

TECHNICIAN

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AUGUST
26
2004

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Raleigh, North Carolina

CHANCELLOR SEARCH

The lone student

Caravano to play important role in search committee.

Tyler Dukes
Deputy News Editor

For the average student, August is a precursor to the norms of college life.

Student Body President Tony Caravano, however, is not the average student.

On top of the familiar woes of books, homework and labs, Caravano is responsible for aiding in the selection of N.C. State's highest administrator as a member of the chancellor search committee.

The 13-member committee, which was chosen by NCSU Board of Trustees Chairperson Peaches Blank, includes faculty, staff and trustees. As the only student,

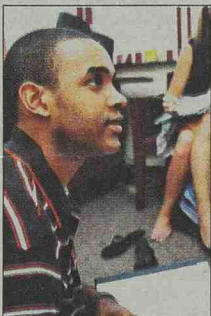
Caravano plays an important role.

"I am primarily responsible for representing students and their issues," Caravano said.

Despite his singular status, Caravano said he is satisfied with the representation of the group, especially after speaking with committee members.

"The collection of experience and diversity of experience is kind of what makes this a good search committee," Caravano said.

Chancellor Forum
3 p.m.
Talley Student Center
4th floor
Walnut Room



CHRIS DAPPERT/TECHNICIAN
Student Body President Tony Caravano

"[They're] people that have been around the university long enough to know that there are constituent needs other than their own."

Before the initiation of the search, UNC President Molly Broad and search committee chair Robert Jordan declared that the selection process would be a closed search. With this method, information regarding the candidates would not be disclosed

TONY continued on page 2

Students evaluate alcohol use

N.C. State students discuss underage drinking.

Katie Akin
Staff Reporter

Alcohol use is seen as a staple of college life, as natural to a university student as studying and sleeping. Blindly stereotyping college students as alcoholics, however, may not accurately reflect the diversity of opinions held by members of the N.C. State campus community.

Underclass students may find the topic of drinking particularly relevant, as the consequences of alcohol use amongst underage drinkers can be particularly severe.

Although some freshmen in Owen Hall were excited to discuss their alcohol-related experiences amongst themselves, they were less enthusiastic about being quoted.

"I love drinking. I don't live to get drunk, but I enjoy it," Daniel Meyer, a

freshman in First Year College, said. "When I have the opportunity, usually on the weekend, I drink."

His friends agreed that on the weekend, when it would not interfere with school, they would drink, sometimes in the dorms.

Campus Police followed through on 256 judicial actions for drinking charges alone in the year of 2003.

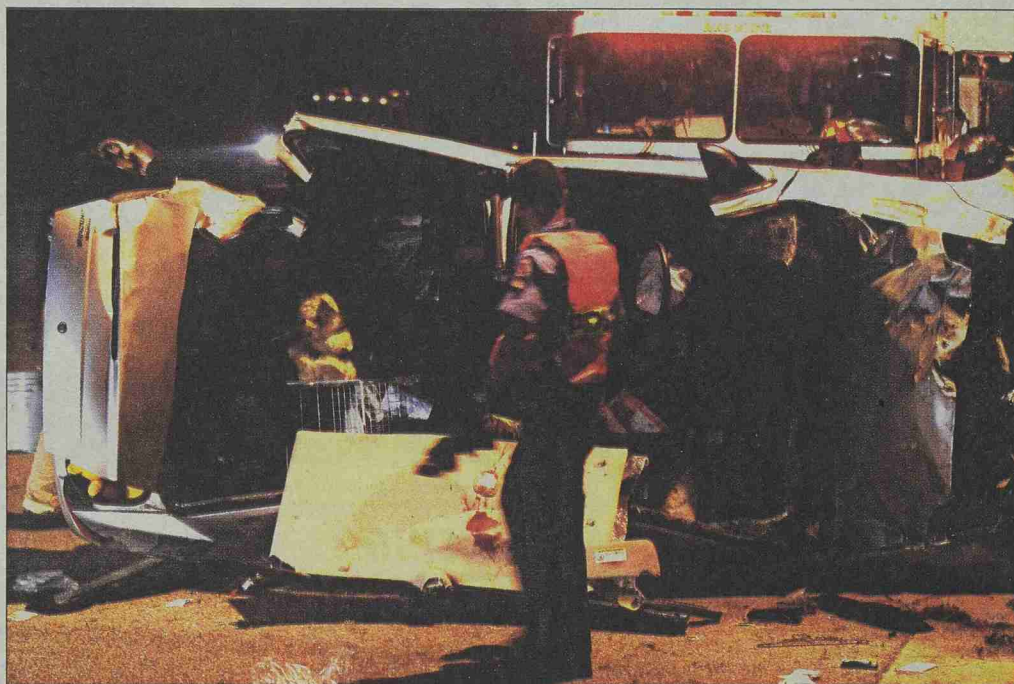
Matt Andracko, a senior in psychology, remembers his experience mentoring freshmen in Tucker Hall last year.

"Drinking was definitely a problem," he said. "The freshmen didn't understand the university policies; they would walk into the hall with drinks."

"As a mentor I didn't have to write anybody up, but I confronted it a lot. I don't think underage people understand the gravity of the drinking policies."

While some students are taking advantage of their new freedom, others are

ALCOHOL continued on page 2



Raleigh Police respond to a car accident on Avent Ferry Road early Wednesday morning. It was the second wreck at almost the same location in five days. The driver had to be cut out of the car and was sent to WakeMed hospital, where she was listed in good condition yesterday.

Another Avent Ferry crash startles neighbors

A driver wrecked her car in a single-car accident – the second on Avent Ferry Road in five days.

Ben McNeely
Staff Writer

Joe McCutcheon knew the sound when the car flipped – he had heard it five nights before.

He rushed out to the scene and checked the driver.

