

Deac Time

Women's tennis takes on foe Wake Forest on the road. See page 6.



TECHNICIAN

North Carolina State University's Student Newspaper Since 1920

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April 13, 1999

Wax on, wax off

The ancient secrets of yoga revealed. See page 3.

Outside

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Tomorrow

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Fox honored by Academy

◆ Chancellor Marye Anne Fox is among many eminent women recognized by the New York Academy of Sciences as leaders in the field.

CARA FROEDE
Senior Staff Writer

N.C. State Chancellor Marye Anne Fox is adding another award to her long list of accomplishments.

At an awards ceremony in New York earlier this month, the New York Academy of Sciences recognized Fox as an Outstanding Woman in Science.

Fox received the award for her work

in the fields of electrochemistry and photochemistry, and has received many findings have made far-reaching effects into other fields such as materials science, solar energy conversion and environmental chemistry.

Fox is a member of the National Academy of Sciences and has received many other awards for her scientific efforts. The American Chemical Society awarded Fox the very prestigious Garwan award. In addition, Fox has been elected as a Fellow of the American Academy of Arts and Sciences, the American Association for the Advancement of Science and The American Philosophical Society.

Fox received her B.S. from Notre Dame in 1969, her M.S. from Cleveland State University in 1970 and her Ph.D. from Dartmouth College in 1974. Fox has also worked and consulted on many scientific studies, taught organic chemistry classes and even visited other universities such as the Universite Pierre et Marie Curie in Paris.

Annually in March, also Women's History Month, The New York Academy of Sciences honors two women for their achievements in scientific fields. The Academy is one of the oldest and most respected scientific associations in America. Since 1817,

it has been concerned with scientific issues nationally and internationally. Currently, its focuses range from special education programs for children in New York to helping free two imprisoned scientists in China.

The New York Academy of Sciences also honored Jo Hannafin from the Hospital for Special Surgery in New York. Hannafin was recognized for helping pioneer the field of women's sports medicine.

In addition to the receipt of this prestigious recognition this month, Chancellor Fox also looks forward to her official installation as the 12th chancellor to NCSU.



Chang as seen at one of her many service events.

Chang wins national award

◆ For the first time in 12 years, a N.C. State student has received the distinguished Harry S. Truman Scholarship.

JOHN BOWWICK
Staff Writer

Jenny Chang was officially awarded the Harry S. Truman Scholarship on March 31 as the first N.C. State student since 1987 to receive the scholarship. Chang was one of four scholars selected for this honor from North Carolina, accompanied by a student from UNC-Chapel Hill. Scholars are chosen based on their leadership skills, dedication to public service and likelihood of "making a difference."

The Truman Scholarship provides \$3,000 for undergraduate education and \$27,000 for graduate school. Seventy-nine scholarships were awarded this year.

John Lapp, an economics professor, chaired a committee that nominated Chang, Lisa Schaffer, John McDowell and Luke Perry for the scholarship. Although finalists were chosen based on their permanent residences, students' native states were not considered when deciding the students to represent N.C. State.

The selection process began with an application in which nominees answered 15 questions in detail, and had to research and write a policy proposal for the national level of competition. The application required over 100 hours of work, according to Chang.

In February, for the first time in N.C. State history, two students were chosen as national finalists: Chang and Perry.

Chang, a biochemistry and economics double major, started serving the community in middle school, and to date has completed over 700 hours of community service. Perry, an Architecture and Industrial Design double major, works with Hope for the Homeless on Friday and Saturday nights distributing food.

A faculty panel composed of political science and public administration professors then prepared the finalists by conducting three intensive mock interviews.

Chang and Perry went to Washington D.C. on March 29 for the official 20-minute interview. Notification was sent out two days later.

Chang is choosing between working for two years or pursuing a master's degree in Public Policy after graduating from N.C. State. She will then go to grad-

1999 N.C. Truman awards

Jenny C. Chang
North Carolina State University-Raleigh
Major: Biochemistry; Economics
Degree: PhD
Career: Education policy

Ginger M. Denison
Furman University
Major: Chemistry
Degree: PhD
Career: Environmental policy

Munkita L. Moore
University of North Carolina-Chapel Hill
Major: English; Political Science
Degree: MA, JD
Career: Education reform

David E. Zipper
Swarthmore College
Major: Economics; Political Science
Degree: MA, MPP
Career: Urban planning; public policy

Eagerly awaiting

Michael Denison, a junior in Communications, is anxious to start up a game of volleyball at the Tucker Beach volleyball pit. Students like Denison are taking advantage of the spring-like weather.



Crisis line reaches out to stressed students

◆ Grad Resources has developed a new hotline to provide 24-hour counseling to graduate students facing stress or despair.

APRIL MORRIS
Senior Staff Writer

Most N.C. State students are under a lot of stress, especially as the semester winds down to finals. Graduate students are even more subject to anxiety than the average undergraduate student due to the elevated level of their studies.

Grad Resources, a national non-profit organization serving graduate students, came up with a way to help those graduate students in peril by means of a 24-hours-a-day, seven-days-a-week crisis line. Beginning on April 5, 1999, graduate students from across the nation may call 1-877-GRAD-HLP when facing overwhelming stress or despair. The number is toll-free 24-hours-a-day, every day. Students can speak anonymously with one of 50 counselors trained in graduate issues.

"I think if the hotline is able to help at least one person, it has served its purpose."

Rajeev Prabhakar
General Editor, Contact Editor

"Students need to hear that there is someone who understands and is available to offer support at an individual's point of desperation," said Nick Repak, executive director of Grad Resources. "There are a lot of people out there that go through the travails of graduate school and never make it through," said Annette Broad, a psychologist at the NCSU Counseling Center.

"Graduate school is tough because it is more specialized, more professionalized than undergraduate work."

