

TECHNICIAN

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Raleigh, North Carolina

STUDENT HEALTH

Depression screenings offered for students

Free depression screenings will be held in the Brickyard, Talley Student Center and the Student Health Center tomorrow

Tara Zechini
Staff Reporter

Many students come to college with the notion that it will be the best time of their lives. Opportunities to make new friends and have fun are abundant, but the reality is that adjusting to college can be difficult.

Some students are left feeling stressed, anxious, disconnected or alone. These feelings are only a handful of symptoms indicating depression.

Approximately 30 percent of college students experience depression at some point during their careers, according to Richard Tyler, a counselor at the Counseling Center.

For students who need to know if they are suffering from depression, they can be screened, free of charge, for the condition Wednesday in the Brickyard, Talley Student Center and Student Health Center.

Representatives from the Counseling Center and Health Promotions will be at each site to offer feedback and arrange times for further discussion and diagnosis.

Tyler also encourages students to visit a site if they have any questions about

SCREENING continued on page 2

NORTH CAROLINA STATE FAIR

Utterly delicious



Students working at the NCSU ice cream booth at the State Fair dig out ice cream for the multitudes waiting outside. Melissa Funke, graduate student in food science; Mary Whetstlin, graduate student in food studies; Aaron Fox, junior in food studies; and Alissa Caudle, graduate student in food science, all are Food Science Club members.



Leila Valanejad, senior in food science, takes orders Monday afternoon at the NCSU ice cream booth at the Fair.

N.C. STATE'S DAIRY BAR MAKES FAIR-GOERS SCREAM FOR ICE CREAM

Manisha Dass
Staff Reporter

For 26 years, visitors at the State Fair have been treated to a familiar sight.

Large scoops of sweet, dripping ice cream, in many cases dwarfing the cone, have been a staple at the fair since 1978.

But it's not just any ice cream. In fact, it's ice cream made right on the campus.

The Food Science Club, which operate their very own Dairy Bar, has had the annual tradition of serving fresh ice cream made at the dairy

plant on campus.

According to club member Tiffany Brinley, no other campus organization does anything similar to the Food Science Club fund-raiser.

"It benefits a good cause and it benefits students," Brinley said.

Brinley has been a member for the past four years and says the only difference this year with the Dairy Bar is the "flavor of the day."

People are often so excited about the homemade ice cream, Brinley says, that some fairgoers even ask to buy whole tubs of it.

The Dairy Bar's main clientele are often NCSU alumni, and even some

alums from the Food Science Club.

The Dairy Bar, staffed solely by the Food Science Club, is hard work, according to Brinley.

"It doesn't seem like a lot of work, but it's tiring," Brinley said. "It takes seven to nine people to run the bar during one shift. Even though it's tiring, it's awesome."

The Dairy Bar's ice cream is made in the dairy plant in the basement of Schaub Hall, located on Dan Allen Drive, and is the same kind sold at the Emporium in Talley Student Center.

DAIRY continued on page 3

New research aids in deer safety

A solution by university researchers aims to keep Bambi out of drivers' headlights

Daniel Lentz
Staff Reporter

Deer-related auto accidents have reached an all-time high in 2002, causing nearly \$31 million in property damages

across the state, according to the UNC Highway Safety Research Center.

Responding to this problem, N.C. State researchers have set out to find new ways to keep deer off the roads.

"When I hit [a] deer, it almost totaled my Jeep. It was disgusting. The deer left a trail of [feces] along the side the Jeep," Bret Stephenson, an animal science major, said.

"There has been a lot of local concern

for the wildlife in the area," Andrea Kleist, a master's student in fisheries and wildlife sciences, said.

Part of a development team aiming to find a solution to the highway problem, Kleist said, "anything to make the roads safer for humans and wildlife is a step in the right direction."

The North Carolina Department of

DEER continued on page 2

COASTER OF THRILLS



Husband and wife Adrian and Jessie Blalock, both seniors in agribusiness and accounting, take advantage of the small Monday afternoon crowd to skip classes and ride the CrazyMouse roller coaster at the North Carolina State Fair.

insidetechnician



Meditate on this

Often misunderstood to be an Eastern alternative, meditation just might be a student's key to clarity. See page 5.

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today	tomorrow
79°/67°	78°/60°



Jenny Chang (fourth from left) cuts the ribbon with university administrators to open Student Health Services during her term as student body president.

Alumna to share her cancer story

Former Student Body President Jenny Chang will speak today about her life-threatening battle with breast cancer

Carie Windham
Staff Reporter

Jenny Chang plans to set the record straight.

Breast cancer, even in its deadliest form, doesn't just strike the middle-aged, the obese or those with family history. Young women and men at

N.C. State have their own reasons to be concerned.

Chang should know. At 24, she began her battle with breast cancer.

Now, two years after her initial diagnosis and after learning the cancer has spread, Chang will return to campus today to share her story.

"So many people — even doctors — think [college-aged people] are too young [to get breast cancer], so we don't really worry about it that

CHANG continued on page 3

SAMMY'S 4TH BIRTHDAY BASH! FRI. OCT. 22 TWO STEP DAVE MATTHEWS TRIBUTE BAND

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SCREENING

continued from page 1

how to help a friend, relative or roommate that may not be diagnosed.

"We want people to be serious about their symptoms," Marianne Turnbull of Health Promotion said. "We need to be aware of these situations and get the word out to our friends. Encourage your friends to seek help."

Although, no singular cause of depression exists, it can be related to a change in environment, such as adjusting to college life, and it can also develop because of situational stress, such as the loss of a loved one or the end of a relationship.

"If a person has a lot going on and does nothing to take care of themselves — that can lead to depression," Tyler said.

Heredity is also a possible cause; depression can occur in families from generation to generation.

"Maybe your parents are just fine, but maybe grandma and grandpa were hospitalized for clinical depression and that story just never got told," Turnbull said.

However, people with no family history of depression can be diagnosed as well.

SCREENING INFO

Free depression screenings are being given by the Counseling Center at the following locations.

Counseling Center - 515-2423

Brickyard 11:20 a.m. - 1:30 p.m.
Talley Student Center 11 a.m. - 2 p.m.
Student Health Center 2 p.m. - 5 p.m.

Counseling Center Web site:
http://www.ncsu.edu/stud_affairs/counseling_center

SOURCE: COUNSELING CENTER

Women are two times more likely to experience depression than men. This difference can be attributed to hormonal factors. Menstrual cycle changes, pregnancy, miscarriage and postpartum period are some factors that increase women's potential for depression, according to the National Institute of Mental Health.

Men are less likely to suffer from depression than women, but the rate of suicide in men is four times greater than women.

"Within the college population, suicide is the third leading cause of death," Tyler said. "Certainly, not everyone who is depressed commits suicide, but having a major depression makes someone more likely to consider suicide."

Men are also less likely to admit depression and mask it with

alcohol or drugs.

Whereas women feel hopeless or helpless when they are depressed, men feel irritable, angry and discouraged, according to NIMH.

"Why would you want to be at constant battle with yourself," Turnbull said. "There is the opportunity to talk therapy and there are good medicines you can take. The two together are very helpful."

