

TECHNICIAN

TUESDAY
FEBRUARY
15
2005

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Raleigh, North Carolina

STUDENT HEALTH



Pushed to achieve

ACROSS THE NATION, STUDENTS DRIVEN TO DO WELL IN COLLEGE ARE RESORTING TO DRUGS LIKE ADDERALL TO GIVE THEM AN EXTRA EDGE

STORY BY RA-JAH KELLY | PHOTOS BY TAYLOR TEMPLETON

For "Rick," a junior in construction engineering and management, it was all he needed to get ahead.

"Before I started taking Adderall, I was going to ECU," he said. "Since I started, I've transferred to State and I have a 3.0 GPA."

Adderall, chemically known as Amphetamine-dextroamphetamine, is a stimulant and appetite suppressant used to treat narcolepsy and Attention Deficit Disorder with Hyperactivity according to WebMD.

However, at N.C. State and at

campuses across the country, many students are using it to improve concentration and boost studying and test-taking results.

As a result of the competitive academic arena's pressure to perform, there has been an increase in the number of students who resort to drugs like Adderall to gain an edge.

According to a 2002 issue of the Johns Hopkins University newsletter, as many as 20 percent of American college students are regularly using Ritalin or Adderall to improve aca-

demical performance.

Betsy Kimrey, a licensed psychologist working in the counseling center, says it is possible for the abuse of Adderall to temporarily improve a person's concentration.

However, she cautions that there are potentially significant downsides.

"Adderall increases heart rates and pulse rates," Kimrey said. "When that happens there is the possibility for cardiac issues and death."

Kimrey also cautioned that Adder-

MEDS continued page 2

Air Force ROTC cadets visit Durham Veterans Hospital

Students find appreciation in an unforgettable experience

Josh Harrell
Staff Writer

Everyone wants some kind of love or appreciation on a day like Valentine's Day, and to cadets of the Arnold Air Force Society, this includes America's military veterans.

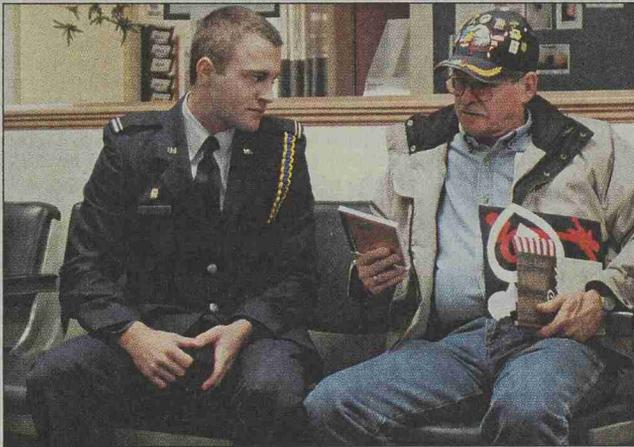
The society, a cadet-run organization affiliated with the Air Force ROTC at N.C. State, visited the Durham Veterans Hospital Monday morning to show their appreciation for the veterans' sacrifices.

The student cadets visited with the veterans and went from floor to floor passing out Valentine cards that elementary school students from across the state made.

"The cards really seemed to put them in a good mood, and it brought great smiles to their faces." Cadet Dynasty Sicay, sophomore in parks, recreation and tourism, said.

The appreciation given to the veterans by the cadets was very welcome, according to Cadet Karl Artis, a sophomore in applied sociology.

"It seemed like some of them hadn't seen people who cared in a long time, and just



NICHOLAS PIRONIO/TECHNICIAN

Karl Artis, a sophomore in applied sociology, hands a gift to a military veteran during the Air Force ROTC's visit to Durham Veterans Hospital on Monday.

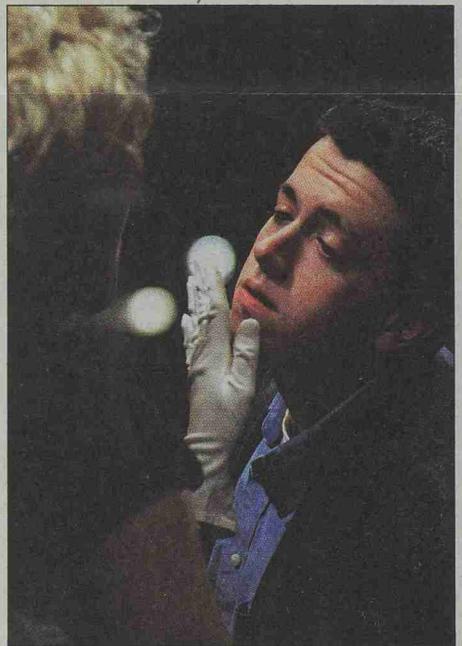
seemed very appreciative of the attention we gave them," Artis said.

The cadets were able to hear stories from

many different veterans, an experience which

ROTC continued page 2

EARNEST ACTORS



JEFF REEVES/TECHNICIAN

Curt Kirkoff rehearses a scene of Oscar Wilde's 'The Importance of Being Earnest' with Meisha Gourley. The play will be shown Feb. 23-27 in Stewart Theater.

CAMPUS COUPLES | SECOND IN A WEEKLONG SERIES

Lecturers defy national boundaries

Chance brought the two together from opposite ends of the world

Rebecca Heslin
Deputy News Editor

Two N.C. State Spanish lecturers spent their Valentine's Day in a very traditional American way — which also happens to be the same way it's celebrated in the country where they first met.

"Valentine's Day is celebrated pretty much the same here as it is in Peru," Leo Villa-Garcia said. "There's no religious tie and it's just as commercial

there as it is here."

Kay and Leo Villa-Garcia celebrated the romantic holiday with gifts and dinner. However, the way the two met almost 30 years ago is anything but traditional.

Their chance meeting occurred while Kay, originally from Indiana, was taking graduate courses in Lima, Peru. One weekend, a friend in her archeology class asked her to visit the city of Ica with her.

While in Ica, Kay and her friend joined an expedition studying mum-

COUPLE continued page 2



TAYLOR TEMPLETON/TECHNICIAN

Kay and Leo Villa-Garcia are both Spanish lecturers and share the same office.

insidetechnician



The price of beauty

From diet pills to tanning beds, students will go to great lengths to get ready for Spring Break. But is it healthy? See page 5.

viewpoint 4
features 5
classifieds 7
sports 8

weather today tomorrow



71°/49°

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IN THE KNOW

CULTURAL CENTER FORUMS ONGOING

The Office of Diversity and African-American Affairs is sponsoring a series of open forums for the campus community to meet candidates for the director of the African-American Cultural Center position. The forums are open to all students, faculty and staff.

A complete listing of the dates, locations and times of the forums follows.

Wednesday, Feb. 16
Janet Howard
AACC room 126
3-4 p.m.

Tuesday, Feb. 22
Fred Hord
AACC room 375
3:30-4:30 p.m.

