERVICE TELEPHONE COMMENT LINE- Call the "comment line" with questions, comments and/or suggestions about our services. 831-4898

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University of Delaware Students: Where to Study For Final Exams?



Check out late night study locations:

- Daugherty Hall (located in the Trabant Center)
- Kent Dining Hall
- Morris Library
- Morris Library Commons (The Library Commons contains tables, chairs, vending machines and restrooms and is located directly inside the Morris Library entrance on the right. The Commons has wired and wireless Internet access.)

Before Exams						
Location	Friday, December 3	Saturday, December 4	Sunday, December 5	Monday, December 6	Tuesday, December 7	Wednesday, December 8
Morris Library	8 a.m. to 10 p.m.	9 a.m. to 10 p.m.	11 a.m. to Midnight	8 a.m. to Midnight	8 a.m. to Midnight	8 a.m. to Midnight
The Commons in the Morris Library	8 a.m. to 10 p.m.	9 a.m. to 10 p.m.	Beginning at 11 a.m., open 24 hours	Commons is open 24 hours	Commons is open 24 hours	Commons is open 24 hours

During Exams				
Location	Thursday, December 9	Friday, December 10	Saturday, December 11	Sunday, December 12
	READING DAY NO EXAMS	FINAL EXAMS BEGIN	READING DAY NO EXAMS	READING DAY NO EXAMS
Daugherty Hall in the Trabant Center	7 a.m. to 2 a.m.	7 a.m. to 2 a.m.	9 a.m. to 2 a.m.	9 a.m. to 2 a.m.
Kent Dining Hall	9 p.m. to 2 a.m.	9 p.m. to 2 a.m.	9 p.m. to 2 a.m.	9 p.m. to 2 a.m.
Morris Library	8 a.m. to Midnight	8 a.m. to 10 p.m.	9 a.m. to 10 p.m.	11 a.m. to Midnight
The Commons in the Morris Library	Open 24 hours	Open 24 hours	Open 24 hours	Open 24 hours

During Exams					
Location	Monday, December 13	Tuesday, December 14	Wednesday, December 15	Thursday, December 16	Friday, December 17
	EXAMS	EXAMS	EXAMS	EXAMS	LAST DAY OF EXAMS
Daugherty Hall in the Trabant Center	7 a.m. to 2 a.m.	7 a.m. to 2 a.m.	7 a.m. to 2 a.m.	9 a.m. to 2 a.m.	9 a.m. to 5 p.m.
Kent Dining Hall	Open 9 p.m. to 2 a.m. PJs & Pancakes from 11 p.m. to 2 a.m.!	9 p.m. to 2 a.m.	9 p.m. to 2 a.m.	9 p.m. to 2 a.m.	
Morris Library	8 a.m. to Midnight	8 a.m. to Midnight	8 a.m. to Midnight	8 a.m. to Midnight	8 a.m. to 7 p.m.
The Commons in the Morris Library	Open 24 hours	Open 24 hours	Open 24 hours	Open 24 hours	Closes at 7 p.m.



A publication of the Student Health Advisory Council and the Student Health Service

UD STUDENT HEALTH SERVICE
• LAUREL HALL •

Campus Emergencies.....911
 Appointments/Information....831-2226
 Women's Health.....831-8035
 Sports Medicine.....831-2482
 Comment Line.....831-4898

www.udel.edu/shs

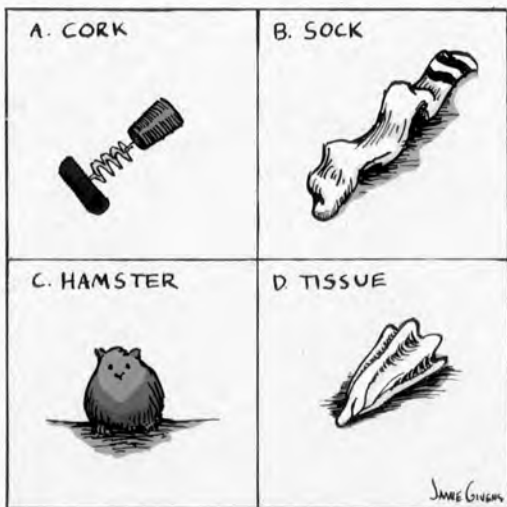
ATTENTION WINTER SESSION OVERSEAS TRAVELERS

Things to do now to stay healthy

If you will be traveling out the country during Winter Session, we advise you to schedule an appointment with the Student Health Service Travel Nurse Practitioner. She will meet with you and advise you of the travel shots that are recommended for the country to which you will be traveling. In some cases, multiple shots are recommended. Please call 831-2226 to schedule your Travel Visit, which is covered by your S.H.S. fees.

You will also need to schedule a separate appointment with the Immunization Nurse. There is a charge for each travel shot. Please call at least 2 months ahead of your departure date. Plan ahead! We want you to stay healthy during and after your travel abroad.

SMELL THIS OUT: NOSE BLEEDS



WHICH ITEM SHOULD YOU USE TO STOP A BLOODY NOSE?

Nosebleeds will become more common as the air gets colder and drier. Risks for nosebleeds include: a cold dry environment, trauma (i.e. nose picking), infections, allergies, foreign bodies in the nose, drugs (i.e. blood thinning medications, aspirin, pain medications and nose sprays), and diseases (i.e. bleeding disorder, hypertension).

If you have frequent nosebleeds especially during dry weather, you can decrease recurrences by

decreasing nasal dryness and irritation in the following ways:

- 1 Place a small amount of petroleum jelly (Vaseline) to the inside of the nose twice a day.
- 2 Use saline nasal spray (e.g. Ocean Spray) as needed
- 3 Use a humidifier in a dry room at bedtime.

