Allergy problems interfere with life, class and health

Respiratory Illnesses are prevalent on campus this year

Katie Curry

Imagine not being able to listen in class because of your own nose, or being unable to read or write because your eyes feel so hot, dry and itchy. These are just some of the challenges Truman students, including senior Krista Anthonopoulas, are dealing with on a daily basis.

The problem is that, while you're sleeping, your body is doing its best to keep you healthy. So while you're asleep, your body inhaled contaminated air and pollens. When you breathe in these pollens, your body produces histamines, which irritate and cause allergic reactions to occur.

“Sometimes there are things that are really funny, if the story doesn’t work, if jokes don’t work, people sit down and read the script. That means we have to make a lot of changes,” Higgins said.

“This is really what they have is allergic reaction to things,” Higgins said.

“I got here from Northeast Missouri State, I want to reply that I don’t know how I could have gotten here without Northeast Missouri.”

Former Truman student co-executive produces popular TV show “Reba”

Erik Clark

Two years after Lara Runnels graduated State Truman, “Boy Meets World” was on the air, but she wasn’t watching it play by play, she wouldn’t be a significant part of the show until Higgins was writing with it. Higgins was writing with it.

“Brenda Higgins, director of the Student Health Center, de-
scribed allergies as an overreaction to an irritant by the immune system to something, ordinarily harmless, that affects the system’s normal functioning. The system overreacts by producing histamines, which can cause symptoms ranging from drying to stuffiness, coughing to wheezing, depending on the irritant.”

Anthonopoulas said this description of allergy sounds familiar. “I have severe allergies to dust mites and pollen,” Anthonopoulas said. “I have really not seen a lot of documentaries that are on the environment, but I think it’s something that people should be aware of.”

“Some people think it’s just a case of being sick,” Higgins said. “But it’s something that really is a problem for them.”

“Generally, we recommend trying the over-the-counter medi-
cations first, but if they aren’t effective, see your doctor. If they are effective, see your doctor. If they are effective, see your doctor.”

“The qualities Peterson mentioned in Higgins in 2000 and ran for half a sea-

“Runnels and Carr also master-minded the episode for "Boy Meets World," she said. "We had to write the episode for the show and we had to write the episode for the show and we had to write the episode for the show.""