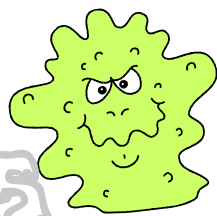


SICKENING REALITY



Reporters Samantha Deaver, Kirstin Kressin, Joslyn Large, Keifer Messersmith, Shelby Tyan, and Alex Wach take a closer look at the viruses and diseases that affect the everyday lives of teens.



Cause Problems Everywhere

by 2nd-Year Reporter Samantha Deaver

live by entering one's body and living off of the nutrition the body produces. Some bacteria in the intestines can be helpful to the body by discarding waste matter and maintaining good nutrients.

Viruses have to live inside another living organism called a host in order to survive. However, they can live on non-living surfaces for short periods of time like countertops, according to mayoclinic.com. Even though they cannot survive for long on these non-living surfaces, this is how many viruses are spread. Once inside a host, however, the virus spreads and makes people sick. Common illnesses caused by viruses are chickenpox, measles, and the flu.

Fungi are more plant-like organisms that are unable to make their own food. Instead they live off plants, people, and animals especially in places that tend to be in damp, warm areas. According to indiaparenting.com although most fungi are not poisonous they can still cause irritable problems such as athlete's foot.

The last germ is protozoa which is very similar to fungi living in damp areas. However, protozoa are more harmful and can cause diseases such as malaria, nausea, intestinal infections, and diarrhea.

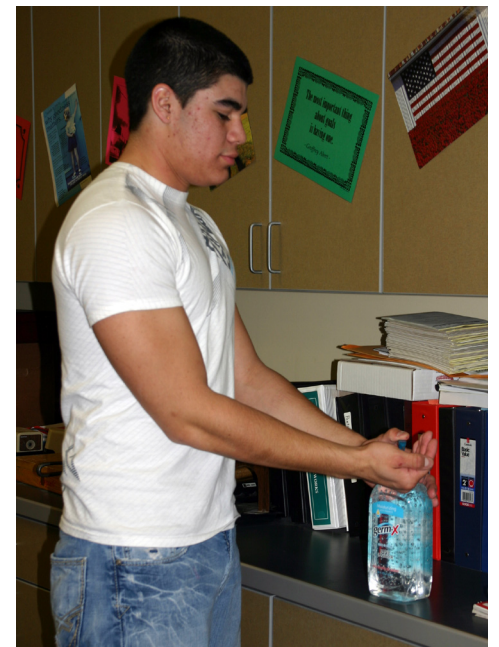
Most germs are very harmful and spread extremely easily. Eliminating germs is a tough task, washing one's hands after every activity is one good way. HCHS custodian, Carole Curran said, "We mop with Step-1 Sanitizer, clean every desk everyday and clean the bathrooms and toilets as well."

A recent survey found that 86% of HCHS students wash their hands regularly and 96% use both soap and warm water.

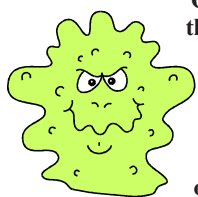
According to mayoclinic.com the proper way to wash hands is using warm water, lathering hands with bar or liquid soap, scrubbing every part of hands thoroughly for at least 20 seconds, and then rinsing and drying hands completely.

When hand washing is not opportune, alcohol-based products help reduce the amount of germs on a person's hands and are fast acting, according to the Center for Disease Control and Prevention. A survey of HCHS students found that 63% of them regularly use Germ-X.

Germs can become very harmful to a person's body if not properly taken care of. Hand washing, practicing basic cleanliness, and using products such as Germ-X are good ways to reduce the risk of catching illnesses.



Junior Edgar Rodriguez is faithful in using Germ X during nearly every class period. 63% of students at HCHS use Germ X regularly every class.

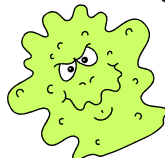


Germs are everywhere in the air, in foods, plants, animals, and on nearly every surface, even one's own body. It's hard to walk down the hall of Hayes Center High School without running into someone with an awful cough and

r u n n y nose. Kids are missing school nonstop because of the flu, colds, and other sicknesses. It's hard to believe that all of these illnesses are caused by tiny living organisms too small for the naked eye to see. The culprit is germs.