The Office of Diversity and African-American Affairs is sponsoring a series of open forums for the campus community to meet candidates for the Assistant Vice Provost for Diversity Programs position. The forums are open to all students, faculty and staff. A complete listing of the dates, locations and times of the forums follows.

Friday, Feb. 18
Dennis Osborne
AACC, room 375
3:00-4:00 p.m.

Wednesday, Feb. 23
Yvonne Coston
AACC, room 126
3:30-4:30 p.m.

Monday, Feb. 28
Ann Harris
AACC, room 126
3:30-4:30 p.m.

BOOKS OPEN FOR STUDENT GOVERNMENT ELECTIONS

Monday was the first day to sign up for candidacy for Student Government elections in the spring. Open positions include Student Body President, Student Senate President and Student Body Treasurer.

LEADERSHAPE APPLICATIONS AVAILABLE

Applications for LeaderShape 2005 are available on-line for the event held May 17-22. The deadline for applications is March 1. Since its inception in 1986, the flagship program, the LeaderShape Institute, has developed a national reputation as one of the

premier leadership development programs for young adults. Thanks to program sponsors, students can attend LeaderShape for free again this year. Visit the Web site www.ncsu.edu/csleps/leadershape.php for further information.

UNC IN WASHINGTON ACCEPTING APPLICATIONS

UNC in Washington, a program that allows students to study in the nation's capital, is accepting applications for the summer and fall semesters. Students live in an apartment on Capitol Hill and register and pay regular student tuition and fees. Students enrolled in the program will receive aid in finding an internship. The deadline for applications is March 1.

COUNSELORS SOUGHT FOR WOLFCAMP 2005

WolfCamp is a new program designed to help incoming students become comfortable with their new environment in all of its varied aspects. WolfCamp counselors are upper-class students who volunteer their time to help new students become comfortable with N.C. State in a three-day camp experience. Counselors will get together for training sessions across the spring semester and summer, based around everyone's schedule, to explore team building, campus resources, university history and university values. Counselors must be available for the camp, August 4-6. For more information visit the WolfCamp Web site at www.ncsu.edu/wolfcamp. The deadline for submitting an application is Feb. 28.

COLLEGE OF MANAGEMENT RE-CIEVES GRANT

College of Management and the Bank of America Charitable Foundation announced a \$1 million grant from the foundation to support the college's Enterprise Risk Management (ERM) Initiative. The grant will be used to support development of academic coursework in ERM, help recruit and support faculty members with ERM expertise, support additional research in the topic, and enhance the dissemination of knowledge through the ERM Roundtable and conferences, as well as through the college's undergraduate and graduate academic programs.

CALENDAR

Monday, Feb. 21

Last day to withdraw or drop a course without a grade, change from credit to audit or change to credit only at the 400 level or below. TRACS closes for undergraduate drops at 5 p.m.

Wednesday, Feb. 23 - Sunday, Feb. 27

The Importance of Being Earnest will show at Stewart Theater from 8-11 p.m. The foibles of 1895 Victorian society exposed as two perfect young ladies lead their smitten swains on a merry chase to matrimony. Tickets can be bought online at http://purchase.tickets.com/buy/TicketPurchase?organ_val=22089&event_val=EARN

Thursday, Feb. 24

University Dining will its inaugural Chef's Challenge from 5 to 7 p.m. in the Wolves Den. The event will demonstrate the culinary talent of the University Dining staff chefs. This event will match teams of chefs from each N.C. State dining hall against each other in a live competition. The

Judging panel will include Student Body President Tony Caravano, Vice Chancellor for Student Affairs Tom Stafford and Heather Green, a morning show host for WQDR 97.4 radio.

Saturday, Feb. 26

Dancing with Wolves will host the 2005 Triangle Open, the Seventh annual amateur Dancesport competition, in Carmichael Gymnasium.

The African American History Quiz Bowl will take place in the African American Cultural Center's Multipurpose Room at 4 p.m.

Tuesday, March 1

Priority fall deadline for financial aid filing. Students might qualify for need-based scholarships and grants, low-interest loans or work-study. Stop by 2016 Harris Hall or call 515.2421 for more information.

Send all calendar and brief listings to news@technicianonline.com

POLICE BLOTTER

02/12/05
1:00 A.M. | LICENSE/REGISTRATION CHECKPOINT
Officers conducted a checkpoint on Cates Avenue at Jeter Drive. No action was taken.

12:55 A.M. | SUSPICIOUS PERSONS

A subject called to report a group of people dodging vehicles in the area of West Dunn Building. Officers checked the area but did not locate anyone.

4:42 A.M. | SUSPICIOUS INCIDENT

Facilities personnel working on the roof of Poe Hall called to report they heard a female screaming in the area north of Poe towards Hillsborough Street. Officers checked the area but did not locate anyone needing assistance.

7:55 A.M. | CHECK PERSON

A staff member reported subjects in the Laundry Building computer lab when it should have been closed. Upon checking, the subjects were students and the building had not been secured the previous evening.

10:14 P.M. | VEHICLE FIRE

The student stated he had mechanical problems with the car earlier in the day prior to the fire. The vehicle was towed from the scene, and the Fire Inspector was notified. A student's Volkswagen Beetle caught on fire on Cates Avenue south of Talley Student Center. Officers and RFD responded. RFD put out the fire, however, the interior of the vehicle was badly burned.

12:54 P.M. | LICENSE/REGISTRATION CHECKPOINT

Officers conducted a checkpoint on Varsity Drive at McKimmon Center. There were a total of two citations issued and one verbal warning.

4:18 P.M. | SUSPICIOUS PERSON

A student was seen putting an item under a rock on Centennial Parkway. He was at the location playing an internet game of Geo Cashing, and this was one of the locations.

6:12 P.M. | DAMAGE TO PROPERTY

A student reported a silver Ford truck belonging to a staff member was found spray painted at Weisiger/Brown Lot. The staff member was notified and responded to the scene.

8:39 P.M. | SUSPICIOUS VEHICLE

A student called to report a light gray low/rider type of vehicle parked on

the bricks in the Pillsbury Circle area of campus. The vehicle was gone upon officers' arrival.

02/13/05

11:48 A.M. | SUSPICIOUS VEHICLE
An officer noticed a vehicle parked in front of the entrance to the Wildlife Resources construction site that had been found open earlier in the day. While checking the area, officers located two nonstudents, who stated they were taking measurements. They were measuring for a power washing job they were hired to do. Contact was made with Construction Management, and it was confirmed they were supposed to be working in the area.

2:56 A.M. | AFFRAY

Officers responded to a fight call at Wolf Village Apartments outside of the C Building. Two students were arguing prior to officers' arrival and had pushed each other. Both subjects refused medical attention. The subjects stated they did not wish to pursue criminal charges. Both subjects were referred to the University for fighting. Housing staff was notified.

3:37 A.M. | SUSPICIOUS PERSON

The student stated he saw a male subject trying to get in the back of Nelson Hall. An officer located a nonstudent trying to find an unlocked door to enter the building. He said he was looking for a friend. All file checks came back negative on the subject. He was trespassing for NCSU property.