Completing a confidential survey at the screening sites will help reveal whether a person is suffering from depression.

The survey is also available online. If a student or their friend has symptoms of depression, there are counselors available on campus for evaluation appointments.

DEER

continued from page 1

Transportation listened to these concerns when planning for widening the section of US Highway 15-501 between Chapel Hill and Durham at a bridge over New Hope Creek.

The result is a collaborative effort between the NCDOT and NCSU researchers.

Researchers have divided the study into two phases. The first phase consists of tracking the movement of deer before the construction of the new bridge. The next phase will record the movement of deer after construction has been completed.

Cameras are pointed at the underpass to record these movements.

"The idea is that if a larger bridge is built, wildlife will be more likely to [travel underneath it]. That is the gist of our study," said Richard Lancia, one of the principle investigators of the research from the forestry department.

The bridge will have a much longer span than normal to invite deer to cross underneath it while wandering alongside the creek, researchers say.

Although there are less drastic measures advertised to keep deer out of car headlights, including high-pitched whistle devices, most do not actually serve their purpose,

according to forestry professor Phil Doerr.

"Whistler devices primarily benefit the charlatans who sell them," Doerr, who is another principle investigator in the study, said. "A controlled study of such devices was completed several years ago — absolutely no response by deer could be detected."

Researchers say that the research along and New Hope Creek may yield one of the only credible ways to avoid deer-vehicle accidents. If successful, this research project could change how the NCDOT builds bridges in the future.

"Future construction might be modified to make your daily commute safer," Doerr said.

POLICE BLOTTER

10/17/04

1 A.M. | ASSISTANCE

A non-student was unable to find her car at Carter-Finley Stadium Lots.

The officer and the student found her vehicle in the pay lot on Blue Ridge Road.

1:33 A.M. | TRAFFIC STOP — SPEEDING

A student was issued a citation on Dan Allen Drive for driving after consuming alcohol (under 21 years of age) and speeding 35 in a 25 mph zone. The student will also be referred to the University.

1:43 A.M. | AFFRAY (FIGHT)

A student reported several subjects fighting in the Pi Kappa Alpha Lot.

Upon arrival, all subjects had left the area. According to witnesses, only two subjects were involved. No witnesses were able to give names, and the investigation is continuing.

1:48 A.M. | DRUG VIOLATION

A student reported smelling marijuana near a suite in Lee Hall. Officers were unable to locate any odor upon their arrival.

8:28 A.M. | FIRE ALARM

The fire alarm went off at Pulp and Paper Labs. Officers checked the panel, and it

showed the activation in the basement water flow. This has been a recurring alarm, and Electronics was notified.

9:15 A.M. | FIRE ALARM

The fire alarm went off at Wolf Village Building C. The building is still under construction, and the alarm was called in by a passer-by. Officers checked the building, and didn't locate the cause of activation. The construction company was notified, and said they would check it out on Monday.

9:51 A.M. | FIRE ALARM

The fire alarm went off at Phytotron. Police and Fire Protection responded to the area. The cause of activation was Facilities working in the area.

11 P.M. | LICENSE/REGISTRATION CHECKPOINT

Officers conducted a license/registration checkpoint on Varsity Drive. Two citations and four verbal warnings were given.

11:07 P.M. | TRAFFIC STOP - NO OPERATOR'S LICENSE

A non-student was issued a citation for no driver's license at the checkpoint on Varsity Drive.

11:13 P.M. | TRAFFIC STOP

A staff member was issued a citation for driving with a revoked license at the checkpoint located on Varsity Drive.

12:51 P.M. | LICENSE/REGISTRATION CHECKPOINT

Officers conducted a driver's license checkpoint on Dan Allen Drive and Central Campus Pay Lot. There were a total of 12 verbal warnings given.

4:36 P.M. | MEDICAL ASSIST

A student was riding his bike when he lost control near Morrill Drive and Cates Avenue. RFD and EMS arrived on the scene to treat him for minor cuts. He was taken to Rex Hospital by the EMS.

5:58 P.M. | MEDICAL ASSIST

A student suffered a head injury on Upper Miller Field. The student signed a waiver and refused transport.

9:18 P.M. | DAMAGE TO PROPERTY

A student reported her driver's side mirror on her vehicle had been damaged while parked in Lee Lot.

9:21 P.M. | NOISE DISTURBANCE

A student reported loud music coming from a room next to hers in ES King Village. An officer spoke with the neighbor. She stated her children were playing the piano. She said she would move the piano to another room. Everything was deemed OK.

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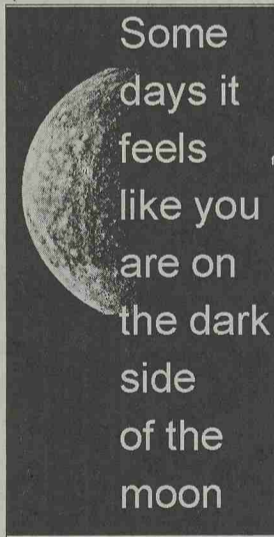


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DEPRESSION SCREENING DAY WEDNESDAY, OCT. 20, 2004

FOR QUICK, FREE and ANONYMOUS online screening, go to the NC State Counseling Center Web page www.ncsu.edu/student_affairs/counseling_center/ and follow the link for the online screening. (We encourage you to follow up your test with an NCSU Counselor by calling 515-2423 for a FREE consultation.)

BRICKYARD
11:20am-1:30pm

TALLEY
1st floor
11am-2pm

STUDENT HEALTH
Room 2302
2-5pm

Come by one of these 3 locations for free information, screening tool and consultation.

Look for video showings of "Friends for Life: Preventing Teen Suicide," and "Depression & Manic Depression: Real Stories, Real Hope." Check the schedule on Wolfbytes (channel 85 on campus cable TV).

Event sponsored by NCSU's Counseling Center and Health Promotion of Student Health Services. For more info, contact Marianne Turnbull of Health Promotion (515-3233), Richard Tyler or Maria Baldridge of the Counseling Center (515-2423).

IS YOUR PROFESSOR USING THE CLASSROOM AS A POLITICAL SOAPBOX? This is a violation of your academic rights.

The use of classrooms for political indoctrination is a violation of students' academic freedom.

The 1940 Statement of Principles on Academic Freedom and Tenure* declares: "Teachers are entitled to freedom in the classroom in discussing their subject, but they should be careful not to introduce into their teaching controversial matter which has no relation to their subject." (This clause was reaffirmed in 1970.)

If you are not taking a course whose subject is the war in Iraq, your professor should not be making statements about the war in class. If the class is not on contemporary American presidents, presidential administrations or some related subject, there is no educational or professional reason to be hammering President Bush.

We do not expect our doctors to impose their political opinions on us when we go to them for treatment. We should likewise not be assaulted by the political prejudices of professors when we attend their classes to get an education.

If your professor is abusing his or her teaching privilege or is confused about the professional obligations of an educator please contact us.

Students for Academic Freedom Contact information:
Sara Dogan (202) 969-2467

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CHANG

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much," Tracy Salisbury, a senior in biological sciences and one of the event's organizers, said. "We can see from Jenny's case that it can happen to young people and we all should be aware of it."