"Germs spread from person to person by way of coughing, sneezing or simply talking," according to health.state.ny.us. Fortunately the human body has a strong immune systems that protects people from millions of infectious germs. However, some still manage to break down a persons defenses and cause illnesses. According to kidshealth.org there are four main types of germs; bacteria, viruses, fungi, and protozoa.

Bacteria are single-celled organisms that



Common Cold Effects Many

by Yearbook Editor Shelby Tyan

Is your nose starting to run? Maybe you can't stop sneezing. Or your throat might be hurting so bad you can't hardly talk. Those are just three of the many symptoms when someone may have the common cold. "It seems like it doesn't matter if I'm in class, hanging with my friends or eating at a nice restaurant, someone around me always has a cold," said Hayes Center Student Courtney Brown.

Americans have over one billion colds in the United States each year said google.com/health. Children usually receive colds from other kids when they attend school or day care. The common cold usually occurs year-around but the most common season that the cold will be caught is in the winter or when the rainy season comes into effect.

Research shows that over 200 different types of viruses are all under the common cold, according to Google.com/health. Within the first three days after catching the cold virus, most people will start feeling some symptoms. The most common symptoms include nasal stuffiness, drainage, sore or scratchy throat, sneezing, hoarseness, cough, and perhaps a fever and headache.

After about seven days the cold will have run its course.

Someone who has the common cold is only

contagious for the first two to three days of contracting the virus, but after the seventh day the person with the cold is for the most part no longer contagious.

When one firsts feel the symptoms coming on, the best treatment would be going to bed early to get plenty of rest, drinking a lot of fluids, and using over-the-counter cold medicine to help ease the symptoms. Doing these things will not make a person's cold go away more quickly, but these may make the person with a cold feel better for awhile.

When a person is beginning to feel sick, he or she naturally may think he or she needs an antibiotic, but what one should know is that antibiotics can and may only make the cold worst. "The only time an antibiotic would help is if you have had the cold for 10 to 14 days," according to google health.

Some alternatives of treatment would be to consume lots of vitamin C, zinc, and echinacea while being sick with the cold virus. These natural remedies can certainly boost a person's immune system and provide relief from the cold's symptoms. "My mom once told me to always wear a coat and always have my hood up if my hair is wet because she believes that causes you to catch a cold," said Junior Hayes Center Student Linda Long.

The most logical way to tackle the common cold is through prevention. Whether a person is at home, school, work, or out in public, simple common sense hygiene can curb the spread of the cold virus.

Persons should always wash their hands every chance they get or use instant hand sanitizer. They should cover their cough by using a tissue or the crook of their sleeve. They can even disinfect their items, anything that others have touched. Persons should share drinks or items, such as Chapstick, either. "I don't really think about the consequences of getting sick by sharing my drink or Chapstick, not until I get sick. Over this year I've learned how not to share some things with other people to help prevent catching a cold," said HCHS junior Jaime Melton.

Of course, there is no way to totally prevent the common cold, but some old remedies that people use is consuming a lot of spices such as garlic or ginger in their food, eating a lot of chicken noodle soup, honey, or taking a hot steamy bath. "The Hayes Center School system seems to have an outbreak of cold when we start staying indoors more. Good health habits will cut down on the number of colds," said HCHS nurse Delores Lawson.



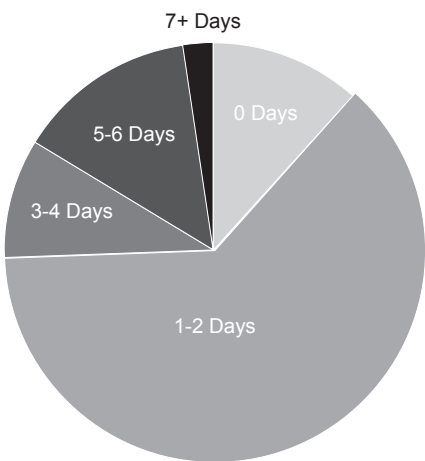
Junior Jaime Melton shows one of the many signs of a common cold as she blows her nose while using a Kleenex. The best way to curb a cold is to get plenty of rest, drink plenty of fluids, and maintain a healthy diet. Using over-the-counter medications can help relieve symptoms but will not cure the common cold, according to HCHS nurse Delores Lawson.



