

THE STUDENT NEWSPAPER OF NORTH CAROLÍNA STATE UNIVERSITY SINCE 1920

the grade Making

As exam time nears, students find themselves sacrificing health to salvage GPAs.

Carie Windham

"Does anyone know what day it is?" someone asks aloud.

It's nearly midnight on Monday, but the design studio in Brooks Hall shows no signs of thinning out. On one wall, Billy Askey sits hunched over his perspective project, methodically measur-ing and sketching. The window sill next to his desk is lined with crumpled candy wrappers and empty Gatorade bot-tles — his fuel for the long night aheao

Across the table music hums from the radio, and a neon-green sticky note spells out one command. "stay."

One could understand why he would need the encouragement

Askey, a sophomore ir arcnitecture, has yet another al.-nighter anead. He has already pulled five during the .ast week He says he's getting used to the lack of sleep. "I've got to get the work done," he said

Askey is like countless other students who often abandon sleep and other healthy habits as exam time nears and deadlines creep closer. But what most students do not realize is that they may be sacrificing their health to salvage their **GPAs**

Jacquelyn Schechter, a clinical psychologist at Student Health Services, said that the worst mistake students make when they arrive at college is procrastinating and putting off what needs to be done in favor of indulging in other things that aren't as important. Also, many students come to college with poor study habits

"It's like jumping into the deep end of the pond without having learned to swim," she said. Procrastination and poor study habits coupled with an influx of work and deadlines at the end of the semester often leave students consumed by stress

We're all under pressure and feel tense this time of the year," she said. "Tempers flare, normal routines turn upside-down and bad habits get even worse," said Schechter.

But stress is more than just an inconvenience. When school, work and life become too much, students run the risk of falling victim to distress, burnout and anxiety. Distress is a natural fear reaction to

stresses in life. It is often characterized by feeling overwhelmed or inadequate. Ellen Fragola, a junior in business. knows that feeling all too well. She said she constantly feels stressed and associates that with her driven nature.

'I've always been really goal oriented. If I didn't get an A+, as opposed to an A-, I feel like I'm not a smart person," she said. She estimated that in the past she has pulled an all-nighter as much as once a week or three to four during finals.

"It's gotten a little better because I've tried to convince myself that it's just grades and it doesn't mean who I am," she said.

Distress also leaves many people feeling like they have no control. Fragola ad-mitted that she doesn't ever feel as though she is caught up with all her work.

"There is always something I can read or something I can do," she said, "It's overwhelming.

In the long run, distress can cause psychological misery or even physical illness, since such demands can cause wear and tear to the mind and body. Students can often become anxious when they feel that they can never measure up to the obstacles before them.

A distressed student often experiences symptoms in three areas: physiologically, behaviorally and psychologically

Physiologically, a person might have headaches, fatigue, dizziness or a pounding heart. Behaviorally, they may withdraw from social circles, abuse drugs or alcohol, ignore or indulge in sleep, be irritable or act impulsively. Cognitively, they may experience nightmares, frightening thoughts or overt focus, or have

trouble concentrating. Losing sleep can be especially detrimental as it often leads to sleep depriva-

tion, which has serious consequences. "Your body suffers, your concentration and focus suffers, and your health can

start to suffer after a while," Schechter Jennifer Windham, a second-year vet-

The Student Organization of

dents from Hong Kong. Kay was told

that maybe they could join it instead of

But Kay explained why the students

from Hong Kong felt they needed to form SOHK.

"We have a different language and cul-

In China, there are more than a thou-

sand different dialects across the 30

provinces. In the United States, the ma-

jority of Chinese students speak Man-

darin, the official language in China, to

communicate with other Chinese stu-

isting four Chinese organizations at

NCSU use Mandarin for conversation.

But Hong Kong's dialect is Cantonese.

For this reason, some of the students

ers of the ex

In addition, the mer

forming a new group.

ture," she said.

See GRADE page 4

Guest Reporter

campus.



WEDNESDAY DEC. 4 2002

Raleigh, North Carolina

With the stress of school, especially during exams, many students resort to study aids such as coffee and energy bars. Photo illustration by Rob Bradle

- Seek professional assistance when necessary. The Counseling Center at Student Health Services is available at 515-2423.
- Avoid procrastination Make changes in situations you can change, and accept those
- you cannot. • Take deep, slow breaths to calm down.
- Develop a relaxation scene.
- Decrease intake of caffeine, alcohol and sugar, if appropriate.
 Develop a regular sleep routine.

Information provided by Jacquelyn Schechter, psychologist, N.C. State Counseling Center

- Become more socially active in ways that are satisfying. Develop an exercise program.
- Pace and prioritize your activities.

Setting the foundation



ture, construct a partition slot wall system for a migrant farm worker bathroom. The project is part of their design/building studio class. Staff photo by Rian Thomas

Get a FREE Pint Glass

Pint Night

Student Organization of Hong Kong provides home away from home

"We enjoy the feeling that when we talk

newest and fastest growing organizations

I believe the members of our organization will increase in the future," said Kay,

Pak Keung Yip, a senior in civil engineering, studied at Wake Tech Community College for two years and has been at NCSU one year. He said that the

helped him deal with his homesickness

a good place for study," said Keung. "NCSU was famous in [the] textile industry about 30 years ago," said Ray-

There are approximately 30 students on campus from Hong Kong. Student culture is another reason SOHK was

FREE Glass WEDNESDAY

formed said Kay. The majority of students from Hong Kong are undergraduate, young, single and in their early 20s, while more than half the Chinese students from mainland China are doctoral students and come here with their fam-

"We use our own style to spend our spare time together and help one another to release stress from study," Kay said. "The goal of SOHK is to help one another to study, keeping Chinese culture, getting into the U.S. society. Before the SOHK was formed, we used to study together before the exams, so we will keep this kind of study group as the tradition of SOHK.

One of the club's main goals is to preserve Chinese culture. Kay recalls that during the Chinese New Year last spring, she was studying when her mother called her on the phone and asked why Kay didn't call her and send blessings to her on the first day of Chinese New Year.

In the Chinese tradition, people will bless one another for luck, health and wealth during the new year. Kay was surprised of her own neglect of the most important festival in China. No one else had reminded her.

"SOHK will do something on the Chinese festivals for keeping our culture in our minds," said Kay.

SOHK launched a mid-autumn, fullmoon festival celebration on Sept. 21 for over, SOHK joined the volunteer teams for the university open house on the same day.

See SOHK page 2



Hong Kong, a newly registered about events, movies, many different topics with our dialect, we understand campus organization, offers social activities, emphasizes academic one another fully," Kay said. achievement and values cultural Student Government understood this need, and now SOHK is one of the awareness of the country. ilies

Kwai Chun Chan

on the university's campus.

"SOHK has about 20 members ... and Before the Student Organization of Hong Kong (SOHK) was formed, the N.C. State the president of SOHK.

Student Government recommended that And judging by the organizations cur-rent member count, Kay may be right. Ka Kay Cheng look into joining some of the already registered organizations on With more than 10 organizations related to the Asian culture, she was told that perhaps one of these organizations would friends he has met through SOHK have fit the requirements and needs of the stu-

I appreciate the friendship of SOHK. In addition, the thing I have appreciated most is the calm environment in Raleigh. Compared with Hong Kong, Raleigh has four seasons, trees and lawns, fall color, quiet and beautiful. Raleigh is

mond Ting, the SOHK's adviser. During that time, many factories in

Hong Kong sent their employees to NCSU to study textiles. But since the decline of the textile industry in Hong Kong, the number of Hong Kong students at NCSU has decreased.

News

Spanish class to focus on the health profession

With Hispanic and Latino populations increasing across the area, N.C. State and others are developing programs to promote health awareness for Spanish speakers.

News Staff Report

SOHK

continued from page 1

fundraising."

One of the fastest-growing pop-ulations in the United States is that of Hispanic/Latino Americans. This rise is often associated with a rise in limited proficiency speakers and a greater demand in the professional world for peo ple who can speak both English and Spanish.

With that in mind, N.C. State began offering a special Spanish

Tally Student Center," she said,

lanterns beside the vendor to

sold these beautiful lanterns for

Monica Ng, a freshman major-

ing in mass communication, ar-

rived at NCSU in August. She is

SOHK. She enjoys being a part of

SOHK and receiving support in

her new environment. She and

Donald Li, vice president of

SOHK, are working on the

Before arriving at NCSU, Mon-

ica had no idea what to expect.

She had even planned to transfer

SOHK's Web page.

computer technician for

course geared toward people in the health field or those who plan to enter it. A shortage of interested students, however, could erase the class for future generations

Spanish for Health Professions is a relatively new course at the university. Students who volunteer in multicultural settings, such as the Open Door Clinic, or those who plan to work in the health field often take advantage of its unique structure. Next semester, however, the class is in danger of being canceled unless more students enroll.

While it follows much of the same structure of traditional Spanish 201 courses, it has a focus on the health profession. Students can expect to learn health-

specific vocabulary and the names for locations within a clinic or hospital. There is also an emphasis on aspects of the Spanish culture such as herbal and folk medicine, the importance of family, the role of religion, and diet and nutrition.