"I asked if she was all right. She was unconscious, but then she came to and said she was OK," McCutcheon said. "She had a large gash on her forehead."

A one-car accident occurred last night at 2:05 a.m. on Avent Ferry Road. The crash was an estimated 100 feet away from the site of Friday's fatal car wreck, which killed computer engineering sophomore Brandon Sova and injured three others.

Krystal Dawn Faulkner, 25, was driving along the road when she lost control of her vehicle, hit a telephone pole, took out five mailboxes and flipped her silver Dodge Neon, police

said. The car landed near the intersection of Avent Ferry and Crest Roads. Almost immediately, first response teams from the Raleigh Fire Department and Raleigh Police Department were on the scene, witnesses said. Rescuers had to cut her out of her vehicle, which was sitting on its side.

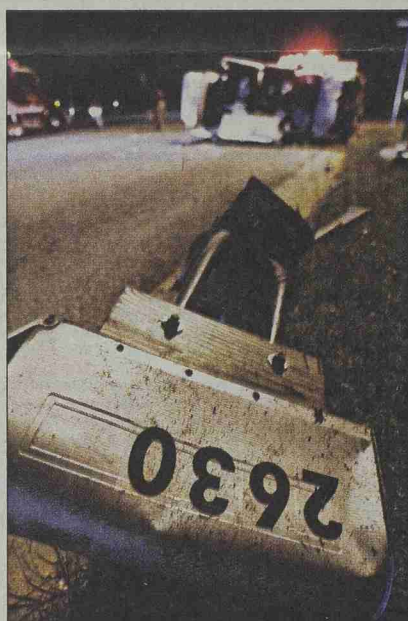
Faulkner was charged with driving while impaired and careless and reckless driving. She was taken to WakeMed Hospital for treatment and was listed as in good condition yesterday, hospital officials said.

"This weirds me out that this happened again," said John Gentry, a junior in business.

Gentry also saw the wreck late Friday night, where Sova was killed and two other students, Troy Bradshaw, a junior in physics, and Bruce Chipa, a junior in computer science, were seriously injured.

They remain at WakeMed under critical condition last night, according to a hospital spokesperson.

"I ran out in my bare feet when I heard the crash," McCutcheon said, who also helped at Friday's crash. "I still have glass in my feet from the last wreck."



Five mailboxes were knocked down along with a telephone pole when the driver lost control of her car.

Hillsborough Street undergoes harsh closing epidemic

Establishments find increased rent, homeless make business difficult

Kate Peters Bowra
Staff Reporter

For students, the closing of Starbucks on Hillsborough Street was the last straw. Frappuccinos and signature sweets are now just a thing of the past.

Students seeking a coffee buzz are now turning to different businesses to get their caffeine for the day. A big favorite, located just a few steps from



Peeking in the window at the now-closed Starbucks on Hillsborough Street, Ryn Marlowe, a senior in animal science thinks it is "absolutely splendid," citing the business stolen from small corner shops.

insidetechnician



Preppin' the field
Joey Surratt and the field crew at Carter-Finley Stadium must get the field in perfect condition for game day. See page 8.

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ALCOHOL

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uninterested.

"I don't plan on drinking until I'm 21," said Christen Forsyth, a First Year College Freshman, "I've seen too many consequences."

Some N.C. State underage drinkers have felt the sting of

those consequences. Drinking tickets and plummeting GPA's are two of the most common penalties for having too much fun, students say.

"I'm on academic probation this semester, and it's because I spent too much time going out last year," Emily Pomeranz, a sophomore in political science, said, "I definitely didn't have my priorities straight."



PHOTO ILLUSTRATION BY MATTHEW ROBBINS/TECHNICIAN

Underage drinking is a problem along many college campuses across the country.

Police Blotter crimes reported 8/24/04

10:52 a.m. Suspicious Incident

A staff member was working at the Equine Facility when she heard what sounded like a shot coming from the woods past the facility. Officers checked the area, but didn't locate anything.

10:52 a.m. Hit and Run

A staff member reported that a Facilities vehicle that was parked in the Central Campus Lot had been struck by a vehicle that had left the area.

11:17 a.m. Traffic Accident

A student was struck by another student as she was crossing the crosswalk at Dan Allen Drive and Yarborough Drive. Environmental Health & Public Safety and Facilities were notified.

2:09 a.m. Suspicious Vehicle

A CCBI agent observed a red van pull into a construction site at the Partners II Building on Centennial Campus. Officer met with a subject, a non-student at this location. He works for contractors doing sheet metal work on roof. The subject in the van stated he couldn't sleep, and came to work early. Warrant checks came back negative. No further problems noted. The subject was napping in his van prior to work time.

2:47 a.m. Traffic Stop

A student was issued a citation for running the stop sign on Cates Avenue at Dan Allen Drive.

6:02 a.m. Damage to Property

A student reported some damage to her vehicle that was parked in the Aventura Ferry Complex Lot. Apparently, something scratched the passenger door to her vehicle.

8:43 a.m. Traffic- Stop Sign

A subject was issued a citation for running the stop sign at Main Campus Drive.

1:35 p.m. Traffic- Stop Sign

A subject was issued a citation for running the stop sign at Main Campus Drive.

1:55 p.m. Traffic- Stop Sign

A subject was issued a citation for running the stop sign at Main Campus Drive.

10:32 p.m. Traffic Checkpoint

Officers conducted a driver's license checkpoint on Sullivan Drive at Varsity Drive. Three verbal warnings were given for failure to carry a driver's license and expired registrations.

10:39 p.m. Suspicious Person Trespass

A student reported a homeless lady climbed into the back of his truck while it was parked in Pullen Lot. Officer identified the non-student; all files were checked and came back negative. She escorted off campus by a friend.

11:06 p.m. Traffic Stop

A non-student was issued a citation for no driver's license at the checkpoint. His passenger was a licensed driver, and was allowed to drive the car.

