# HEALTH HELP

If you have a cold, need condoms or just have a broken finger, go to the Thomson Student Health Center. It's there for **YOU.**

By DIONNE GLEATON

*Staff Writer*

The Thomson Student Health Center serves a very important purpose for both USC's students and faculty.

The well-trained staff provides high quality health care and the assurance that each facet of the center develops to fit the changing needs of health care. In fact, the history of the center gives evidence of how much has changed since the late 19th century, when formal student health care first developed under university support.

In 1883, President McBryde created a "makeshift infirmary" on the second floor of Stuart's Hall. However, there was a a crisis of growing infections such as typhoid fever, measles, and mumps on campus before modern plumbing and adequate sewage facilities, according to Hollis' "The University of South Carolina."

Since the president realized that more had to be done to meet the demands of affected students, the board of trustees created a new permanent infirmary on the south side of College Street in 1888. It was the only new building erected on the campus during the years between the Civil War and the beginning of the 20th Century.

According to Bill Hill, the director of the health center, the new infirmary presented a more efficient method of treating individuals who were affected with the diseases.

It was not until 1907 when Ann H. Jeter presented the university with a gift of $15,000 dollars for the erection of an infirmary in the honor of her nephew, Wallace Thomson, a university graduate. Completed in 1908, The Wallace Thomson Infirmary was located on the southeast corner of Bull and Greene streets, and provided, for the first time, adequate facilities to ensure the growth of student health.

The truly modern years of the Student Health Service began in 1972 when Dr. Isas Hirata became director. The service moved from the original Wallace Thomson Infirmary to the present facility in May of 1973, and has grown to become one of the only 80 nationally accredited college health centers.

The Student Health Services are comprised of three organizations: the Thomson Student Health Center, The Health and Wellness Programs, and The Counseling and Human Development Center. While the general health center provides basic health care, such as shots and routine examinations, the Health and Wellness Programs provides a Drop-in Center which is staffed by Peer Health Educators who are part of Open Door, a 15-year-old student organization.

Students can simply drop in for consultation and written materials on such concerns as weight control, nutrition, and stress management. Students can also get their blood pressure and body fat measured in the Drop-in Center.

The Office of Sexual Assault Programs and Services has been incorporated into the program and consults with sexual assault victims.

The Counseling and Human Development Center makes available a wide range of mental health services, including psychological and social counseling, and psychotherapy.

The Women's Care Clinic has seen the most impressive changes. Although the clinic offers basic gynecological services, there's been a new service added called colpofcopy. This service provides examinations of the pelvic area, as well as the procedures and treatments associated with it. Due to the high rate of women with pelvic inflammatory disease, the service was warranted according to Bill Hill, the Health Center's director. In order to keep up with the demand, "the Women's Center increased it's staff by one female physician last spring," he said.

An examination costs $30, but prices elsewhere can reach as high as $250. Other services of the Women's Care Clinic include routine examinations, STD treatments and some minor surgery.

As far as statistics go, the Student Health Center is impressive. The Counseling Center sees about 5,000-6,000 people a year. It is staffed by psychologists, psychiatrists, a social worker and supervised psychology interns. The Health and Wellness Programs sees as many as 12,000-13,000 students a year. They may come for various reasons, including dietician's visits, open door visits, and other needs.

The Thomson Student Health Center has a proud history. The center has tried to accommodate the changing health care needs of students and take pride in being able to make them healthier and more productive.