Chang will speak as part of Breast Cancer Awareness month, along with Duke University Breast Cancer Fellow Carey Anders in Harrelson 107 at 7 p.m. The event is free and open to the public.

"If anything, [students] will learn how to relate to someone with cancer," Salisbury said. "Often you don't know what to say or how to approach someone."

Besides offering advice for students that may be affected by breast cancer themselves or in someone they know, organizer Jodee Ruppel said Chang's story, while sad, is also uplifting.

"This will be a chance to hear an inspirational story from someone our age that's battling for her life but still manages to find beauty in the things around her," Ruppel, a graduate student said.

Anders, a breast cancer fellow at Duke University, will conclude the evening by sharing ongoing research about the disease and

cancer risks, especially in young women. Salisbury and Ruppel said they felt it was important that students get both the personal and medical perspectives of the disease. Though the event is sponsored by Health Promotions, the Park Scholarships Program and the University Honors Program, the organizers do not belong to any specific organization or group. Instead, they are just friends or acquaintances of Chang, struck by her story and the desire to do something.

"I was told about Jenny's [continued fight] and I realized that her life was really at stake and she was in the battle of her life," Ruppel said, who has a family history of breast cancer. "Honestly, before it was too late, I wanted her to have the chance to share her story and raise awareness in younger women."

Ruppel met Chang at a chancellor's reception for Leader of the Pack finalists two years ago but knew her reputation long before they ever met.

"I really looked up to Jenny, even though I had never met her. I heard so much about her legacy at N.C. State," Ruppel said.

Chang served as student body president from 1998-1999. During her time at N.C. State, colleagues and advisers said she triumphed ensuring the student voice when it came to university

decisions, specifically tuition and fees. She won the Truman Scholarship for post-graduate study during her junior year for her dedication to scholarship, service and public policy.

After graduation she worked for Rep. David Price, D-N.C., on Capitol Hill. It was in Washington, D.C., that she learned she had breast cancer. After undergoing various treatments, she recently learned that her condition has entered stage IV, marked by the cancer's spread to other parts of the body. In Chang's case, her lungs.

"She's a fighter, not only in breast cancer but in everything she believes in," Ruppel said. Ruppel began soliciting help from other friends including Salisbury and seniors Allison Hauser and Tracina Williams. Together, they planned to have Chang speak when she came to the Triangle for chemotherapy treatment this week.

Before Chang speaks, Anders will discuss the disease and ongoing research, covering everything from the science of the disease to prevention, self-breast exams and tracing family history.

At the end, participants will have the opportunity to question both guests. Breast cancer ribbons, pamphlets, and self-exam cards will also be distributed to

About Jenny Chang

ATTENDED N.C. STATE:
1996-2000

BACHELOR'S DEGREES:
Biochemistry and Economics

ACCOMPLISHMENTS:

- Student Body President
- Caldwell Fellow
- Board of Trustees member
- Senior Class president

AWARDS:

- University Leadership Fellow
- Outstanding Women's Award
- Truman Scholarship

WORK HISTORY:

- Rep. David Price (D-N.C.)
- Currently works for Rep. Carolyn Maloney

ALSO:

- Diagnosed with breast cancer in May 2002

all those that attend.

Ruppel said it's an important event for all students to attend regardless of gender, because current statistics show that one of seven women will be diagnosed with breast cancer at some point in their lives.

"This will be a chance to hear about an issue that is going to affect your life — whether it happens to you or [someone you know]."

DAIRY

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"N.C. State students have an advantage — they can get the ice cream any day of the week in Talley," said a Duke University student at the fair.

All active members of the Food Science Club are required to work at least two three-hour shifts at the State Fair since it is the primary fund raiser the organization holds.

All profits from the Dairy Bar are used directly towards the Food Science Club, allowing students to attend professional meetings such as the Institute

of Food Technologist's Annual Meeting.

In addition, proceeds go to many other needs of the organization such as funding scholarships for members.

Flavors range from butter almond, to pecan crunch, to good old-fashioned strawberry.

State Fair 2004

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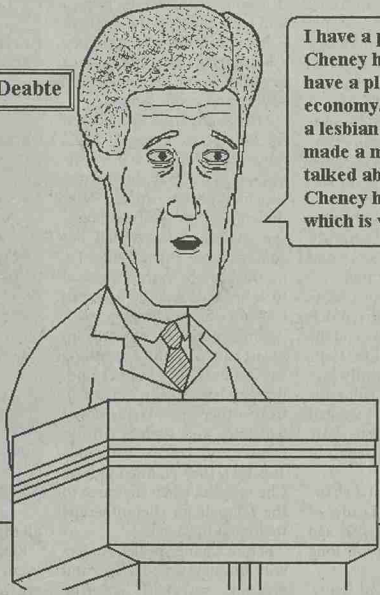
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WOLF VILLAGE APARTMENTS

2004 Presidential Debate



I have a plan for Iraq...and Dick Cheney has a lesbian daughter. I have a plan for the economy...and Dick Cheney has a lesbian daughter. I may have made a mistake about how I talked about the war...but Dick Cheney has a lesbian daughter, which is worse.

Hillsborough Street needs a face lift

Heather Cutchin calls on students to help make Hillsborough Street viable again.

Spanning past the N.C. State Fairgrounds, in front of N.C. State University and on to the State Capitol, Hillsborough Street should



Heather Cutchin
Senior Staff Columnist

be known by just about anyone in this area. The State Fair, football games and the once-upon-a-time hockey games means Hillsborough Street becomes a bumper-to-bumper line-up of traffic.

Proudly bearing the weight of the College of Veterinary Medicine, NCSU, the North Carolina Fairgrounds and Meredith College, the street itself should be a tourist attraction like the Walk of Fame is in Hollywood. The only problem is Hillsborough Street is ugly.

I am proud of my university, but the rest of the buildings look run down and shabby. There are a few places here and there that try their best to shine, but the closed down stores, buildings that look ancient and the oftentimes littered sidewalks keep Hillsborough Street looking more like a dump.

There are a bunch of dark areas that I would not feel safe walking through during the day, much less at night. Old flyers pile up on the poles, and rusted staples sticking out of the poles are a hazard. The street is full of potholes and there are not enough left-turn lanes to help keep traffic moving.

Who should do what to Hillsborough Street though? There should be a joint effort from the City of Raleigh, store merchants, and students to help make Hillsborough Street look better. We could have a similar "Service Raleigh," only as "Service

Hillsborough Street" and get other folks in the community involved.

Stores that are old and dingy can be repaired or torn down, if beyond repair. Lights can be put up in dark areas, and people can keep their trash cleaned up off the side of the street.

If the landlords would come down a little on the rent for buildings, merchants could move in and make the unoccupied buildings look better, and already established merchants could have more money to fix up their stores. Students could help by removing old flyers from telephone poles and keeping the graffiti off the signs. Potholes in the road can be fixed and overhanging dead limbs cut down by the Department of Transportation.

Why should we do this? For one reason, it is our street, and just like we have to keep our rooms clean, we should keep our street clean too. I love for my parents to come visit me, but I do not want them to think I go to school in a trashy neighborhood when we go to a restaurant on Hillsborough Street.