You can try these at-home procedures to help to stop the bleeding if you have a nosebleed:

- 1 Pinch and squeeze the soft part of the nose and hold compression for 10 minutes while breathing through your mouth.
- 2 Place a plug of cotton or tissue coated with petroleum jelly or antibiotic cream gently in the one nostril.
- 3 Bend forward while sitting up to allow blood to flow out of nostril.
- 4 Apply a cold compress to bridge of the nose.

Call the Student Health Service if you are unable to stop a bleed with the at-home procedures or if it is your first nosebleed. Other options available at the Student Health Service are chemical or electrical cauterization or nasal packing. On rare occasions the bleed is coming from far to the back of the nose. These types of bleeds are difficult to control and treat. They require prompt medical attention and evaluation by a specialist.



"SO, YOU FORGOT YOUR IMMUNIZATIONS?"
 "YEAH, BUT I REMEMBERED MY HAIRDRESSER!"

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Cold or flu? Check this out.

Both a cold and influenza, the "flu," are infections that typically affect the respiratory tract. Because viruses, not bacteria, cause colds, an antibiotic can't cure them. One of the best ways to help fight the common cold or the respiratory symptoms of the "flu" is by drinking plenty of fluids. The following list of symptoms will help you to decide whether you have a cold or the "flu."

SIGNS & SYMPTOMS	COLD	FLU
Onset	Gradual	Sudden
Fever	Rare	Characteristic, high (over 101°F) lasting 3-4 days
Cough	Hacking	Nonproductive, can become severe
Headache	Rare	Prominent
Myalgia	Slight	Usual, often severe
Fatigue, Weakness	Very mild	Can last up to 2-3 weeks
Extreme exhaustion	Rare	Early and prominent
Chest Discomfort	Mild to moderate	Common
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes

Doctor, what is sinusitis?

Have you ever had a cold or allergy attack that won't go away? If you answered yes, there is a strong possibility that you may have had sinusitis. Experts estimate that 37 million people each year are afflicted with sinusitis, making it one of the most common health conditions in America, resulting in nearly \$6 billion in health care costs annually.

Sinusitis is an inflammation (swelling) of the lining inside the sinuses — air-filled spaces in the bones that are around the eyes and behind the nose. When sinuses become blocked and fill with fluid, germs can grow, making you sick. Blocked sinuses can be caused by the common cold, allergies/hay fever, or nasal polyps (small bumps inside the nose). Some people experience symptoms occasionally while others have symptoms on an almost daily basis (chronic sinusitis).

The symptoms of sinusitis can include:

- Thick yellow or green stuff that runs from the nose or down the throat
- Unusual bad taste or bad breath
- Nasal stuffiness
- Face pain or pressure
- Cough
- Headache

- Toothache
- Fever and chills
- Tiredness or fatigue
- Swelling around the eyes or cheeks

To avoid developing sinusitis during a cold or allergy attack, keep your sinuses clear by:

- Gently blowing your nose, blocking one nostril while blowing through the other
- Using saline nasal sprays that moisturize the nasal cavity, reduce dryness, and help clear thick or crusty mucus
- Drinking plenty of fluids to keep nasal discharge thin
- Humidifying (moisturizing) the air of living spaces, especially during the winter when home heaters are in use

If you suffer from three or more of these symptoms or if your symptoms last for more than two weeks, you should see your doctor. Treatment for sinusitis may include antibiotic therapy, the use of prescription nasal sprays, and the use of over-the-counter saline nasal sprays. If your doctor prescribes antibiotic therapy, make sure you finish all of the medication prescribed, even if your symptoms are gone before the medication runs out.

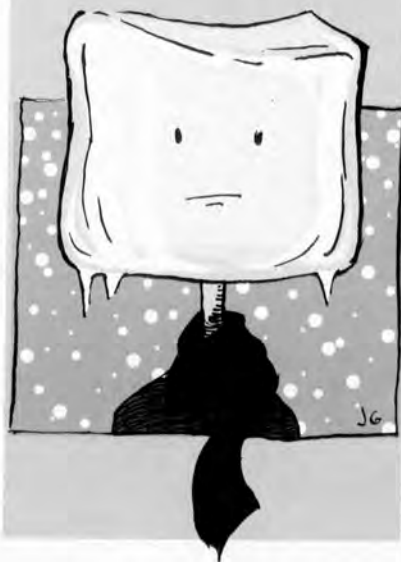
Chilling news about Frostbite

The skin and underlying tissues can freeze when the body is exposed to cold temperatures. This is called frostbite. The most common sites for frostbite are the fingers, toes, ears, and the nose. Early signs and symptoms are numbness, tingling, and white coloration of the skin.

The risk of getting frostbite increases with colder weather, higher wind speed, dehydration, and when the skin becomes wet. The severity of frostbite increases with the length of cold exposure and is more likely to be worse if the body's ability to sense and respond to frostbite is impaired such as with the use of alcohol. Wearing multiple layers of warm clothing including hats and gloves can prevent frostbite. It is important to stay well hydrated and notice symptoms early.

If frostbite occurs, any wet clothing should be removed, and the body part should be warmed gently against another part of the body without rubbing the affected body part as this can damage the skin. For example, place the affected hand underneath an armpit until it warms up. As the body part warms, there is usually pain and the skin can turn red.

It is important that frostbite does not occur again after warming because this will make the tissue injury much worse. You should contact your doctor if symptoms persist, if you get blisters, or if your skin turns a dark color.



Drive Dry in December (and the rest of the year)
National Drunk and Drugged Driving (3D) Prevention Month
For more information go to www.3dmonth.org