

# Review of O'Keeffe's work off-base

The Associated Press

At the turn of the century, 12-year-old Georgia O'Keeffe decided on a Sun Prairie, Wis., farm to become a painter. Sixteen years later, Alfred Stieglitz had O'Keeffe's first exhibit in his gallery, 291.

What struck him about her work was that it clearly had not been influenced by known traditions. She was an original — not influenced by fellow artists, as Sarah Whitaker Peters suggests in her new book, "Becoming O'Keeffe: The Early Years."

The Early Years."

In a 1976 interview, O'Keeffe said: "It's as if my mind creates shapes that I don't know about. I get this shape in my head, and sometimes I know where it comes from, and sometimes I don't." Rather than study whether Stieglitz, Edward Steichen, Charles Scheeler or Paul Strand influenced O'Keeffe with their photography, why not look into how O'Keeffe managed to see things in her unique way?

In "Becoming O'Keeffe: The Early

Years," Peters fails to go back far enough. The early years she discusses are adulthood, ranging from 1915, when she was 27, into the 1930s and later. She never gets into O'Keeffe's formative years.

In O'Keeffe's own 1976 book, "Georgia O'Keeffe," the artist begins with a discussion of her earliest memories, including one before she could walk.

She describes, still vividly 88 years later, the brightness of light, pillows all around, and her Aunt Winnie's "goldish hair done high on top of her head — a big twist of blond hair and lots of curly

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## Relief

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technique here is to tell them to get to work.

"And there's the person who puts absolutely everything into getting good grades, so they feel stressed. They need to widen their activities a bit and be social. They need to spend some time with friends."

Martin's overall message to students faced with stress at exam time is to look for balance. "Look for releases during exams," he said. "Try and maintain some kind of balance, even if you have a lot to do."

At the Wellness Resource Center, students can talk about their problems with trained graduate students, who volunteer two hours each week.

"We call it peer health consulting," Holliman said. "The grad students may relate to people with problems. It's like, 'I know where you're coming from.'"

Holliman said it was important to recognize the signs and symptoms of stress. These include headaches, insomnia, backaches, nausea, depression and irritability.

"Exercise is important in stressful times," Holliman said. "Exercise is a

stressor to the body that gets the body used to meeting a high demand of stress. It's a tension reliever."

In addition to one-on-one conversations between counselors and students, the University Counseling Center and Wellness Resource Center use group presentations and workshops in residence halls and fraternity houses to help students.

"Another thing in the line of stress is improving study skills and time management," Martin said. "We offer workshops in these areas. We like to do individual work and group work."

Holliman said, "We have programs on good nutrition, exercise and massage for stress management."

She added that students should do something about the things that stress them, whether those stresses are academics, social relationships or money.

"You can ignore it and hope it will go away, but that's not always healthy," Holliman said.

"You've got to do something about it. Change the situation, or change your attitude (to the stressor). That may change your reaction to it."

## Stress

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stress.

Trei Primm, a freshman math education major from Mebane, is an example. "What do I do to avoid stress? Ignore it," Primm said.

In his list of stressful things, Primm mentioned: "8 a.m. classes, tight underwear, cafeteria food, lousy teachers, AIDS, high bricks in the sidewalk and constipation."

Maricia Moye, a sophomore journalism major from Edenton, also said she thought stress was overrated. She said people shouldn't get so stressed out. "Life sucks, then you die; so chill out."

Parents will be interested to know that students listed family relationships as something they often stress about.

Intimate relationships, along with money and the future, are things that plague the minds of students. Some other suggestions to cope are: eat, drink and sleep.

So, while you're studying for that exam after procrastinating, get out the chips, turn up the music and ... chill.

Nathan Johnson, a sophomore psychology major from Winston-Salem, summed it up: "Relax. Life is too short to stress out."

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