Much of the course emphasizes ways to communicate with Hispanic clients and ways to respect the culture and patients

Finally, guest speakers are invited throughout the semester to offer more insight and guidance. Students interested in the course should contact Cheryl Block, Spanish professor, at 515-3297 or register for the course via TRACS. The course call number is FLS201-003.

mester at NCSU. But after three

weeks, she changed her mind. "I have a great impression [of] NCSU's professors; they are not "We set a vendor in front of the only nice, friendly, [talented lecturers], they also care about their We hung the Hong Kong style students' study and reaction. I appreciate this kind of concern." present the Chinese culture and Like Monica, Ho Ling Cheng,

a senior in statistics, has had the same experience. Before she came to NCSU in January of 2000, Ling studied two years at Illinois Community Col-

lege. Because her brother was working in Raleigh during that time, her family believed that it was good for her to stay close to her brother.

"I planned to leave NCSU after one semester, but my mind was changed because the great relationship between students and professors, the beautiful campus

and now the SOHK. I don't want to leave, and I am begging to en-roll in graduate school here," Ling

SOHK has several plans for the rest of the school year.

"We have study groups, birthday parties, field trips, members and committee meetings and community volunteers. Also, we not only celebrate the Chinese festivals, we also learn to celebrate the American festivals, for instänce, Thanksgiving," said Kay.

SOHK is not only open to students from Hong Kong. It also welcomes everyone interested in the country. For more information, visit the Web page at http://www.ncsu.edu/ <tud_orgs/sohk/.

Annual campus leaf cleanup in action

As the last leaves fall, the Grounds Management department is working quickly to clear as much of the debris as possible.

News Staff Report

Some things on a North Carolina college campus are inevitable, and a ground covered in leaves during autumn is one of them. In response to piles of leaves

The following is a list of reports issued by Campus Police for Monday.

8:18 a.m. Larceny

A non-student reported some construction tools had been

stolen from the construction area

in the east wing of D.H Hill. Library.

10:19 a.m. Larceny

A non-student reported that some construction tools had been

brary.

A staff member reported that

and debris throughout campus, Grounds Management is work-ing to quickly clean up large areas of leaf debris. And with the recent threat of sleet and ice, the cleanup of leaf debris has become even more important for Grounds Management.

uuming machine that is attached to an open-topped truck. However, the open top often releases air and some debris, which can

To do this, they use a leaf-vac-

9:59 p.m. Traffic stop A student was cited for no-oper-2:33 p.m. Larceny ators license on Dan Allen Dri-A student reported that someone had stolen parts from the student's bike that was in Carmichael

2:48 p.m. Larceny

Lot.

A staff member reported that someone had stolen about \$200 in petty cash from Polk Hall.

4:22 p.m. Involuntary commit-

ment Officers transported a student to Holly Hill Mental Health Center from Student Health Services.

9:30 p.m. Checkpoint

Officers conducted a checkpoint on Dan Allen Drive. Four nonstudents were cited for having expired inspection stickers on their vehicles. A non-student was cited for no-operators license. Eighteen verbal warnings were given for various other minor violations.

12:40 a.m. Alcohol violation Two students were cited and issued campus appearance tickets

land on parked cars.

Bill Beardall, assistant director for Grounds Management and

Fleet Services, acknowledged in

a release distributed by Grounds

Management that the falling de-

bris can be annoying, but it is the

most efficient way to prevent build-up of wet, slick leaves on

After collection, the leaves are

composted and used as mulch or

soil conditioner across campus.

streets and sidewalks.

for possession of alcohol in Metcalf Hall. Two other students were issued CATs and transported to the hospital for possible alcohol poisoning

2:06 a.m. Fire alarm Officers and Raleigh Fire Department responded to Sullivan Hall in reference to a fire alarm. Cause for activation unknown.

Calls to 5-3000 - 64 Calls to 5-3333 - 54 Escorts - 3

Assist Motorist - 4 False Intrusion/Panic Alarms - 5 Key Request - 1

This holiday season, trim your tree with Technician. Just don't use it as kindling to start the fire under your Yule log.



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stolen from the construction area in the east wing of D.H. Hill Li-11:56 a.m. Larceny

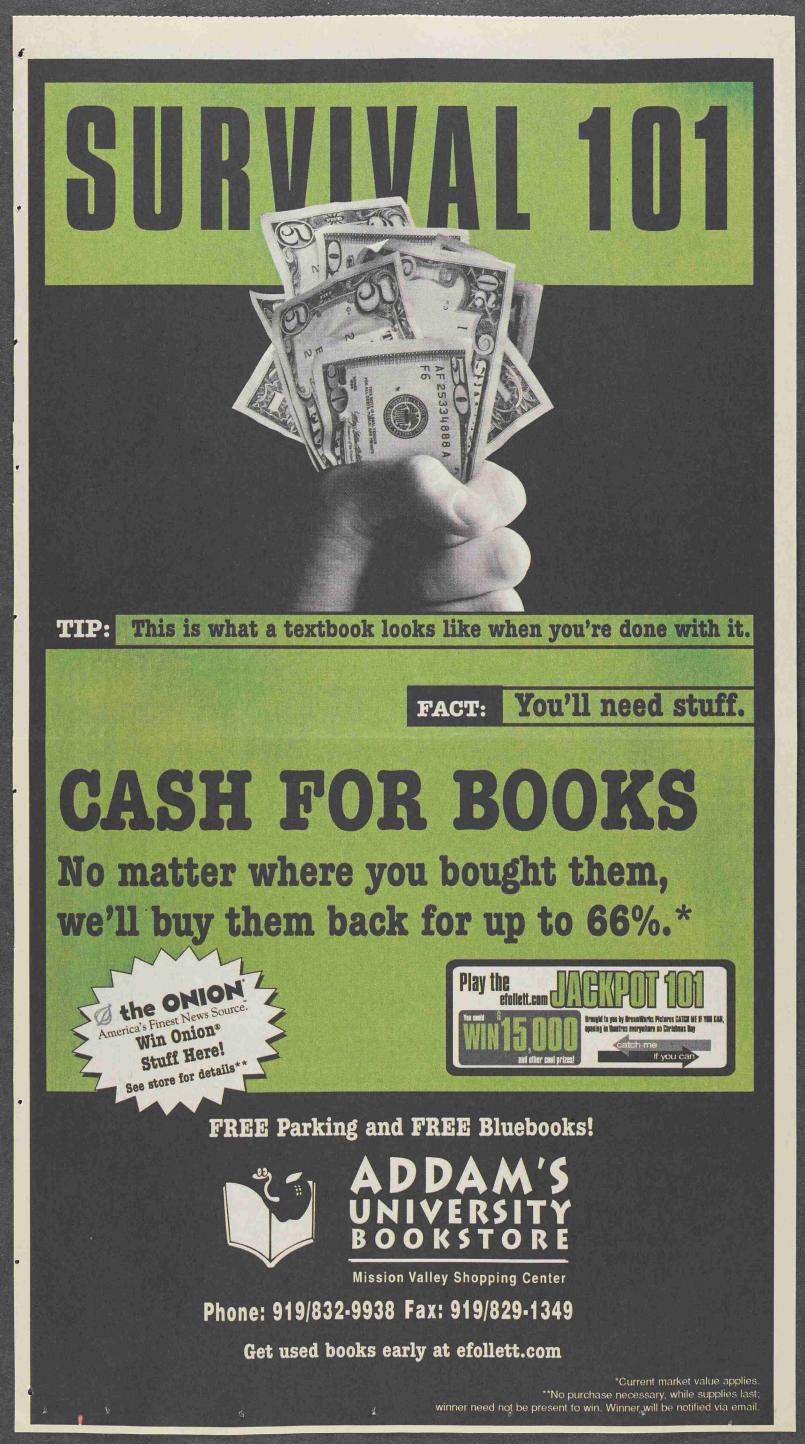
in Patterson Hall. 1:50 p.m. Larceny

A staff member reported that someone had entered their office

someone had taken the staff member's wallet from an office

in Page Hall and removed the staff

member's wallet.



News

GRADE continued from page 1

erinary student, confessed that she is guilty of putting her schoolwork over her sleep. She often uses pills or drinks with caffeine and ephedra to stay awake.

"I'm always stressed. Always," she said. "There's not a point when I'm not.' Her habits raised concern from

her doctor, who encouraged her to limit the caffeine she was taking. She was especially scared one night when a particular pill left her heart racing and her stomach sick. She switched pills.

"I try not to take a whole pill," she said, "It does concern me, but I guess I fear more of failing out." The labels for such pills often

warn that the active ingredients can cause restlessness, nervousness and stomach problems. Furthermore, overdoses can lead to heart problems as the active in

gredients stimulate the central nervous system.

A recent study conducted by researchers at Duke Medical Center and funded by the National Institute of Health found that caffeine taken in the morning has side effects that last throughout the day and may even amplify stress. Study participants were given doses of caffeine each morning and at lunch and were given placebos on alternate days.

According to the study, which was published this year in "Psy-chomatic Medicine," researchers found that caffeine increased blood pressure and heart rate and participants reported feeling more stressed on the days they were given caffeine.

In 1995, a community college student died in Morehead City, N.C., after overdosing on over the-counter pills that contained caffeine.

