

Chronic Fatigue Syndrome: No rest for the weary

by Michael Glasser

Do you feel as though you don't have nearly as much energy as you once did? While it is not uncommon for people to feel fatigued after a busy day, for some people this feeling does not go away. For months they live without energy. These people have an ailment that has been termed Chronic Fatigue Syndrome (CFS).

Chronic Fatigue Syndrome can lead to a variety of symptoms, including many that mimic the flu. It is not uncommon for a person with CFS to have aches in the muscles, joints and head, a slight fever, swollen lymph nodes and a sore throat. They might also experience sleeplessness, nausea, diarrhea, memory loss and a re-

duction in their ability to concentrate. The only symptom that is consistent with CFS, however, is a fatigued feeling that lasts for more than 6 months and leaves people

"It can strike anyone at any time."

with, at most, 50 percent of their previous capacity. It can strike anyone at any time, but it appears to be most common in middle aged women.

In order for a doctor to diagnose someone with chronic fatigue syndrome, several other common causes for fatigue must be ruled out, including thyroid disease and acute depression. Even after ruling out these other causes, the

diagnosis of CFS is still not an easy process. The cause of CFS is still a mystery, but any one of several viruses that are currently being researched may be a part of the puzzle. To prevent CFS it is not easy to avoid a virus. You can, however, take other preventative measures.

Prevention of CFS can be easily summarized: Maintain a healthy lifestyle. Eating well, exercising regularly, and avoiding large consumption of alcohol all seem to help prevent CFS. Aerobic exercises should be done regularly to help prevent this ailment and to maintain overall health.

The treatment method for CFS is still at an early stage. There is no official treatment that is universally prescribed. One of the

best treatments (with only a 50 percent success rate) is to follow the same steps that are used to prevent CFS, with the addition of some form of drug treatment. The drugs include anti-viral drugs and those that help boost the immune system. High levels of vitamin B may also help.

If you believe that you may have CFS, or suspect someone else has it, or are just interested in the subject contact:



THE NATIONAL CHRONIC FATIGUE ASSOCIATION
919 Scott Avenue
Kansas City, KS 6105
(Send \$1 for postage and handling)

CHRONIC FATIGUE SYNDROME SOCIETY, INC.
P.O. BOX 230108
Portland, OR 97223
(503) 684-5261

Faculty focus: Barbara Brents

by Tony Stefanelli

"We shouldn't be spending the outrageous amount of money we are to liberate Kuwait, when we have single mothers, who are the sole supporters of their families, and are being paid poverty level wages" said Barbara G. Brents, assistant professor of Sociology, in regard to the recent Middle East Conflict.

Originally from Austin, Tex., Brents received her bachelor's degree in journalism, her doctorate in sociology from the University of Missouri, and has been teaching at UNLV since 1988.

When asked why she didn't pursue a career in journalism, as she had originally planned, Brents said that she liked researching politics and social world views, which led her to her degree in sociology.

Brents stated that she has done many field studies and that five of them had been published. She said that the one she was most proud of was one published in the

"American Sociological Review", dealing with social security.

Brents said that she has had other studies published, one of which dealt with product research being controlled by the large corporations.

When asked if she had ever had any problems with the accusations that she wrote about any of the companies she researched, she said no.

"The studies are published in sociology journals and are worded with such vague and complex sociology jargon that if you weren't a sociologist, you would have difficulty in understanding what you were reading," Brents said.

When asked how society could steer clear of the problem of poverty, Brents said that we couldn't "steer clear of it."

According to Brents, the poverty level in Las Vegas is quite high and the statistics state that 33 percent of the jobs are poverty level or below poverty level wages, and only 2 percent of the jobs locally are 46,000 dollars a year, or

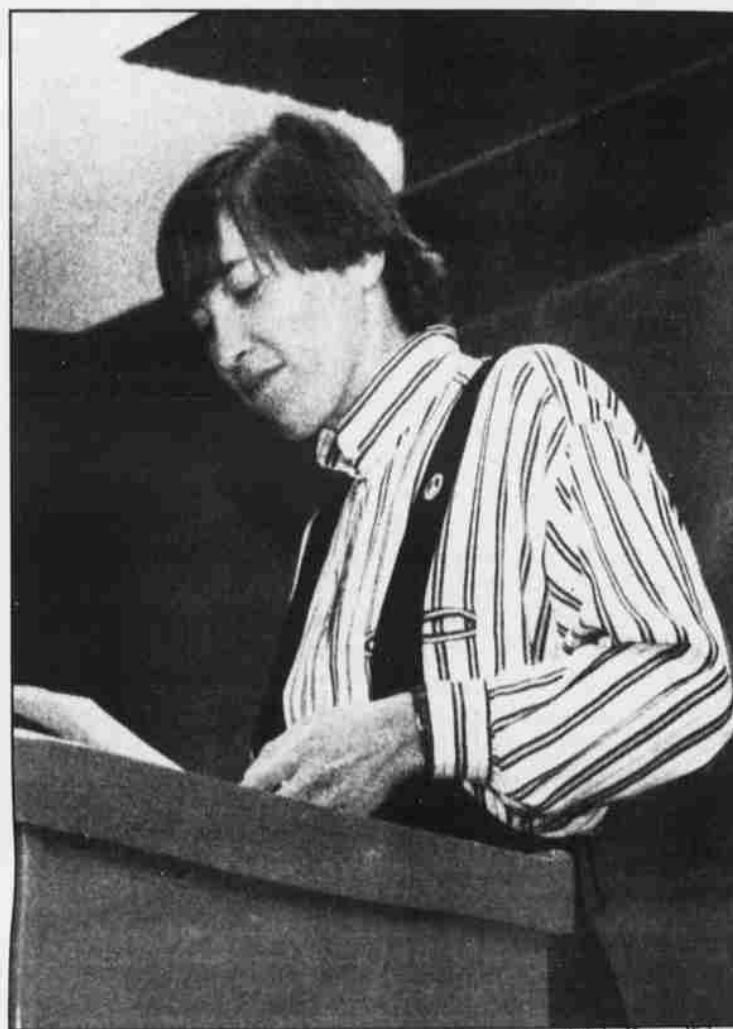
higher.