"We are here for our students and we want to encourage [them] to see our programs as their medical assistants," Hall said.
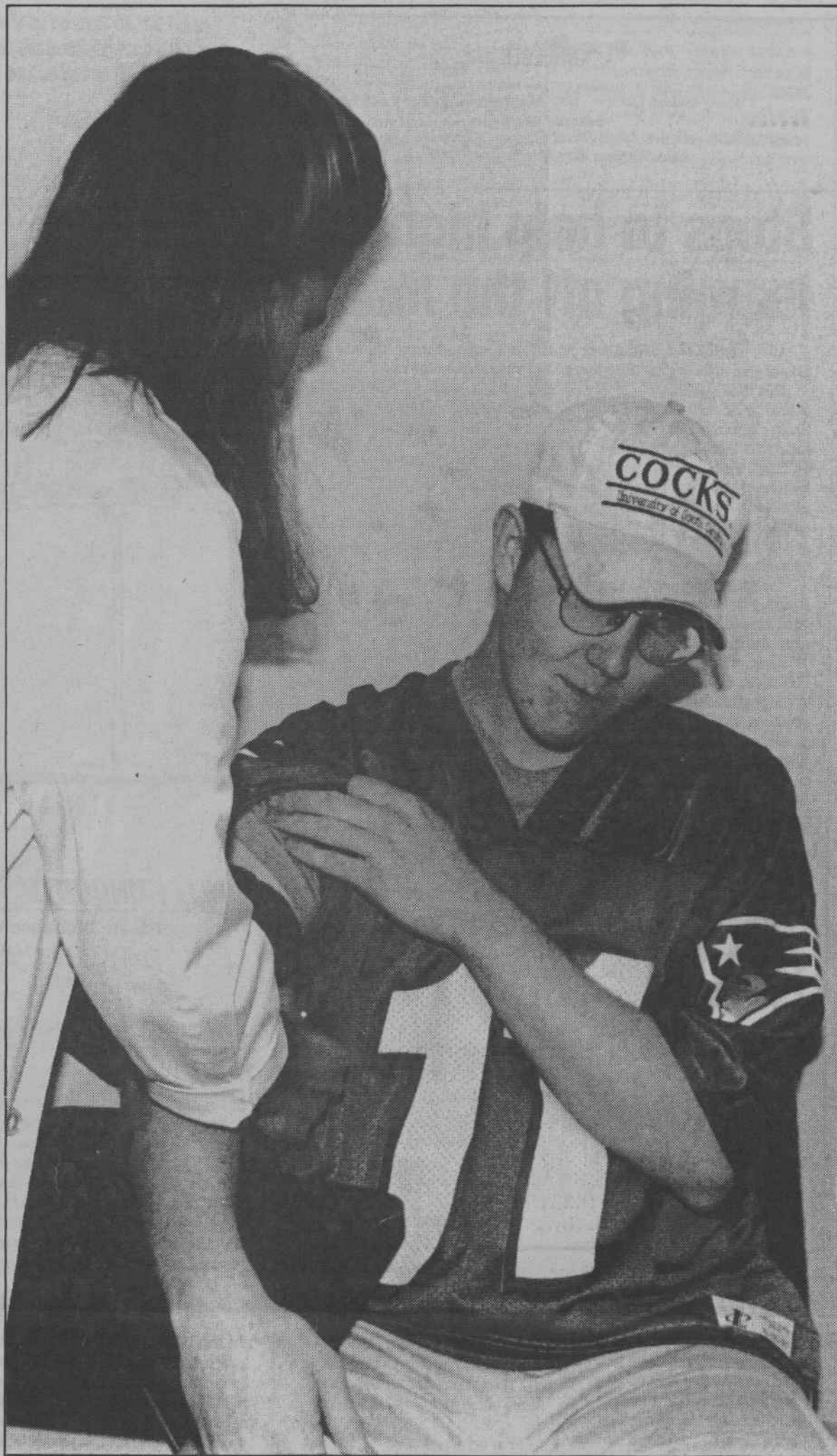


KARA STOVALL The Gamecock

**Peter Wallace, a freshman sports administration major, gets a shot in the arm from Student Health Center nurse Brett Wilcenski.**

# Tips for trashing and tossing stale e-mail

As I took mainframe technical support calls Monday morning for USC's Computer Services Division, a disturbing trend begah to emerge.

Callers would usually start out by saying something like, "Hi, I have half a million e-mails in my inbox, and the system says there isn't enough memory to delete them. Can you help me?"

OK, so no one really had half a million. But several people did have messages numbering in the two and three hundreds.

Upon seeing how many users were being deluged by e-mail, I decided a column about e-mail management might be wise.

When I look at e-mail inboxes, mailing lists are often the No. 1 cause of problems.

Mailing lists are discussion groups about specific topics where list members e-mail each other with information and opinions. Some active lists can have thousands of members and generate hundreds of messages in a day.

Active lists are what created most of the Monday morning problems I was helping people with. Users had joined active lists that generate large amounts of e-mail each day and then left for Thanksgiving Break.

By the time they returned, their inboxes were either too full to easily sort through or so full they even couldn't delete messages from them.

"So all-knowing computer guy, how do I prevent this from happening?," you're asking. Well, you have several options if you feel your e-mail situation has gotten out of hand:

• **Digests.** Most mailing lists, especially the active ones, allow you to receive list posts in digest form. A digest is one e-mail message that contains all of the list posts for a day or other set period of time.

The advantage of a digest is that instead of getting 30 messages from a list during the day, you get one long message giving you all 30 posts. It is much easier for you to manage one long message, and it won't clog up your system.

If you are interested in getting a digest for a list you are on, refer to the welcome message you received when you joined the list for instructions. If don't have a welcome message, contact the list owner for help.

