

# Summer brings fun, mandates health awareness

The sunny days of summer lure fun-seekers to countless activities, but pundits suggest precautions such as using sunscreen

By Ayisha Yahya  
Reporter

With boundless blue skies and the welcoming caress of long-awaited sun rays, summer months bring out the playful spirit in many people as they head outdoors for hikes, bike rides, strolls on the beach, barbecues, camping trips and parties.

"I like to swim, hangout at the pool, go to the coast — you know, the usual," general science major Keith Wytcherley said.

Yet, to fully enjoy summer, one must be ready to take some precautions to stay healthy and happy through the season.

University Health Center Nursing Director Anne Mattson said students come into the health center during summer with many different complaints, some of which she said could be easily prevented.

"We get a lot more injuries related to playing outside," she said. With the sun blazing, Mattson said it is necessary to know how to handle the heat. Since sunburns are common, and can

be extremely painful, Mattson suggests the liberal use of sunblock and avoiding overexposure to the sun.

Sacred Heart Medical Center Emergency Physician Dr. Geoff Gordon had similar sentiments. Gordon said drinking plenty of fluids like water is necessary to avoid dehydration, especially when exercising. Staying out of the sun also reduces the chance of getting heat stroke or suffering from heat exhaustion, he said.

Spending time outdoors leaves people more exposed to the troublesome parts of nature, including harmful organisms like poison oak, ivy and sumac. Exposure to these plants can cause serious itchy, red rashes.

"Some people can get so sick because they are so sensitive to the poison oak," Mattson said, adding certain medications like Tecnu can help dampen the plant's effects. "It kind of puts a shield between you and the organic plant that causes hypersensitivity."

People exposed to poison oak should wash the exposed area thoroughly. Mattson said dishwashing soaps like Dawn are also good at breaking down the oils that cause skin irritation.

Mattson said health workers also see a fair share of mosquito and spider bites, as well as bee stings. When

in areas that are insect-prone, Mattson said people can use insect repellents or wear long-sleeved garments to ward off bites.

For adventurous fans of summer, the use of common sense and attention to safety may keep away trouble. With biking being a prominent pastime in Eugene, Gordon said bikers should always wear a helmet even if it's not required for college-age students.

Mattson also suggested wearing sandals when wading in the water.

"We get a lot of cuts from glass that people can't see at the bottom of their feet," Mattson said.

Alcohol is also a concern, Gordon said, adding the emergency room sees a lot of college-aged students with alcohol-related problems.

"If you're going to drink, be moderate and reasonable," he said.

Mattson agreed.

"People have jumped off bridges when they were drunk, thinking they could dive, and really hurt themselves," she said. Both Gordon and Mattson said students should avoid activities like biking, river rafting or swimming when under the influence of alcohol.

The early part of the summer is also a prime time for allergies. Mattson said the Eugene area has an extremely high



Jessica Waters Emerald

Health center employees see many students with injuries and illnesses associated with the summer months; sunburns and allergies are among the more common midyear ailments.

pollen count and this year was one of the worst for allergies in recent history.

"What made it so bad is that we had a relatively cold, wet spring and everything dried up," Mattson said. "Within just a week, we had hundreds and hundreds of students come in for allergies."

To prevent the effects of allergies dragging out into the summer, Mattson said, students should get allergy

medicine early.

Whatever the time of the year, Gordon said people should be careful in what they do.

"I would encourage people to use common sense winter, spring, summer, fall," he said. "You're not Superman, even though you think you are at 20. Wear a helmet. Wear a condom."

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Jessica Waters Emerald

During a Campus Planning Committee meeting Monday, Mark Foster (right) of ZGF Partnership uses a campus model to illustrate possible locations for a new residence hall.

## New hall

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President for Student Affairs Anne Leavitt and Vice President for Administration Dan Williams have said they favor a location between Earl and Walton complexes, currently home to outdoor basketball and tennis courts. The plan would create a new quadrangle by building two separate structures — one adjacent to East 15th Avenue and one just south of the walkway between Carson Hall and the existing tennis courts.

Some have said this site would blur the line between academics and extracurriculars — a good thing, administrators said — and create a promenade-like path between the EMU and residence halls. The location would also help enhance East 15th Avenue.

"Vice presidents can be wrong, too," said Fred Tepfer of University Planning. "So that's why we're here today."

Members of the planning committee on Monday didn't explicitly agree with Tepfer's precursor to discussion, but after more than an hour of debate, they didn't discourage it either.

Instead, the planning committee decided to draft a detailed report of the proposed site after failing to reach a polarized recommendation.

Director of University Planning Chris Ramey noted that the proposed 142,000-square-foot building would exceed designated land use for the area by 100,000 square feet. Employment Services Coordinator Pat Ferris said she thought construction in the area would create a "canyon" feel. Associate Dean of Sciences Gary Seitz said if land provisions were to be re-designated to accommodate a building of that size, it would be better served for faculty and teaching purposes.

"There's a strong sense that dorms should properly be off-campus," Seitz said.

Architecture professor Nancy Cheng expressed similar sentiments.

"I guess I have some worry about giving so much to our freshmen," Cheng said.

Leavitt, on the other hand, said the University is losing out on the recruitment of top-notch freshmen because of the aging residence halls, and urged the committee to understand the necessity of creating better housing.

Meanwhile, Housing Director Mike Eyster tried to reaffirm the idea that since the project will be funded with bond money and students' rent money, it should meet student needs.

"This may seem like a small amount of academic space, but all the money for it is coming from residents," Eyster said.

The planning committee reviewed three sites Monday, a list whittled down from double-digit possibilities. The second proposal would straddle the existing promenade, with buildings near Carson and Walton. A third area near Bean Complex, where basketball courts are currently situated, was also examined.

"The biggest complaint I hear from students in Bean is not the size of the room, not the size of the window; it's how far they are from their classes," Eyster said, noting a desire to keep a new location closer to the center of campus.

Instead of coming to a formal recommendation on the site, the committee decided to create a report noting various aspects of the location between Earl and Walton complexes. The decision came after many members of the committee left the meeting when it went over the scheduled time, and after Planning Associate Christine Thompson stressed that it was all right if the group didn't come to a finalized conclusion.

The idea of recommending the site with specific conditions was also broached, but without those particulars set in place, the suggestion wasn't feasible.

"I feel like I'm writing a blank check," Ramey noted.

With 414 beds, the Living Learning Center would boast a capacity similar to Barnhart Hall's, which in 1967 was the last residence hall built. Bean, completed in 1963, was the last residence hall constructed on campus proper.

Despite the apparent lack of forward progress for the Living Learning Center, Tepfer said planners will move on to the next stage and look at designing the structure. Schematics should be finished sometime this fall, he said, as should some behind-the-scenes details.

And where the residence hall finally gets situated? That's up to the big guy.

"(University President Dave Frohnmayer) ultimately decides on every new building" Leavitt said. "So it will come back to him."

Contact the editor in chief at [editor@dailyemerald.com](mailto:editor@dailyemerald.com).

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**Tuesday**  
"Web Publishing II." Information Technology Workshop that includes an introduction to cascading style sheets, HTML entities, adding color to images and other HTML, 2:00-3:50 p.m., Edmiston

Classroom at 144 Knight Library, free. Prerequisites: Web Publishing I or equivalent knowledge and skills.

**Thursday**  
"Best Essays NW" book reading and signing, 7:00 p.m., Barnes & Noble at 1163 Valley River Drive. Includes contributors Lauren Kessler, Robin Cody, Bobbie Willis, Cynthia Pappas, Corinna Wycoff and Steve McQuiddy.

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