Flu More Dangerous than Some Might Think

by Co-Sports Editor Alex Wach

Number of School Days Missed Because of Flu



HCHS Survey 2009

Teens are always looking for an excuse to skip school, but sometimes they may have to miss school because they simply do not feel well. A majority of these sicknesses could be diagnosed as the flu. That's exactly what's causing so many absences at Hayes Center High School right now.

The flu is a common term for many types of sicknesses that weaken the body. Millions of people around the world are affected and even hospitalized by the flu each year. The three most common types of the flu include influenza, stomach flu, and H1N1. Different flus have different systems, but most of them consist of a headache, fever, coughing, and nausea.

Influenza is a type of flu that typically spreads through coughing and sneezing and is very contagious. There are three types of influenza viruses: type A, type B, and type C. Influenza virus A is the most severe type; influenza virus B affects only humans; and

influenza virus C generally affects animals. The first symptoms of influenza will consist of chills and a fever of over 100 degrees. Other symptoms include body aches, fatigue, and reddened skin.

The stomach flu is an overused term for Gastroenteritis, or "24-hour flu." The stomach flu occurs when certain germs enter the stomach, usually through the mouth. Headache, fever, dehydration, and vomiting can result from the stomach flu. It usually lasts for 1-2 days and will go away by itself.

Hayes Center High School students have been battling the different types of flu. According to a recent survey, 85% of students reported that their last sickness was the stomach flu while 15% reported that their last sickness was influenza. Although the influenza virus may be worse than getting the stomach flu, it is less likely to occur, especially in a person who keeps his or her body healthy.

The easiest way to prevent the stomach flu is by washing your hands regularly. Also, cover your mouth when you cough and avoid contact with anyone else who may be sick.

H1N1, which is a strain of influenza A, appeared in April and has affected more than one million people in the United States, according to *Weekly Reader*. Since they are so closely related, influenza A patients are being treated as if they have H1N1 for precautionary reasons.

"I would feel fine when I woke up in the morning, but once breakfast was over, I would be burning up again," said Dillon Brown, a sophomore at Hayes Center High School who suffered with H1N1. "I had a high fever and missed six days of school."

H1N1 has mistakenly been called "swine flu" by many health officials, but the virus actually has nothing to do with consuming pork products. The H1N1 virus is not a food-borne illness, so it cannot be gathered by eating pork. Since many Americans do not know this simple fact, the United States Department of Agriculture is concerned that the name "swine flu" will lead to a negative impact on farmers who provide pork products across the nation and the world.

Tierney Tyan, a junior at HCHS, was diagnosed with the H1N1 virus a few weeks ago. "I

missed four days of school because of it," said Tyan. "I had a really bad headache, a terrible stomach ache, and I didn't want to get out of bed. All I wanted to do was sleep."

H1N1 can be easily prevented by washing your hands, keeping shared surfaces clean, avoid touching your face, and most importantly, not to panic. A large amount of people who receive the H1N1 virus may not even show any symptoms at all.

Almost everyone will come down with the flu in a given year, but only in severe cases will the patient be affected permanently. When someone is diagnosed with the flu, it is recommended that he or she get plenty of fluids, such as water or Gatorade. He or she should also rest and not attend school or work for a couple

of days. If these guidelines are followed, the flu can be contained and will not spread to other people.

"I would feel fine when I woke up in the morning, but once breakfast was over, I would be burning up again."