7:21 A.M. | CHECK PERSON

A student reported a subject sleeping on a couch in the Wolf Village Apartments Building G. The person was not believed to be a resident. Officers located the nonstudent; he was visiting a resident of the building and fell asleep on the couch. The resident was contacted, and the nonstudent went back to their room.

1:24 P.M. | B&E VEHICLE/LARCENY

A student reported that someone broke into her vehicle while it was parked on the first level of Dan Allen Deck sometime between the Friday evening and 1:15 p.m. on Sunday. Her wallet and several CDs were stolen.

4:12 P.M. | B&E VEHICLE/LARCENY

A student reported that someone broke into his vehicle sometime between 11 p.m. on Saturday and 10:30 a.m. on Sunday. His stereo and several CDs were taken.

Barnwell said. "That's why we have to respond to overdoses. Most of our overdoses are prescription drugs."

According to Rick, because a prescription is just a piece of paper, it is easy for students that are prescribed Adderall to pass on their prescriptions.

Since the pills can be obtained legally and are small and easy to conceal, campus police haven't seen many Adderall possession cases in recent years and neither has the Office of Student Conduct.

"Bobby," also an engineering student, was diagnosed with ADD and has a legitimate prescription for Adderall.

"Most professors feel like Adderall use is a problem," he said. "It seems like [Adderall] abuse is everywhere, [and] on TV."

Kimrey advises any students who feel they are having a problem with Adderall or any drug to come to the counseling center.

"We don't punish those who seek help," Kimrey said. "Everything here is confidential."

COUPLE

continued from page 1

mies at a local museum — the same museum that Leo had been working at since age 15.

One afternoon, while on expedition, the two crossed paths.

"His jeep broke down in the middle of the desert," Kay said. "We picked him up, and he joined our group."

After going out in a group together that night, Kay prepared to head back to Lima.

"My friend and I were going to take a taxi back to Lima," Kay said. "But Leo ended up offering us a ride back."

The couple's "official first date" took place shortly after their meeting in the form of a double date with American doctors in town working on the expedition.

The two instantly clicked and were shortly on their way to continue their studies at Indiana University together. Leo continued his undergraduate courses and pursued a master's degree while Kay completed her master's and went on to a Ph.D.

Leo and Kay were married in 1976, a year after meeting. The birth of their only child, Isabel, now a freshman in high school, came 14 years later.

"We had our daughter late in life because we were just too busy studying," Kay said.

ROTC

continued from page 1

they said benefitted both the cadets and the veterans.

"Overall, the day was really fulfilling," Cadet Daniel Litter said. "To see how they reacted to all the cadets, and to hear what they have to say about the history of the military was refreshing."

Artis said the cadets formed a new appreciation for the veterans.

"I was very much inspired, and I think that the rest of the cadets were as well," Artis said. "We see that even though they're disabled and in the hospital, they are still appreciative of what the armed services are doing in today's age."

Many of the veterans had a hard time coming back to a distrustful society after their respective wars, Litter said. The cadets agreed that the fact that they were able to talk about their experiences with them was impressive and meaningful.

"Most of the veterans don't get to talk about that kind of stuff much, and a lot of them are from the Vietnam period," Litter said. "When they came back they had people spitting on them and didn't have any support. But to give them support now really seemed to have meant a lot to them."

Destiny continued to work on their side as they both received year-long teaching offers from the College of William and Mary. Afterward, as Kay went to Elon University to teach, Leo joined the faculty at N.C. State. Kay joined him shortly after, and the pair both currently teach Spanish courses at NCSU.

"We like the fact that we have the chance to work together," Kay said. "The hard part of working at academic institutions is that you can get jobs at two very different places, but we wouldn't consider separating."

For these two, there is no separating business from pleasure.

"We share an office and teaching materials," Kay said. "Working together has really had its benefits in our relationship."

Six years ago, the couple created a program which allowed them to return to Peru and educate students at the same time.

"We both love to teach and travel," Kay said. "You could say those are our passions."

Through the study abroad office, the couple created a six-week program for students to live in Lima with Peruvian families while studying Spanish.

Although the couple said they sometimes miss the "relaxed Hispanic lifestyle," there's no chance of a return to the country that brought them together any time soon.

"There are things we miss," Kay said. "But we love the students here and are glad to have the opportunity to expose students to culture and lifestyles of Peru."

Each of the veterans had their own story, and each story had a different kind of impact on the cadets.

"One of the men I was talking to—his name was James—he was in Vietnam, and all he kept saying was 'take pride in that uniform,'" Litter said. "It just means a lot to hear that coming from [him] as much as he as a war veteran has been through."

Other stories had a less jovial tone.

"A guy's job I talked to who served in Korea and Vietnam was to escort the bodies from place to place, while standing by the casket," Sicay said.

"One time it was a friend of his, and he had to do his job and not show emotion. It's stories like that that you remember for a long time."

According to Sicay, the day meant a lot to both the veterans and the cadets, as the students went home feeling good about themselves and their country.

"We have plenty of support now, unlike them when they served, and it makes me ready to get out there and do my job," Sicay said.

The cadets said they now realize it is their turn to go out and serve their country, the way the brave veterans they visited Monday did.

"Just to see their appreciation they had for us was great," Artis said. "It just makes me want to be in the service even more than I had already wanted to and to be proud of it."

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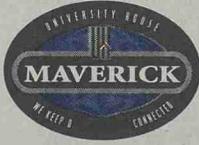


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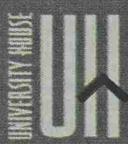
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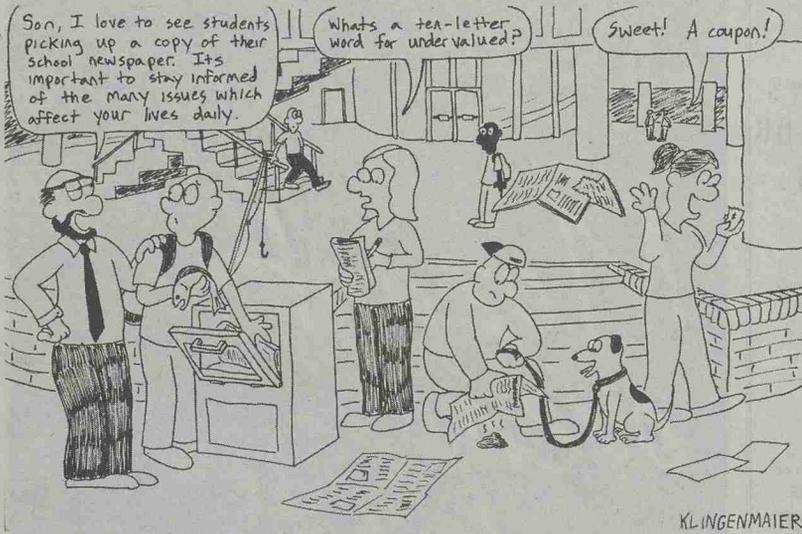
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KLINGENMAIER

University over-solicitation of students is inescapable

I still remember when I opened my mailbox at Duke University during my freshman year and found a postcard telling me it was time to start thinking about my senior gift.