Having the area around our school looking good helps our school look good, and NCSU needs all the help we can give it! Quite a few folks greatly enjoy the Hillsborough Hike. We do not need anyone slipping on a piece of old newspaper or getting cut by a rusty staple from a pole.

Also, NCSU and the College of Veterinary Medicine are often in the news. When the rest of the world sees a glimpse of these two prominent facilities, it should be a nice glimpse that includes a great

looking street, not a trash heap.

You may be thinking to yourself at this point that it is not our responsibility to keep Hillsborough Street looking nice; after all, we will be gone in a few years anyway. However, we need to look out for incoming students and the few people that will stick around.

The aesthetics of campus and the area surrounding campus tend to be a major point in many students' decision to come to NCSU. It is our job to help ensure growing classes of freshmen to this campus.

Also, businesses will look at how "kept up" a place is before moving into the place. If we want to have nice stores near enough to campus for students to walk to, we should make Hillsborough Street attractive enough to keep

bringing in businesses. I would like to come back to NCSU in 10 years and not think to myself "Man, I wish I had helped to make this better, because now it is even worse than when I was here."

So now what? As I have said before, we all should get out, learn about the candidates running for Wake County offices, and then vote. If there is a student out there that can organize a major Hillsborough Street cleanup, they should step up and get it started.

Professors, administrators, faculty and staff can help out too. Would newly-appointed Chancellor Oblinger be out there with a paintbrush and paint helping to make Hillsborough Street look better? Would you?

E-mail Heather with your ideas at viewpoint@technicianonline.com.

"Having the area around our school looking good helps our school look good."

TECHNICIAN'S VIEW

HUGE NUMBERS FOR A HUGE WEEKEND

OUR OPINION: ESPN'S COLLEGE GAMEDAY IS THE BIGGEST SHOW ON TELEVISION REGARDING COLLEGE FOOTBALL. NCSU STUDENTS AND FANS NEED TO GET TO THE TAPINGS IN LARGE NUMBERS AND SHOW WHAT NCSU SCHOOL PRIDE IS ALL ABOUT.

One of the biggest events N.C. State athletics has ever hosted will be occur this Friday and Saturday. ESPN's College GameDay will be covering N.C. State football as it takes on third-ranked Miami.

ESPN's college football show is a monstrous event for NCSU will be the center of the college football world – the show is aired from coast to coast.

College GameDay's reputation precedes itself because the biggest and best schools in the nation are fortunate enough to host them.

There is absolutely no reason why there should not be thousands of students at the taping on Friday evening and the show – which is live – on Saturday morning.

This is the opportunity for students to cake themselves in body paint, dress in the most ridiculous outfits possible and represent, with pride, the red and white.

This is an opportunity for NCSU to make a forward step in its reputation. This is the kind of positive PR schools dream about when building an athletics program. Everyone will see and hear the name "N.C. State" all day Saturday.

NCSU caught a bad reputation for the taigate shootings a little over a month ago as a rowdy, drunken group of students.

This is the time to change that reputation. People want to see a spirited, lively and passionate group of students who fully sup-

port the school they attend on national television, and that is exactly what they should get.

The overall expectation for all Wolfpack fans is to behave in a respectful and responsible manner, but to cheer on the Pack wildly on national television.

Drinking and public drunkenness should not be tolerated and should be strictly enforced, especially during the tapings and the live broadcast.

Another important note is that the State Fair is going on, so there can be no enforcement for parking other than the lots specifically designated for Carter-Finley Stadium. The gates to the stadium will be open early so that students can get to the show.

NCSU has wisely arranged an extensive mass-transit park and ride that reaches from locations at the Museum of Art, the SAS Soccer Stadium, campus and even downtown.

Students should not use a "there was nowhere to park" excuse and use the resources available to them.

To make the point clear – N.C. U students need to be at the taping Friday evening at 5:30 p.m. and the show Saturday morning at 10:30 am.

It will be huge, it will be fun. Thousands of students coming to support NCSU will demonstrate pride, spirit and promise to beat Miami: Who would want to be anywhere else?

The unsigned editorial that appears above is the opinion of the members of Technician editorial board and is the responsibility of the Editor in Chief.



TECHNICIAN

THE STUDENT NEWSPAPER OF NORTH CAROLINA STATE UNIVERSITY

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Attendance policies are not needed for students

Jeff Gaither weighs the pros and cons of requiring students to go to 100- and 200-level classes and offers an alternative to the policy that already exists.

It's not that hard to get good grades. It's just a matter of doing all the homework, attending all the labs and studying for all the tests.

However, there is an annoying complication involved in getting good grades, which makes the whole process far more difficult and time-consuming than it would be otherwise, and which ought to be dispensed with altogether.

This complication is going to class.

Five days a week, I have to get up early, go to school and listen to boring lectures for three hours. That's three hours of every day gone; three hours that could have been spent in productive studying. However, it's unjust to blame the classes themselves, since ordinarily I would not attend them at all. The problem is the attendance policies that require me to go.

The reason for mandatory attendance policies, according to the Academic Policies and Regulations of our fine university, is that "Full participation in classes is expected of all students."

That is, you go to class so you can participate. But that is silly: many classes consist simply of a professor explaining material to students; there

is no discussion involved, no need for student participation.

Now, of course there are classes – philosophy, political science or foreign languages, say – in which classroom participation is an indispensable part of a student's education. But there are also courses in which it is not; and in such courses, demanding that every student show up every day is an inconsiderate waste of students' time. Yet attendance is required for all 100- and 200-level courses.

Some might argue that students should learn their subjects directly from their teachers. But why? What difference does it make how a student becomes educated? A student can stay home, read the textbook, do the homework and get better grades on tests than students who attend every class and hang on the professor's every word. I do it all the time. As long as an education is acquired, the means by which it was acquired do not matter.

Indeed, self-education is often more effective than classroom instruction. A self-educated student must translate the gibberish in the textbook into useful information; and once he has finished the translation, he understands that gibberish far more thoroughly than he would have otherwise; for he has not only learned it, he has taught it.

Now, I have great respect for the professors at

this school. They are, in vast majority, experts in their subjects; and I admire them for devoting their lives to the education of American youth. However, the fact that I admire them does not mean that every student should have to attend their lectures.

This, then, is what I believe our University attendance policy should be. In classes where class discussion is vital to the learning process – philosophy, literature, social science, or any foreign language – attendance should be required. In other classes, where students could learn equally well out of a book, attendance should be optional. Professors could post homework on the Internet, and students who did not wish to attend class could drop it off in the professors' mailbox by some deadline. Lectures would, of course, be held as usual; students who liked could attend, and students who preferred to learn the material on their own could do so, without having to sacrifice three hours of their week to foolish consistency of policy. And classroom participation would still be preserved in classes where it was necessary.

But at any rate, that "classroom participation" statement in the academic regulations is misleading. The purpose of mandatory attendance is not, as the regulations say, to ensure that all students participate in class. It is, rather, that if attendance were not necessary, many students

would never go to class, never learn anything and fail out.

