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## Off-campus housing sees decrease in tenants

Clarion's updated residency requirement leaving its mark one year later

By AMERIGO ALLEGRETTO  
Newsroom.TheDerrick@gmail.com  
Staff Writer

One year after Clarion University enforced its new student residency rule, off-campus housing is experiencing the adverse effects.

The requirement, which has first-time-in-college students and full-time transfer students who have less than 24 credit hours being required to live

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See CLARION, Page 8

### 'Pollinator hotel'



Insects are among the hardest working members of Mother Nature, toiling largely unnoticed in gardens — pollinating flowers, recycling dead material, eating each other.

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### 'Twitch' gamers

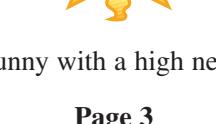


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### Deaths

Paul Andrew Porterfield,

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Blasts powerful enough to be heard in downtown Donetsk came from the area near the airport, which has been under the control of government troops since May and has come under unremitting attacks from pro-Russia separatist rebels since then. See Page 2 for the full story.

AP

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Yet out of this tragedy, some hope has arisen.

Instructors at the Duke University of Medicine are using Karen's journal, found at [www.kpaddock.com](http://www.kpaddock.com), as a case-study to teach students how to recognize the symptoms of a Cerebrospinal Fluid (CSF) Leak, the rare disease that Karen suffered from.

Karen's journal has also inspired those suffering with chronic pain across the globe. Many people have already personally reached out to Robert to know that Karen's story has helped them — some were considering suicide and sought treatment after reading Karen's journal. Others were able to recognize their symptoms and get tested for a CSF Leak after hearing about her struggles.

Karen's first-hand account of her illness gave an honest, heart-wrenching depiction of what it is like to live with debilitating pain day-to-day. One of the most baffling symptoms of her illness is that Karen's headaches would go away when she was lying down, only to return when she stood up for any length of time.

"CSF is a very misunderstood condition because when you're lying down you feel better. When you wake up in the morning your brain is full of fluid and your muscles are

relaxed which plugs the leaks," Robert said.

"You want to get up and get on with your life. But a few hours later, this debilitating headache comes back. Because of this, it's sometimes called an 'afternoon headache,'" he added.

Karen felt that many of her friends and family did not understand her condition, and it lead to her feeling extremely isolated from everyone but her husband and beloved dogs.

"People that have not experienced severe unrelenting pain for months or years expect you to suck it up and continue your normal daily activities. Chronic pain makes you feel alone. Like no one understands how much pain you are in," wrote Karen Padlock in her online journal.

Karen went from doctor to doctor seeking a diagnosis for her symptoms and for years heard that she was healthy and only seeking attention.

"Many of those doctors told her that 'it was all in her head' or that she was making up her symptoms to get attention," Robert said.

Yet her headaches continued.

Karen saw more than 35 different doctors who were unable to give her a proper diagnosis or provide relief from the pain she experienced.

"My depression is from the pain I feel, too. I think sometimes, that if we do not

fit the typical symptoms that doctors learned about in medical school, that they blame our problems on us. Like they think it is all our fault," Karen wrote.

In her frustration, Karen began researching on her own.

"She became a huge supporter of the Franklin Library. As far as book-based learning goes, she could have gotten a doctorate in her condition," Robert said.

Eventually, Karen's contact with the outside world became extremely limited. In addition to Robert and her pets, Karen tried to interact online a few hours a day with others who suffered with chronic pain. When building Karen's website, Robert poured through emails and more than 9,437 Facebook private messages to compile a 20-year medical history of Karen's struggles with her CSF Leak.

Eventually, a specialist in Pittsburgh was able to give Karen a proper diagnosis. But her body ultimately rejected the spinal patches that were supposed to provide her with relief. Only four doctors in the world specialize in treating CSF Leak, and Robert believes we don't know enough about the illness to properly treat it long-term.

"Research into such leaks is only about 10 years old ... We just don't know enough on how to treat CSF Leak without causing rebound pressure issues that cause the

exact same excruciating headaches," Robert said.