While such dramatic instances

Are you

restless,

are rare, Schechter suggests alternate ways for students to deal with stress and anxiety.

Students can also make changes in their own lives by rearranging bad schedules, budgeting their money or avoiding annoying phone calls. Also, they must accept that they cannot change everything in life, instead attempting to change how they react.

When stress does mount, she suggests being practical and realistic about your own limitations, prioritizing, calming your body, keeping a normal routine and managing your time.

Time management is key. She suggested the "Four Ps": prioritize, partialize, pace and persist. Do the most important tasks first, break goals into manageable sections, work at an even pace and hang in there.

Simple ways to manage behavior include decreasing the intake of sugar, caffeine and alcohol, developing a regular sleep routine, becoming more socially active in positive, satisfying ways and developing an exercise program.

"If you give it your best effort and still feel overwhelmed swallow your pride and ask for outside help," she said. "There's no shame in acknowledging you can't handle absolutely everything

by yourself." N.C. State students can go to the Student Health Center for help dealing with stress. The Counseling Center is available for students to make appointments in person or on the phone.

'I think people have a real fear

[of asking for counseling]," Schechter said. "We're here for everybody. We're trying to help people understand that counsel ing is not just for extremely serious problems."

She said that students often re mark later that they wish they had learned about or visited the center earlier.

"It's like a sanctuary. It's a com fortable, safe place where people can come and the other person is truly there to listen.

Windham, for one, is going to try a new approach next semester. She has decided to take up swim ming, cut back on caffeine, stay focused and ahead and worry less about everything to focus more on the important things.

For Fragola, it's about changing her outlook. "Grades aren't the only important thing," she said, "It's taken me years to instill that.

Instead, she is putting her focus on setting manageable goals. 'At the same time, I want to enjoy life. I don't want to look back and only remember staying up late or the stress.

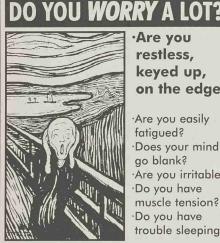
But for Askey, huddled over his desk, all those things will have to wait until his work is done on Wednesday. After all, it's Monday and there is a project to be done.

Students who wish to seek assistance in dealing with stress are encouraged to make an appointment at the Counseling Center at Student Health Services by calling 515-2423.

What do you think? Respond to Technician articles at

www.technicianonline.com

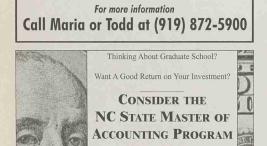
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keyed up, on the edge? Are you easily fatigued? Does your mind go blank? Are you irritable? Do you have

muscle tension? Do you have trouble sleeping?

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MAC Information Booth Talley Student Center (Main Entrance) Wednesday, December 4th 10a.m. - 2p.m. All MAJORS WELCOMED

www.mgt.ncsu.edu/mac.html

Amazing Facts!



"Baby-cut" carrots aren't baby carrots. They're actually full-sized ones peeled and polished down to size. http://www.coolquiz.com/trivia/directory/directory.asp?dir=Food_a nd Drink&page=5

Most NC State students have between 0-4 drinks when they party

2002 NC State The Health Survey n = 505 Health Promotion Ad paid for by Wake County ABC

ident Health Services 515-9355

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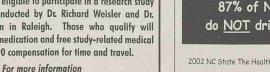
serious trauma such as rape, domestic violence or serious injury and suffer with: Nightmares?

Have you experienced a

Flashbacks? Avoidance of Reminders? Sleeping Problems? ·Feeling on Edge?

If so, you may be eligible to participate in a research study currently being conducted by Dr. Richard Weisler and Dr. Jonathan Davidson in Raleigh. Those who qualify will receive free study medication and free study-related medical care and up to \$390 compensation for time and travel.

Call Anita Carter at (919) 872-5900



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do NOT drive while intoxicated

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pinion

TECHNICIAN'S VIEW

Wolfpack family

What happens on N.C. State's campus when catastrophe strikes one of its own, killing a former football star or any other student for that matter? Nothing.

Damien Covington, former NCSU linebacker, was shot and killed Friday night during a party at an apartment in New Jersey. Covington was trying to fight off an assailant before he was shot multiple times, said Bill Shralow, a spokesman for the Camden County Prosecutor's Office

There was little fuss made; neither Technician nor the NCSU Web page has provided any clue to the students about Covington's death. Some students were lucky enough to catch it on WRAL, while a few others caught a glimpse of the story from many of the other stations across the state that covered the story.

It is sad for NCSU students to think they have no association with Covington. He was a part of this school, part of its history. Covington was a star line-backer at NCSU. Even though he was undersized, he played in all of his four years at State without a redshirt year and held the record for career tackles with 457 (which was only recently broken by Levar Fisher). He played with heart and determination and helped lead NCSU to a New Year's Day Peach Bowl victory in 1995.

Later that year he was picked up by the Buffalo Bills in the third round of the National Football League draft, bringing yet another shining moment to NCSU's campus. He was sidelined by a knee injury in 1997, which ended his professional football career.

There is no camaraderie among stu-dents at NCSU. There doesn't seem to be a "Wolfpack Family" in which the students all belong. Deaths have come on campus, on the roads near our school and through senseless acts of violence. But the students who fall victim to an early death just seem to become statistics here

Students should band together or at least acknowledge fellow students who pass away. An event such as Covington's death should be something students are talking about. Oklahoma State University lost two basketball players, a broadcaster, a sports information worker and a student manager in a small plane crash in February 2001. The students there mourned together, and many felt compassion for those they didn't even know

"I love the OSU basketball team, and even though I didn't know the players personally, I feel the pain of the families involved and wish them the best," Oklahoma State junior Matt Greco said in an interview with the Times-Dephic.

We aren't suggesting that one death of an alumni is equal to the deaths of many those OSU lost in that plane crash; however, there is something to be learned from their tragedy. Something as striking as Covington's death or the four other deaths NCSU has been faced with this semester needs to be addressed by a caring family, which should be the students of the university.

Damien Covington gave a lot to this school and as of today hasn't received a lot in return. Students should take a moment to reflect on a Wolfpack life lost.

Judge right to release church records

Staff Editorial The Laria Baylor U.

On Nov. 25, a Boston Superior Court Judge, Constance Sweeney, ordered the Boston Ro-

WACO, Texas

(U-WIRE)

man Catholic Archdiocese to release almost 11,000 records relating to how the archdiocese handled and punished priests who had been accused of molesting children.

Sweeney made her ruling despite pleas from the church that the records remain sealed from public record until at least January.

"The court simply will not be toyed with," Sweeney said. Almost 400 victims of the alleged abuse have sought access to the records. Leading the way are attorneys for a man who claims to have been raped by the Rev. Paul Shanley as a child. The lawyers hope that the records will show that the archdiocese had habitually reassigned priests to other parishes even after the priests had been

TECHNICIAN

515-2411

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Advertising

accused of child molestation. To back her ruling, Sweeney noted that the records, "raise significant questions of whether the archdiocese was really exercising the care they claimed to use in assigning offending priests.

The decision to release the records comes at a time when Roman Catholic priests from Boston to Seattle are under investigation for alleged child abuse. For this reason, Sweeney's ruling to open the records to the public was not only the correct move, it was the best move. By doing this, Sweeney and the rest of the judicial system have sent a clear message to the Roman Catholic Church: this is not 16th-century Rome. Wrongdoing by priests will neither be condoned nor overlooked.

The Catholic Church as a whole must realize that the widespread accusations of molestation represent a social crisis, and that the only way to bring this crisis to a swift and final halt is to make records

Santa's season

Dear Editors, I am 8 years old. Some of my friends say there is no Santa Claus. Papa says, if you see it in Technician, it's so. Please tell me the truth, is there a Santa Claus? - Carolina

O'Hanlon Hell no, Caroli-

na. There is not a Santa Claus. Your friends are obviously smarter than you. Had you any significant cognitive skills, you would certainly have interpreted your father's reluctance to provide you with a direct answer as evidence of said answer's negative nature.

But cheer up young girl, the spirit of the season still thrives! It is everywhere. Can't you smell it? I can. Smells kind of like a mixture of fir trees, stale coffee and wrapping paper. Smile wide and open your arms, Carolina, we are only three weeks from Christmas® Brought to You By Cingular® — that delightfully giftwrapped holiday now officially sponsored, thanks to a freshly inked three-year contract by the omnipresent, orange cellular giant.

The point, dear Carolina, is that the lack of existence of Santa Claus is not important. It is the essence of Christmas® Brought to You By Cingular® that matters most, dear child. Don't believe in Santa! Believe in that which he represents. And just what is that essence, you wonder, innocent little babe? Since Christmas® Brought to You By Cingular® is centered around one man - Santa Claus — wouldn't his symbolic death spoil the holiday? No. In reality, the fact that the holiday is based on such fraud just reinforces its underlying spirit.