• **Newsgroups.** You may not need to be on a mailing list at all. Many large mailing lists are mirrored by Usenet newsgroups. This means what is posted to the list is also posted to a newsgroup. Even if your mailing lists aren't mirrored, there may be newsgroups that deal with similar topics.

The advantage here is disk space and time. No longer will your inbox be cluttered with list messages each day. Instead, you can browse newsgroups at your leisure and view only the messages you feel are interesting.

To find out if your mailing lists are mirrored or if newsgroups with similar topics exist, consult your welcome messages. If information isn't there, contact list owners or simply browse newsgroups and see if any relevant topics are present.

• **Plan ahead.** If you know you are going to be away from your e-mail for an extended period of time, take steps to avoid a problem.

For lists that might overflow your inbox, consider putting them in digest form or even unsubscribing temporarily. You will be glad that you did when you get back and find 30 messages awaiting you instead of 300. And once you get back, don't be a pack rat. Throw away messages you don't need.

I think I will take this opportunity to shamelessly plug my own mailing list for this column, T-BABBLE, once again. Subscribers to T-BABBLE get to read my words of wisdom each week by e-mail. Best of all, I only send out one message a week so it's an easy list to ... uh ... digest.

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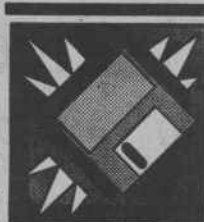
**TECHNOBABBLE**
Marc LaFountain



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## Let's Get Cookin'

Recipes provided by the Health and Wellness Center

### Chocolate Cheese Pie

1 pkg instant chocolate pudding
1 lb. cottage cheese (or part skim ricotta)
3 T sugar
1 tsp. vanilla extract
1 C water
1 envelope unflavored gelatin
1 graham cracker crust (or Grape Nuts crust, below)

Sprinkle gelatin in 1/4 cup of the water, then stir over low heat (or microwave for 20-30 seconds) until dissolved.

In blender, blend cheese, sugar and vanilla extract. Add gelatin and remaining water.

Pour into baked crust until crust is half full. Chill. Meanwhile, make instant pudding (according to directions for "pie") and pour over cheese layer in pie shell. Tip: There will be cheese and pudding left over

### Grape Nuts Pie Crust

1 1/2 C Grape Nuts cereal
2 oz. frozen concentrated apple juice
1/2 tsp. cinnamon

Combine ingredients and press into 9-inch pie pan. Bake at 425 degrees for 12 to 15 minutes. Add your favorite filling.

### Even-A-College-Student-Can-Make-It Lasagna

16 oz. skim ricotta cheese
8 oz. shredded mozzarella
1/4 C egg substitute

10 oz. frozen spinach, thawed and drained (save juice)
1 C spinach juice and water

1 tsp. salt
dash of pepper
1/4 tsp. oregano
2 15 oz. jars spaghetti sauce
8 oz. package lasagna noodles

Cook noodles according to package directions.

Combine ricotta, mozzarella, egg, spinach and spices. Make the following layers in a 13 x 9 x 2 inch pan:
1/4 sauce
1/3 noodles
1/2 cheese mixture
■ Repeat all three and end with sauce
■ Sprinkle parmesan or mozzarella on top, if desired.

Pour spinach juice/water around edges. Cover securely with foil. Bake for one to 1 1/4 hours at 350 degrees. Cool 15 minutes before serving.

### Chicken Tortilla Wedges

4 6-inch flour tortillas
1 C shredded cooked chicken
1/2 C frozen corn, thawed
1 T chopped cilantro (optional)
1 1/2 C reduced fat cheddar cheese
1/2 C medium salsa
1/4 C chopped red pepper

Heat oven to 350 degrees. Place tortillas on cookie sheet. Bake 5 to 7 minutes or until lightly browned. Sprinkle 2 tablespoons of the cheese on each tortilla.

Mix chicken and salsa; spoon over cheese on each tortilla.

Top with corn, red pepper and remaining cheese.

Bake 7 to 10 minutes or until thoroughly heated and cheese is melted.

Sprinkle with cilantro. Cut into quarters.

### Mexican Chicken and Rice

2 boneless, skinless chicken breasts, cut into 1 inch pieces
1 jar (15 oz.) chunky salsa
1 1/2 C "minute" brown rice
1 T chopped green onion
1 T chili powder
1 T oil
3/4 C water
1 C low-fat cheddar cheese
Red pepper strips

Coat chicken with chili powder. Heat oil in skillet over medium-high heat. Add chicken; stir-fry for 4 minutes or until chicken is tender. Add salsa and water; bring to a full boil. Stir in rice. Reduce heat; cover and simmer for 5 minutes. Top with cheese. Let stand 5 minutes.