"Employees need to express to their superiors what they need. They need to take control of their work place," Brents said.

Brents isn't sure if this would completely eliminate the problems of poverty wages, but she stressed that we have to do something. When asked what she felt would be the major repercussions of the war on those of us here in the United States, Brents said that we would probably see most suffering emotionally and economically.

When asked how this has affected her class, she stated that she hadn't covered it yet. She said she was going to save discussion of that until the end of the semester when her class would cover world topics.

Brents is currently involved in a women's studies class, which consists of teaching about women in history, and wants to organize and initiate a Women's Center which would offer counseling to women.



Barbara Brents, Assistant Professor, UNLV Sociology Department

SHOULD WOMEN REPORTERS BE PERMITTED INSIDE MEN'S LOCKER ROOMS?



"Should women reporters be permitted inside men's locker rooms?" That's the question for Week #3 (March 4-March 10) in Sound Off at 7-Eleven.

When the issue erupted last year following an incident in the New England Patriots locker

room, lots of expert opinions were heard. Now it's the public's (and the fans') chance to have their say. Tank, Crusher, and Beast (above) are expressing their expert views to Madeline, their local sports reporter. Dr. George Gulp, official vote counter for Sound Off, looks

on, registering their Yes and No votes.

Other people can register their Yes and No votes (and Say More if they want to) at participating 7-Eleven stores nationwide. All are encouraged to vote early and often.

There's no place like home

Kara Kelley reports from Washington, D.C.

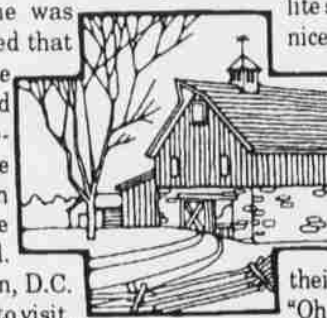
I have to admit, I feel a bit like Dorothy. You remember, the girl who was a little disenchanted with her home town (for me, Las Vegas), and envisioned a distant and more exciting place (like Washington, D.C.). During her journey she was quickly reminded that "there's no place like home" and learned to appreciate the home town things she once took for granted.

Washington, D.C. is a great place to visit. I was told that after two weeks, I would know whether I had it or not—Potomac Fever, that is. I was told that I would either love it or hate it. Well, I've been here almost four weeks and it's more of an infatuation than a fever. But like all stories, this one has two sides.

The more positive aspect is the atmosphere. I love how it feels to walk by the U.S. Supreme Court Building, the Library of Congress, and the United States Capitol on my way to work. I love that on Saturdays, I can see the actual Declaration of Independence and an original Renoir within one mile of my residence. I love that as a political science major, I'm at the center of U.S. policy making.

But like all infatuations, they quickly dim with time.

I never fully understood what people call the East/West cultural difference until I came to D.C. Here, it doesn't matter what you are, but who you are. For example, at introductions, I usually explain that I'm from Las Vegas (or more specifically UNLV). The response, generally accompanied by one of those polite smiles, is "Oh...how nice."



But that's not all. When I explain that I'm an intern at Congressman Bilbray's office, most people offer their condolences with "Oh, that's too bad." I haven't yet been able to figure out if people respond that way because I'm an intern or because I'm working for a member of the House and not the Senate. (The disparity between the two branches is another story.)

Not only are people more uptight here, but the majority of people I've encountered are often rude. I know that those who have a fondness in their heart for D.C. will charge that I'm being overly cynical and that I haven't been here long enough to make a judgement. As one Washingtonian explained to me, "I've never had any problems in D.C.. You must be having a stroke of bad luck."

Maybe she's right. But as I write this and wait for it to snow, the 73 degree weather in Kansas is looking pretty good.