In an effort to learn more, Robert is trying to set up a \$750,000 Fellowship program at Duke to train more doctors and fund better research equipment that will locate CSF Leaks sooner. Those who would like to donate can do so through [www.kpaddock.com](http://www.kpaddock.com)

When asked how he dealt with Karen's death, Robert turns the conversation back to Karen's story. His ultimate goal is that her story be told in order to help others.

On her last day, Karen wasn't just having a headache. Her symptoms included issues with her vision, nausea, dizziness and hearing. She spoke to her next-door neighbor earlier in the day, and he said that she appeared fine. Robert says that chronic pain sufferers often learn to mask their pain so well that they will continue smiling on the outside, even though they feel horrendous inside.

Robert still misses Karen every day. She was the love of his life, and his constant companion. Without her, he says he feels an ache in his heart that will never go away.

He is determined not to let others take the path that Karen chose to take.

"I tell them not to do this, that if we don't raise awareness of their illness and pain no one will ever know when they need help," Robert said.

## Aide: Corbett informed of 'inappropriate' AG emails

PITTSBURGH (AP) — Gov. Tom Corbett said Saturday he was told several months ago about "inappropriate" emails shared among staffers at the attorney general's office, which he once led.

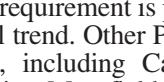
Campaign manager Mike Barley told the Pittsburgh Tribune-Review the governor was informed about them by Geoff Moulton, a lawyer brought in to review how state prosecutors and police handled the Jerry Sandusky case.

Corbett made the statement a few days after telling the paper's editors and reporters last week that he had no knowledge of the emails.

Barley said Corbett "does not recall exactly how the emails were described by Moulton, other than it was made clear to him that they were inappropriate."

He said the governor had no knowledge of them when serv-

"(If) he would have known about any inappropriate emails sent, he would have put a stop to that type of activity immediately," Barley said. "He would never condone that type of behavior, and if these reports are true, he will be very disappointed."



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The requirement is part of a national trend. Other PASSHE schools, including California University, Mansfield University and Edinboro University also have the requirement.

Shippensburg University and Indiana University are also exploring the idea.

Some colleges, such as Allegheny College and Grove City College have four-year requirements.

The rule is up to the individual universities and not PASSHE itself.

"Two years ago the staff, administration and student affairs noticed that there was a trend beginning, requiring students to spend two years on campus," said Nowaczyk.

"What nationally people were finding was that schools that were implementing two-year residency requirements were showing a higher graduation and retention rates."

There are ways to get around the rule however. Students who are married, honorably discharged from the military, live with their parents or guardians less than 30 miles away from campus, over the age of 21, part-time students or single parents are exempt.

Nowaczyk said out of all university sophomores on academic probation two years ago, a "disproportionate share" lived off campus.

He also said while the rule was not intended for monetary purposes, there is value in retaining students.

"We're very cognizant of the cost of higher education," said Nowaczyk. "One of the worst things we could have happen is have students be here for a year, have the parents pay tuition for a year and then have the student drop out."

The university is looking at making adjustments to the rule for students who excel on campus.

Students who are involved in high campus organizations and have a high GPA would have the option to opt out of the rule.

"What students are learning goes well beyond just sitting in a classroom 12 hours a week," said Nowaczyk. "We're seeing that second year on campus...to help shape their studies and what they're doing. A lot of what goes on in the educational process happens outside the classroom."

Meanwhile, landlords are gearing up for a change in business strategy.

Kumar said Eagle Park is making upgrades to its rooms, common areas and amenities to be more comfortable.

"The main thing here we stress is the safety and cleanliness of our place," he said.

As for Clarion Campus Housing, Nelson said it is reaching out toward this year's sophomore class for next year.

"Now they have that whole year of thinking, 'What are we going to do?'" she said. "I know a lot of people are struggling and a lot of people are thinking that this could be the end of a business they've had for years and years."

Teen's exposure to second-hand smoke.

But it's not just the smoking that will not be permitted at the ball fields and playground. "Tobacco-free includes chewing," McDaid said.

She said the borough has heard grumbling about people smoking at the field but never hurts to keep people aware of Young Lungs at Play.