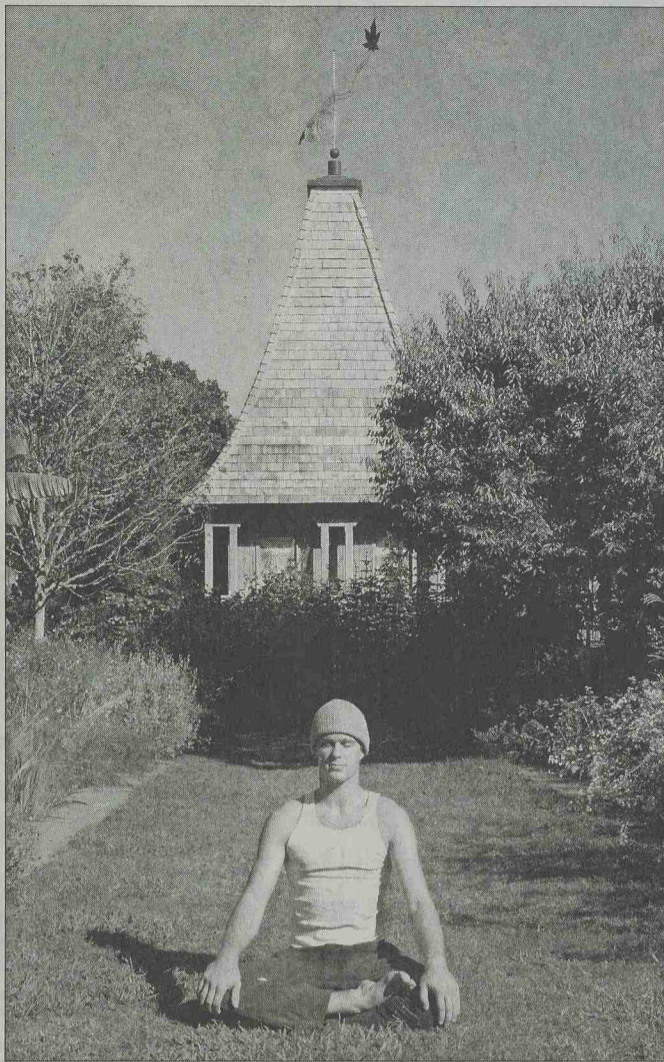
But I really have to ask, what's wrong with that?

It is not the university's duty to ensure that every student gets an education. It is the university's duty to provide an education for every student who wants one. If a student wants to sleep through class, he is within his rights to do so. And if he wants to get his "A" by learning a quarter-semester's worth of work the night before a test, he is within his rights to do that, too. And if the professor finds that after three such tests, this student has an "F" average, and decides to fail him, she is within her rights to do that, too. But we ought to let our students make their own choices.

I believe that what defines an adult is the willingness to take responsibility for one's actions. If a nineteen-year-old is not yet an adult, college is a good time to become one. It would be far more instructive to allow students the option of skipping 100- and 200-level classes, and passing or failing based on how hard they study on their own, than to require them to sit in a classroom for fifteen hours a week, as though it were a sin to be self-reliant and a virtue to waste time.

Email Jeff with your thoughts on classes at viewpoint@technicianonline.com

HEALTH BEAT



Adam Stetten, a senior in industrial engineering, finds peace and tranquility while meditating on a beautiful fall afternoon at the Arboretum.

TASHA PETTY/TECHNICIAN

Meditate on this

OFTEN MISUNDERSTOOD TO BE AN EASTERN "ALTERNATIVE" PRACTICE, MEDITATION MIGHT JUST BE A STUDENT'S KEY TO CLARITY.

STORY AND PHOTOS BY TASHA PETTY

Meditation isn't just for the Dalai Lama. Besides, the man of serenity himself probably does not face the stress, loss of concentration, anxiety and worry of the typical college student. However, students having a hard time handling the stress of college life could take a hint from the cool tempered Buddhist.

Known mostly as an Eastern practice, Americans often do not know about meditation or

mistake it to be overly-simplistic. Meditation is a difficult and rigorous practice, but the benefits are worth the effort.

The ultimate purpose of meditation is enlightenment and unending happiness, but this can take a lifetime of dedicated practice to achieve. However, there are great immediate benefits: clarity of mind, reduced stress and the ability to concentrate.

"Meditation is not 'zoning

out,'" Chris Rogus, a senior in mathematics, emphasizes.

"It is not getting caught up in the moment like when playing guitar or sports, or listening to music. It is not what Edward Norton was doing in the icy room with the penguin in the movie 'Fight Club.' Those activities enable people to ignore reality," Rogus explains.

The purpose of meditation is to become more aware of reality.

PRINCIPLES

There are three principles that guide meditation and need to be understood before the full benefits of meditation can be realized.

First, one must acknowledge that every sensation is, in some way, unsatisfying. People have trained themselves to ignore unpleasant sensations, such as unhappiness, and as a result

MEDITATE continued on page 6

GET MOVING

Mind and body exercise

Yoga and pilates have taken the exercise scene by storm, offering mind, spirit and body components for those looking for an alternative to the boredom of stationary bikes and weight machines.

Jasmine Modoor
Staff Writer

The days of running around the gym and being strapped to machines are now seen as exercise relics. A booming alternative exercise industry that has engaged daily group classes and videos for alternative exercises, like pilates and yoga, has taken bored exercisers by storm. Focusing on meditation and the spirit, pilates, unlike yoga, is the newest of the alternative exercises.

PILATES

Pilates, developed in the 1920s by the German physical trainer Joseph Pilates, then required an apparatus reminiscent of a torture chamber and supervision by well-trained teachers. Fast forward to 2004, all one needs to do pilates is a TV and a beach towel. Just pop in a pilates video and the living room floor becomes a work-out room.

Jessica Brillhante, a freshman in biol-

ogy, has been doing pilates since she randomly came across a pilates video by MTV. "I went in to the video store, saw it and thought it would be fun."

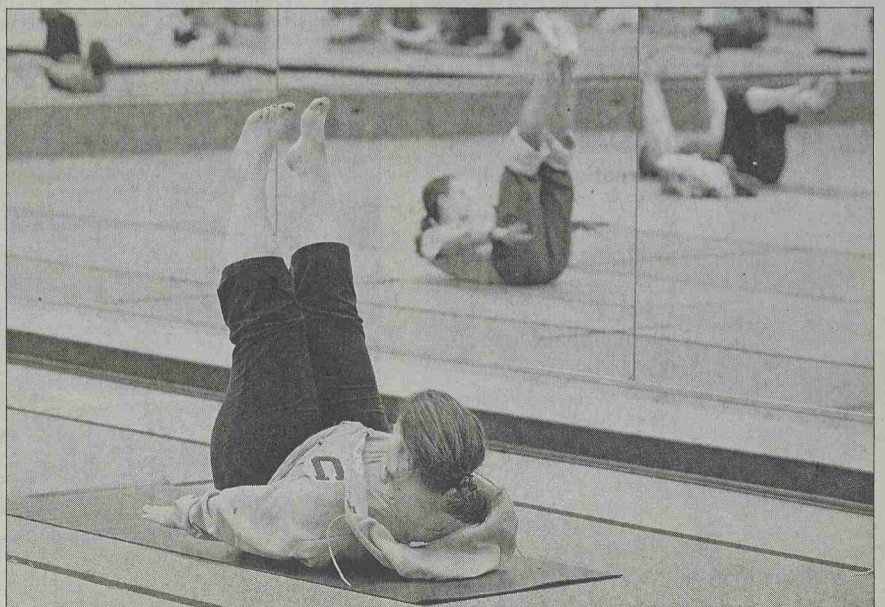
The exercise experiment turned out to be so much fun for Brillhante that she has made pilates her workout of choice.