Anyway, to appreciate Christmas® Brought to You By Cingular®, it may be helpful to know a little background info, a little informazioni di base, as you might say (were you Italian). Christians choose to view Christmas®

FOR

Brought to You By Cingular® as an occasion to reflect on the message of Jesus and to strive to emulate that great longbrown-haired, Middle-East-born Caucasian. I suggest that you too, angelic Carolina, learn Christmas® Brought to You By Cingular[®] spirit by following his example. As we all know, on the first Christmas little Jesus stayed in bed and waited to accept presents from rich peo-ple that had traveled a long way. Gain inspiration, sweet Carolina! Don't leave the couch all day, and count on your rich uncles from Nevada to bring you expensive video game systems and colorful plastic toys!

But you see the beauty of Christmas® Brought to You By Cingular® is that you need not be Christian to celebrate. It is a holiday that transcends such discriminating factors as organized religion. Anyone can observe Christmas® Brought to You By Cingular®. And many do, regardless their creed (or lack thereof)! The true meaning of Christmas® Brought to You By Cingular® is twofold:

decorating trees and shopping. In keeping with the holiday's pagan origins, trees are extracted from their natural homes and installed in living rooms nationwide, where they are painstakingly adorned with blinking lights and ornaments, after which they soon die. This action is a metaphor for the Christmas® Brought to You By Cingular® theme of taking a simple, beautiful thing and distorting it to the extent that is unrecognizable, yet shinier and more attractive.

Some people put little angels atop their trees. These people are attempting to add

out of it. They are allowed to play games,

watch movies and eat junk food all day

instead of being encouraged to run around in the yard. College students are

either so stressed out that they never eat,

which is not healthy, or eat extremely

unhealthy fast food all the time because

they are always on the run. (The beer

lem? Parents could easily play with their

kids out in their yards, or have them join

a community sports team. Turning off

the TV only takes a click of a little but-

ton. As for college students - is there

any help for us? Time management is

our key, learning how to put in our

schedule at least one good meal per day.

Also, the gym is a wonderful place to

work out. If you are not comfortable run-

ning with a bunch of other people, there

Drawback: there has to be a commitment though. It will do no good to get

healthy just to regain what weight you

have lost. Similarly, once you get a strong

heart, you do not want to quit working

it out. Others quickly notice the short-

are several parks in the area to run in.

belly is not too attractive either ...)

what can be done to

a little religion to Christmas® Brought to You By Cingular®. These are the same people who give out New Testament booklets at Halloween. Such folks are out of touch with the true Christmas®

Brought to You By Cingular® spirit. No activity celebrates this hallowed holiday more efficiently that the act of shopping. There is no other place that embodies the essence of the season more so than the mall. All that jostling for parking spaces, those feverish last-minute purchases, those 200-name waitlists for popular toys - these things exemplify the beauty of Christmas® Brought to You By Cingular®

When I feel as though I have lost touch with the real reason for the season, I often travel to our local mall, where I lie on the ground in the main concourse and immerse myself in the intoxicating spirit. All those stampeding people each ferociously devoted to the great Christmas® Brought to You By Cingular® tradition - the exchange of things. It is truly an inspiring experience

Just this past weekend I was privileged to observe two middle-to-upper class soccer mothers arguing quite animatedly over who had the right to the last Super Bloody Killers video game. Oh the passion and spirituality! I was overcome with emotion at this touching display of Christmas® Brought to You By Cingular® spirit. I started to say a quick prayer wishing that, one day, I might be as in tune with life as these impressive ladies, then I caught myself and stopped. Why the hell would I pray?

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such as these available to the public. Healthy: to be, or not to be Jerry Moore · Matthew Pelland

Tim

Coffield

Staff Columnist

Before heading out to the gym this morning, I sat at my desk and thought about my reasons for going. Sure, to get a little more muscular and lose a little fat are great reasons, but I have others.

One is to build my heart and lungs up, so that I don't run out of breath so easily. Another is

lood pun morning to help keep me awake throughout the day. Oh, and you never know when you might meet a cute, buff guy.

Many people are becoming health conscious these days. Whether it is from seefamily members suffer health problems or just through want of a better body, people are beginning to exercise more, eat better and abstain from smoking and drinking. Quite a few people are looking to other countries (England and Asian countries) for a better diet and lifestyle. There are even proponents of Paleolithic-style eating: lean meat, fruits and vegetables, combined with exercise in between meals so that you become a "hunter" for your food.

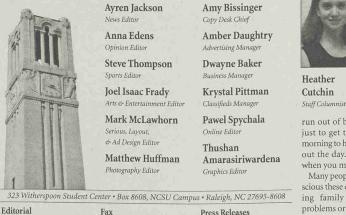
What's the rush now to become

term benefits of working out and eating healthy? We have become a society that encourages many hours in front of a TV nutritiously. Lost weight and gained mus-(or computer), and eating has become a recreational event instead of a necessicle tone will be complimented before a changed hairstyle or new manicure. ty. Children are obese from the time they Also, the feeling of knowing you are are in kindergarten, and they never grow

doing something good for your body makes many people happier. The longterm benefits of working out are wonderful. Many people who exercise throughout their lives have a longer lifespan and healthier lives. Heart problems are not a large factor, and respiratory problems aren't either. By eating healthier, they have kept their internal organs in better shape and will be less likely to with their hody sys Also, what is better than a grandpa who can run around and play with his grand-

children, or a mother and daughter taking a hike through the woods together? Some people may be perfectly content in their lifestyle, whether it is healthy of not, and that is fine, but I prefer my crazy life. So while you are out Christmas shopping, remember to take the steps instead of the escalator, and don't overkill on holiday desserts.

Heather is now off to the store to buy plenty of Tupperware containers to bring food back from her holiday dinners! If you are doing the same and would like someone to power-walk around the store with, email her at hrcutchi@unity.ncsu.edu.



Editors in Chief

THE STUDENT NEWSPAPER OF NORTH CAROLINA STATE UNIVERSITY

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Opinion Abolish the minimum wage

Darren O'Connor Staff Columnist

suggested by a reader. I've already explained why the Republican Party should stand by its principles and end the failed experiment of drug prohibition. Now that we have a Republican Congress and White House, I hope the party will take action in another area in which it has been disturbingly silent —

I thought I

would close out the semes-

ter with a topic

eliminating the minimum wage laws. The recent game has been played as follows: Democrats push for an increase in the minimum wage; Republicans then push for a slightly smaller increase in the minimum wage. Who are they trying to avoid offending? People who are bad at math? I know they say there are a lot of political reasons they don't argue for the abolition of the minimum wage, but what is the point of going into politics in the first place if you're not going to stand up for your principles?

At this point some of you (though not many, I hope) may be wondering how the minimum wage could possibly be a bad thing. Well, a minimum wage decreed by the government can't be justified morally. If someone wants to hire someone else for an hourly wage of \$3 and the potential employee is willing to work for that amount, why should the government make that arrangement illegal via a \$5 minimum

On the practical side, minimum wage laws are bad for the economy. Along with other government attempts to control the economy, such laws helped prolong the Great Depression. The unavoidable consequence of a minimum wage is more unemployment.

To get the advantage, check the day's rating

Taurus

April 20-May 20

Today is a 5. Don't be obsessive about

money. You don't need more of it; you need to figure out how to spend less but still get everything you need. This is

Substantial numbers of young and lower-skill workers are fired or never even hired because the minimum wage makes them liabilities when they would otherwise be assets. Those are the workers that need crucial work experience to improve their productivity. Of course, unions love the minimum wage because it re-duces the labor market competition that might drive down their

Not only do minimum wage laws harm marginal workers more than others, they harm marginal businesses more than larger ones. It's the barely profiting small businesses that will be forced to let employees go (and profit even less) when the minimum wage rises. Their more profitable competitors are already paying their employees above minimum wage. Yes, some of those small businesses may be run

today's

BIRTHDAY

inefficiently and destined to fail, but some of them would have become successful and increased competition in the marketplace had the government not outlawed certain employment arrangements.

Let me make this even clearer. The best method of raising wages is improving worker productivi-ty. The best way for a worker to improve his productivity is work experience. The minimum wage results in fewer low-productivity workers (usually the young, poor and disenfranchised) being hired. Thus, the minimum wage actually retards the ability of the poor to improve their standard of living. Politicians of any party who support such an action by the government should be ashamed of themselves.

Just look at the Great Depression. Instead of allowing the market to correct itself as it had with

June 22-July 22

Today is a 5. Have two or three backup

plans and an exit route in mind. Things may not exactly go wrong, but they're not likely to go as expected, either. Look

the brief 1920-21 depression (which was actually more severe in its initial stages than the beginning of the Great Depression), Roosevelt conspired with industry leaders to keep wages artificially high to try to "stimulate consumption." The staggering unemployment that resulted was relieved only occasionally throughout the Depression as the market made attempts to correct itself. Of course, in each instance, additional New Deal measures of FDR's were passed that artificially increased wages, throwing vast numbers of people out of work once again.

Those who argue that minimum wage laws don't actually increase unemployment should attempt to extend their assertion to its logical conclusion. If the minimum wage does what they say it does, forget \$5.15 - let's raise it to \$50 or \$200 and watch

Dec.4. You'll use the things you already know this year, plus whatever you discover, to make big changes. Things will never be the same, so don't let it happen by accident. Figure out what you want to accomplish. The Force is with you.