12:46 p.m. Traffic Accident

Two students were stopped on Dunn Avenue when one of the student's vehicles shifted into reverse and struck the front of the other student's vehicle.

2:40 p.m. Traffic- Stop Sign

A subject was issued a citation for

running the stop sign at Main Campus Drive.

3:17 p.m. Larceny

A staff member was working the front desk at D.H. Hill Library when a subject leaving set off the alarm. The staff member confronted the subject, and the subject left the book he had and went out to the Atrium. When the staff member looked at the book, he noticed the bar code had been removed. A check of the area failed to locate the subject.

3:26 p.m. Trespassing

A staff member called to advise that a subject who had been trespassing from all dorms was in a room in Aventura Ferry Complex. Upon arrival, the subject had left, but was located at Weisiger-Brown. He was issued a citation and referred to the university.

3:31 p.m. Information-Police

A staff member reported finding some items of a possible homeless camp in the vicinity of 1903 Hillsborough Street. The items were disposed of.

4:09 p.m. Information-Police

A non-student came by station to report that he had been walking on Hillsborough Street when a subject came up from behind and grabbed his butt. It was determined the incident occurred in Raleigh's jurisdiction; he was referred to their station.

5:31 p.m. Hit and Run

A student reported someone hit her parked vehicle in the Central Campus Pay Lot. Possibly matches earlier hit and run from case 4P0001172. Officer will follow up.

5:45 p.m. Assistance

A non-student called to report he couldn't find his vehicle, which he parked at the Vet School Iams Center. He called back to say he located his vehicle. No problems noted.

6:49 p.m. Traffic Accident

An accident occurred on Hillsborough Street at Lampe Drive. A subject's vehicle was struck from the rear by another subject. She, in turn, was struck in the rear by another subject's vehicle. All subjects were all right. Accident report was filed.

7:04 p.m. Fire Alarm

Officers, Fire Protection, and RFD responded to a fire alarm at Watauga Hall. A student was drying her hair, and had set off the alarm. No problems noted.

7:27 p.m. Missing Person

A non-student flagged down an officer on Ligon Street, saying she was looking for a six-year-old child who had wandered away from a house on Ligon. The officer located the child on the ES King Village playground within minutes. No problems noted.

7:42 p.m. Liaison Program

Officer Menzie met with Lee Hall staff and 90 residents to discuss questions and concerns they had and to explain liaison officer roles. They also discussed services available. No problems were found concerning resident's safety.

7:50 p.m. Safety Program

Sergeant Barnwell and A.D. Dailey conducted a safety program at Reynolds Coliseum with members of the Wolfpack Club.



RAY BLACK III/TECHNICIAN

Brian Greenwood, a doctoral candidate in parks, recreation and tourism management, gets some reading in at the Global Village coffee shop on Hillsborough Street on Tuesday. Greenwood visits the restaurant, which remains open, "at least three times a week."

CLOSING

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the former Starbucks, is Global Village Organic Coffee.

"I am sad that Starbucks has closed but Global Village is a great alternative. It has a unique atmosphere. It is nice to walk in anytime of day and feel like you have already been taken care of. Mike [Richie] knows my drink," Kate Felix, a self-acclaimed coffee enthusiast and junior in communications said.

Owner, Mike Richie, does not seem the least bit surprised by the rent increase.

"There is nothing but high rent on Hillsborough Street, businesses know that when they choose the location," Richie said.

"We're very thankful for N.C. State students and staff, they have been great support."

As long as students and professors still need a cup of coffee Richie does not foresee any problems for his business.

"We're not going anywhere," Richie confirmed as he brewed coffee for his next customer early Monday morning.

Another Hillsborough Street establishment that caters to the student population and local families is Cream & Bean, located near the Bell Tower. The creamery opened 25 years ago and is owned and operated by Robert "Bokie" Sherk, who has been running the business for 10 years.

Coffee selections, homemade ice cream and waffle cones fresh

off the skillet are just a few of the offerings from this quaint and creative parlor.

Sherk works an average of 90 hours a week and has seen a decline in business as the quality of Hillsborough Street has also declined over the past 25 years. "Obviously Hillsborough Street isn't what it used to be," Sherk said adding, "the landlords want a fortune but the poor streetscape does not reflect the high costs to business owners."

Shortly after Raleigh lawmakers took away the bicycle police from Hillsborough Street and relocated the force to the downtown area, an increase in crime activity and homeless persons spiked in the area.

"Bums cause trouble for businesses by assaulting customers

outside on the street. When an incident happens, it's only a short time before the word has spread and businesses are negatively affected by these occurrences. It happens all too often," Sherk said.

When corporate operations like Starbucks close their doors, it can create an epidemic that not only harms businesses already struggling, but also for those considering trying their hand at opening on Hillsborough Street.

Cream & Bean is scheduled to close later this winter. In the meantime, Sherk said that business will continue as usual.

"After all," he said, "homemade ice cream - that's what we've got."

Jessica Stover, a senior in communications, hopes that closures mean new possibilities for up and coming businesses.

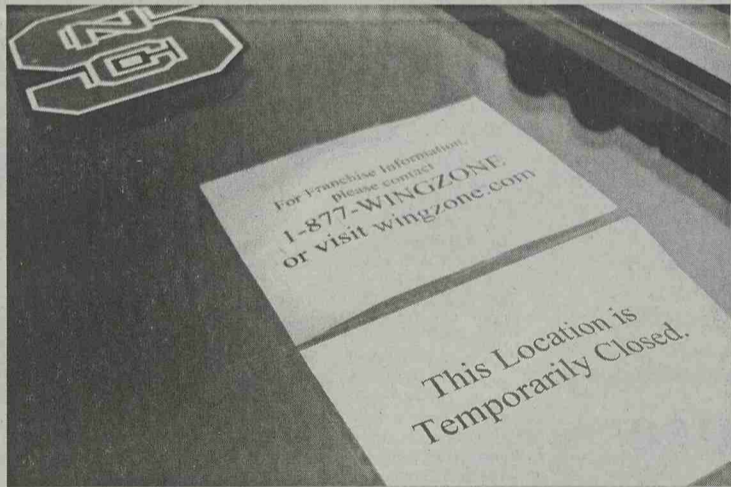
"It would be great to have a wider variety of restaurants. The addition of retail or clothing stores would also be a vast improvement," Stover said.