Pardon? I had just moved my stuff into my room, paid my outrageous tuition and bought \$300 worth of textbooks. I did not want

to think about donating a couple hundred dollars to the same school that had already emptied my entire immediate family's checking accounts.

Yet, they sent me the card. A few weeks later, I saw a sign on one of the buses that went between West and East Campus that informed me that my tuition doesn't come close to paying for the true cost of a Duke education. For this reason, my parents should donate to the Duke Annual Fund.

What? I'm on financial aid, and they think my parents can contribute more than the "expected family contribution," so Duke can put up a \$25,000 tent for a dance in the middle of a quad? I don't think so. Admittedly, I didn't transfer schools because Duke's administrators are money-hungry (though they are). However, I expected my switch to a public university to bring about a decrease in solicitation.

Yet, even public universities are now turning to their student bodies to contribute to various financial campaigns. With individual states going bankrupt, colleges have to come up with the money from somewhere to improve buildings and build scholarship funds. So why not ask their cash-strapped students?

The idea of students contributing to their respective schools is not unusual. N.C. State has several artifacts from classes past. One can find sundials, benches, and library rooms donated from previous senior gift drives. Last year, the senior class officers asked graduates to donate \$204 to a Class of 2004 Scholarship.

They could donate less, but they would only get their name on a plaque inside the new alumni building if they donated the suggested amount. The Senior Gift is just a part of the graduation process, and just like the ceremony itself, students don't have to do it.

Nor do students at the University of Alabama have to contribute to their school's new Student Campaign 2005.

This fundraiser asks each student to give \$2 towards new scholarships allowing a few Alabamians to be the first in their families to go to college. I'll admit the program sounds like a nice cause, and the amount isn't bad considering students spend more on smoothies in between classes, but should universities rely on donors who typically do not hold full-time jobs and are already paying increasing tuition costs?

These schools are making a poor choice when they rely on student donations to help more students come to their schools. Many of these schools have recently raised structures on their campuses that are overly decadent, but they continue to ask students to pay for upkeep of their campuses beyond their tuition monies.

The University of Alabama, with its student drives, renovated its football building and added a 20,000 ft. strength and conditioning center. The University of Georgia typically asks seniors to pay \$35-50 beyond their senior gift to help improve the campus. Ironically, this university recently

opened the doors of their new Student Learning Center that features thousands of computers and classrooms along with one study room with \$1 million worth of wood paneling.

If these schools want to build up scholarship programs that allow more low-income students to come to school, then why don't they forego the wood paneling?

I feel these schools are following a bigger trend that I see in the United States as a whole. Many of the uber-wealthy spend bizarre amounts of money on temporary or unnecessary events and fixtures, and then the little people, i.e. students or the poor, must then help others get a college education.

Why didn't our president spend some of his inaugural ball money on real causes such as increasing Pell Grants or creating new funds that could be available to needy students?

I bet \$40 million would go a long way. Also to pour more salt in the wound, students get to watch families spend \$250,000 on a birthday party on MTV's new show, "My Super Sweet 16."

Even on campus, University officials are erecting a new alumni center, but D.H. Hill has to ask students, alumni or nice locals to pay up to get more chairs for students to sit on while they study.

What happened to having priorities? I want books; I don't care what building I get to visit after I graduate. I want scholarships to go to students who need them. As much as I like football, I don't see why they need so much fitness equipment and free weights. Most of all, I just want the people who have money to start funding the important stuff, so my fellow students and I can worry about getting out of this school without falling into more debt.

E-mail Michele what you think at viewpoint@technicianonline.com

TECHNICIAN'S VIEW

ACTIONS SPEAK LOUDER THAN WORDS

OUR OPINION: STUDENT SENATE HAS FAILED THE STUDENT BODY BY RETAINING SCOTT STEPHENSON, THE FOCAL POINT OF THE TICKET VOUCHER THEFTS AS STUDENT TICKET ADMINISTRATOR

Student Senate has officially demonstrated itself to be the epitome of ineffectiveness.

The Subcommittee on Ethics conducted a two-week investigation of voucher thefts, which have occurred throughout the year. It recommended to the Government Operations Committee that Student Ticket Administrator Scott Stephenson be impeached on charges of abuse of power and negligence of duty.

So why is he in charge of vouchers for the Maryland game today?

He should have been removed when the thefts were discovered — plain and simple — and not allowed to head up distribution for the rest of the season. There is no reason for someone who allegedly took vouchers — and also encouraging others to steal — to still be in charge.

Yet, the Campus Community Committee — who is in charge of ticket distribution policy — voted to leave Stephenson in place as ticket administrator on Jan. 31.

This vote uncovers where the Student Senate's processes and procedures are inhibiting their service to the students. For Stephenson to remain in his position is a slap in the face of every student that waits in line for a chance at tickets. Student Senate wants to send a message to the student body that it can be trusted to do whatever is necessary to ensure the profes-

sional and secure distribution of ticket vouchers.

This is not being demonstrated.

The Senate is so entangled in doing the procedure the right way that it is losing its power and credibility to serve students. Solving the problem should be pretty blatant at this point: do not let the person who has readily admitted he let voucher theft go on remain in charge of distribution. There is no justifiable reason for keeping Stephenson in his position — other than feeling sorry for the guy.

What Student Senate needs to do is pick up the phone for its wake-up call. It does no use ringing until all the members answer and listen. How the body is handling this situation is a direct reflection of the effectiveness of it.

And then Student Senate wonders why it is restricted and limited in the things it can do. It claims to be an environment to foster leaders — but any group of leaders would have seen the damage this culture was causing and already begun correcting it.

This turtle-paced process is simply absurd. To ensure this does not happen again, ticket distribution needs to be placed under the student body president's supervision right now. It is apparent that it does not belong in the hands it is in now.

Which is exactly where Student Senate has left it.

The unsigned editorial that appears above is the opinion of the members of Technician's editorial board and is the responsibility of the editor in chief.