--Dillon Brown, HCHS Student

The Influenza Virus

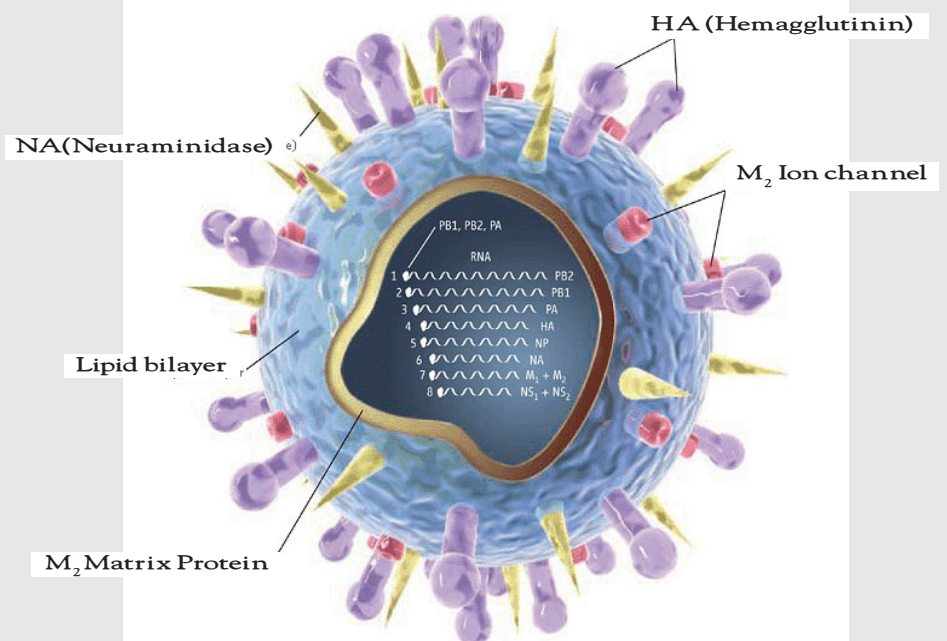


Illustration: Chris Bickel/Science. Reprinted with permission from Science Vol. 312, page 380 (21 April 2006) Copyright 2006 by A.A.S

Meningitis: Deadly but Curable and Treatable

by News Editor Joslyn Large

"Late in the evening I remember feeling this pain in my shoulder joint and elbow. I just assumed that it was a muscle strain but it did not feel like it." This is the story of Kate Ogden a 19-year-old girl who suffered meningitis and survived against great odds.

In America according to fightmeningitis.com about 3,000 people contract meningitis, almost one out of 10 will die from it, and one out of every five people who survive will suffer from permanent damage. According to <http://www.earthtimes.org/articles/show/5313.html>, "Statistics show that one in every 10 teenagers carries the meningococcal bacteria, which causes the fatal disease that kills around five to 10 percent of its victims."

Meningitis is the inflammation of the protective membranes covering the brain and spinal cord. Symptoms can range from headaches, stiff neck and can be associated with fever, confusion or altered consciousness, vomiting, and an inability to tolerate light or loud noises.

People will not get meningitis just by breathing the air of an infected person. However, people can get it from close contact with a person with meningitis.

Most colleges require a meningitis shot so it is very important for high school seniors who are going on to college to get a meningitis shot.

Meningitis can be deadly and needs to be treated right away. The way doctor's diagnose or take the possibility out of it being meningitis is by a lumbar puncture. A lumbar puncture is a shot that given in the spinal cord to take a sample of the cerebrospinal fluid. Cerebrospinal fluid surrounds the spinal cord and brain. This fluid is then tested at a medical laboratory.

The treatment for meningitis is usually antibiotics, and in some cases antiviral drugs. In some more serious cases a lot of inflammation corticosteroid drugs will be given.

Meningitis that is not treated or is very serious can lead to long-term consequences. Some consequences according to Wikipedia.com include "...deafness, epilepsy, and cognitive deficits..." and according to www.fightmeningitis.com permanent damage can also include "severe scarring, loss of limbs, brain damage, and lasting emotional troubles."

In adults and older teens one of the main

symptoms is a severe headache followed by the inability to flex the neck. Three symptoms in adults make up the classic triad diagnostic signs. These consist of sudden high fever, inability to flex the neck, and altered mental status. However, these three symptoms do not always occur in all cases. According to Wikipedia.com "all three features are present in only 44-46 percent of all bacterial cases." But if none of these features are present, meningitis is very unlikely.

Some other signs of meningitis can be photophobia which is people who cannot tolerate light and phonophobia in which people cannot stand sound.