Even so, there are students who are completely satisfied with the offerings on Hillsborough Street despite the vacant buildings.

"They have everything I want," Armand Brown, a freshman in the first year college, said.

The location on Hillsborough Street is prime real estate, but constraints such as parking and crime seem to be causing problems for business operators and customers alike.

But for Hillsborough Street, long-time businesses such as Cream & Bean, Global Village, Brothers, Two Guys, and Mitch's Tavern are what keep the street alive for students.



RAY BLACK III/TECHNICIAN

Signs at the former location of Wing Zone on Hillsborough Street. The restaurant closed early this summer.

TONY

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until the conclusion of the search, keeping the majority of the campus out of the loop.

According to Caravano, keeping people in the dark is not the group's intention.

"Right now, the notion that everyone's working under is that if we do it this way, we will have more interest from better qualified individuals," Caravano

said. "Keeping it this way allows those individuals to pursue the job as vigorously as they'd like to, and if they don't receive the job, then to go head back to the job they have now."

To gather feedback from students and faculty on expectations of the new chancellor, the committee made the decision to hold open forums for input. Two of the forums, which were held over the summer, were meant to address issues from faculty and staff that remain on the campus

year-round.

Today's forum, the third and final event, is open to all students, faculty and staff. It is also meant to focus on the campus community as a whole.

According to Caravano, the search committee has not met to discuss candidates for the process, opting instead to hear input from the campus before making any group decisions.

"[Doing it this way] will really be key in the future for us to have a big picture of what

NCSU needs overall to find the best chancellor we can find," Caravano said.

Despite being the only student on the committee, Caravano stated that speaking up for the students won't be a problem.

"I don't even look at it as being an intimidating situation," Caravano said. "I have a job to do, and as the only student I have 29,000 voices. All those voices have to be heard, so there really is no time to sit back and be quiet."

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News

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STUDENT SENATE

Senate breezes through first meeting

The new Student Senate quickly ran through its agenda, atypical of years past.

T.S. Amarasiriwardena
News Editor

The matching sandstone-and-red suits that Student Body President Tony Caravano and Student Senate President Will Quick sported at Wednesday's Student Senate meeting were more than superficial signs that executive and legislative branches will attempt to cooperate in the upcoming year.

In years past, the senate has been noted for quickly finding itself embroiled in debate and butting heads with the president and administrators. Such actions culminated last year over student fees' debate, in which senators talked over and drowned out members from the administration that nearly left the students without input into the fee process.

Though not making any direct references to last year's senate situation, Quick reopened the 84th session of the Student Senate by reading opening statements that alluded to hopes for a new senate atmosphere.

Quick urged senators to "make knowledgeable points," and requested fellow senators to "think about what you are asking first," and that senators to be respectful to visitors at their sessions.

While talking to Jason Moody, a senator for CHASS, Vice Chancellor for Student Affairs Tom Stafford whispered during the meeting that he will be "watching [the senate] very carefully and see if anything has changed."

Later Stafford explained his comments, saying that he has indicated to the senate that

they have an "inefficient" operation.

"They need to really focus on what are the most important issues to the students and how to develop a more streamlined process that allows for full debate and final resolution," Stafford said.

"My major concern has to do with how they deal with the fee process, it was very ineffective and very inefficient [last year] and as a result I didn't really give it much consideration," he said, adding that the senate will have to demonstrate the development of an effective process to produce those results.

President Caravano mirrored Quick's sentiments and said that he and the executive branch had faith in what this senate could do.

He further acknowledged last year's fee process by requesting that senators come up with an amicable and thought-out decision that is agreeable with the administration.

With the current chancellor search under way, Caravano told senators that they have an opportunity to "write history."

"It's not every year that you get to help choose your new chancellor," Caravano said, while urging senators to represent their constituents by attending today's open chancellor forum in the Talley Student Center ballroom at 3 p.m.

Caravano also said that the executive branch had organized buses to ferry students from campus to football games this season with the Wolfline.

Funding for the buses are coming out of executive branch funds he said.

Future senate meetings will be broadcasted on the campus television network, Lee Cobb, a senator for lifelong education, announced.

"Think of it as Student Government C-SPAN," he said.

Initially, the meetings will be taped but plans are in the works for it to be aired live in the future on campus channel 85.

Student Body Treasurer, Mital Patel relayed to the senators that a bid for Big Boi of the hip-hop group OutKast had been made to appear at this year's homecoming concert. The homecoming committee, a division of the Alumni Association, made the bid in a range of \$30,000-60,000 dollars, according to Patel.

"Chances are very good that he will come," Patel said.

Representatives from the campus committee in charge of student tickets said guest tickets for games against Richmond would be available for \$25 and \$27 for games against Wake Forest and Georgia Tech.

Block seating is open until Friday at noon for the Richmond game next week.

Senator President Pro Tempore Patrick Clearly said that chances are slim that proposed online student ticketing will be ready for the Ohio State game, as the system has yet to be tested.

Finishing in two hours, many senators left the chambers remarking how quickly the meeting went.