TECHNICIAN

THE STUDENT NEWSPAPER OF NORTH CAROLINA STATE UNIVERSITY

News Editor
Erin Welch
erinwelch@technicianonline.com

Viewpoint Editor
Jason Eder
jasoneder@technicianonline.com

Sports Editor
Austin Johnson
austjohn@technicianonline.com

Arts and Entertainment Editor
Jake Seaton
jake@technicianonline.com

Features Editor
Ashley Hink
ashleyhink@technicianonline.com

Photography Editor
Taylor Templeton
taylor@technicianonline.com

Graphics Editor
Patrick Clarke
pclarke@technicianonline.com

Advertising Manager
Claire Saunders
clsaunders@technicianonline.com

Classifieds Manager
Zach Patterson
zach@technicianonline.com

Deputy News Editor
Tyler Dukas
tyler@technicianonline.com

Editor in Chief
Matt Middleton
matt@technicianonline.com

Managing Editor
Ben McNeely
ben@technicianonline.com

Deputy News Editor
Rebecca Heslin
rebecca@technicianonline.com

Deputy Sports Editor
Ryan Reynolds
ryan@technicianonline.com

Deputy Photo Editor
Ray Black III
ray@technicianonline.com

Deputy Photo Editor
Jeff Reeves
jeff@technicianonline.com

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323 Witherspoon Student Center Box 8608,
NC State Campus Raleigh, NC 27695-8608
Editorial 515.2411
Advertising 515.2029
Fax 515.5133
Online technicianonline.com

Social Security debate not just an issue for the aged

My job in downtown Raleigh flipping through newspapers with a co-worker who attends Duke University. Of course all the headlines were concerned with some aspect of Bush's plan to radically change the Social Security plan. Interviewed in those many articles were those people in retirement or approaching retirement, so called specialists and economists and naturally, views from prominent Republicans and Democrats.

By and large, however, very few of those articles concerned themselves with what the younger generations, including those in college now, thought about this robust debate. Searching for conversation, I asked the Duke student what he thought about the Administration's new agenda.

"I'm too young too worry about Social Security," he responded.

His thoughts on the matter are not unique, sadly it is an all too common approach taken by younger people on the subject. Although Social Security may seem unimportant now, it should be more significant to us than the older

generations. It is unlikely that older generations preparing to enter retirement will notice any meaningful alterations of the system — that is, it will work as it always has and people's benefits will not decrease (or increase) by any appreciable amount.

Rather, it is the college age generation, and those who are a little younger or older, who will be old when the system grows considerably weaker. According to some reports, by the time the younger generations are balding and sporting thick glasses, the Social Security program will be a shadow of its former self. It will be bankrupt and unable to make any of its scheduled payments.

Perhaps it is this bleak analysis that creates the universal apathy that younger people have concerning the program. If there won't be a functional, able Social Security in the future, why worry about it now? If so, the logic is flawed and maybe even tragic. Social Security could potentially become the most debated domestic initiative since Bush's tax cuts, and young people should take their place in the discourse.

Bush's plan readily acknowledges that the Social Security system will be running permanent deficits late in the second decade of this century. Simply put, the United States, like many mature

industrialized countries, has an aging population — there are more old people than young people. As the older citizens retire, there will be fewer actually working and paying the Social Security tax to help keep the program alive.

Then, by 2040, 2050 or a little later (again, depending on your source), the program will be running such deficits that it will be virtually bankrupt, despite the fact that it will still have an annual income coming from the working population. Bush insists that almost all payments, will be missed. However, the Congressional Budget Office reports that the program will still be able to make 80 percent of its payments.

The truth is, Social Security is a very well run program that is threatened not by its own mismanagement, as many government functions are, but because of a change in the population. It is foolish to pretend there is not a crisis coming for Social Security, but it is not helpful to overplay the nature of the dilemma, as I believe Bush does.

Of course, one could write that off as the nature of politics. What about the substance of Bush's plan? Essentially, Bush's plan bogs the government down in considerable debt in the very long, short term (an oxymoron, I know), believing that the magic of the stock market will

deliver us from our creditors. By allowing four percent of the close to 13 percent tax go into untouchable private funds, the government loses a great deal of revenue that the program clearly needs. Furthermore, by assuring, as he should, that all current payments and those in the near future will not be diminished, he is making the program run deficits earlier than expected. Social Security will be collecting less, but dispensing the same amount of money.

This is not a debate between the efficiency of the market economy versus that of government security. That is a part of it, but it is not the main issue. It is obvious that Social Security could be rescued by raising the retirement age and a small, but meaningful raise in the payroll taxes. Of course, Bush hesitates doing the latter because he believes, as do many of his followers, that increased taxes hurt the economy.

Yeah, well I think massive debt would be even worse for the economy. That would affect both young and old workers — the young workers probably getting the worst of it. So, we should join the Social Security debate and brush off the notion that Social Security is a matter exclusively for the old.

E-mail Andrew viewpoint@technicianonline.com



Andrew Dugan
Senior Staff Columnist

HEALTH

Paying the price for modern BEAUTY

Caroline Monday
Staff Writer

In less than a month, students will be jet setting to Jamaica, the Virgin Islands, Miami and other sunny Spring Break destinations. The warmer locales mean shedding layers of winter clothing and donning more revealing beachwear. Come time to hit the beach, students want to be ready with fit, tan and well-groomed bodies. But will students achieve these bodies? Some may choose conventional methods of going to the gym or switching to a healthy diet. Others may choose to use a quick fix such as dietary supplements, tanning beds or laser hair removal. These quick fixes may indeed result in short-term beautification, but their medical consequences may be long term.

Pill-popping diet

Nicole Samuel, a sophomore in biological sciences, said she "wanted the quick results" dietary supplements can show. She used Zantrex-3 to try to achieve those results.

"Most people just take the diet pills cause they want the quick results — they're not interested in being healthy," she said.

While Samuel did not seek medical consultation, she was careful about how she used the supplement.

"I made sure I followed the directions," Samuel said. "Plus, exercising and eating right. I wasn't relying on just the diet pills."

The supplement gave her more energy and curbed her appetite so that she had to force herself to eat enough to stay healthy.

While the supplement did help her lose weight, Samuel

stopped using it. She said she did not like some of the negative effects the supplement had on her body, adding it made it difficult for her to sleep well.

"I would have a lot of energy to work out. But my body was tired and I wouldn't stop," Samuel said.

When not used properly, dietary supplements meant to help lose weight — like Zantrex-3 — can have more serious medical consequences, and those who choose to use these supplements should do so with caution.

Manufacturers of dietary supplements are not required to receive approval from the Food and Drug Administration before marketing their product. The FDA monitors the marketplace for potentially harmful supplements, but this practice means they catch any unsafe products after the public has already been exposed to them.

Baking beds

When the weather is too cold to sunbathe on Tucker Beach, indoor tanning is a common alternative.

Tracy Caudle, a junior in political science, says she has visited tanning beds but is also aware of the risks involved.

"By using the tanning bed, you are greatly increasing your risks to develop skin cancer down the road," Caudle said. "Plus there are concerns about premature wrinkling."

She was careful to use this tanning method in moderation.

"It does offer a quick route to a tan. And being young, I figured that a couple of times per year would not put me at such a great risk for developing skin cancer," Caudle said.

Some are not as cautious about their tanning bed use. A new term has been added to popular lexicon to label this tanning craze, "tanorexia." Tanorexics, it seems, are addicted to staying tan. A 2004 study from Wake Forest University suggests a possible explanation for this addiction. It showed that people felt more relaxed after lying in a tanning bed, as compared to lying in a placebo bed. There is evidence tanning might stimulate secretion of mood-

MODERN METHODS OF BEAUTIFICATION ARE GROWING IN POPULARITY, BUT THESE PROCEDURES DON'T COME FREE OF HARMFUL SIDE-EFFECTS.