July 23-Aug. 22

Today is an 8. You're usually the one who

gets things started, but now it could be somebody else's turn. Don't fret. you're a major object of affection. You can't

Leo

lose

unemployment remain unchanged. In fact, I guess the minimum wage must magically create wealth from nothing. I trust this makes clear the emptiness of such arguments.

Wages are simply the price of labor, and the government has no business setting prices in a free market. Any Republican elected official who supports the minimum wage ought to seriously consider switching to a party that better suits such command-andcontrol policies. The minimum wage destroys freedom, harms the economy and holds back those who most desperately need work experience. It should be abolished without further delay.

Keynesians may direct their discredited arguments to Darren at Liberty_or_Death42@hotmail.com.

Aug.23-Sept. 22 Virgo

Today is a 5. The more you get into it, the more you discover that needs to be done. There is an end to it, so don't freak.

HOROSCOPE Aries S

March 21- April 19 Today is a 9. Leave your old limitations, and maybe your old neighborhood, be-hind. Reach out for something you've always wanted to know. You can have it all if you try. Well, almost.

Libra Sept. 23 Sept. 23-Oct 22

Today is a 9. When you get interested in a new subject, you don't want to do anything else. That's how you learn, so stop thinking about it. Just do it!

Oct. 23-Nov. 21 Today is a 5. The money could be slipping

possible

way like sand through your fingers. ven if you start with a lot, it won't last if you don't get a grip. Or a bucket.

Sagittarius Nov. 22-Dec. 21 Today is a 9. You're great at getting the message across, but don't tip your hand. There's no reason to tell all you know, and

May 21-June 21

Today is a 7. There are a few points that

you feel you must make. Something that you had to learn through experience is being overlooked. Contribute, but don't

Gemini Marca

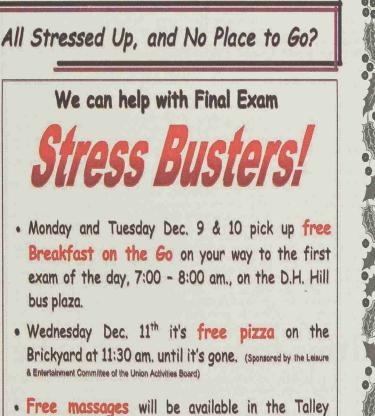
block a worthy effort.

you shouldn't.

Capricorn Q Dec. 22-Jan. 19 there are a couple of good reasons why quirement, not a suggestion

Cancer June 22-Ju

sharp!



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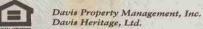
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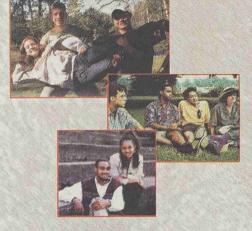


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Arts&Entertainment

Stripped down to nothing

Christina Aguilera "Stripped" **/2

Anna Edens Staff Writer

It is a shame that the talent and potential possessed by Christina Aguilera continues to be overshadowed by the singer's complete disregard for taste, tact and general modesty.

Aguilera's sophomore album, "Stripped," certainly has moments highlighting her stunning vocal range and singing abilities — let me be honest and forwardly agree that Aguilera does have talent.

Yet, Aguilera chooses to diminish her appeal by shrouding this talent behind scandalous lyrics and suggestive music videos featuring gyrating hips and minimal clothing, at best.

It's not to say that artists don't have a right to be raunchy and push the boundaries of modern censors, but if that is your initiative, then strive to fulfill it and don't confuse listeners by trying to be meaningful at the same time, especially when you can't balance the two.

After listening to "Stripped," Aguilera's message escapes me. Scattered among the "Dirrty" club scene, there are powerful ballads referring to the singer's troubled home life of family violence and abuse.

Aguilera faces a problem in spreading her important message about rising above childhood trauma. This problem does not occur because of the complexity of the issue; instead, it lies in the fact that immediately after she sings the words, "Move your a—, I hke that / Tight hip huggers, low for ho/ Shake a little somethin' on the floor," she expects listeners to seriously consider her tear-jerking lyrics in the next song as she sings, "It hurt me to see the pain cross my mother's face/ Every time my father's fist would put her in place."

Being Dirrty is one thing, being a crusader with a cause is another thing, but combining them takes skill — a skill that relies heavily on an image and maturity that Aguilera's powerful voice cannot Unfortunately, Aguilera hasn't learned how to balance the clubbing, party-beat music with her emotionally toiling tales — a feat that is difficult but has been achieved by other artists.

Aguilera cannot market herself as a singer who is ready to grow up when she is busy stripping down and baring all before the music video scene. After that, how can she not understand why listeners do not take her more passionate, personal lyrics seriously?

Naturally, controversy has ignited in the face of such provocative lyrics from the song, "Get Mine Get Yours," such as "So come on and freak my body/ We can get nasty naughty/ All night at a private party/ Gotta hit that spot just right," even though she later assures, "No strings attached/ I want your body/ Not your heart." It is lyrics such as these which fuel debates about whether or not Aguilera's image is appropriate for children.

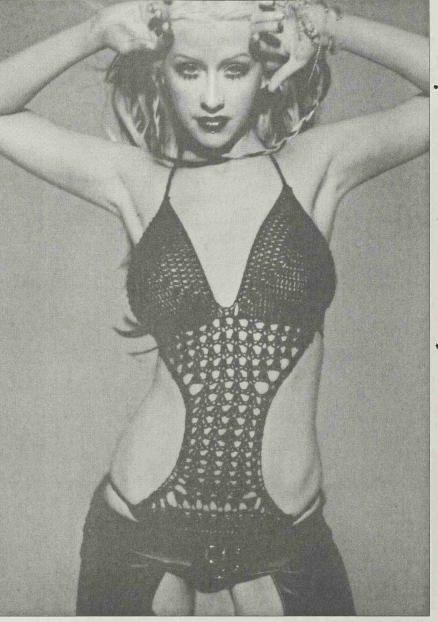
Aguilera herself recognizes this controversy and recently said, "To a lot of people, a virginal little pop star showing her navel was shocking. Not that I ever said I was a virgin." Well, at least she is honest with her audience. "Stripped" itself has positive points:

"Stripped" itself has positive points: Alicia Keys joins force to write, arrange and compose the track "Impossible." An upbeat introduction and interludes provide smooth transitions between songs, and Aguilera herself exudes an intense energy in her words and with her powerful voice.

The song "Beautiful" showcases Aguilera's vocal talents, but the essence of her abilities shines in even the simplest parts of the album — from the introduction to the final track, "Keep on Singin' My Song."

Yet, when "Stripped" is viewed as a complete work, it falls short of delivering a strong message. These smooth transitions mean the album essentially stands as one long song with only a few standout moments through the catchy, popularized singles and the appearances and contributions of other artists.

Despite its shortcomings, "Stripped" has what it takes to sell. It's got a catchy



Numbers like "Get Mine Get Yours" and the outfit she's wearing prevent listeners from taking Christina Aguilera seriously.

single for dancing in both "Dirrty" featuring Redman (which just went #1 in the United Kingdom) and "Can't Hold Us Down" featuring Lil' Kim. It's got Aguil-

era half-dressed on the cover. It's got tons of press coverage and advertisements. But it can't move people with mediocre attempts to address serious subjects, and for that — despite its climb up the charts — true music fans won't even consider getting "Stripped."

8

The lighter side of the Internet

Benjamin Kraudel Staff Web-Surfer

When I turn the computer on, the first thing that happens is AOL Instant Messenger starts up. It does this of its own accord, and I never really think to stop it. This will end up costing me about four hours of the day. As soon as I get on the

computer, I open up my web browser. I check my N.C. State Webmail and discover that I have one new message from my department telling me about a club I will never join. Aside from that, the inbox is now full of junk mail that I didn't start to get until this year.

didn't start to get until this year. "Do you have life insurance?" "Have you ever pondered death?" "Increase your bust size two full cups!" None of this really captures my attention. "See Shania get naked on live video!" That one gets my attention, but I delete it anyway. I know better.

I quickly realize that somehow, someone got my e-mail address and sold it to lists like these. For every one list that I say I don't want to be on, I get three more e-mails asking me if I want to buy porn or life insurance. For some reason, these appear to be the two largest commodities on the Internet. Oh, and different tools to increase the size of my penis, but I hate pills and anything with a hand pump is far too complicated ... and dangerous.

So, I go from my e-mail to the online site for the paper. I look to see if anyone has commented on my columns. Aside from the girl who says she'll cuss me out and vomit on me if she ever meets me, no one has. I start to get nervous because I really don't like to shower that much, and I'm sure it's hard to get vomit out of a sweater.

Next I get the news online. I spend a good amount of time checking in on things, seeing how they're running. I'm looking for fodder, things to make fun of, but nothing is readily available today. A bullet hit a school bus in Durham. What's funny about that? Well, nothing, unless you read on and find out that several shots were fired and only one hit the school bus. Hopefully they weren't aiming at the school bus. If your gang initiation is to shoot the giant yellow bus as it drives past at 13 miles per hour, and you miss ... there's a good chance you ain't gonna make it in the gang, chief.