Recent studies have shown that pressures of finance, advisor relationships and academic performance create intense anxiety for graduate students, thus increasing their need for help during extremely difficult periods. "Graduate school is stressful because of the time requirements, the time constraints and the workload," commented Keith Shockley, an NCSU graduate student in chemical engineering. "It is different from undergraduate because you have more to do in less time and you have to work more independently."

The creation of the hotline was spurred on by the recent suicide of Harvard graduate student Jason Alton in August 1998 and others like him, according to Repak.

When a call is received, counselors assess the caller's lethality risk, counsel and make referrals to local support resources for follow-up. While the purpose of the crisis line is to manage immediate crises, on-going counseling is important too. Counseling of any sort is available at the NCSU Counseling Center.

"The counseling center is a place where people come because they are in crisis, but I also see people who are just trying to process things," stated Broad.

According to Broad, graduate students are no more stressed than undergraduate students are, even though they may be under the influence of different stresses. Broad feels that it is important for all people to seek counseling if needed. "I think people can lose perspective on any level, no group of people are immune to that," said Broad.

The creators of the crisis line hope that the line's anonymity will encourage students to seek help when they normally would not have out of pride or fear of exposure.

Many students are excited about the graduate hotline. "I think if the hotline is able to help at least one person, it has served its purpose," stated Rajeev Prabhakar, a graduate student in chemical engineering.

Filing taxes is as easy as 1-2-3



Via the Internet at:
www.webturbotax.com

For assistance call:
(336) 378-2334 (IRS)

Walk-in help center at:
Suite 101, 4405 Bland Rd.

Convenient tax services

◆ This tax season may be a little less stressful on taxpayers now that taxes can be filed via the Internet.

JIMMY BYALS
Senior Staff Writer

This Thursday is April 15, tax day. And while taxes may not create quite as much apprehension for the typical N.C. State student as it would for the typical NCSU faculty or staff member, or parent, for that matter, filing taxes is a burden that a growing number of students must bear.

However, the Internet provides a number of alternatives to the Internal Revenue Service's (IRS) and North Carolina Department of Revenue's (NCDOR) complicated paperwork. The burgeoning student/worker population now has a number of options for preparing an income tax return.

Among these options is WebTurboTax (<http://www.webturbotax.com>). WebTurboTax is the online incarnation of the popular finance program Quicken TurboTax, manufactured by Intuit, Inc. The program offers step-by-step instructions for filling out federal and state income tax forms, and allows the user to file the forms via the Internet.

"Students are one of the most computer-savvy groups out there, so why not go online to get your refund?"

suggested Bob Meighan, vice president of Intuit's Personal Tax Products Division, in a press release announcing the availability of WebTurboTax.

In order to run WebTurboTax, a user opens an account entering a user name and password of their choosing. This format allows for convenience in filling out the tax form, as one can end a work session and later pick up where they left off by logging back in. After registering the user name and password, the user moves on to the program's "interview" section. The Intuit press release cited that one of WebTurboTax's advantages is its uncomplicated, "plain English" interview questions. The queries pertain to marital status, identification, employer identification, earnings and other relevant information usually seen on a tax form. The interview section also offers information on changes in the tax codes and an organizer for completed work.

Upon completion of the interview, the program reviews the information provided with the user and moves to the section on the state income tax form. With the state section's completion, the program calculates the amount of money owed or the amount of the refund to be received. Intuit guarantees that calculations are correct; if any errors are found, Intuit will pay any penalties the user incurs

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Technician's View

True recognition

◆ N.C. State's own student body president was honored with the distinguished Truman Scholarship. The university should invest more resources for cultivating such scholars.

Every time a N.C. State football or basketball team wins a conference game or a national title the Memorial Bell Tower is lit red in honor of that victory. This Thursday the university will illuminate the Bell Tower, not for an athletic reason, but for an academic victory.

Over the holiday break, Jenny Chang, student body president and Park Scholar, went to Washington, D.C., to compete for the prestigious Truman Scholarship. Each year only 75 awards are given out, with the brightest and most dedicated students across the country vying for the honor. These students will go on to graduate work and eventually into professional service.

The Truman Scholarship ranks up there with other big-name fellowships like the Rhodes, Goldwater and Udall. Capturing these titles is

like winning a national championship in basketball or a big bowl game.

All too often do the "big" universities get hung up on athletic accomplishments, such as UNC-CH, for example, and leave academics on the back burner. Athletics do bring about tremendous recognition, but academic successes speak to the true greatness of an institution.

Why not then invest more time and resources into cultivating students to strive for these types of scholarships? The university currently has a Merit Awards office, but they are heavily overburdened. Some large universities have full-time staff dedicated to preparing students for these awards. West Virginia University has a reputation for the number of Rhodes Scholars they have had.

The Truman Scholarship specifically looks for students who will enter into public service. By supporting such efforts, the university is not only going to bring about greater academic recognition, attract a greater number of graduate students, but also will be promoting the greater good, public works and service.

CAMPUS FORUM

Homeless but gracious

On behalf of Abbi Fleming's family and myself, I would like to thank the N.C. State community for the support you have given us through this difficult time. Thanks for keeping us in your thoughts and prayers, and may you continue to do so. I would especially like to thank those who attended the services in Greensboro and on campus. To those of you who were close to Abbi and myself, it meant a lot to our families and me to see you at the services. I would also like to thank the staff members for everything you did and the comfort you provided. Abbi loved N.C. State, and it is apparent that N.C. State loved her back. May God bless all of you, and thanks again.

Kevin E. West
Abbi's Special Love and '97 NCSU graduate

Special thanks for remembrance

One of the nicest people I had met in a long time was named Waylan, and he lived under the Beltline bridge that crosses over Hillsborough Street. He had a great smile, could talk forever

and absolutely loved to read. A couple of nights a week we would stop under the bridge and holler up to his "house," created between two of the massive girders that hold up the bridge. After a few minutes of yelling as loud as we could, until he would finally wake up.