Small children might not have the adult symptoms but will not look well and be irritable. According to Wikipedia.com a sign of meningitis in toddlers "...up to six months of age, bulging of the fontanelle (the soft spot on top of a baby's head) may be present." Some other signs to look for in children are abnormal skin color, leg pains, and cold extremities.

According to Wikipedia.com four types of meningitis exists. They are bacterial, aseptic, viral, and non infectious.

Bacterial meningitis is caused by bacteria that differ on the age group. Group B streptococci and *Escherichia coli* are common causes of bacterial meningitis in premature babies and newborns up to three months old. In older children *Neisseria meningitidis* commonly known as meningococcus, *Streptococcus pneumoniae*, and kids under five *Haemophilus influenzae* type B can be the causes of bacterial meningitis. In adults the common bacteria that causes bacterial meningitis according to Wikipedia.com are "N. meningitidis and S. pneumoniae together cause 80 percent of all cases of meningitis, with increased risk of L. monocytogenes in those over 50 years old." Bacterial meningitis can be recurring because of "anatomical defects, either congenital or acquired, or by disorders of the immune system," according to Wikipedia.com. However, the most common case of recurring bacterial meningitis is a past skull fracture. Fractures in the skull that extend toward the sinuses or affect the base of the brain are the kind of fracture this happens with the most. A person with bacterial meningitis can remain contagious for about 24 hours after starting antibiotics.

Aseptic meningitis refers to the cases that

Simple Ways To Prevent Meningitis

1. Wash your hands.
2. Do not share eating utensils.
3. Cover your mouth when you sneeze or cough.
4. Do not share water bottles.
5. Get the meningitis shot.

www.fightingmeningitis.com

"A great way to prevent Meningitis is to use simple everyday sanity routines that you were taught when you were a little kid."

--Delores Lawson, school nurse

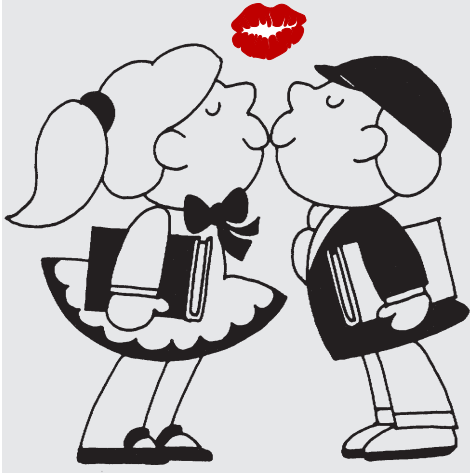
no bacterial infection can be found. This is usually due to viruses or bacteria that were partially treated. Aseptic meningitis may result from an infection the heart valves that have small clusters of bacteria that flow freely through the blood stream. Also it can come from an infection with spirochetes which is a type of bacteria that causes syphilis and Lyme disease.

Viral meningitis is caused by viruses include according to Wikipedia.com "enteroviruses, herpes simplex virus type 2, varicella zoster virus which is known for causing chickenpox and shingles, mumps, HIV, and LCMV." In non-infectious cases of meningitis are usually caused by the spread of cancer to the meninges and certain drugs.

Meningitis has been known about for hundreds of years but only in the past decades doctors have found ways to treat and prevent it. The first reported case of meningitis according to www.fightingmeningitis.com was in Switzerland in 1805 when an outbreak occurred of an unknown disease. In 1887 the bacteria that causes meningitis was identified. From 1900-1910 75 to 85 percent of the people who

contracted meningitis died from it. Penicillin was the way doctors were treating meningitis in 1944 but in 1978 the first drug that prevents meningitis was introduced. With further research medical personnel made an improved vaccine that will prevent meningitis that is being used today.

Simple ways to prevent meningitis exist. Individuals should wash their hands often after using the restroom, before they eat, and after coughing and sneezing. Stay healthy by getting enough rest, eating healthy and well balanced meals, and exercising regularly. People need to cover their mouths when they cough or sneeze. Pregnant women need to make sure they cook their meat completely through and don't eat cheeses that are made with unpasteurized milk. According to www.children.webmd.com, do not share food, glasses, eating utensils, or water bottles, tissue, towels, lip-gloss, and lipstick. Another way to prevent meningitis is to get the meningitis shot. "A great way to prevent Meningitis is to use simple everyday sanitary routines you were taught when you were a little kid," said HCHS nurse Delores Lawson.



