

ADVERSITY

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Lintner had a new focus — creating a better way to house the sick. He said until the cancer, he had not thought of such a career path. "I had never given health-care design much thought," Lintner said. "After spending so much time in hospitals, my view changed."

George Mann, an American Institute of Architects Ronald L. Skaggs Endowed professor of Health Facilities Design, has known Lintner for six years as both a friend and a student.

Mann said he recommended Lintner seek the American Institute of Architecture and American Hospital Association fellowship due to his special perspective on the subject.

"Carl is a very special student," Mann said. "Not too many architects can view design as a cancer patient."

Lintner's designs reflect his feelings on how the healing process should occur.

He said patients need to feel close to the outside world.

"They need access to nature, whether it be an atrium or water fountain," he said. "The exposure reduces stress and helps healing."

Lintner said the patients should have more privacy.

"There should be space for the patient's family guests during long stays at the hospital," Lintner said.

Mardelle Shepley, an associate professor of architecture, said Lintner is a remarkable person.

"He is taking direct action to make the world a better place for patients," Shepley said. "Carl has not just survived the cancer, but he is using it to his advantage."

Mann said the whole college of architecture believes in Lintner.

"We believe in him," Mann said. "He is making a wonderful contribution."

Lintner said others who are sick, must stay positive and believe they are going to get well.

"Negative thoughts are not a good thing when you are sick," he said.

Relieve stress with some cathartic fun Second annual event offers students advice, humor

BY STEPHEN WELLS
The Battalion

It lurks in the impossible class schedule. It stalks a student during the first two weeks of class. At test time, it pounces and forces normally sane Aggies to go on all-night study binges. But the only time students really think about it is when they say, "This is my stress week."

Today, in the fountain area of the Memorial Student Center, students will get the opportunity to strike back at stress during the second annual Beat the Hell Outta Stress Day.

Dr. Andy Smith, associate director of counseling for the Student Counseling Service, said students should attend Beat the Hell Outta Stress Day and learn all they can about it before it becomes a problem.

"The basic idea behind the whole event is to get information about stress to students early on in the fall semester, about the time when students start to hit the wall with exams and papers," Smith said.

All of the events will be located in and around the MSC, and the day's events are divided into three general categories.

In the morning and early afternoon, large tents in the fountain area will offer a variety of activities to help students deal with the stress they have in their everyday lives.

One such activity is the wall, a large temporary-wall covered in paper upon which students can write to vent their frustration. Stress balls will be given away at some of the booths.

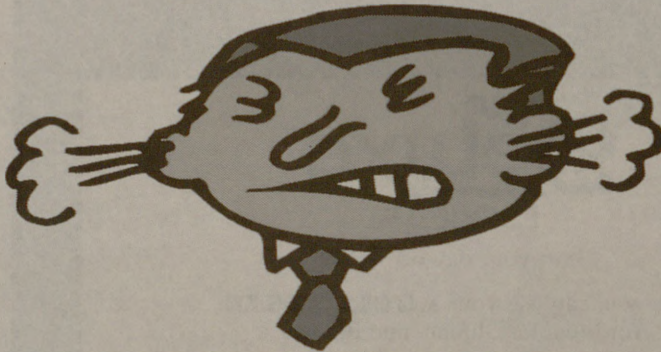
Inside the MSC, a series of seminars, ranging in topics from proper nutrition to relaxation techniques, are scheduled to take place.

At the end of the day, students who think they may be suffering from an excessive amount of stress can attend a free anxiety disorders screening. This screening is designed to identify prob-

lems students are experiencing and to determine whether they may need help in dealing with their stress.

Miranda Fulton, a senior nutrition major and a member of Aggie R.E.A.C.H., said students can feel better and more relaxed by simply laying off the fried food.

"Good nutrition is just another part of general health and well-being," Fulton said. "For example, too much caffeine can raise your stress levels. It also works the other way. Higher stress can cause intestinal discomfort. Eating well will make you more comfortable."



For those students not ready to make the total commitment to a diet of tofu and fiber, there are several quick fixes students can use to stay out of the dumps.