Soon he had walked down the slope incline to where we were standing. It did not take long at all before he started talking. It is amazing how much some people will open up if they are just given the chance.

It turned out that one day he had been up behind Krispy Kreme, doing a little "dumpester diving," as he put it. Apparently he had found a few too many doughnuts and developed a very painful toothache. He stopped by a local gas station to look for some pain reliever. However, because he had no money, he asked the cashier if he could take it and bring her back the money the next day. She agreed, and he did return and pay her, three days later.

I did not realize how special such a small act of kindness could be, until I saw the genuine smile that enveloped his face as he was telling the story. A smile that showed that however hard life may be at times, it is such compassionate and kind people that really make it worthwhile.

He began to vividly describe how beautiful the cashier's eyes were, which seemed to have as big an effect on Waylan as her kindness. And then he told me how he was going to use

See Forum, Page 4

If Chancellor installation was like Time-Warner Cable...

Sorry it took a couple of weeks to get here, but she's all hooked up now!

Would you like the additional wire maintenance plan just in case she gets poor reception?

No thank you, I think she'll be just fine...

...and to think I spent all this time cleaning up for a 30 minute appointment...



A destructive force

Richard Morgan
Staff Columnist

On April 17, Marye Anne Fox, former vice president for research at the University of Texas at Austin, will become Marye Anne Fox, new and prospective chancellor of N.C. State.

This is not news to anyone who has been part of NCSU this school year. Fox has been very present and very vocal about her intentions for this university, proudly showcasing what she considers to be her cause: Centennial Campus, a "technopolis" that will add to the university's role as an "economic engine."

It is exactly these intentions that disturb me and drive me to declare that Centennial Campus — at least, Fox's vision for Centennial Campus — may be the worst idea N.C. State has ever had. Centennial Campus aims: 1) to divert a multidisciplinary university, open to all forms of art and intellect, into a bureaucratic hothouse, focused on all forms of corporate consumption; 2) to contaminate student life with corporate and government agendas; 3) to disastrously neglect the College of Humanities and Social Sciences.

To defend these arguments, I will use Fox's own words as given in the following speeches:

- ◆ "The ABC's of Partnerships," May 20, 1998, to business, government and education leaders in Raleigh
- ◆ "N.C. State: North Carolina's Leader in Science, Engineering, and Technology," Aug 18, 1998, to N.C. State faculty and staff
- ◆ Unlabeled address to CHASS, Sep 1, 1998
- ◆ "Greatness is Within Our

Grasp!" (exclamation point included), Sept. 24, 1998, to the 110th Annual Meeting of the Greater Raleigh Chamber of Commerce

According to Fox, MIT, the Massachusetts Institute of Technology, is one of N.C. State's peer universities. She declares NCSU to be "an economic engine" based on "the best business models." She gushes over the glorious "technopolis" that Centennial Campus will become, idolizing it as a "mecca" that "will shepherd [students] through the so-called 'Valley of Death.'"

N.C. State is undeniably a science-oriented university, and Centennial Campus is undeniably a remarkable addition to the university. However, N.C. State does not need to be just a research institution any more than Harvard needs to be just a law school or Duke needs to be just a medical school. A university needs to encompass, enrich and encourage all aspects of the academic universe—everything from hydrology to history and polymers to poetry.

While claiming to help N.C. State become "state-of-the-art," what Fox and Centennial Campus truly intend is to conform N.C. State to the art-of-the-state, bland bureaucracy and cold commercialism. Fox's and Centennial Campus' focus is the "intellectual growth of majors" — not the artistic. And, in doing so, they deny students the academic diversity they realize in this university.

Among Fox's plans for Centennial Campus are a hotel/conference center, a championship golf course, a waterfront boardwalk with shops, restaurants and professional offices and "many new recreational amenities." Fox hopes that Centennial Campus

will bring a New Order to N.C. State; what she fails to realize is what FDR said—that "new orders are not new and they are not ordered."

That is to say that Fox's Centennial Campus agenda is the same old thing we saw with N.C. State's arena agenda: turning N.C. State into a corporate call-girl willing to "partner" itself with whatever corporation, government agency or philanthropic donor provides the most money. That is why Centennial Campus consists not of dorms, playing fields and student centers, but rather of parking lots, buildings with names like "Partners I" or that have corporate logos stuck to their side, and did I mention parking lots? It is why Fox asked the Greater Raleigh Chamber of Commerce for "anyone who has donated money or time to N.C. State" and then declared those benefactors to be "the N.C. State family" (though she later declared the students to be the "reason for being" of N.C. State).

It is why Centennial Campus' greatest achievement will be its "implications for our economy." It is why Fox declares that not the students or teachers, but rather Governor Hunt, Mayor Feltzer and local leaders of business and agriculture are "the reason N.C. State University is ready to soar to the top." Of course, Fox sugarcotes her policy with euphemisms like "flexibility and adaptability" and "non-traditional alliances with business and industry." Still, the only reason, it seems, that students are N.C. State's reason for being is because a commercial distributor needs merchandise to sacrifice on the altar of capitalism. That is all the future students of N.C. State will be: merchandise.

Indeed, in the most disturbing appli-

cation of this philosophy, Centennial Campus will include a middle school designed to flood the "target age" of 12-14 with a "focus on environment, science and technology...at a time critical to choices about choosing a career." If that isn't social engineering at its most diabolical, what is?

Finally, what does all of this mean? It means that this university can kiss the humanities goodbye. Of course, Fox isn't going to dissolve CHASS; that would be too blatant. Instead, she plans something much more corrupt: to enslave CHASS to the agenda of the School of Engineering. She plans to use the history and philosophy departments to create a Ph.D. program for the History and Philosophy of Science and Technology. She plans to manipulate the Women's and Gender Studies department to work on a program on the effect of curricular changes on women in science-intensive institutions. Communication and English will be kept only to supply future business leaders with basic essay writing and networking skills. And there is a vague reference to "a new undergraduate degree track in Arts Applications." I'm guessing that "Arts Applications" involves nothing more than corporate logo design and the interior decoration of office space.