I catch up on the stuff going on in Iraq, more pushing, and an ever-growing contest to see who has the biggest gonads. Saddam is pictured, smiling and waving, everything seems like it's going fine ... but all the pictures of Bush still have him scowling and looking concerned. This does not bode well for us, I imagine. All it's going to take is one misplaced comma in a statement from Hussein, and we're going to start setting the desert on fire again.

I get rid of the news — it's depressing, and it has yet to offer a way to increase my bust size two full cups. I go ahead and visit The Wolf Web for a moment. That's what I tell myself. It's just for a moment, see if there's anything I need to know about going on. You know ... protests and stuff. Four hours later, I realize that I don't really care that much if people prefer the old Masters of the Universe to the new one ... in fact, I haven't even seen the new one. I've missed several things in the time I've been on Wolf Web: two classes, dinner, a date I had scheduled and the Rapture ...

I force myself to close the window and open a new one, where I check my e-mail again. It is now filled with 16 new messages, telling me things I didn't know: You can be a winner of 14 billion dollars!" "You can win 14 new Camaros! "You can increase your penis size 14 inches!" I delete them all, knowing within the hour there will be more. I look at the clock and realize that I've spent all day on the computer and haven't gotten anything accomplished. I decide that tomorrow will be different. I'll let everyone know that I'm giving up the Internet. I'll tell them all on IM tomorrow morning. Right before I check my e-mail ... and read the news.

Tech-It meets the mouse on Mars

Jon Morgan

It has been a busy week in the world of technology. With horrific human-animal hybrids, trips to a mysterious Red Planet and a spooky new use for plastic surgery, one is left feeling like Halloween isn't quite over yet.

First, from the "holy crap!" department, a group of scientists is considering creating a human-mouse hybrid to further advance stem cell technology. The reasoning behind this is that, since there are problems with testing stem cells in humans, the logical conclusion is to create an ungodly half-man, half-mouse to make the stem cells for us.

The process involves using human stem cells in the bodies of mice. Since stem environment, these human cells would adapt to the mouse's body to create a hybrid cell. One possible problem would arise if a mouse carrying human sperm mated with a mouse carrying human eggs, creating God knows what. Some may say that these sorts of predictions are sensationalist, but to those people I have this to say: when the world is overrun with giant mouse-people and one of them is dating your daughter, just remember that I told you so.

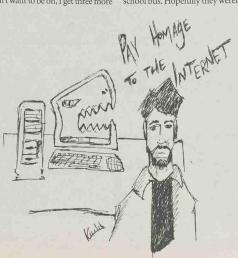
Meanwhile, an independent group of astronauts is planning on building its third Martian colony ... in Iceland. Following the first two, one in Canada and one in Utah, the Mars Society will be creating its newest mock landing site thanks to the help of its British division. Each habitat, developed in places

Each habitat, developed in places thought ideal for their similarities to Mars, is a precursor to a real-life Martian colony some years down the road — one that is actually *on Mars*. The Mars Society's "astronauts" use these stations to test equipment, ride on dune buggies and wear really cool-looking spacesuits. The end goal of the Society is to develop its technologies for use in space and to eventually plan a manned trip to Mars that would take about 10 years.

Finally, from the "we stole this idea from a movie" department, a prominent plastic surgeon has announced that within the next six to nine months it will be possible to transplant one person's face onto another. Discussed in John Woo's critically acclaimed documentary "Face/Off," this procedure would allow the face of a dead person to be removed and then placed where the face of another person should be.

Possible uses for this technology are transplants for victims of severe burns, cancer or automobile accidents. However, I see a much more useful application. In the future, half-human, halfmouse astronauts will be sent to Mars in order to establish the foundations of the first Martian colony. Unfortunately, if any Martians come across our hybrid settlers, they will get the wrong impression of what human beings look like.

The logical solution, then, is to augment these mouse-faced people with the faces of real human beings, leaving an organism that roughly resembles a human. Then, when the Martians come to greet us, they will not be surprised by our mouse-like appearance. Isn't technology wonderful?



ΦΒΚ - PHI BETA KAPPA

Zeta of North Carolina Chapter Honor Society of the Arts and Sciences Congratulates its new members • December 4, 2002 Thanks to Chantal Abukutsa, Mary Catherine Brake and Nick Kuklinski, Student Representatives

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1

Kevin V. Howell Jennifer Gail Hunnicutt Susan Roberta Kurt William Inman

Microbiology Communication Natural Resources Zoology Communication Food Science Science Education, Chemistry Textile Chemistry, Chemistry Psychology Biochemistry Psychology Social Work **Biological Sciences**, Pre-Medical Biochemistry, Pre-Veterinary Economics Biochemistry **Biological Sciences**, Pre-Veterinary Microbiology **Political Science** Animal Science, Biological Sciences Meteorology Zoology English, Spanish Statistics, Environmental Sciences Physics, Applied Mathematics **Biological Sciences**, Pre-Veterinary Zoology, Agricultural Business Management **Biological Sciences**

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Sports

Club sports' fall season in review

After a strong campaign last year, N.C. State's club sports rode the momentum into a successful fall season.

Brian Greenwood

The club sports program at N.C. State has established itself as one of the best of its kind in the country. By combining a leadership and accountability mentality, stu dents are motivated to have their clubs ascend to the top of their respective sports

With 45 sport clubs and count ing, the program continues to grow and prosper. The program picked up where it left off last year, as the fall season saw numerous clubs build on their successes of the previous year.

Men's rugby, the defending champion of the North Carolina Rugby Union, once again defeated North Carolina in the championship game. After ending the Tar Heels' five-year stretch as champions in 2001, it appears that the Wolfpack is set to make its own run at dynasty status.

Speaking of dynasties, field hockey and the men's side of the tennis club continued their undefeated streaks. Both teams went

the entire 2001-2002 season without a loss and continued their streaks with unbeaten fall sea-

sons The sailing club's competitive team enjoyed their most successful fall in many years. The team finished tied for first in a divisional regatta, finished third in their division and also qualified for the championship regatta.

Women's ultimate won its first tournament in several years by capturing the Blue Ridge Blowout hosted by Appalachian State in October.

Ice hockey continued its dominance of the area collegiate club hockey scene with wins over Carolina and Duke. Roller hockey followed up a strong season with a win in its first conference tournament of the fall.

Social ballroom dance formed a competitive team for the first time last year, but the trophies are already beginning to pile up. The team brought home 16 top-10 finishes in last week's D.C. Inferno competition.

Australian Rules football competed in the first-ever North Carolina Finals. Ed Williams of the disc golf club qualified and competed in the United States Disc Golf Championships.

Water Polo advanced to its divisional finals with a stellar fall campaign

Women's volleyball finished third in the conference's inaugural tournament at East Carolina and third at its own tournament two weeks ago.

Baseball advanced to the championship of the prestigious Capi-tol Classic, and women's rugby again marched to the championship of the state tournament.

Women's basketball, men's and women's lacrosse, men's and women's soccer and softball all finished with winning records in the fall, while bowling, cycling/mountain biking, equestrian, rodeo, rowing, men's ultimate and men's volleyball experienced either individual or team success in their various fall events.

Many clubs offer a purely recre-ational experience. Several clubs had banner falls in terms of membership, including aikido, cross country/track, martial arts, outing, Tae Kwon Do and water ski/wakeboard. Badminton and Shaolin Kung Fu began the process for affiliation as new sport clubs. All in all, the fall season continued to establish N.C. State as a powerhouse on the national club sports scene.

Event Results

Badminton Results of the 2002 Fall Badminton Tournament (played over

CAMPUS RECREATION

three weeks) Men's Singles: Champion Wenjun Zhao, Runner-up ----

Gangshu Cai Men's Doubles: Champion Pei Su and Shi Oi, Runner-up ----

Yujun Wu and Bo Ye Women's Singles: Champion Hao Zhang, Runner-up - Kai-

wen Sun Mixed Doubles: Champion -

Yujun Wu and Hao Zhang, Runner-up - Bo Ye and Kaiwen Sun

Bowling Nov. 23-24: Queen City Classic in Charlotte

Team placed third out of 7

Eric Moore placed third overall with a 227 average

Equestrian

Nov. 19: Intercollegiate Hunt Seat Association horse show at Virginia Intermont in Bristol, Va.

MATT

continued from page 12

more than a touchdown to Miami, while millions of sports fans turn the channel by halftime to avoid another snoozer.

Barring a complete makeover

Team placed sixth overall with individual placing: Open fences — Lissa Cannady

Open flat - Erin Pendleton fourth; Lissa Cannady, Stephanie Batts and Rachel Strickland seventh

Intermediate fences - Erin Pendleton first, Lindsay McCan second, Kevin Chavis third

Intermediate flat - Kevin Chavis and Lindsay McCan first, Melissa Voegler second

Novice fences - Ashley Cannady fourth Novice flat - Ashley Cannady

second, Rebecca Effron third, Ashley Davis fifth, Laura Heaton sixth

Advanced walk trot canter Caitlin Awkward fifth, Chelsae White sixth

Walk trot - Brittany Tuck first, Lauren Allen second

Ice Hockey

fifth

Nov. 22: Defeated University of Kentucky 7-2 in Lexington, Ky. Nov. 23: Defeated University of Kentucky 3-2 in Lexington, Ky.

of the current system, the BCS will continue to render a meaningless title game. Since its incorporation in 1998, the two best teams have played in the title game maybe once, and that trend will continue unless an unforeseen change emerges.