*“Michael and Mary sitting in a tree,
k-i-s-s-i-n-g! First comes love, then
comes m . . . ono???”*



Mononucleosis Lingers Among High School Students

by Co-Sports Editor Keifer Messersmith

Michael and Mary sitting in a tree, k-i-s-s-i-n-g! First comes love, then comes marriage . . . Or is it mono?

Mononucleosis or “mono,” known as the “kissing disease,” is a common infectious disease that can leave children and young adults feeling tired and weak for weeks. The greatest myth surrounding this disease is that it is spread through kissing. That is not entirely true, but it is also not entirely false. Most importantly though, mono is common and contagious, especially among teens.

Mononucleosis is often spread by saliva and close contact and occurs mostly in teenagers ages 15 to 17. According to www.webMD.com, mono is caused by the Epstein-Barr virus. The Epstein-Barr virus is a member of the herpes-

virus family and one of the most common human viruses.

In the United States 95% of adults ages 35-40 have been infected by mononucleosis, according to the National Center for Infectious Diseases in 2002. The Children’s Hospital & Regional Medical Center in 2005 research says over 98% of the world’s population has been infected with the Epstein-Barr virus.

Eight students at HCHS have had mono some time during their four years of high school. “I was in a lot of pain because the inflammation in my throat made it hard to talk or swallow, and I was also tired all the time,” said senior Kirstin Kressin. “It took about five weeks before I felt normal again.”

The initial symptoms of mono feel very much like a typical viral illness such as the common

cold and the flu, and going to a doctor is not necessary unless the illness lasts longer than 10 days. Most commonly, symptoms develop with fatigue, headache, and sore throat. Other symptoms include drowsiness, fever, general discomfort, loss of appetite, severe sore throat, and swollen lymph nodes.

“I was really worried when I went to the doctor, and he wanted to test for mono. My throat hurt so badly that I couldn’t hardly swallow water,” said junior Jaime Melton. “Thank goodness though my test turned out negative, even though I had most of the symptoms of mono.”

A more serious symptom of mono is pain in the upper left part of one’s belly. This symptom may mean a person’s spleen has swollen or ever burst. This is an emergency, and the

person should go to the hospital as soon as possible. When a person has mono, he or she may not be able to participate in activities such as sports because of the possibility of rupturing the spleen.

Some of the less common symptoms are anemia, inflammation of the heart, and swollen tonsils.

Basically, mono has to run its course. The main goal of treatment, if any, is to relieve symptoms. Medications and steroids have little benefits to people who have mono. To relieve symptoms though, a person with mono should drink plenty of fluids, gargle with warm salt water, get plenty of rest, and take a pain reliever such as ibuprofen. Teens should avoid sharing drinks, close contact, and kissing when experiencing symptoms.



HPV-“a species of virus that causes genital warts.”

Gonorrhea-“a contagious inflammation of the urethra or the vagina, caused by the gonococcus.”

Herpes-“a common sexually transmitted disease caused by the herpes simplex virus type 1.”

Definitions by WebMD

Sexually Active Teens Need to be Aware of Diseases

by 2nd-Year Reporter Kirstin Kressin

Johnny and Sally have been dating for over a year and decided to take their relationship to a more intimate level.

When reaching this new level, they need to practice safe sex; instead of ending up being victims of Sexually Transmitted Diseases.

Twenty million Americans contract a sexually transmitted disease each year, and this year alone, over six million people will contract the most common disease, Human Papilloma Virus (HPV), according to sex.healthguru.com. Sexually transmitted infection, more commonly known as sexually transmitted diseases (STD’s), is an infection that can be transferred from one to another through many forms of sexual contact. Over 25 diseases can be transmitted through sexual activity.

Sexually transmitted diseases can cause severe consequences to anyone who catches them, especially women. It is very important to be tested for STD’s and to treat them as soon as possible.

Some of the most common STD’s are HPV, HIV, Herpes, Gonorrhea, Chlamydia, and Trichomoniasis.