But, look on the bright side; perhaps her plans of "adequate funding" include exciting and innovative partnerships with Barnes and Nobles or Rand McNally. Maybe future CHASS students will be able to get Time-Warner to co-sponsor their journalism degree.

The sad truth is that the new era of

See Morgan, Page 4

Student Government elections in retrospect

Ryan Auent
Staff Columnist

Ryan Auent is a student senator. As with all columns, opinions expressed are those of the individual writer and not necessarily of Technician.

Last Monday and Tuesday marked the annual elections for all major student body offices, the races for which were accompanied this year by a host of referenda on subjects from student representation on the UNC Board of Governors to Constitutional questions raised by our Student Senate. After a quick analysis of the elections and their results, several interesting points and questions arise.

First, the elections themselves. This year marked the heralded unveiling of on-line voting. This technical development, which made it easier than ever for students to become both informed about and involved in the election process, entered the scene with only a mediocre impact. Although students could vote from any computer lab or from the comfort of their own room, and although the elections web page included links to many candidates' web sites, many students still failed to read a

few brief platform statements and cast their respective votes.

Although publicity on behalf of the new system by the Elections Board was wanting, students still showed that N.C. State's student body is consistently number one when it comes to apathy. Voter turnout increased rather abysmally, up roughly 600 to about 2,800 votes cast.

Students, I know it sucks to have to fight through crowds of campaigners plugging their respective candidate and pushing their respective handbills, but I expect to hear a lot of quiet people when Joe Senator screws up next year, because 90 percent of you don't have room to complain.

Next, on to the results. No matter how you voted, you should feel quite comfortable with the outcome of the major races. Raj Mirchandani thinks big and puts action behind his words, and Seth Whitaker is easily the most experienced in a job where experience is everything. Based on their election, here are some things to look forward to next year:

In my opinion, Raj has the background and connections to bring some professionalism to the job of SBP that hasn't been there for a while. Raj's businesslike manner and resourcefulness angered some

during the race, but those same qualities will prove to be helpful if he is courageous enough to take on the big issues. Raj has expressed interest in revitalizing Hillsborough Street, developing a point-to-point system and, to my knowledge, has done some extensive footwork to get these things done. Raj has also been interested in working together to some extent with UNC's student government to develop a more formidable lobby with the state government.

How feasible is all this? These tasks individually, let alone as a whole, represent a tough challenge to our new president. Raj has the resources and charisma to help promote these ideas forward, but if he does not act to develop a strong organization underneath him, these goals could fall quickly by the wayside. Raj also needs to avoid the temptation to use his position to boost his own marketability. A real danger of the presidency is using frequent contact with university hotshots to improve one's post-graduate position. Depending on how he chooses his staff, this may or may not become an issue. All in all, however, Raj is a true leader, and I hope his big way of thinking is infectious.

Just downstairs from the executive office, a new man is getting

ready to control the gavel. Seth Whitaker brings with him as much legislative background as any candidate might. He also comes to the podium with extensive ideas on how to run senate more effectively, a difficult task by any account. It is my belief that Seth could usher in a new era of senate productivity and accomplishment, but here, also, he must be careful.

Seth, always an idea man, must learn to master the arts of facilitation and objectivity, or senate could become representative of only one set of ideas. Furthermore, Seth must learn that formality is not always the best way to succeed and can, in fact, be a barrier to it. I am not overly concerned, however, as I have seen that Seth cares about N.C. State and is more than willing to invest significant amounts of time in its well-being.

As these two promising leaders prepare to take their positions, one must remember that, ultimately, these men are bound to serve the student body of N.C. State. It is my sincere hope that this body, which so callously ignored its responsibility to support its leaders by coming to the polls, will make every effort to communicate with and monitor next year's leaders. That is the real key to successful administrations.

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Yoga: the 'new' remedy for stress

◆ Yoga is a new trend but an ancient tradition to being healthier and happier.

ANN HSEIH
Correspondent

Madonna's doing it. Neve Campbell's doing it. Woody Harrelson's doing it. What do these three have in common? They all practice yoga on a regular basis.

Thousands of people ranging from Hollywood superstars to your next door neighbor are turning to a 5,000-year-old approach to relieve stress and keep their bodies healthy.

Dating back before recorded history, yoga developed methods of mental and physical discipline that have turned into our nation's latest fitness craze.

The Triangle is certainly supporting this resurgence.

Melanie Van Guilder, who teaches yoga classes at N.C. State, has noticed the sudden interest. "In 1994, I'd be lucky if I could have 12 people in my class," she said. Today, she has 40 participants, and would love to have more if she could a room big enough to fit all her students. It is not out of the ordinary to turn people away from her classes due to the lack of space.

"Yoga has turned from something esoteric and Eastern into mainstream '90s America," said Van Guilder.

Julie Rosier, a yoga instructor who teaches classes in downtown Raleigh, credits much of the sudden interest in yoga to the media. "The more people hear about something, the more acceptable it becomes."

The word yoga means "yoke" or "union." The yogi trains persis-

tently, disciplining the mind and body to gain control. A yogi is simply someone who practices yoga. Yoga, as a union, implies perfect harmony of body, mind and spirit. Through enlightened knowledge of your true self, your individual soul becomes one with universal consciousness.

With regular practice, yoga improves your flexibility, which helps your body feel more relaxed and reduces the likelihood of mus-

The latest interest in yoga is due in part to the frantic pace of today's world. The high-pressure, fast-paced lifestyle creates a large amount of stress, and ultimately creates unhappiness. More and more people who find the stress of modern living overwhelming are turning to yoga to help them live a better and more balanced life.

"Lifestyles are such that people need to relax," said Yogi Rosier. People are realizing that they need

and demanding lifestyles, yoga can help balance the many pressures of work, social life, family and personal change. "Yoga has a centering and calming effect," Valerie said.