NOTES FROM ABROAD

Spanish orientation yields mullets, vending-machine beer

New to Valencia, Spain, Manisha Dass finds comfort in fellow Americans as she attempts to assimilate herself into Spanish culture

Manisha Dass
Overseas Correspondent

My first night in Valencia I was mentally preparing myself to wake up the next morning by 7 a.m. so I could take care of registration for all my classes, something that I had anticipated doing since all my friends at N.C. State had not only settled into their classes but were also preparing for their first exams.

I arrived at the international office at 8 a.m., only to find that I had three

hours to kill before anyone would even get to the office. But luckily I was in a new place that I had never been before so I explored. Well, as much exploring as I could do at 8 a.m. on a literally dead campus.

Everywhere I have ever lived, the early bird really does get the worm. In Spain, the work day at the university runs from 11 a.m. to 2 p.m. I can just see the faculty from NCSU jumping at the opportunity to work in Valencia. Difference numero uno.

Like candy to a baby, American students attract my attention. Every time I saw someone wearing an Abercrombie & Fitch T-shirt, I managed to make a new friend. That night I went out for dinner with some of the students that had been here a few weeks, and I learned

the second largest difference between home and Spain.

Pedestrians have absolutely no rights of way in Valencia. There are no red-light cameras stopping cars from running them, and the Spaniards definitely take advantage of that.

It was very easy to tell the American students at my university apart from the Spanish ones. One of the biggest distinctions that immediately caught my eye is the dress style.

Spanish guys wear the tightest pants and it's the fashion norm, not a crisis as it would be considered in America. Mulletts are not uncommon. In fact, I think I have seen more mulletts in Spain than anywhere else. And let's just not get started on the girls. Mulletts are not unheard of with them. All females

wear pointy, colored shoes and there is no difference in the fashion between a woman (i.e. above 30-years-old) and a college-aged girl.

Everything is different. The food. The people. The fashion. Even the keyboards here are hard to get used to. I've lived in Europe before — for four years. But in the past two weeks I feel like a fifth element has been added to my life. A fifth element that has yet to be determined.

My parents have been continuously advising me, using the common saying, "When in Rome, do as the Romans do." It's very difficult to go from a lifestyle where you are constantly being rushed and time is forever an issue, to where everything can be done "mañana."

Alcohol here is literally everywhere. And so is tobacco. No smoking signs

mean absolutely nothing — no matter what language they are written in. People drink no matter what time of day. And anytime you go out to dinner, before offering you your bill they always offer shots. And believe it or not, beer is actually sold in lieu of soda at drink vending machines.

It has not taken very long for me to realize the cultural differences.

And I'm told this is only the beginning. As for now, it's 2:30 p.m. here in Valencia. I guess since I am spending the next 124 days here, I should start making lifestyle changes to mesh with the Spaniards.

My work day is officially over. I will be headed to the local café to get a café cortado with my friends. As they say here in Valencia "ciao."

BEAUTY continued page 6

MEN'S TENNIS

Pack reversing trend with its perfect start

Josh Harrell
Staff Writer

William Noblitt fell to the ground, grimacing as he grasped his ankle.

Facing arguably his toughest foe of the season, Noblitt had just twisted his ankle in a singles match that, with a win, would keep N.C. State unbeaten.

As he got up, determination colored his face. After a few more falls, a little more grimacing and the occasional yelp of pain, Noblitt crushed his opponent 6-1, 6-2 to clinch the match for the Wolfpack over Purdue.

It is this kind of determination and heart that has characterized the men's tennis team thus far this season and has propelled the team to a 10-0 record and a no. 57 national ranking heading into conference play in a few weeks, according to coach Jon Choboy.

"William pretty much signifies this whole team," Choboy said. "These guys are pushed very, very hard, and if they weren't tough they wouldn't still be on this team."

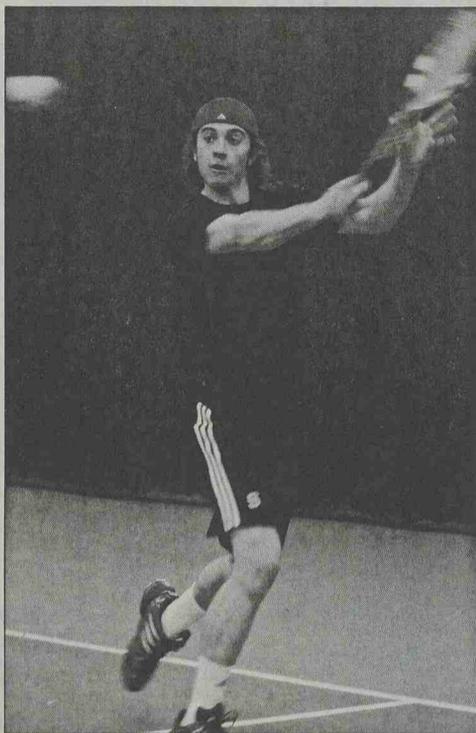
Success hasn't been synonymous with Wolfpack tennis in recent years. Fourteen of the last 15 seasons have seen State finish with a losing record, and Choboy was brought in to right the ship three years ago. The perfect start to the 2005 season is a step in the right direction according to freshman Mason Schermerhorn and something he attributes to team chemistry.

"Our team unity is great, we work really well with each other," Schermerhorn said. "We've got a lot of talent on this team, and everyone is just playing and practicing really hard."

Freshman Nick Cavaday and Schermerhorn have been a welcome addition to the Pack, as the combination of new talent and the senior leadership of Conor Taylor have been keys to the season. There was question about who would step up to be the leader this year after captain Jon Davis graduated last year. But team members say they believe Taylor has stepped into that role.

"There are people on this team that really step up big when we need them to, and it's different people in different matches," Choboy said.

Choboy attributes much of the success to the amount of practice and preparation the players put in before the season. That practice time has been the result of



Mason Schermerhorn has helped the Pack jump out to a 10-0 start.

the J.W. Isenhour Tennis Center, which allows the team to practice in all weather conditions.

"The guys have been able to train for a long time. The facility gives us the opportunity to really practice and prepare, and in the past we didn't have that opportunity," Choboy said. "You can only do so much without practice."

State has knocked off three ranked foes in the process, a schedule that is set to get tougher once ACC play begins.

"We just need to keep everything going, keep playing the way we have and everybody contributing; then we'll be in good shape," Cavaday said.

Schermerhorn, who like Cavaday is new to the college level, said he expects the older players to be the guiding force once conference play begins.

"I'm only a freshman, so I haven't been there yet," Schermerhorn said. "But we have guys that have a lot of experience, and they're all pretty happy and confident about our chances."

There is no doubt that the team has positive momentum going into ACC play, and they

Setting the pace

1978 - 10-0
Result: Coached by J.W. Isenhour, the team went 19-0 before losing its final two matches of the season, including its first match of the NCAA Tournament against SMU.