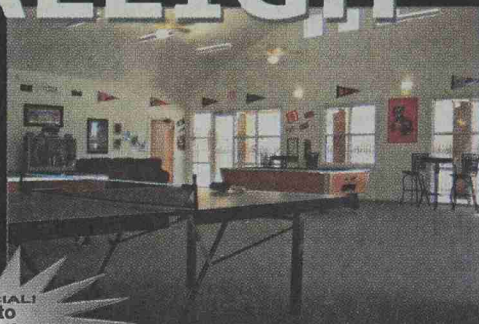
Quick said after the meeting that it felt good and items discussed had the appropriate amount of debate. He attributed the quick meeting to it being the first of the year where no major bills are discussed and for senators reading bills before debate.

Former senate president and a current senator Eric Fabricius said that meeting went pretty straightforward. Having not ran for reelection for his seat as senate president, he said that he was looking forward to working with smaller committees.



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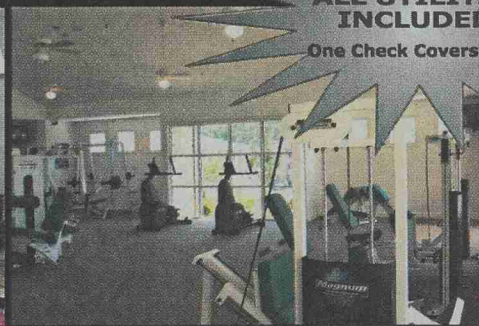
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STUDENT LIFE

Love in the classroom: Is it impossible?

That special someone might be a desk away in statistics class — there's only one way to find out.

Lori Miranda Osgood
Staff Writer

That wonderful time of year is upon N.C. State again — thousands of new books to read, intellectual conversations, intriguing classes, the smell of freshly cleaned restrooms and classrooms. All this explains why heading back to NCSU after a long, hot summer is exciting. Yeah right. Get real.

The real reason why the Pack is enthused about starting back to school and going back in style is for the *hot girls* or *hot guys* — whichever one's persuasion is.

The simple truth of the matter is most students have spent summer busting their tushes off at a job that pays too little for doing too much or chilling at home with the parents. Either scenario offers few opportunities to meet people. As soon as Aug. 18 hit, everyone was psyched up to find new people to hang out with.

Now it is Aug. 26. People who are "looking" have scouted the Court of Carolina seeing how other students have it all laid out. There are girls in the short, frilly skirts accompanied by tank tops that leave little to the imagination or guys playing Frisbee with no shirts, flexing their muscles in just the right way. Yes, you know who you are.

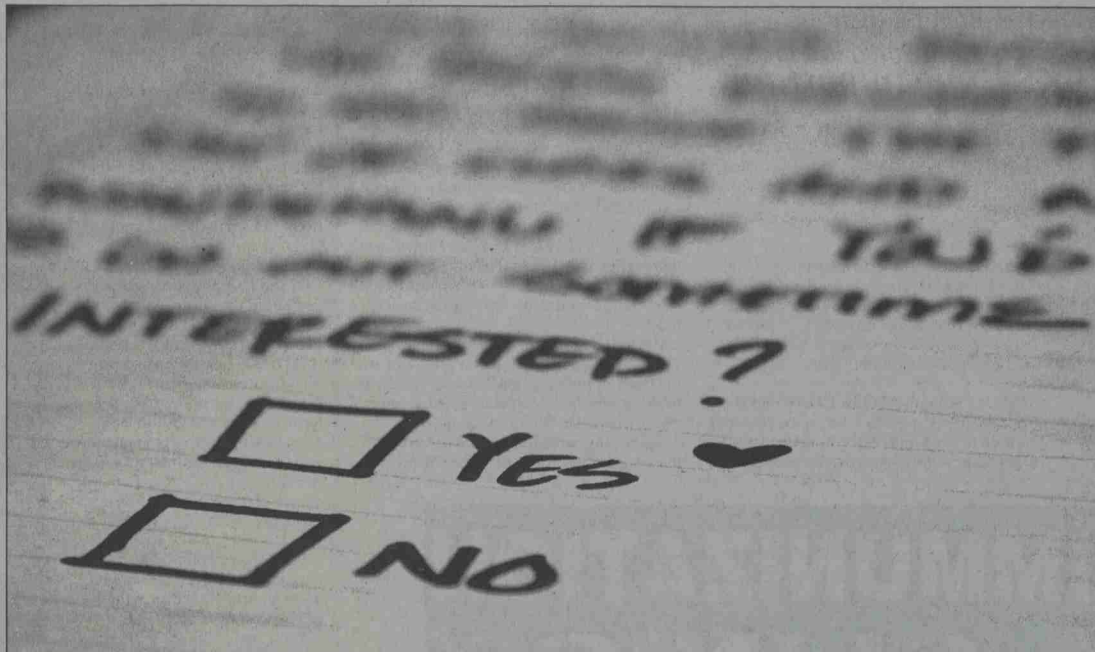
However, there becomes a point when all looking and no playing becomes a bore. What next? One of the girls/guys you have been checking out day after day just so happens to be in your communications class. Surely it wouldn't be a step in the wrong direction to communicate with her/him. Go for it — just make certain you have thought about it first.

One of the first questions is: Has he/she noticed you as well? Either way, you must proceed with caution. Once you take a step forward, you can't retreat without looking like a total idiot. If he/she has not noticed you, your first maneuver is prime.

Get up the courage to sit beside that attractive cutie in class. Mad props for the nerve, and also remember that since the admired one doesn't even know you exist, it really won't be an event to write home about when you decided to change your seating location in class.

Next, you should conveniently ask the group sitting around you if they have purchased books for the class yet, and aren't they undodily expensive? This will give you a chance to talk to her/him in a group setting without making it obvious of your intentions.

Another bonus of this group approach is that it gives you a chance to see what the hot one's personality is like. Up until now you have only googled from afar. Everyone has had those experiences when another has it all going on in the looks department and nothing upstairs.



Love letters might be things of the past, but classroom crushes remain far after the years of grade school.