"I have been doing pilates for nine months. Pilates isn't like an aerobic video where you're jumping around looking stupid," Brillhante said.

Pilates is getting the exposure that yoga had a few years ago with an explosion of videos such as Winsor Pilates and MTV Pilates. Pilates features a series of 500 exercises designed to build strength and flexibility without building bulk. The focus of pilates is to do a series of controlled movements focusing on core muscles in the trunk region. Pilates features mindful movements; your body doesn't go on auto pilot as if you were running or walking.

After doing pilates for nine months and about 40 minutes a week, Brillhante has seen significant results on her body. "I toned up. I definitely can stretch better [and] pilates is great for abs."

Unlike Brillhante, Kendall Bourke, a freshman in zoology, tried pilates



Carole Mertes, senior in material science engineering (front), warms up for her pilates class Monday night in Carmichael Gym. Mertes has taken the course for one semester to become more flexible, increase core strength and have fun.

MELIH ONVURAL/TECHNICIAN

PILATES continued on page 6



TAYLOR TEMPLETON/TECHNICIAN

Lacrosse midfielder Rick Pineda stretches before practice on Monday.

LACROSSE

continued from page 8

join pay annual dues, which according to Holota, are about \$600 per person. The dues help pay for equipment, travel and other financial concerns involving the club, according to Holota.

"Most kids already know about our club before they even come here," Coach Matt Peterson said.

The team members practice three times a week at either the Miller Intramural Fields, where they play their home games, or inside Carmichael Gymnasium.

"We have full-contact drills and six-on-six scrimmages," sophomore midfielder Rick Pineda said.

Whenever the team practices indoors, the team plays basketball games as well. This helps improve teamwork and morale among the players, according to Peterson.

In recent years, the team has had some success, including a

playoff appearance and a win over highly-ranked Florida last season.

Many players on the team played lacrosse in high school.

"I played in high school and I love the sport," Lashua said, "I want to keep myself active."

According to Peterson, many of the players also take part in community service work throughout the area, including helping coach high school lacrosse teams.

Recently the sport of lacrosse has received a great deal of recognition through the formation of the Major League Lacrosse organization.

"It's a big sport up North, but in the last few years people here in the South have gotten into it," Holota says.

Holota also cites the popularity of hockey and the Carolina Hurricanes as a big part of the draw of lacrosse in the area.

"A lot of hockey fans are traditionally lacrosse fans, and now

that the NHL is in a lockout, that brings to the allure of the sport," junior midfielder Andrew Craig said.

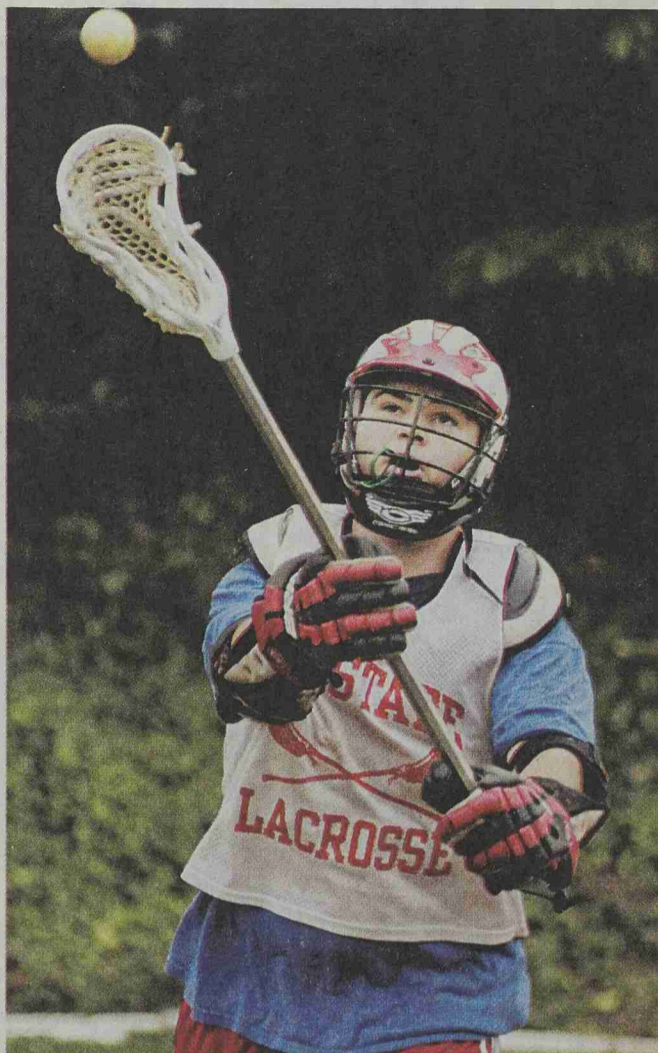
There is also a women's lacrosse club that has been recently formed and is looking to grow like the men's club.

Is there a chance that the work of the Pack's lacrosse club could bring a varsity lacrosse team back to the school? Sophomore defenseman Drew Hines is hoping so.

"It would be nice for the school to go back with a Division I-A team," Hines said. "Duke and UNC both have really good I-A teams."

Until then, Hines is proud of where the club is going.

"It seems like we're really building on the team from last year," he said.



JEFF REEVES/TECHNICIAN

Attackman Nick Holota passes to middle of the field during a scrimmage Monday.

PILATES

continued from page 5

for the first time in September and found it to be fun, but not as hard as she thought it would be. "I like it. It wasn't as intense; I thought it would be harder," Bourke said.

Bourke sees pilates as an exercise that "tones without high intensity aerobics and without bulk muscles." Even though, the exercise was easier than

Bourke expected she felt it the next day in her hip flexors and lower abs.

Bourke, who plays club soccer and lifts weights regularly at the gym, feels pilates is an alternative exercise for people involved in sports.

"It's like holding positions to improve core body muscles," Bourke said.

Bourke also compared pilates to variations on crunches and push-ups with components of flexibility. Although she's only

had one opportunity to do pilates, Bourke plans to keep up with pilates as well as recommend it to her friends.

TO PILATE OR TO YOGA?

So, what's the difference between yoga and pilates? They are both done on the floor, they both promise a sculpted body and mind nirvana, and offer similar end results.