Yoga is an ancient practice that links together many different philosophies. What makes yoga unique is that it is not only a philosophy, Rosier believes that a lot of the misconceptions about yoga in that "you need to change your

Using yoga techniques for wellness will enhance every aspect of your life. Van Guilder believes that yoga can help you take charge. "When you have control of each little thing, soon you'll have control of your life," she said.

Yoga disciplines the mind and body by various combinations of exercises, with concentration and meditation. It helps you to learn to let go of distracting thoughts.

Depending on which breathing exercises you practice, you can calm yourself or give yourself more energy.

Van Guilder stresses that proper breathing techniques are essential in the practice of yoga. "Different kinds of breathing practices help you get control of your emotions."

"It [breathing] helps open up energy in the center of the heart," said Valerie. "It helps to balance the emotions."

Yoga is an excellent way to learn the skill of mindfulness and awareness on one's body. "When you sit down on the mat, you pay attention to your body," said Van Guilder.

To attain health and strength, your physical actions must be balanced with your mental being, so they are one unit, not separate. "It teaches you how to be in touch with your body," said Rosier.

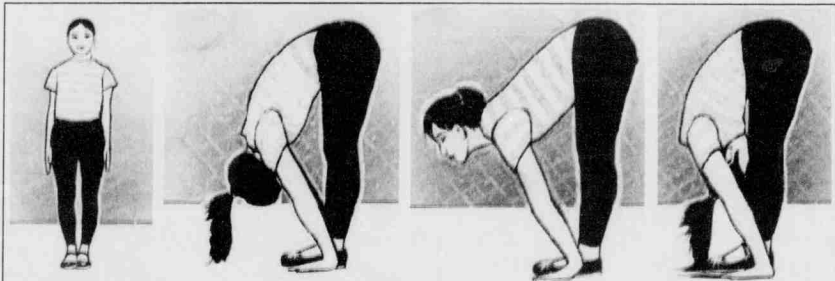
Yoga helps you focus on the present moment, while relaxing the muscles and quieting the mind.

Van Guilder emphasizes that many of today's athletes and musicians are practicing yoga without realizing it. "They have a mental connection to what they are doing," she said. "They have the same oneness, but they don't call it yoga."

Musicians practice yoga by feeling their music, as dancers do. "Your mind, body and emotions are all connected," said Van Guilder.

Many physicians and psychologists are sending their patients to yoga classes. It has been proven that in many cases of arthritis and chronic fatigue syndrome, the more the patient moves, the better they eventually feel. Yoga helps to increase mobility and balance, and lengthens muscles.

See Yoga, Page 4



A simple yoga stretching exercise, easily done and perfect for stress release.

cle strain. Moving from pose to pose tones muscles. It also builds strength. Like weight lifting, yoga strengthens your muscles through resistance training. But instead of using barbells, you use your own body's weight.

Yoga has proved to be a desirable philosophy and practice for many. There is clinical proof that it reduces the amount of stress in the body. It also promotes deep relaxation. Breathing exercises increase blood circulation and your coordination.

some type of way to deal with hardships of everyday life. With yoga, you learn correct breathing techniques and learn to slow down. Yoga helps to focus on the present moment, while relaxing the muscles and quieting the mind.

"You can apply that in the rest of your life," said Rosier. "If you can do it in a yoga pose, you can do it down Highway 40." "Everyone's lives are getting busier and busier," said Yogi Judith Valerie. For extremely busy

religion" to practice it. There is no need for that. Yoga can be done by anyone. In her autobiography, Yogi Paramhansa Yogananda states that yoga is like any other science; it's applicable of every "climate and time."

You get results out of it health, self-discipline and raised consciousness. Yoga not only relieves stress, but also improves muscle tone, flexibility, circulation and posture. It is a method for restraining the natural turbulence of thoughts.

"You learn to recognize your feelings earlier," said Van Guilder.

Valerie, an instructor for over 16 years, believes yoga gives the sense of being able to relax and let go. "It helps the mind to quiet down. "It helps me to be able to hear the intuitive part of my mind better," she said. "It makes you feel as if you are more in sync."

According to Alice Christensen, founder of the American Yoga Association, breathing exercises are your best defense against harmful stress reactions.

NC STATE UNIVERSITY

Events Open to the Campus

THE INSTALLATION OF MARYE ANNE FOX BUILDING OUR CAMPUS COMMUNITY

Friday April 9

Prism-True Colors, "Shining Through Concert," Talley Student Center Ballroom, 6 p.m.

Saturday April 10

College of Veterinary Medicine Open House, 9 a.m.-5 p.m.; Chancellor Fox will attend, 10 a.m.-Noon

***Pan-African Parade, Morrill Dr. & Gates Ave., 11 a.m.**

Native American Student Pow Wow, Harris Field, 11 a.m.

****3 on 3 Basketball Tournament, Carmichael Outdoor Courts, 1-5 p.m.**

***Talent Show, Talley Student Center Ballroom, 6 p.m.**

***After Party, Talley Student Center Ballroom, 10 p.m.**

Sunday April 11

***United Student Fellowship Worship Service, Talley Student Center Ballroom, 11 a.m.**

***New Horizons Choir Concert, Stewart Theatre, 4 p.m.**

Monday April 12

***Speaker, Dr. Calvin Mackie, Talley Student Center Ballroom, 5 p.m.**

***Black Repertory Theatre, "In White America," Stewart Theatre, 8 p.m.**

Tuesday April 13

****Friendly Feud,* Talley Student Center Lobby, Noon**

Chancellor Fox addresses Faculty Senate, Senate Chambers, D.H. Hill Library, 3-5 p.m.

Chancellor Fox with Andrew Payne, WKNC Radio, 6 p.m.