PHOTO ILLUSTRATION BY RAY BLACK III/TECHNICIAN

After personality compatibility has been assessed, it is safe and totally kosher to ask for the person's instant messenger name. This is safer than asking for a phone number, because I.M. can be used for school purposes as well as social. If you are feeling gutsy and know you want to go out on a date with this incredibly killer person, ask for his or her digits. What have you got to lose?

Now for those of you who are sure that the guy or girl that you want to make time with knows that you are alive and perhaps suspects that you have a thing for him/her, you can play one of two cards. Since it's known that interest is established, use this as a confidence booster and just go for the gold. Approach the guy or gal before or after class to talk with him or her and ask for his or her number/I.M. Another method is to play up shyness, only dropping small hints. Many guys dig the shyness of a southern belle, and many girls think that shy guys are mondo cute and sexy.

Do these tactics work? When asked how he would pick up a girl from one of his classes, Stephen Ricks, a junior in computer science,

said that he would "start talking about our class together. As things progress I would ask for her I.M. screen name. It is the best way to talk to people at State. How long we talked on there before I asked her out on a date would depend on how things were going, how much we talked, what we had in common, etc."

But not everyone is single. How do those who are already taken deal with advances? Leigh Anne Weisner, a senior in communications, said "Occasionally, I have become friends with guys in class through projects or talking about assignments, then they would later ask for my number so we could go out. I would tell them in a nice way that I had a boyfriend. Everyone is pretty respectful of that. Unfortunately, some of the guys would not talk to me again after they found out I had a boyfriend, but the ones who did proved to be great friends."

Sometimes hitting on people in class is a disaster waiting to happen. One NCSU junior accounts her embarrassing experience; her name is withheld to protect her from further ridicule. She had been lusting after this tall, dark and handsome classmate in one of her graduate level classes throughout the first day and her

courage got the best of her. She wrote him a racy letter and passed it to him on the way out of class. She left her info. where she could be reached in hopes of a positive response. She got her response the next day. The T.A. for one of her classes was, guess who: none other than Mr. Tall, Dark and Handsome. When he called the roll and got to her name, he said, "I think that you made a mistake by leaving this the other day." Talk about mortifying.

What do professors think about their classes becoming forums for the dating game? General sentiment among the faculty is that the intermingling of students is fine — especially since a great majority of them met their sweethearts during college — just as long as it does not interfere with the runnings of class. Another thing to keep in mind is that if it doesn't work out, students are stuck together in the same class for the remainder of the semester.

Is love really the battlefield that it's made out to be? In ten years it may not be that big of a deal if someone is rejected or accepted by the hot girl or guy sitting one seat over in statistics class. Either outcome, it might just be worth it to take the chance.

Perhaps the best tip to getting a date is to make sure that you are picking someone that is hot to you, both inside and out. Also, have an open mind. These classrooms are filled with many different walks of life, don't be afraid to give someone a chance.

Sometimes hitting on people in class is a disaster waiting to happen.)

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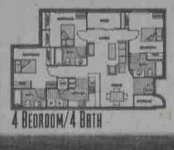
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HEALTH BEAT

Stay healthy on campus by getting your zzz's

Students often fill their schedules to the max, but forget to include one important thing — sleep.

Jasmine Modoor
Staff Writer

It's there during your lectures, while you are doing homework, studying for that test and even when you are hanging out with your friends — that sneaky little yawn. "I yawn a lot. I yawn a good four or five times an hour," says Adam Palo, a junior in biological sciences.

Palo, a Community Assistant at Wood Hall works from midnight to 4 a.m. once a week. "I don't go to sleep until everything that I need to get done is done." And that leaves Palo with

four to six hours of sleep. "I am always tired. I am exhausted. I am not nice to people, [and] my appetite is gone."

Among alcohol, drugs, STD's, depression and the "freshmen 15," lack of sleep has become one of the top health concerns for college students.

In college, students have to juggle their academics, extracurricular activities, part-time job and social life. Steve Hall, a freshman in engineering, says "I cut sleep out of my schedule to make room for what I am doing like parties, homework, studying, girlfriend, hanging out with friends — you name it. If it's something I want to do, then I will cut sleep out."

Many students follow Hall's example because they do not see the direct problems arising from lack of sleep. Lack of sleep is seen by health professionals as the underlying cause of many other student health concerns.

Not getting enough sleep makes students more susceptible to mood swings, depression,

weight gain, low energy and a much less efficient immune system. Most students suffer from daytime drowsiness, a condition characterized by difficulty remembering things, lack of concentration in class and delayed reaction times so much that it has become part of their lives. "During the week I can't get enough sleep, so I am used to it," Hall said.

Cheating on sleep may help Palo and Hall fit more into their day, but in the long run it's going to do more harm than good. Our bodies aren't forgiving when we cheat on sleep, working overtime accumulating a sleep debt. Sleep deprivation keeps you from performing at your optimum level. Also, lacking sleep over many years can significantly shorten your life span and put you in danger of obesity, depression and accidents on the job or on the road.

A 2002 Sleep Foundation poll found that 17 percent of respondents reported that they actually dozed off at the wheel.

If you are hitting the snooze button, then you're not getting enough sleep. Here are some tips from www.sleepnet.com to help you out.

1. Determine how much sleep you need: There is no one formula for everyone. Only you can decide how many hours of sleep you need each night. When you get enough sleep you feel alert, well rested and in a good mood.

2. Prioritize: You need sleep as much as you need food and water. If you are consistently unable to get enough sleep then it's time to prioritize what you do during your waking hours. Cut down on an extracurricular activ-

Sleep Info

"Youthful energy" may be a myth for most of the nation's young adults. Burning the candle at both ends, more than one out of two (55 percent) adults 18 to 29 years old admit to staying up too late to watch TV or be on the Internet; an equal percentage of the so-called "Generation Y" say they will sleep less in order to get more done.