1979 - 9-1
Result: Finished 19-3, won the ACC Championships but did not compete in the NCAAAs

1999 - 9-1
Result: Lost 12 of last 17 matches but received first NCAA Tournament birth since 1978. Lost both matches in the tournament and finished 14-13 overall.

1977 - 9-1
Result: Finished 17-3, second in the ACC Championships.

SOURCE: NCSU MEDIA RELATIONS

hope that this confidence will continue to breed success.

"We really just got ourselves well prepared and got on a roll," Choboy said. "The kids are starting to believe in what they're doing."

As for Noblitt and his swollen ankle—he went out the next day and clinched the match against Indiana to bring the team's unbeaten streak to 10.

SNOW

continued from page 8

able to compete with an A-team and a B-team in races while the skiers compete with just one five-man team during the weekend competitions.

Brendon Bass, a senior in material science, said the ratio is even greater than that, though.

"I'd say it's like 10 to one," Bass said. "There are a lot more snowboarders than skiers."

While the club does compete at four meets every year, the main focus is not on the competition for many of its members. In fact, the club allows students to join even if they have no intention of competing. It's that kind of flexibility that has allowed the club to grow to more than 50

members.

"We have about 50 to 60 people that pay dues and about 20 to 30 that go to each race," club President Damon Houghton, a junior in biochemistry, said.

Despite the club's high membership, it still has trouble compiling a full team of women for the races. There is only one female skier, and the women snowboarders often have to compete short-handed, causing the team to take a hit in the final scores.

"Lately, we've only had three," Marrone, a freshman in biology, said. "If you have any less than three people, you get a 'dummy score.'"

The season begins for the club every year with a winter break trip, which all members have the opportunity to attend. The trip, which was to Vermont this season, has no competition, but it gives members a rare chance to practice before the real season

starts up in January. Those that don't make the winter trip are sometimes competing without any practice.

"That first race...for some people, it's their first run of the season," Bass said. "It can be kind of nerve-racking."

The trips aren't without their mishaps, either. In a trip to Wintergreen Resort a few weeks ago, three club members had to be sent to the hospital in snowboard- and ski-related incidents.

None of them were suffered while competing but rather between races.

"It was night time, so it wasn't lit very well," Bass said. "There was a rope cutting off the trail, and I didn't even see it."

Bass suffered severe leg bruises and a temporary loss of memory, but was all smiles when he reminisced on the incident. Like the rest of the team, he's just enjoying the time on the slopes.

BEAUTY

continued from page 5

boosting endorphins.

This February's Consumer Reports magazine reported their findings after an investigation of 296 tanning facilities.

"Nearly 35 percent denied that indoor tanning can cause skin cancer, claimed it doesn't prematurely age skin, or said both," the magazine reported. Six percent of the tanning salons they surveyed said they permit tanning without protective eyewear.

As with dietary supplements, safety precautions are left to the consumer.

Laser smooth

Laser hair removal is a permanent hair removal procedure offered by some spas and clinics. According to WebMD, the procedure uses a laser which passes over the desired area and passes through the skin

— melanin (the pigment in hair follicles) absorbs the laser beam. Popular theory indicates the laser produces heat, breaking apart the hair follicle, making it unable to produce hair.

Anesthetic cream may be recommended to numb the area undergoing the procedure.

Laser hair removal may not work for everyone and usually requires three or four treatments to be effective.

A student at N.C. State experienced the negative consequences related to this procedure first hand.

Shiri Berg, a senior in biochemistry died Jan. 5 after using an anesthetic cream with 10 percent lidocaine. Berg applied the cream, which was sold to her during a consultation, to her legs in preparation for laser hair removal at Raleigh's Premier Body Laser Clinics. After applying the cream Berg reacted violently, having seizures and falling into a coma. She was admitted to Rex Healthcare and

died after being unconscious for over a week.

A Cary pharmacy compounded the cream Berg used. Any pharmacy is allowed to market and compound, or use raw materials to make small quantities of, drugs with no required FDA approval or clinical testing.

The N.C. Medical Board does not require licensing for laser hair removal, though it does recommend medical oversight of the procedure.

Mary Bengtson, medical director of NCSU Health Services recommends that students think of the long-term consequences before enrolling in quick fixes.

The effects of these procedures are short term but the consequences they have on one's health may be long term.

She encourages students to think before they participate in procedures that might not require licensing and government approval and make sure they are "doing no harm."

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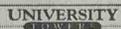
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Sports

TUESDAY, FEBRUARY 15, 2005

Schedule

M. Basketball vs Maryland, 2/16, 9
 W. Tennis vs. Davidson, 2/17, 2
 W. Basketball vs Florida State, 2/17, 7
 Softball at UNCW, 2/16 (DH)
 W. S&D in ACC Championships, 2/16-19
 Baseball vs. SDSU, 2/18, 3
 M. S&D in ACC Championships, 2/23-26