"This will be nice reminder to me hear no complaints (about policy) whatsoever," she said.

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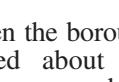
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When the borough was approached about the Young Lungs program, she said it was a no-brainer for her and the borough council.

"What are you telling your child when you're standing there smoking as they are out on the mound?" she questioned.

Young Lungs at Play is a state initiative to reduce chil-

ren's exposure to second-hand smoke.

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See CLARION, Page 8

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Bees do it. Butterflies do it. Moths do it. In fact, lots of insects do it — pollinate our flowers and edibles.

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### 'Twitch' gamers

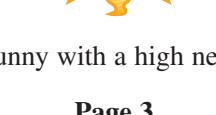


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### Deaths

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Franklin  
**Paul Andrew Porterfield**,  
Oil City  
**Kenneth A. Russell**, Franklin  
**Floyd B. (Mike) Sutton**,  
Franklin  
**Keith Bennett Wilson**, Fort Myers, Florida, formerly of Franklin  
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## 'Chronic pain makes you feel alone'



By Jerry Sowden

Robert Paddock holds a photo of his wife, Karen Shettler Paddock, who committed suicide on Aug. 7, 2013, after suffering from a debilitating and rare medical condition, called Cerebrospinal Fluid Leaks, that led

her to have severe pain. Paddock has been maintaining his late wife's online journal, one that she had previously kept for more than 20 years as a way to discuss her illness.

## Woman's online journal of disorder paves way for new medical courses

By SAVANNAH BARR  
Newsroom.TheDerrick@gmail.com  
Staff Writer

Robert Paddock is a quiet man with a single mission in life — to tell the story of his late wife's struggle with chronic pain and raise awareness of her illness.

He also wants people to know her suicide wasn't meaningless. That she lives on.

Robert describes Karen as his "best friend," and was devastated when she ultimately lost her battle with her daily, debilitating headaches and committed suicide on Aug. 7, 2013.

When Robert approached the newspaper, he wanted someone to write about his wife's suicide. An editor explained to him that newspapers don't usually report on suicide cases for fear of copycats. But Robert was humbly insistent.

"Her case is something different," Robert said.

And it was.

"My name is Karen Shettler Paddock. I am dead. I committed suicide on August 7, 2013, as I could no longer stand the excruciating headache caused by a Intracranial Hypotension, more commonly known as a Cerebrospinal Fluid (CSF) Leaks. A condition that is

more common than many think (for example Actor George Clooney had a CSF Leak and considered suicide), yet is so unknown that some doctors argue the condition does not even exist," reads the opening page of Karen's online journal.

Robert has made it his personal mission to help others by maintaining Karen's online journal. Karen wrote for more than 20 years about her life with chronic, debilitating headaches and struggle to find a diagnosis. Her illness became so severe that she saw no other way to relieve her pain than to take her own life.

See CSF, Page 8

## Tionesta ball fields to get new tobacco-free signs

By JILL HARRY  
JillHarry.TheDerrick@gmail.com  
Staff Writer

Two Tionesta Borough ball fields will soon be sporting some new signs.

The Church Street and the Old Beach baseball fields have been accepted into the Young Lungs at Play program, which designates the areas as tobacco-free zones.

"This achievement reflects (Tionesta's) commitment to promoting healthy lifestyles in the community," said Elizabeth Tipton, regional tobacco health educator for Adagio Health.

The Tionesta council approved the measure during its July meeting. Borough manager Colleen Call said the

signs are on hand now and will go up as soon as the public works schedule allows.

Mayor Judy McDaid is a retired nurse and was happy to see the program making the rounds into Tionesta.

"This is great," she said.

It is not the first time the borough has participated in such a program.

"We were right up front of this in the 80s," McDaid said. Tobacco-free signs were placed in the recreation areas and schools.

What happened to those signs over the years is a mystery to her.

"Somehow our signs were stolen," McDaid said.

See SIGNS, Page 8



Blasts powerful enough to be heard in downtown Donetsk came from the area near the airport, which has been under the control of government troops since May and has come under unremitting attacks from pro-Russia separatist rebels since then. See Page 2 for the full story.

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