Pilates focuses on the mind and body while yoga promotes concentration on the spirit as

well. Pilates consists of precise movements done over and over again. Repetition isn't a characteristic of yoga. Instead, it's about balance and equally exercising all muscle groups. Pilates is concerned with the alignment of the spine and strengthening the powerhouse in your trunk. Breathing and ways of breathing are important aspects of both exercises. Pilates teaches breathing with movement. Yoga is concerned with physical

poses, breathing and meditation. Pilates focuses on inhaling through the nose and exhaling through the mouth, while yoga focuses on inhaling and exhaling through the nose. Breathing and concentration are more important features in yoga.

The choice between yoga and pilates depends on what a person is looking for in an exercise regimen. Pilates strengthens the lower back and flattens the stomach faster than yoga.

Pilates improves flexibility

and tones muscles. If you have a short attention span you will find the repetition boring. Yoga focuses more on flexibility and exercising your whole body. The principle is balance in all areas. Yoga helps reduce stress through meditation and the focus placed on your inner spirit.

Whatever exercise you choose, make sure you stretch first and don't strain yourself while exercising. Yoga and pilates are supposed to be helpful and not cause pain.

MEDITATE

continued from page 5

become out of touch with reality, Rogus explains. Meditation, on the contrary, calls people to acknowledge, observe and pinpoint what they are feeling and experiencing.

The second principle of meditation is the concept of "no self." Essentially, explains

Rogus, people are not their sensations. They are not happiness or pain. These things can be observed as separate things.

"It is not your anger. You are not anger personified, but you possess anger," states Rogus.

The third principle of meditation is the concept of impermanence. This concept stresses the acknowledgment that all sensations will pass. Feelings of pain, happiness and anger are

only temporary.

The point is that once people become aware of their sensations, acknowledge their separation from the sensations, and understand that the sensations are impermanent, then they can let them go. Meditation is important because it provides the clarity needed to be able to observe these sensations.

HOW TO

There are several ways to meditate, but the breathing (concentration) meditation is best for beginners. Breathing meditation is the most basic meditation and it can help concentration by clearing the mind of distractions.

The meditation position for the breathing meditation is the same for most others as

well. One should find a calm and quiet place that is free of distractions. Then, sit on the ground with legs crossed. Beginners may find this position uncomfortable and may sit on a pillow or without legs crossed. The most important thing is comfort.

The hands can either be placed on top of each other, palms up, in the lap or on the knees, palms up or down. Generally, palms up symbolizes focus on universal connectedness and palms down symbolizes inward focus. But again, comfort is important. While meditating the back should be straight, but not strained, and the head should be straight or slightly down.

The purpose of breathing meditation is simply to clear

the mind by turning the focus to the breath. Once in the right position, begin to focus on breathing. Breathing should be normal and not forced, preferably through the nostrils. Pay acute attention to the breathing. Note the sensation of it going in and out of the nostrils or in and out of the lungs. This will be hard because people's minds have a tendency to wander.

When thoughts arise, do not follow through with them or pay attention to them. Instead, immediately redirect focus back to the breath. This will be a difficult task for many people. For those who have trouble concentrating, Rogus suggests a counting exercise. He says that instead of noting the sensation of the breath,

count them. Count each breath up to ten, and then start over. It makes them easier to keep track of when counting in lower intervals. Counting also gives the mind a more direct focus and helps keep out distracting thoughts.

This breathing exercise can be done in as short as ten to fifteen minutes. Benefits of this meditation practice are greater and more consistent when it is done on a regular basis. This small time commitment has the benefits of a clearer mind, greater concentration and reduced stress; meditation is definitely worth a try.

Meditation might be considered an alternative practice, but Adam Stetted, a senior in industrial engineering, points out, "Meditation isn't just for hippies... it's for everyone."

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Around the ACC



Standings

Table with columns: CONF., ALL, Next game. Rows include Miami, Florida State, N.C. State, Virginia, Virginia Tech, Georgia Tech, North Carolina, Maryland, Clemson, Wake Forest, Duke.

Stat of the week

669 The amount of total yards Utah amassed in a 46-16 rout of North Carolina on Saturday night.

Quote of the week

'We thought they would roll over and die, but they didn't.'

- Miami center Joel Rodriguez, who expected the Louisville Cardinals to concede the game before it even started.

Thumbs up

N.C. State defense

Once again Reggie Herring's defense was put to the test, and once again it dominated the opposition.

Lorenzo Booker

The sophomore running back from Florida State silenced Virginia early, and ended up accumulating 123 rushing yards and two touchdowns.

Thumbs down

Charlie Whitehurst

Whitehurst was supposed to be one of the best quarterbacks in the ACC this season. Instead he's been one of the worst.

Virginia

Wasn't this supposed to be one of the best ACC games this season? It wasn't, in fact it was a non eventful blowout.

FOOTBALL

continued from page 8

Miami players throughout their high school careers. Linebacker Pat Thomas went to a Hurricanes game with Antrel Rolle...

'I remember when Antrel Rolle committed like it was yesterday,' Thomas said. The familiarity between many of the players has led to some high-tech trash talking early in the week.

to Hall, freshman wide receiver John Dunlap sent a text message to a Miami player telling him to bring his 'A-game' this week.

The relationships might also help wipe away some of the mystique that comes from playing in a program like Miami...

'These guys are just the same guys I played in high school,' Hall said.

mystique is like 'oh man, the mighty Hurricanes,' we aren't going to look at it that way.

The only other time Miami has traveled to Raleigh was in 1981, when the Hurricanes won 14-5.

SOCCER

continued from page 8

Her leadership on and off the field has been what the doctor ordered; especially now in the midst of the team's five-game ACC losing streak.

'She's made a huge difference for us,' senior Kat Warman said. 'She probably has one of the most positive attitudes on the team.'

Before the Pack's last game against No. 11 Florida State, it was Griswold who addressed

the team with her positive attitude.

She pleaded with her teammates to forget the losing streak and focus on the challenge at hand.

The result was a 3-2 loss in what the team described as its best game of the year.

'She said, 'Don't worry about anything else that has happened this season. We just focus for the next 90 minutes on winning this game,' Kerrigan described.

The team needs to be performing well with only two regular season contests and the ACC Tournament to prove to the NCAA Committee that

it deserves to be invited to the NCAA Tournament.

Postseason play may seem bleak with only one ACC victory under its belt so far and, at worst, only three games left to make a mark.

But the Pack has taken on the optimism of its senior captain. 'The thing about the ACC is you get a couple wins and they are all big wins,' senior Anna Helenius said.

Griswold is not even looking at the playoffs. Rather, she is more focused on playing well, knowing the wins will come when the team plays to its potential.

'The focus is to keep playing well and to have no regrets,' she said.

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M. Soccer vs. UNC, 10/24, 2
W. Soccer vs. Wake Forest (SAS), 10/22, 7
Volleyball vs. Liberty, 10/19, 6
Cross Country at ACC Champ., 10/30

Scores

Red Sox 5, Yankees 4

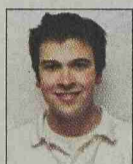


TECHNICIAN

COMMENTARY

Does the jinx exist?

The new fad of the 21st century sports world is the curse. The "Curse of the Bambino" and the "Curse of the Billy



Ryan Reynolds
Deputy Sports Editor

Goat," well known to Red Sox and Cubs fans, for sure.