***Black Finesse Spring Show, Stewart Theatre, 8 p.m.**

***Black Expo, Harris Field, 9 a.m.-5 p.m.**

***Comedy Step Show, Stewart Theatre, 6 p.m.**

***After Party, Talley Student Center Ballroom, 11 p.m.**

Sunday April 18

North Carolina People, Chancellor Fox interview with Bill Friday, UNC-TV, 8:30 p.m.

Wednesday April 14

J.C. Raulston Arboretum Open House, 11:30 a.m.-2 p.m.

Ice Cream Reception for Chancellor Fox, Sponsored by the Student Body, Hickeyard, Noon-1:30 p.m.

Dedication, Butler Communication Services Building, 2-4:30 p.m.; Chancellor Fox will attend

***Speaker, Hasani Imarobe, Talley Student Center Ballroom, 5 p.m.**

****Mahogany Roots,* Witherspoon Multipurpose Room, 8 p.m.**

Thursday April 15

***Block Party, near Free Expression Tunnel, 4-7 p.m.**

***Dance Visions Spring Recital, Stewart Theatre, 8 p.m.**

Friday April 16

Installation Exhibit opens, The Life and Times of Marye Anne Fox, D.H. Hill Library

Alumni Awards Luncheon, Raleigh Civic Center, Noon-2 p.m. (For tickets, contact Alumni Association)

International Research Exposition, Walnut Room, Talley Student Center, 3-4:30 p.m.

Science Olympiad Opening Ceremonies, Reynolds Coliseum, 6-7 p.m.

Chancellor Fox Interview on North Carolina Now, UNC-TV, 7:30 p.m.

****Stomping at the Savoy,* Jazz Semi-Formal, Talley Student Center Ballroom, 8 p.m.**

North Carolina People, Chancellor Fox interview with Bill Friday, UNC-TV, 8:30 p.m.

SATURDAY April 17

THE INSTALLATION OF MARYE ANNE FOX

Installation Symposium: The Future of U.S. Research-Intensive Universities, Witherspoon Student Center, 10 a.m.-Noon

The University of North Carolina President Molly Corbett Broad, Moderator: Frank Press

National Perspective: Martha Krebs, Federal Agency Perspective: Mark Yudof, University System Perspective: Ely Cowling, N.C. State Perspective

Installation Ceremony, William Neal Reynolds Coliseum, 2:30 p.m.

Installation Reception, William Neal Reynolds Coliseum, immediately following

Other Events

Science Olympiad Competition, College of Textiles, Science House, 8 a.m.-3:30 p.m.

***Black Expo, Harris Field, 9 a.m.-5 p.m.**

***Comedy Step Show, Stewart Theatre, 6 p.m.**

***After Party, Talley Student Center Ballroom, 11 p.m.**

Sunday April 18

North Carolina People, Chancellor Fox interview with Bill Friday, UNC-TV, 5:30 p.m.

PAN-AFRIKAN FESTIVAL '99

"THE SOUL OF N.C. STATE"

Pan-African Festival (April 10-11) is one of the largest celebrations on NC State's Campus sponsored by Black Students Board of Union Activities Board. Since its inception in 1972, the Pan-African Festival has consisted of informative programs and social events ranging from speakers to step shows to parades.

SATURDAY, APRIL 10

3-ON-3 BASKETBALL TOURNAMENT

1:00pm-5:00pm, Carmichael Gym outside court \$3 registration

VALENT SHOW

6:00pm, TSC Stewart Theatre \$2 NCSU, \$3 welcome ID, & \$4 w/out

AFTERPARTY

10:00pm-2:00am, TSC Ballroom \$2 w/out & \$3 w/out

SUNDAY, APRIL 11

UNITED STUDENT FELLOWSHIP WORSHIP SERVICE

11:00am, TSC Ballroom

NEW HORIZONS CHOIR CONCERT

Special Guest: Delvinette Ensemble 6:00pm, TSC Stewart Theatre \$2 welcome ID & \$3 w/out

MONDAY, APRIL 12

DR. CALVIN MACKIE

"The Uninhibited Power of S.E.X." 8:00pm, TSC Ballroom FREE

BLACK REPERTORY THEATRE!

"In White America" 8:00pm, TSC Stewart Theatre \$2 NCSU / \$3 General Public

TUESDAY, APRIL 13

FRIENDLY FEUD

12 Noon, TSC Lobby, FREE

BLACK FINESSE MODELING GROUP SPRING FASHION SHOW

8:00pm, TSC Stewart Theatre \$4 advance & \$5 door

WEDNESDAY, APRIL 14

HASANI IMAROBÉ

"Black Thighs, Black Gays, & Bedroom Lies" 8:00pm, TSC Ballroom, FREE

****MAHOGANY ROOTS****

7:00pm, TSC Ballroom \$2 NCSU, \$3 welcome ID, & \$4 w/out

FRIDAY, APRIL 16

DR. ASA G. HILLARD

"SBA: The Resurrection of the African Mind" 6:30pm, Witherspoon Multipurpose Room

JAZZ SEMI-FORMAL

"Stomping at the Savoy" Live Band: Brian Jeffreys, DJ, food, & a casino

8:00pm, TSC Ballroom \$5 w/out \$7 couple

SATURDAY, APRIL 17

BLACK OUT

Live entertainment: DJ Kool, DJ Starbuck, Cool Breeze, Northwest Youngsters!

Food, & other activities 10:00pm-5:00pm, FREE

COMEDY/STEP SHOW

Danarong, Rod Grant, Danarong, & Mike Epps 6:30pm, \$2 w/out & \$3 door

AFTERPARTY

"Broke Down Saturday" 11:00pm-2:00am, TSC Ballroom \$1 welcome/step show ticket stub \$3 w/out

TSC + Talley Student Center

For more info call Black Students Board / UAB @ 511-5918.