Scoring - Josh Cottrell (2 goals, 3 assists), Jorge Alves (56 saves), Nick Sabo and Brandon Gregor (2 goals and 1 assist each), Rob Davidheiser and Travis Sharpstene (1 goal and 1 assist each), Nick DelGuidice (2 assists), Tim Smith and Adam Williams (1 goal each), Dave Deschamps and Josh Matteo (1 assist each)

3

10

Softball

Nov. 23 and 24: UNC-Charlotte Fall Tournament in Charlotte 2-3 record: Defeated UNC-C 10-3 and Duke 7-0; Lost to Carolina 4-2 and 4-0 and lost to Duke

Home Events Cross Country/Track

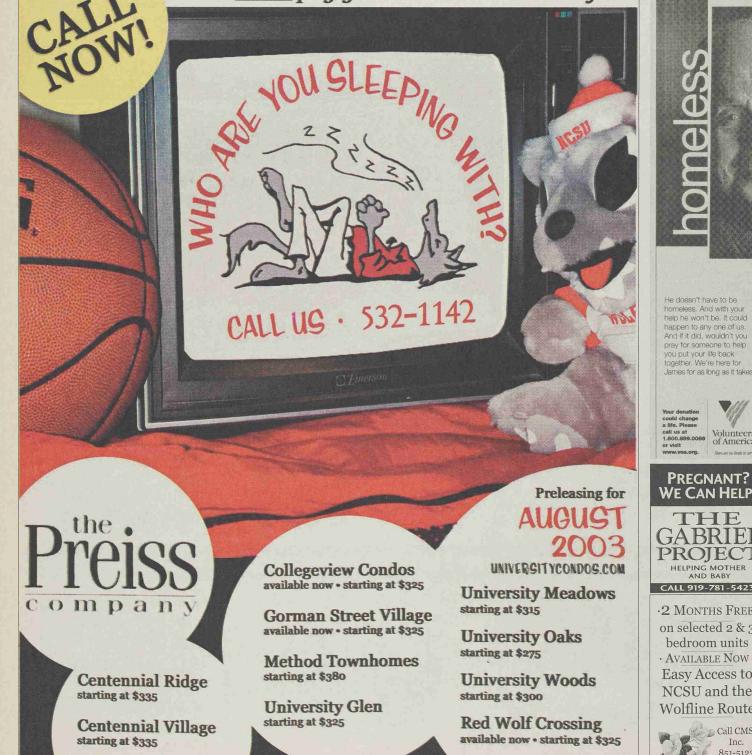
Raleigh Marathon Events Saturday (5K) and Sunday (half marathon, relay, marathon) in Raleigh

Disc Golf

December Club Tournament Sunday from 10 a.m.-5 p.m. at Cedar Hills Disc Golf Course

FYI, Matt's mythical Heisman and Coach of the Year votes go to USC quarterback Carson Palmer and Miami's Larry Coker, respectively. If you disagree with any of the above, Matt encourages each and every one of you to reach him at matt@techniciansports.com or 515-2411.

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Campus Toastmasters Friday afternoons from 12:10 - 1:00pm. Faculty Senate Room of D. H. Hill Library: NC State University Toastmasters Internationa To astmasters international is the best way to help improve your communication and leadership skills. For more information email:

emruney@unity.ncsu.edu **Don't miss the OPEN HOUSE Friday December

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3BD/2BA House off Hillsborough St. Deck on front of house. Available Now. \$800/mo. D-859-3184 E-233-2041

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and Summer. w/d, fully furnished. \$385/mo+1/4 utilities. Call 414-9922 2BD/2BA Ivy Chase Apartment. Take over lease

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ı day 3 days 5 days

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Ridge. Private Bath. \$375/mo + 1/4 utilities. Call Beth at 233-1667. Kapaln Dr. townhouse 3BR/2 1/2 BA, clean, quiet, cool place, \$350/mo + 1/3 utilities, 696-2313

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and

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Kristin 821-7810.

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University Towers. Assume my second semester lease and I'll pay you \$325. Call Jimmy at 274-2414.

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834-8039

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or 417-4611 Roommate needed ASAP to share a townhouse. 3.5 For rent. 1, 2, 3, or 4 BDRM(s) with private bath at University Commons. Call Carrie at 829-1111. miles from NCSU. Convenient to I440, I40, and Cary Towne Center, \$400/mo+1/3 utilities, Call Crystal at 880-5500 or Roommate needed to sublease in a 4BD/2BA email cac2682@yahoo.com house close to NCSU. W/D, highspeed internet, big back deck and yard. January through July, \$335/month+1/4 utilities.Call

Roommate needed. Lake Park. \$385/mo includes all. Road Runner available. Call Mike at 858-7628 Male

Male wanted f 3BD/21/2BA, 3 miles fro campus, pool table, W/D includes internet. \$310/mo. +1/3 utilities. Lease through August, call 332-5111

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needed

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ACROSS

68 Remarkable thing 69 View as

DOWN Branchlet Architect Saarinen 3 End of a buck? 4 Tennis player Ivan

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11

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The Daily Crossword Edited by Wayne Robert Williams

By Gregory E. Paul Scottdale, PA

5 Title role for Jennifer Lopez 6 Attributes 7 Keenly eager 8 Golly! 9 Cry from the crowd 10 Memorize 11 Milky Way maker 12 Jazz singer James

Cranny Chum Nylon cousin

39 "They Died

with Boots

with Boots on" - Boots on - Boots chambers 46 John and Scott 47 Tristan's love 48 Attorney 50 Out in front 52 Waned 53 Young deer 54 Lotion

College Graduate needed for Management Training

Program

Agri Suppiy, a retail chain, Agri Suppiy, a retail chain, serving America's farmers, contractors and homeowners seeks Management Trainee. Trainee will complete 12-18-mo training program in Garner, NC and move into store management. Training program focuses on all aspects of management including purchasing, shipping, receiving, inventory, profit & loss, and HR issues. Requirements: Must have

Requirements: Must have

Requirements: Mushave college degree in related field, agriculture background preferred. Must be energetic, enthusiastic, and flexible and enjoy a fast paced retail environment. Willing to relocate a must. Excellent benefits package. Visit our website at

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Mike

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Overton's Watersports needs a part-time sales/cashier person for Tuesdays and Thursdays-10:00am-4:00pm and Saturdays 9:00am-6:00pm. Must also be available for work during the Holidays-need to have knowledge of need to have knowledge of boating, waterskiing, or wakeboarding. \$7.50/hr. Call Jim or Sean at 850-9754.

9754. Hab techs needed in the Cary area to work one on one with a boy with autism. Shifts weekday afternoons 4-9 and occassional weekends. Great experience for healthcare/psychology related fields. Call Kevin 854-4400. PT sales. Flex hours. Merdecai Bridal Shop. 709 N. Person St. 832-6447.

Wednesday DOTTS

Sometime around

eight o'clock Sat-

urday night, all the head honchos

of the Bowl

Series can crack open an adult

beverage of their

choice, pat each other on the back

and mutter "Phew. Disaster

averted this year.

About that time, Washington State will

be putting the finishing touches on

perennially overrated UCLA to win the

Pac-10, long after Miami will have de-

feated Virginia Tech and its one-di-

The loss column of the BCS-generat-

ed grid will read 0 for exactly two teams, Miami and Ohio State, and the BCS will

give college football the false sense of security fnat it has indeed picked the two best teams to play each other in the na-

But if it really wants to find one of the

two best teams in the nation, it should

start looking by heading west, going

down the congested California freeway,

past the Staples Center and into down-

town Los Angeles where the University

I know the Trojans are 9-2. I know they

lost at Washington State. I know that

with a Wazzou win over UCLA the Cougars, not USC, will represent the

But you won't find a single team in the

nation that has played better football the

past two months than USC. In fact, it's

Last weekend, the final leg of a satan-

ic nonconference scheaule rollec int

the L.A. Coliseum in the form or 10-1

Only Notre Dame didn t present any-

thing of a challenge to USC; the Trojans treated the golden helmet-wearing Fight-

ing Irish as if they were Navy. USC not

only pounded the Irish 44-13, it out-

gained the Golden Domers by over 500

yards and garnered 31 first downs, while

Notre Dame managed only four, yes f-o-

Even more inconceivable is USC's

loaded nonconference schedule of

Auburn, at Kansas State, at Colorado

and Notre Dame. That's the third-best team in the always-tough SEC, a 10-win

school, the potential champion of the

Big XII and college football's most rec-ognizable team in the midst of its return

to glory. The Trojans went 3-1 against

that gauntlet, highlighted by a 40-3 win at Colorado and with the lone loss at

Trojan head coach Pete Carroll, a for-mer N.C. State assistant, is setting the

right example as to how BCS schools

should schedule out of the conference,

and it's a shame he's getting penalized

Yes, that means you, Ohio State. If the

Buckeyes and their perfect 12-0 record

would have followed Carroll's lead,

there's little reason to believe they'd be undefeated. Anything but wayworn after leaving the state of Ohio just four times in 13 games, OSU instead forced

its high-profile nonconference oppo-

nents to come to its 105,000-seat home

stadium, one of the biggest home-field

The Buckeyes also had the pleasure of

team, Iowa. USC? The only team it

not playing the Big 10's other undefeat-

did not play in the conference was last-

Who's to say that OSU wouldn't have

won at Iowa? Judging by its unimpres-

sive, barely-get-by road wins at North-

western, Illinois and Cincinnati (com-

bined record 14-22), I sure wouldn't

But there's nothing we can do. OSU

gets its wish and is sure to serve as this

year's Nebraska, likely losing by way

advantages in the nation.

place Arizona.

count on it.