13% admit to falling asleep at work

33% suffer from significant daytime sleepiness

22% are late to work due to sleepiness

36% report difficulty getting up for work

8

the number of hours of sleep the average person needs

55% report "waking unrefreshed"

40% are sleepy at work at least 2 days a week

SOURCE: NATIONAL SLEEP FOUNDATION

ity or time spent surfing the net.

3. Develop a pattern: Going to bed at the same time and getting up at the same time is the best sleep habit that you can develop. You will feel sleepy around the same time every night and you will be able to wake up without an alarm. Consuming caffeine, soda or chocolate in the evening will delay sleep. Also, be sure that you don't go to bed hungry.

4. Use your bed only for sleeping: It will help your mind associate your bed with sleep immediately, which helps you fall asleep faster.

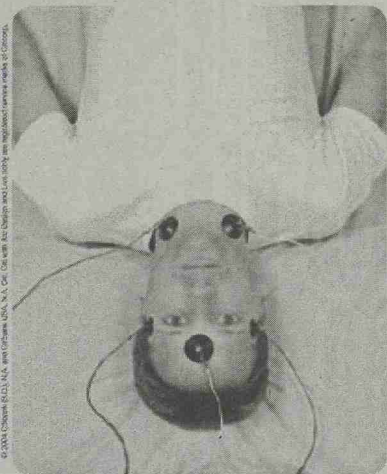
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AUGUST 26



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Sports

THURSDAY, AUGUST 26, 2004

Schedule

Football vs. Richmond, 9/4, 6
M. Soccer vs. Brevard College, 9/1, 4
W. Soccer at Campbell, 8/27
Volleyball hosts Wolfpack Classic, 9/3-4
Cross country in Raleigh Invitational, 9/18

Scores

No games scheduled



TECHNICIAN

COMMENTARY

Davis deserves his shot

I'm a competitive guy. Too competitive, probably. Combine my desire to win at everything I do with my lack of athletic abilities and you get someone who grew up very frustrated -- sitting on the bench watching, hoping my coach puts me in.



Austin Johnson
Sports Editor

That's why I'm glad to see junior quarterback Jay Davis get his shot at being State's starter. He feels my pain.

For three years Davis sat. He red-shirted his first year, then spent the next two backing up Philip Rivers. That's right, he backed up a quarterback who never missed a game and started more tilts than anyone in the history of NCAA football. While that may be an easy job, Davis didn't come to State to watch someone else play football.

But that's what he did, watch. He watched Rivers win over the hearts of Pack fans with every perfect side-arm sling he threw, all the time knowing that eventually Rivers would graduate.

"I wouldn't call it frustrating or anything, you never want a guy to get hurt," Davis said. "You wanna play - but you know."

Davis did technically play in some games while Rivers was around. Like the time he came into the game against Western Carolina - with the score State 49, Western Carolina 20. Or that time he got to play in the Tangerine Bowl - during the final series of the game.

In his entire career Davis has a whopping 177 yards passing. Mop-up duty just isn't the same as playing when the game matters.

Then two years ago, State recruited Marcus Stone. A Pennsylvania native, Stone was a big-time athlete with all the athletic ability in the world. Davis would have to fight for his job.

Going into fall practice, the two looked like even shots to make the team. They were given the chance to slug it out for the starting job.

"With me and Marcus going at it like this it kind of brings a game feel to it as far as competition," Davis said.

Davis, though, had been through it the fall practice routine time after time. After years of learning from Rivers and absorbing what he said, he knew the offense almost as well as Rivers. As wide receiver Brian Clark said, he was like an "old sea dog."

The real test for Davis comes against Ohio State, a defensive team that gave Rivers fits for three quarters - until he turned into Joe Montana. With the schedule ahead of State, Davis has the proverbial trial by fire ahead of him. Davis knows his battle with Stone isn't completely over.

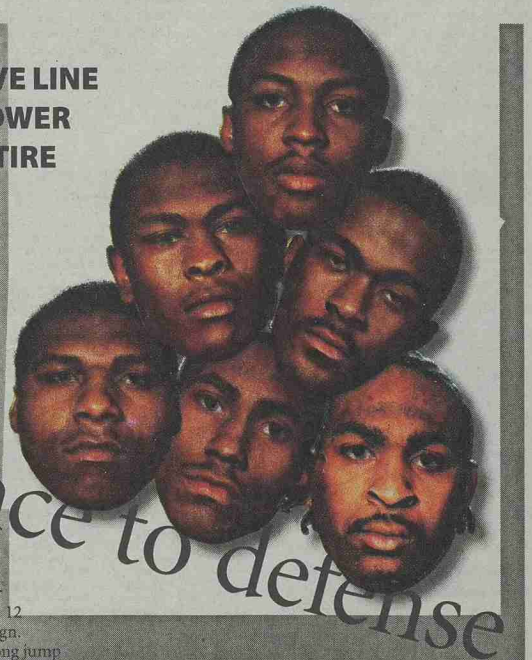
"It's over, at least until Richmond," Davis said.

Certainly, if Davis doesn't deliver then Stone will get his chance as well. But for now, Davis deserves his.

Austin can be reached at 515-2411 or austin@technicianonline.com

THE 2004 EDITION OF THE WOLFPACK DEFENSIVE LINE CONTAINS A BALANCE OF QUICKNESS AND POWER THAT INCREASES THE POTENTIAL OF THE ENTIRE DEFENSE.

Line brings balance to defense



STORY BY SPERO KATSANOS
PHOTOS COURTESY OF
NCSU MEDIA RELATIONS

A successful defensive line must be a combination of lightning and thunder, of speed and strength. N.C. State's front four say they have both and are ready to show the rest of the ACC what a difference a year of experience has made.