Tickets:

310 overall tickets for College Students

310 overall tickets for General Public

Tickets available at Ticket Center @ 511-1100

*Arts appearing courtesy of N-Touch Entertainment

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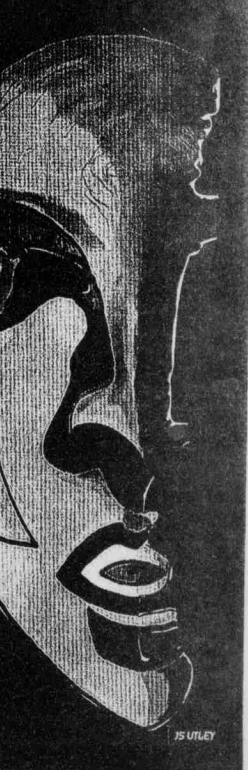
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* Denotes Pan-African Festival events sponsored by the Black Students Board of the Union Activities Board.
Installation Website: chancellor.nesu.edu/installation/
Also visit the Virtual Installation Exhibit, sponsored by D.H. Hill Library, www.lib.nesu.edu

Yoga

Continued from Page 3

NCSU counselor Annette Broadwell encourages the practice of yoga. "It's a really profound method for stress reduction."

Broadwell agrees that yoga is beneficial in achieving mind and body awareness. "Yoga is certainly a profound mind/body technique, as are a

lot of different types of meditation." In the 1970s, psychiatrists started to notice many of their patients experienced disruptive breathing patterns. Proper breathing techniques help bring nutrients to muscle tissue, improve respiration, and relieve physical and emotional tension. Adequate breathing promotes good blood circulation, keeping blood levels and hormones the way they are supposed to be.

George P. Corvin, a psychiatrist, has noticed the rebirth of yoga. "There's been more of an acceptance of an

alternative form of medicine," he said. Corvin believes that yoga is a good form of stress reduction. It gives many the ability to control their moods. "People are able to reduce changes in their body," he said. "If you are willing to work at it, it has tremendous benefit."

Yogi Judith Valerie has noticed that whatever is most out of balance is what yoga seems to help first, and then strengthens other qualities. "It enhances how we use our own bodies," said Valerie.

Rosier began doing yoga to help her

back with heavy lifting. She continued this practice even when she found a new management job, but realized that yoga helped much more with this job. "Yoga was helping me cope with stress," she said. "It helped me survive a really stressful job."

Yogi Melanie Van guider describes herself as at one time being a chronically angry person. The philosophy and practice of yoga changed her life. "Now, I'm a chronically happy person," she said. "Nothing changes on the outside, but everything changes on the inside."

Truman

Continued from Page 1

uate school for a Ph.D. in Higher Education Administration. She aspires to become part of the General Administration as a chancellor or president of a university.

Change urged future nominees for the Truman Scholarship to start early and find a mentor who has been through the process. Change also suggested looking at the Truman Scholarship web site for examples of good and bad answers to essay and interview questions.

"My biggest help was having a previous Truman scholar read over my application and revise it six or seven times," said Ginger Denison, another Truman Scholar from North Carolina who now attends Furman University.

The Merit Awards office is holding an informational session for first and second year students interested in applying for the 1999-2000 Truman Scholarship tonight at 6:30 p.m. in 201 Witherspoon. Students with strong academic records and a desire for public service are encouraged to attend.

Tax

Continued from Page 1

plus interest.

The user is then ready to file. At this point, WebTurboTax assesses a fee, ranging from \$9.95 to \$19.95, payable by credit card, depending upon the complexity of the return. Under the Quicken Tax Freedom Project, these fees would have been waived for those with a reported income below \$20,000; the deadline for the waiver was March 31, however.

According to the Intuit press release, users could receive refunds in as little as 10 to 17 days.

However, the Internet is not the only vehicle for simplifying the income tax process. The IRS offers federal tax assistance on weekdays from 8 a.m. to 4:30 p.m. at the IRS office (Suite 101 of the Somerset Office Park at 4405 Bland Rd.). The NCDOR also offers assistance on state forms at the NCDOR office in the Revenue Building, 501 N. Wilmington St.

Walk-ins will be served by both organizations, first-come, first-serve, but appointments can be made at the following numbers: (336) 378-2334 (IRS) and (919) 733-3981 (NCDOR).

Assistance is also offered via the telephone, 24-hours a day, seven days a week. The federal assistance number is 1-800-829-1040; the state number is (919) 733-3981.

836-1555
Mon-Wed 4pm-2am
Fri-Sat 11am-3am
Sun 11am-2am

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10' Pokey Styx \$2.99
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Call the Prestonwood Job Line @786-3519

ONE NIGHT, AND ONE NIGHT ONLY!

Chancellor Marye Anne Fox will be making a special guest appearance on the "Leader of the Pack" show hosted by Andrew Payne. Be sure to tune in tonight at 6 p.m. to WKNC, 88.1 F.M.

WKNC, 88.1 F.M.
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at 600 ANSI lumens
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Morgan

Continued from Page 2

NC STATE PHYSICS PRESENTS
A NEW GENERAL-AUDIENCE CLASS:
THE PHYSICS OF MUSIC
PY 299-002, Fall 1999
MWF 1:30 - 2:20 pm
Professor Phillip Stiles

- What differentiates music from other sounds?
- How are musical sounds produced and controlled?
- How do instruments work? How did they evolve?

No prerequisites. Students of all levels of technical background are welcomed. No background required in physics, mathematics, or music. This course may satisfy the Natural Sciences General Education Requirement. Check with your Associate Dean.

Course Goals:

- To strengthen students' understanding of the physics of musical sounds
- To enhance students' appreciation of music
- To explore how different individuals characterize music and sound as pleasant, intellectual, and sensual
- To understand how musical instruments produce sound
- To encourage further involvement in music

Former Physics Student, a member of the NC State Physics Department, developed and taught a course like this at Brown University. He is an active member of the American Recorder Society.

Call or e-mail S. Reynolds at 515-7791 (stephen_reynolds@ncsu.edu) for more information.