See MATT page 10

for it while others reap the benefits.

Kansas State way back in September.

of Southern California lies

Pac-10 in the BCS.

not even close

Notre Dame.

u-r

Championship

COLLEGE FOOTBALL

Matt

Middleton

mensional offense.

tional'title game.

B(C)S again

Schedule

M. Basketball vs. Northwestern, 12/4, 7:30 Wrestling @ Las Vegas Invitational, 12/6 Football @ Gator Bowl, 1/1, 12:30 W.Basketball vs. Washington, 12/6, 6:30

points in the second half.

partment on Tuesday.

played this season.

TECHNICIAN

Pack pounds Pirates

Amelia Labador scored a careerhigh 19 as State upped its record to 2-3 with an 80-56 thrashing of East Carolina.

Sports Staff Report

Kay Yow started the inside duo of Kaayla Chones and Carisse Moody together for just the second time in five games this season Tuesday night against East Carolina.

The decision paid dividends for the N.C. State women's basketball team (2-3), as the duo combined to score points and grab 16 rebounds, and State blew open an eight-point halftime lead to roll to an easy 80-56 victory over ECU (1-4) at Minges Coliseum.

Senior Amelia Labador poured in a career-high 19 points, going 7-for-8 from the foul line, and freshman Billie McDowell was the fourth Pack player in double figures, notching 10 points

For the game, the Pack shot 45 percent from the floor and forced the Pirates into 25 turnovers. Amy Simpson added nine points and a career-high nine rebounds

services of forward Adeola Olanrewaju,

who is on a leave of absence for an un-

determined period of time, according to

a statement released by the athletic de-

Olanrewaju led the team in rebounds

with 8.0 per game and was averaging 4.0

points per game in 25 minutes a contest

after starting two of the four games

The first half was a bit rocky, but

Moody kept the Pack in front with a 15-

point effort. Simpson took care of the

ful as Labador, Chones and McDowell stepped in on the offensive effort. for State, which scored a season-high 48 The 80-56 victory was the highest scor-It was State's first game without the ing contest for the Pack and the lowest

Scores

W.Basketball 80 East Carolina 56

scoring game for an opponent so far this season. State continued to reign on the boards

with a 45-30 advantage, which includ-ing holding the Pirates to just four offensive rebounds. The Pack also went to the free throw line 30 times, the most this season.

State will venture back into action this Friday as it hosts the GlaxoSmithKline Invitational at Reynolds Coliseum. The Pack's first opponent will be Washington Friday night at 6:30 p.m.

Another methodical opponent awaits

Expect another grinder when N.C. State and Northwestern meet tonight as part of ACC/Big Ten Challenge

Andrew B. Carter ssistant Sports Edito

N.C. State fans may want to get out the alarm clocks and pillows. This one could be another snoozer.

After the Wolfpack's 58-37 victory over slow, prodding Coppin State Saturday, several Pack players expressed relief with the game's conclusion. They spoke of "grinding one out," and "just getting a win." It wasn't as if State played poorly, it did enough to win by 21, but the Eagles' pace was enough to kill a corpse. If that wasn't enough, here comes Northwestern.

Part of the ACC/Big Ten Challenge, tonight's game with the Wildcats, which tips off at 7:30 at the RBC Center, could mirror the Pack's slumberous bout with Coppin State. In that game, the Eagles ran a stall-ball offense and a strong zone defense — both of which limited shot opportunities for the Pack. Northwestern (3-1) runs a similar of-

fense, one that is as patient as it is methodical.

"We'll face a tough test [tonight]," said State coach Herb Sendek."[It is] another team that will be somewhat deliberate. A team that will force us to execute, and a team that will require discipline and focus to play against.

While other teams in the ACC got more attractive matchups with Big Ten oppo-nents — Virginia is playing Michigan State for the second straight year, and North Carolina played Illinois Tuesday — State (2-0) got stuck with Northwestern, one of the Big Ten's least-appealing members

The Wildcats have failed to score over 60 points in three of their four games and have traditionally been one of the worst teams in the Big Ten. At 7-9 last season, Northwestern posted its best con-

	Conf. Overal		
tate	7-1	9-4	

Florida State	7-1	9-4
Virginia	6-2	8-5
Maryland	6-2	10-3
N.C. State	5-3	10-3
Clemson	4-4	7-5
Georgia Tech	4-4	7-5
Wake Forest	3-5	6-6
North Carolina	1-7	3-9
Duke	0-8	2-10

Locked in bowls

N.C. State

The Wolfpack landed the ACC's No. 2 bowl bid, but not without a bit of con-troversy. Despite its fourth-place finish, State will play on New Year's Day for the first time since 1994, probably against college football's most storied program, Notre Dame, who is probably shut out of

The last time Northwestern coach Bill Carmody came to Raleigh, he left as the last

anyone lightly.

Destinations unknown

winning their 10th conference title. FSU will likely land in the Sugar Bowl to face the winner of the SEC title game, either Georgia or Arkansas, but its official de tination will not be known until this weekend.

snubbed as they watched three bowls pass them over in favor of teams that had the same or poorer conference records. Virginia will end up in either the Continental Tire Bowl in Charlotte or the financially challenged Seattle Bowl.

game, and freshman T.J. Parker. Parker has run the point effectively, while also av eraging almost 10 points a game. The Wildcats are thin, however, as they really only go six deep.

Which is part of the reason why the

ness of the action. State turned up the

thing to say about that tonight. In Saturday's second half, Hodge, along with guards Clifford Crawford and Scooter Sherrill, started to penetrate the zone and create shots. The results were a much-improved product. If the Wildcats go to a zone, the Pack will be pre-

But with an offense as multifaceted as State's, Northwestern will likely do any-

thing to stop it, zone or otherwise. "With our offense, there's no telling what teams are going to do," said Hodge. "Some teams will play a zone, others will back off of us, and dare us to shoot open threes. As long as we run our offense and listen to Coach Sendek, we know we're going to be successful."

And while it could be another ugly one, Hodge and company aren't concerned with winning beauty contests. They just want to win.

"We're good enough to win every game, and also on any given night we can lose every game on our schedule,'

a pillow or a full-court press, the Pack shouldn't have to worry about losing tonight - but then again, stranger things

Georgia Tech After ending the year with a 51-7 smack-ing by rival Georgia, the Yellow Jackets could be headed back to Seattle for the second straight year after they downed Stanford a year ago. The Continental Tire Bowl is also not out of the question, as Atlanta is in somewhat close proximity to

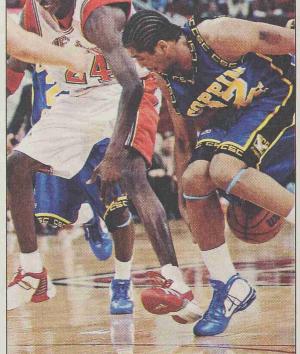
Wake Forest

Charlotte.

For a second straight year, the Demon Deacons are bowl eligible, and for the second straight year they will probably spend the holidays at home. The Deacs' best shot is to land a bid in the Motor City Bowl, although even that remains a long shot.

Sammys

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man to win a basketball game at Reynolds Coliseum as head coach of Princeton.

ference record since the 1983-84 season. Despite the facts, the Pack isn't taking

"We're going to be ready for them when they come in here," said the Pack's Julius

The prime candidates are Tennessee and

The Tigers pulled off a bit of a coup by

landing the league's Tangerine Bowl bid.

Clemson finished tied for fifth in the

league but was chosen by the Tangerine

to play in the Dec. 23 game, likely against

ton State on Saturday.

Maryland

Arkansas.

Clemson

Oklahoma State.





offensive boards, with five of her eight total coming in the first period. Despite only scoring 32 points, the Pack never let its lead slip to less than four. The second half was a more success

State managed its second win of the year without the injured Rachel Stockdale . Staff photo by Matt Huffman



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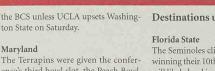


The Terrapins were given the confer-ence's third bowl slot, the Peach Bowl,

Florida State The Seminoles clinched a BCS birth by after a season-ending win over Wake Forest. Maryland posted back-to-back 10win seasons, and will not know its opponent until after the SEC title game.

Virginia

The Cavaliers have the right to feel a bit



pared tonight.

in the RBC Center. At times against Cop-pin State, fans began booing at the slowintensity of its full-court press, but almost nothing seemed to accelerate the Of course, the Pack will have some-

'Cats run such a slow game. There are not enough of them. Add Northwestern's lack of depth to a State team that struggled against a zone defense, and it could be the makings for another snailand-tortoise affair. That would be to the dismay of many