Scott Junkins, a junior biomedical science major and member of Aggie R.E.A.C.H., said one simple rule will keep some of the doldrums at bay.

"If you're in a stressful situation, the thing to keep in mind is to make sure you eat well to keep your energy up," Junkins said. "Candy is good for quick energy, but that energy boost is followed by a pitfall. Things like fruits give you a nice sustained energy level all day. It is okay to reward yourself with a dessert, though. It gives you something to look forward to."

Some of the topics covered, however, are those students would immediately identify with stress. One such seminar is an Aggie Luv Line, modeled after the

MTV show.

Sheilah Looney, a senior community health major and member of Aggie R.E.A.C.H., said students should be prepared for stress when entering a relationship.

"Relationships are very stressful to the average college student," Looney said. "Information about how to talk to your partner, as well as information with regards to your own body, sex and sexually transmitted diseases is important."

College students should listen to a knowledgeable person when it comes to their bodies, Looney said.

"When I go out and talk to people I see that there's a good mix of people who have a lot of information and a lot of people who are misinformed," Looney said. "I've been doing programs for a while, and I've seen people who are really on top of things and I see people who are shocked at the information that I reveal to them."

An important message of Beat the Hell Outta Stress Day is ignoring stress can prove harmful.

"Stress is very real," Smith said. "Everyone experiences it pretty much all day. Stress is simply the experience of adjusting to changes that you perceive. Every aspect of our lives involves some kind of stress, and in small doses stress challenges us to do something with our lives and is a positive influence."

Smith said there are several warning signs when diagnosing a serious, stress-related mental state.

"Too much stress can show up over a period of time," Smith said. "You may be getting angry at your roommates more often or not having as much empathy for others or even getting sick more often since stress depresses the immune system."

"A result of too much stress is depression. When you feel like you don't have any reserves or any energy. In severe instances, depression can lead to suicide."

WEHNER

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The Wehner Building also houses two lecture halls seating 126 students. The Wehner Building's classrooms have access to an entire suite of audio/visual equipment including a VCR, overhead projector and computer.

Currently, each classroom is equipped with a Pentium 166 PC computer running Microsoft Windows 95 and Microsoft Office 97. A video/data color projector is used to project a computer-generated presentation as well as video images. A video cassette recorder/player located in each classroom. Every classroom has a communications dock with multiple ports including an ethernet connection link to any of the numerous computer servers in the building, the University mainframe or to the Internet.

In addition to all the available equipment used to enhance the students' learning experience, the Wehner Building is faculty-friendly.

The Mays faculty has the use of a Research and Mental Learning Lab, rooms 101 A-F. The research lab consists of five interview rooms and an audio/visual control room. This area is suitable for small group marketing studies or other experiments or research.

Each of the interview rooms in the lab can seat 10 people. These rooms are equipped with a video camera which allows facilitators to record the group dynamics. The interview rooms can also be monitored through way windows found in each room.

Mike Goldwater, assistant director of facilities maintenance and renovation, said maintenance for the building is state-funded.

"Maintenance for all the buildings on campus is funded," Goldwater said. "The state gives anywhere from 72 cents per square foot per year to maintain all A&M's buildings."

According to Goldwater's figures, \$133,000 is used for the Texas A&M University Physical Plant on the upper level of the Wehner Building.

One of the few problems with the Wehner Building has been finding a parking space. As the University has expanded westward, parking has gotten to be a bigger problem for both students and faculty.

In 1994, one parking lot close to the construction of the Wehner Building turned into a staff parking lot. In '94, two new lots providing 430 spaces was built, and a route was implemented to make parking and travel on campus easier.

Tom Williams, Director of Parking Traffic and Transportation, said PTIS is currently considering a West Campus Parking Garage in order to alleviate any parking problems caused by the construction of both the E.L. Wehner Building and the George Bush Presidential Library.

The Wehner Building is one of the newest buildings on campus. Its history consists of many business meetings of business related organizations on campus but the future looks bright to expand the uses of the building which will continue to make it one of the most important buildings on campus.

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