Scores

W. basketball 71, Miami 68



TECHNICIAN

CAMPUS RECREATION

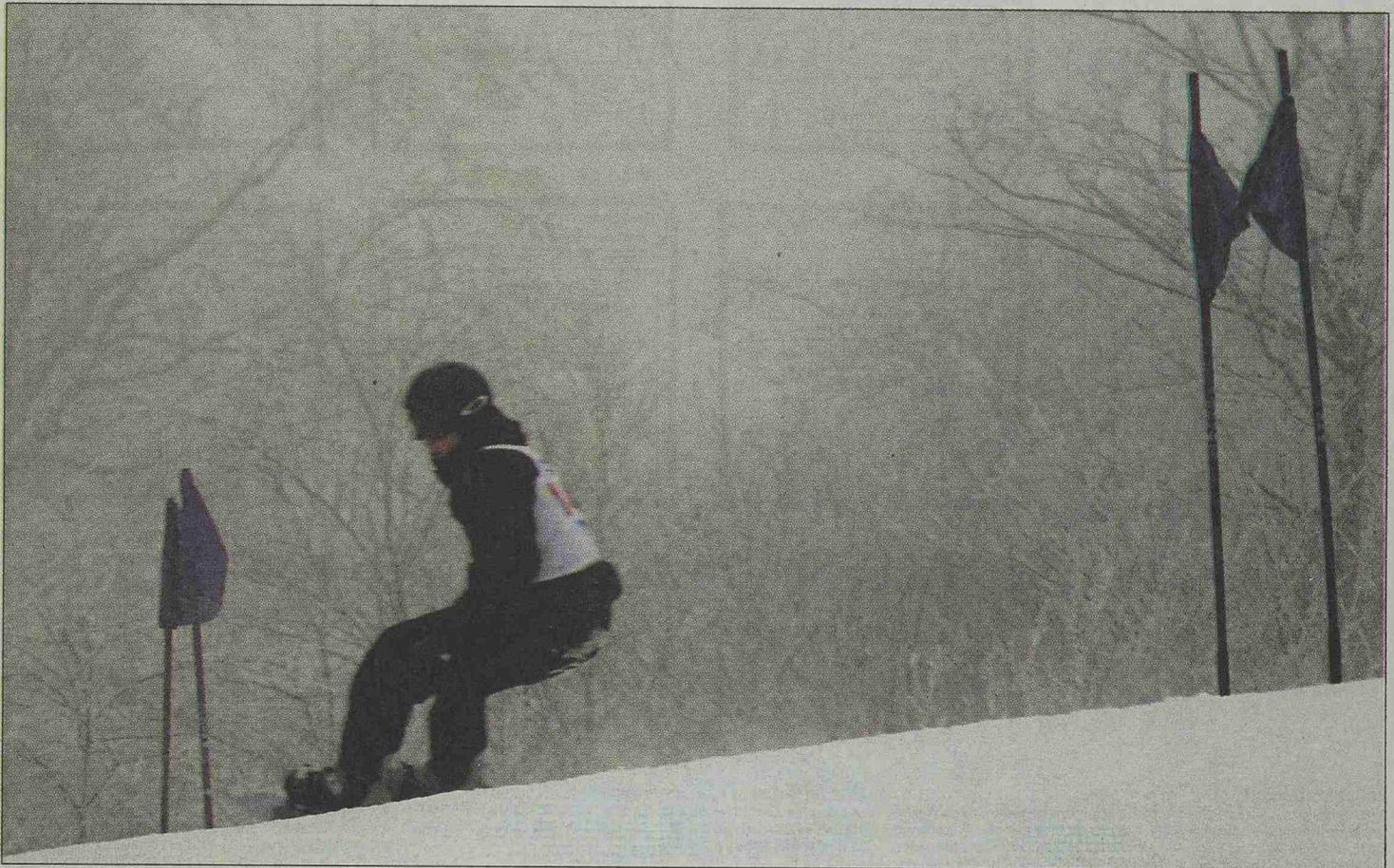


PHOTO COURTESY OF DAMON HOUGHTON

Cameron Yates, a junior in parks, recreation and tourism, slices through the falling snow during his run at the Wintergreen Resort. The ski and snowboarding club at State competes in four races in the spring semester.



PHOTO COURTESY OF DAMON HOUGHTON

Chris Johnson is part of the snowboarding team that placed third twice this season.

HITTING THE SLOPES

The ski and snowboarding club is mostly about the opportunity, but the team did enjoy its most successful season in 2005

Austin Johnson
 Sports Editor

It could be a scene out of an 80s movie. Team uniform on, getting a pep-talk from a coach as he stands at the top of the mountain waiting for what he considers a race of a lifetime. "They go all out — they have their

skin-tight ski suits, and they have coaches and their own jackets," Karyn Marrone said. "Here at N.C. State we just go out and try to have fun."

That seems to be the prevailing attitude among members of State's ski and snowboarding club — it's not the winning and the losing that matters; it's just about enjoying the competition.

"It's a downhill race," Chris John-

son, a junior in civil engineering, said. "You go one at a time, and they compare times. You are going in between gates like you see on the Olympics."

Each team races five members, with the top-three times counting towards a final score. Despite the laid-back nature of the club, it still had one of its most successful seasons competitively.

"Our men's snowboard got third place twice this season," Johnson said. "That's never been done before."

The club has many more snowboarders than skiers, with the snowboarders

SNOW continued page 6

COMMENTARY

Influence where it counts

The coolest coach at N.C. State doesn't have a raspy Italian voice and pace up and down the sidelines in bright red patent leather adidas shoes. Nor does he have a shiny bald head, wear a suit at all the games and boast a degree from Carnegie Mellon.

In fact, the way Mark Stevenson dresses and acts suggests he is one of those guys you would expect to bring over the killer chip dip before the Super Bowl. But the laid-back Stevenson, often wearing the average button-up shirt with jeans, is coach of the Wolfpack gymnastics team.

And it appears the wear and tear of coaching has forgotten to take its toll on him. During my three years of talking with Mark at practices and meets, the tone of his voice has never suggested a stressful day.

Think that football Coach Chuck Amato and basketball Coach Herb Sendek have been at State for a long time? Stevenson has been coaching

the Pack longer than both of them — combined. Twenty-five years to be exact.

He built the program from the ground up starting in 1981 and fields a competitive team every season. The activities he does and the people he met over the past several years have been pretty interesting too.

During the summer, Stevenson is the director at Woodward Gymnastics camp, located 20 minutes away from Penn State in Pennsylvania. He is responsible for 825 campers a week and around 300 counselors. But he loves it so much that he's been doing it for years.

The same camp is where extreme sports stars go to practice their tricks in foam pits and on trampolines before performing them on rails and half pipes.

Stevenson knows pro skateboarders Tony Hawk and Andy McDonald and BMX biker Dave Mirra from Camp Woodward. The Junior National Snowboard team practices there as well.

Skateboarding isn't the sport for Stevenson, but he enjoys playing other extreme sports — the most intense being gymnastics. He got interested

in gymnastics during high school because "not knowing if you're going to land off the bars gave me that adrenaline rush." Another sport that has given Stevenson "that rush" is snowboarding. Stevenson only heads to the slopes once or twice a year because he coaches gymnastics during the winter. But whenever he gets the opportunity, he heads out west to the Colorado ski resorts.

Extreme sports come second to something else far more important in Stevenson's life — coaching gymnastics. He says it's the most important he does.

"The girls come in as young adults, and I want to influence them so they leave here productive adults in society," Stevenson said. "That and taking a group of kids that haven't worked together in what is considered an individual sport, and watching them become a team is the most rewarding part of it."

People with such influence over young people should take notes from Stevenson. More importantly, every coach needs to be like Mark.

Ryan can be reached at 515-2411 or ryan@technicianonline.com

WOMEN'S BASKETBALL

Final-minute rally downs Hurricanes

State scores the final five points to overcome a late deficit and grab a 71-68 win at Miami

Sports Staff report

Down by two with 30 seconds remaining, N.C. State scored five straight points to capture a 71-68 league victory in Miami on Monday night.

Sophomore guard Billie McDowell led the No. 21 Wolfpack (18-5, 6-3 ACC) with 26 points on 9-of-14 shooting, six rebounds and five steals. Junior Tiffany Stansbury also had a huge game for State with 20 points and Marquetta Dickens added 14 points and seven rebounds.

The Pack out-rebounded the Hurricanes by a 30-21 margin, and forced 20 turnovers. State also made good on nine 3-pointers during the game.

State carried a 37-36 lead into the half, and the two teams battled back and forth down the stretch for the lead.

The Pack took a five-point lead with four minutes remaining, but Miami cut that to one before tying the score



MELIH ONVURAL/TECHNICIAN
 Sophomore Billie McDowell led the Pack on Monday night with a 26-point effort.

in the final two minutes of action. The Hurricanes went up by a two-point margin late, but State got the final five points for its third-straight win and fifth-straight road win of the season.

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