The Pack will have plenty of speed at the ends of the line this year. Last year's freshman standout Mario Williams now has another year of experience under his belt, and junior Manny

Lawson has moved to right end from the strong-side linebacker position he played at for 12 games of last season's campaign.

As the reigning ACC indoor long jump champion, Lawson brings speed and athleticism to the front four. Lawson's ability to block kicks should also transfer well to his new position on the line as he jumps to get his hands on passes. Williams believes the pass rush should improve as a result of the newfound quickness on the line.

"We're definitely going to get there [to the quarterback] this year," Williams said. "We've all worked to improve our speed since last season."

The two also bring size to the line, as Lawson stands at 6-foot-5, trailing only Williams, who is 6-foot-7, for the title of tallest player on the entire defensive unit.

Williams was not content, however, to rest on his accomplishments last year as a freshman, which included 56 tackles and five sacks. Instead, he and the other line men followed a strict offseason workout regimen.

"I'd say the area where we've improved most is physically," Williams said. "I'm sure we'll each face some double teams this year, but we've worked to be prepared for it."

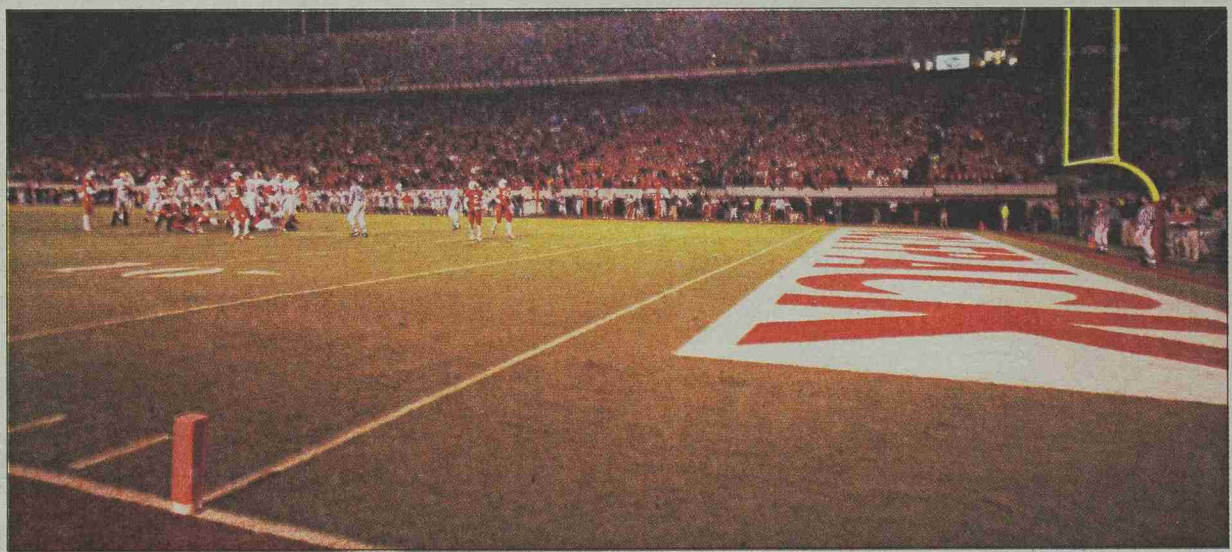
Williams echoed this work-first philosophy again when asked if there was any particular team (or quarterback)

he'd like to get his hands on.

"Richmond. We've got a tough schedule, but you just have to execute every week against every team we play," he said. "If you're not prepared, you can lose to anybody."

Helping to anchor the middle of the line will be sophomore defensive tackle John McCargo, who earned honorable mention All-ACC honors last year.

LINE continued page 7



FILE PHOTO BY TAYLOR TEMPLETON/TECHNICIAN
Joey Surratt and his crew had the field in top shape for last year's game against Clemson at Carter-Finley Stadium. Surratt does a series of checks and mows the field every day.

Field crew keeps gridiron green

Joey Surratt and the field crew at Carter-Finley Stadium must get the field in perfect condition for game day.

Michael Fox
Staff Writer

For a few Saturdays every year the eyes of every State fan will be on Carter-Finley Stadium. With a massive potential audience not only in person but also on television, the grass on the field has to be perfect. And keeping it perfect is the job of the field crew at the stadium.

Before every game, the field crew has to properly water, mow and strengthen the grass so that it is durable, clean and suitable for football. Checks are not only made before games, according to field supervisor Joey Surratt, but on a daily basis.

"Everyday we do a routine check to make sure the field is OK," Surratt said.

"We check for moisture and insects. We're constantly mowing the field in different directions; we have specialized mowers, and we also use small tractors for the

smaller areas. We have to trim all of the hedges, also."

Surratt also works with State on other athletic fields throughout campus, including the soccer fields at Method Park.

After every game, the field will be worn out from the players running all over the gridiron. In order to fix this the field crew will continue to mow over the areas after the grass grows, as well as replace areas of the field where the grass has been torn out.

The crew also paints the field

lines, as well as designs in the end zones and the center of the field. Usually this is done on game day to prevent it from fading out.

One addition to the field that the crew has been working on is learning how to install and disassemble the new collapsible goal posts in the end zones. In recent years, mobs of fans that crowd the field after games have been damaging these field goals, prompting the installation of these new posts. The posts can be set up and taken down easily so they can be removed just minutes after the end of the game.

"If we can get them down be-

fore the fans tear them down, nobody will get hurt," Surratt said. "It's all about safety."

This new equipment will also save the crew money, as they should not have to worry about repairing or replacing posts in the future.

Surratt knows the importance of getting the field ready, but he works on it as if it were any other field.

"We try to treat [all fields] equally," Surratt said. "It doesn't matter whether there are 60,000 people at a football game or 200 at a soccer game, we try to get every field into the best condition we can."

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