

Flu season

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Medical Center in Eugene, said he has only seen a couple "suspected" cases of the flu, but a number of other viral illnesses.

"It's certainly nothing that could be considered an epidemic," he said. "But people can get pretty sick with what's going around."

This year's flu season marks the first time flu sufferers can buy prescription relief. In the past, people with the flu were told to treat their symptoms with over-the-counter medications, such as Tylenol or ibuprofen. But four new flu drugs on the market this year claim to relieve the symptoms flu sufferers typically complain of, while also lessening the illness's intensity and duration. The catch is, people suffering from the flu must take one of the drugs — Symmetrel, Flumadine, Tamiflu or Relenza — within 48 hours

after the flu symptoms start.

So far, doctors have had mixed reactions to the drugs, and no one is heralding the new drugs as "miracle cures" for the flu.

"For one thing, [a flu drug] is really expensive — \$40 to \$50, and studies show it will maybe cut down symptoms by one day," Jackson said. "But I think it's reasonable for people who are in risk groups, such as the elderly."

But healthy college students are almost better off not using the drugs and toughing it out, Jackson said, to allow their bodies to build up their immunity to the flu bug in case it makes a reappearance in a few years.

The best bet for students is to avoid catching the flu in the first place by getting a flu shot, Jackson said. According to the Centers for Disease Control and Prevention, this year's vaccine is well-matched to the flu strains that are circulating this year.

"There's a good chance if they get a flu shot now, within the

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Brian Berg
emergency staff
physician at Sacred
Heart Medical Center

next week, they'll be protected if we do get an epidemic," Jackson said. "Getting a flu shot is a reasonable approach and very cost-effective."

While most people get flu shots in the fall, doctors are advising students who haven't already gotten one to be vaccinated as soon as possible. The health center is still offering flu shots to students who haven't been vaccinated. The shots are available between 8 a.m. and 4 p.m., Monday through Friday, for \$4.

Development

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that could be improved, he said.

The opportunity to take the lead in environmentally sustainable development "exists because of student and faculty interest in environmental issues," he said.

The campus's environmental consciousness is reflected in bits and pieces throughout University documents such as the Long Range Campus Development Plan. The subcommittee hopes to create a single set of guidelines in one statement that will be easily accessible to architects bidding on future campus construction jobs, Livelybrooks said.

Implementing the guidelines now is especially important in light of the current wave of new construction on campus, Brown said.

"We hope to place a specific focus statement in the [LRCDP] that says this is important to us," Livelybrooks said.

The specifics of the guidelines are still being worked out.

"We've just started this as a committee," Livelybrooks said. "We're going through the process of what we mean by environmental sustainability and what that should mean to the University of Oregon campus."

The subcommittee, made up of faculty members, administrators and students, realizes that not all its guidelines will be enforceable

campus-wide. "Some solutions are outside of the CPC's jurisdiction," Livelybrooks said.

The next step for the subcommittee will be to learn more about environmentally sustainable development. It is hoping to learn more during the Architecture and Allied Arts Holistic Options for Planet Earth Ecological Design Arts Conference in April of this year, he said.

A panel of people experienced in sustainable management and development on other college campuses is scheduled to speak at the HOPE conference, said Scott Wilkinson, an AAA graduate student and co-chairman of the conference.

The subcommittee is scheduled to meet again Feb. 3.

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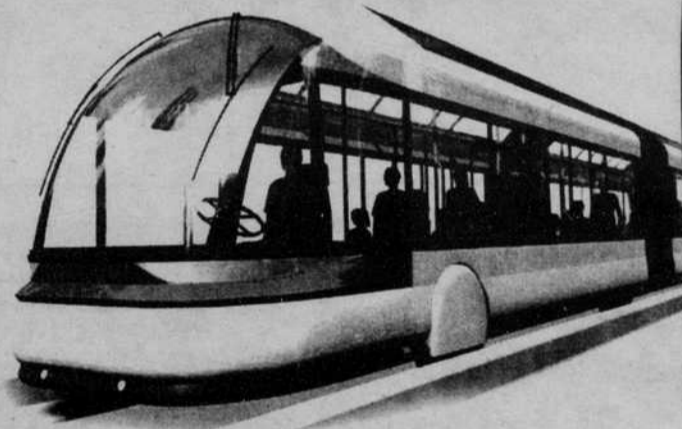
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