On Saturday around 11:50 a.m., another supposed curse will make its way to Raleigh when the ESPN College GameDay crew winds down its first ever telecast outside of Carter-Finley Stadium.

Football analyst Kirk Herbstreit will calmly announce his pick for the N.C. State vs. Miami game and give a logical explanation for his selection.

Then it comes — the dreaded curse.

GameDay sidekick Lee Corso will reach under his desk and put on the mascot head of Mr. Wuf or Sebastian Ibis, proclaiming the winner of the ACC battle.

Chances are he'll pick Miami because, well, it's Miami.

If Corso happens to select the head of Mr. Wuf, then it will incite an eruption of cheers from Wolfpack fans who came to watch the show.

College football urban legend says Corso's pick is a sure kiss of death.

But does it really exist? Not so fast, my friend.

Corso has actually been fairly accurate at selecting the winners of the top-25 games this season.

He has successfully predicted 75 percent of the games and was 14-3 last week, besting Herbstreit by two games.

When selecting the winners of the games where the GameDay caravan travels, Corso is 4-3, which isn't too shabby considering those are generally the week's best match-ups.

But before anyone calls up their bookie to start wagering money on Corso's picks, know that he's 1-2 in the last three weeks, and he gave the crowd that gathered to watch the show in West Lafayette, Ind. a false hope when he unsuccessfully predicted that Purdue would defeat Wisconsin last weekend.

The GameDay picks for State haven't been any better so far this season. When the Pack was ranked or played a ranked opponent, Corso and Herbstreit were both 0-2, both predicting losses being to Ohio State and North Carolina.

That statistic doesn't bode well for superstitious State fans, who are optimistic that someone from the GameDay crew will select the Pack.

So, is there really a curse on the team Corso selects as the winner of the featured game?

Maybe a little one, considering he is slightly over .500 when predicting the ESPN game of the weekend.

Although it's a curse I'm sure Red Sox and Cubbies fans would gladly accept if it meant winning the World Series every 25 or 50 years.

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WOMEN'S SOCCER

Delivering a new attitude to the Pack

SENIOR FORWARD ERIN GRISWOLD HAS BECOME ONE OF THE BEST PLAYERS AT N.C. STATE AFTER TRANSFERRING FROM THE WEST COAST

Chris McCoy
Staff writer

It says a lot about an athlete to pick up and transfer midway through their college career. It says even more when they move 2,600 miles from home to an unfamiliar place.

Even more is said when the move is not to gain more playing time or run away from a problem. Following the heart should always turn out this well.

Erin Griswold's high school career in California led her to the University of California - Santa Barbara to play soccer for the Gauchos. Her career was headed on the right track, earning Honorable Mention All-Big West honors as a freshman and leading the team in assists as a sophomore.

However, Griswold's heart was across the continent in North Carolina.

After her sophomore season ended, Griswold signed a release from UCSB and began recruiting schools in North Carolina, so she could move closer to her boyfriend. Her desire led her to contacting N.C. State Coach Laura Kerrigan.

"She contacted us, sent a videotape and we went about recruiting her," Kerrigan said. "You

don't really recruit transfers because you can't contact players until they sign a release. Erin had personal reasons for transferring; she was leaving a good situation at UCSB and we felt good about getting her here."

Personal reasons may have spurred the athletic forward to take her game transcontinental, but there were other advantages to the change.

"The level of competition is higher in the ACC than where I was playing," Griswold said. "I also had the chance to play at an athletically-centered school."

The transition into a tougher level of play was fairly smooth for Griswold.

After working with the team in the spring, she exploded onto the North Carolina soccer scene by showing her scoring touch early and often.

Griswold was the Pack's leading scorer for the season with 10 goals and 26 points as a junior in 2001. Her marks left her in sixth in goals per game and points per game in the ACC that season.

Her values as a player are not easily summed up by looking at a box score or season statis-



ANY DELSILE/TECHNICIAN
Erin Griswold cites higher competition as her reason for transferring.

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CAMPUS RECREATION



TAYLOR TEMPLETON/TECHNICIAN
Rob Moreton looks to pass as long stick defender Jordan Harris pressures the attackman during Monday practice.

Lacrosse program grows in popularity

The lacrosse team has displayed improvement each season, including a win over highly-touted Florida and a playoff appearance last year

Michael Fox
Staff Writer

In the early 1980s, the varsity lacrosse program was cut due to a lack of funding in the program, and the pooling of funds was allocated into other sports to comply with Title IX.

But since the mid-1990s, the Pack lacrosse club team has been growing and is looking to bring success in the sport to Raleigh.

The lacrosse club is currently in its fall season, which is more of a warm up to the spring. In the fall, the team plays local clubs, and in the spring the opponents are teams in the Southeastern Lacrosse Conference.



TAYLOR TEMPLETON/TECHNICIAN
Coach Matt Peterson instructs his players during practice on Monday.

The men's club, according to sophomore attacker and club president Nick Holota, has about 35 members. There are 10 players on the field at a time during games.

The team works through word of mouth to get people to join the club with flyers and announcements.

Instead of tryouts, students who want to

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FOOTBALL

Wolfpack braces for a Category 5

The No. 3 Miami Hurricanes will put its undefeated season to the test in Raleigh on Saturday

Austin Johnson
Sports Editor

Junior wide receiver Tramain Hall knows all about the Miami Hurricanes. Growing up in southern Florida, many of the players he grew up playing against are now playing for the Hurricanes.

"I knew half the team," Hall said.

His knowledge of the team led him to another conclusion with Miami visiting Raleigh this Saturday in a match up between two of the top teams in the ACC.

"Our speed is just as good as their speed," Hall said. "Our players are just as good as their players."

The Hurricanes, unbeaten and ranked No. 3 in the nation, won a national championship in 2001 and played in the championship game in 2002.

Coach Chuck Amato prefers to wait until after the game to comment on the Miami talent versus his own.

"Some of our players are just as fast," Amato said. "We'll find out Saturday. I don't know if we're a Category 5 yet, they are."

The State roster is loaded with south Florida natives like Hall, who battled with current

GameDay comes to Raleigh

ESPN College GameDay, hosted by Chris Fowler, Kirk Herbstreit and Lee Corso, will be traveling to Raleigh to cover the N.C. State vs. Miami game for its weekend destination.

The GameDay stage could be set up outside the north entrance, near the scoreboard but nothing has been confirmed, according to Associate Athletics Director for Media Relations Annabelle Vaughan.

GameDay will be taping for SportsCenter this Friday from 5:30 - 6 p.m., and parking will be available for students and fans to come and watch the taping that evening, according to Vaughan.

The live broadcast will begin at 10:30 a.m. on Saturday, Oct. 23.

The game will be televised on ESPN at 7:45 p.m.

- RYAN REYNOLDS

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SAMMY'S 4TH BIRTHDAY BASH! FRI. OCT. 22 TWO STEP DAVE MATTHEWS TRIBUTE BAND @ Sammy's Tap & Grill 55 COVER / 21+ COLD BEER FOR FIRST 200 GUESTS same night, same place... 2004 MISS SHIRTS THAT ROCK.COM BIKINI CONTEST cash prize