According to sex.healthguru.com, HPV is the most common disease in America. Over 100 strains of this virus exist and over 40 can spread through sexual contact. Most types of HPV show no symptoms, but some types cause warts in genital areas and the mouth and throat. Some strains from HPV can lead to cervical cancer. This virus increases ones risk of cancer in the genital areas.

HIV (Human Immuno-deficiency Virus) AIDS (Acquired Immune Deficiency Syndrome) is a virus that attacks one’s immune system. The AIDS virus incubates in the body for 1-10 years and no vaccine can cure it. Those who are at the greatest risk of acquiring this virus are homosexuals, drug users, and people who have had other STD’s. HIV AIDS is contracted by unprotected oral, anal, and genital sex. It can also be spread by the use of IV needles shared in drug use and getting tattoos or piercings with unsterilized needles.

Another common disease is Herpes, a blister-like, painful sore that shows up in or on a genital area or the mouth. This disease is acquired by direct contact and is highly contagious if the person has open sores. Herpes can spread before the sores form and even after they’re healed, according to sex.healthguru.com.

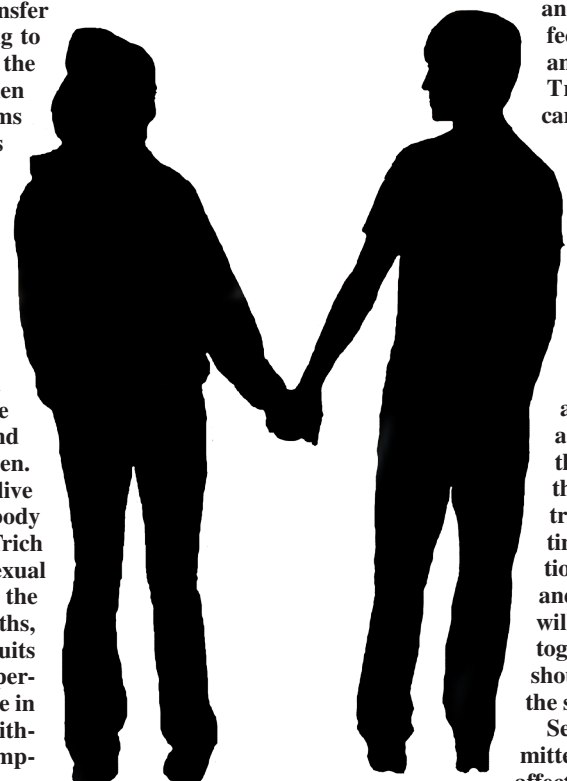
Gonorrhea is the STD commonly known as the Clap, Dose, and Drip. It is an infection caused by gonococcus, a bacteria that lives in warm, dark, moist places, especially genital places on the body. Gonorrhea can cause Pelvic Inflammatory Disease (PID) which if untreated can make a person sterile, or very sick.

The disease that causes bacterial infection in the reproductive and urinary organs is Chlamydia. This disease can also cause PID in women and Non-Gonococcal-Urethritis (NGU) in men. This disease is contracted through sexual contact, bodily fluids, and can be carried

on the hands and transfer to ones eyes. According to health.shiawassee.net, the percentage of women that show no symptoms from this infection is 75 percent, in men it is 25 percent. Those who are sexually active should have regular check-ups.

The last most commonly caught STD is Trichomoniasis, also known as Trich. Trich is an infection in the vagina in women and in the urethra in men. Tiny parasites that live in moist places in the body cause this infection. Trich is spread through sexual contact and also by the use of damp wash cloths, towels, and bathing suits shared by an infected person. This disease can be in one’s body for years without showing any symptoms.

Even though all these diseases are very common and easy to contract, not all of them have cures. HIV AIDS and Herpes are two diseases that have no cure



and lasting effects for someone and their partner. Trichomoniasis can be cured if treated promptly. HPV can also be cured over a one- to two-year period of treatment. According to health.shiawassee.net, Gonorrhea and Chlamydia are two diseases that can be cured through antibiotic treatment. Often times the conditions of chlamydia and gonorrhea will be present together, so they should be treated at the same time.

Sexually Transmitted Diseases affect millions of people every year, including teens. Many critical diseases are easy to contract and pass on. Practicing safe sex is the best way to stay STD free.