TONIGHT ... 7 p.m.

Witherspoon Cinema


MAJOR SUCCESS

90 **FREE** Career-Building Minutes
With **PATRICK COMBS**

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- Improve your grades!
- Increase your motivation!
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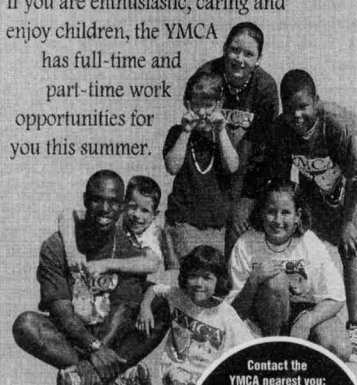
First 300 students get a **FREE** copy of Patrick's book *Major in Success*.

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Have you thought about a **Summer Job?**

If you are enthusiastic, caring and enjoy children, the YMCA has full-time and part-time work opportunities for you this summer.



Contact the YMCA nearest you:
A.E. FINLEY (North Raleigh)
George Allen / 848-9622
CARY FAMILY
Bruce Ham / 469-9622
CENTRAL (downtown Raleigh)
Ken McCurdy / 832-6601

Y We build strong kids, strong families, strong communities.

Forum

Continued from Page 2

the money from a job so that someday he could repay her small token of what she had given him, with a necklace that matched her enchanting eyes.

He just about leveled me when he told me this. Here is a man who reads books by candlelight and falls asleep at night listening to the droning of car tires. He then uses the money from a job so that he may repay someone special. So the next time someone is asking you for money, it just might not be for drugs or alcohol. Do you really know? There is probably a lot more to the story than you realize.

Hope for the Homeless, Inc.

WISE WORDS FROM CURLE

"OM nih buh MOH dees qui PAU per AYS sunt HOH mee nehs MEE sehr eee WEE WONT. I don't know what the hell this means exactly, but it has something to do with a bunch of lazy, drunk, out-of-luck fishermen."

Notes

Continued from Page 6

The Jackets would rebound and exact revenge by winning both Saturday's and Sunday's games. Tech was the pre-season favorite to win the conference.

Maryland wins one at Chapel Hill

The Maryland Terrapins (13-13) defeated the 18th-ranked UNC-Chapel Hill Tar Heels 2-1 Friday in ACC baseball action. The Terps were able to pick up the win in Chapel Hill, improving its conference record to 4-5 overall.

Tennis

Continued from Page 6

second in the conference last season, ranked just outside of the top 10 in the nation. In the latest ITA poll, the Deacons have earned a top 20 spot. At 10-7 overall, Wake has faced off against eight of the top 15 teams in the nation.

The Heels fell to 3-7 in the ACC after the loss, but won the next two in a double header against the Terps.

Wake is 4-1 in the conference, with the lone loss coming at the

hands of the Blue Devils. N.C. State has lost to the Demon Deacons 10 times in the 1990's, which might mean that the Pack is due for a win.

No. 2 singles player Marissa Gildemeister is leading the Pack through the 1999 season. Not only was the junior the lone N.C. State player to pick up a singles victory against Clemson this past weekend, but the win improved her individual record to 12-3 overall after missing the first two matches of the season.

Men's Tennis N.C. State 4, Wake Forest 3

SINGLES

- No. 1 Roberto Braccone (NCS) d. Peter Hoffmann (WF), 6-0, 3-6, default
- No. 2 Raul Munoz (WF) d. Eric Jackson (NCS), 7-5, 7-5
- No. 3 Keith Salmon (NCS) d. Mike Berger (WF), 6-2, 6-3
- No. 4 Johan Hansen (WF) d.

- Jeff Smith (NCS), 6-0, 6-3
- No. 5 Shaun Thomas (NCS) d. Brett Mauro (WF), 6-2, 6-3
- No. 6 Devang Desai (NCS) d. Justin Kaubman (WF), 7-6, 6-3
- DOUBLES**
- No. 1 Clouston/Munoz (WF) d. Devang Desai/Jackson (NCS), 9-7
- No. 2 Barrow/Thomas (NCS) d. Berger/Kaufmann (WF), 8-0
- No. 3 Guzman/Hansen (WF) d. Deval Desai/Salmon (NCS), 8-5

Classifieds

Deadlines

Line Ads: 1 issue in advance @ noon
Display Ads: 2 issues in advance @ noon
All Line Ads must be prepaid - No exceptions.

For Sale

Queen mattress set quilted top, new, still in plastic. 5 year warranty. Cost \$599.95 sale for \$185.00. Call 781-3754.

Well-made Queen-size futon. Fits all NCSU requirements. \$110. Beautiful, comfortable couch. \$70. Cannonade Mountainbike \$175. Mini-fridge \$40. Tisc Scientific Calculator \$70. Call Parker at 512-1782.

Queen Mattress set quilted top, New still in plastic 5 year warranty. Cost \$599.95 sale for \$185.00. Call 781-3754.

For Sale Waterbed with heater. Sofa, \$75 each. Call evenings 217-9139.

All-wood Drafting Table. Some supplies included. \$150. Call Doug at 835-9332.

Electric Dryer for sale. \$75. Great Condition 462-2558(days) or 854-0847(evenings)

For Sale, dressier night stand 2 chairs. \$50. Call Ashley at 851-0696.

Full size bed with mattress set and headboard. \$70; Bookshelf, \$5; Desk, \$30; Computer Desk, \$30. Call 835-3755

Cycle Logic. 1211 Hillsborough St. 833-4588. Tune Up \$25. Lowest prices on New and Used bikes. Free instruction and use of our tools with a new bike.

48 INCH RED TAIL BOA WITH AQUARIUM. HEAT RAY HEAT PUMP AND WATER BOWL. \$200. CALL THOMAS AT 835-9334.

Buying or selling a house? Make it easy. Contact your Real Estate Professional. 919 871-1519. email data at data@engnet23.com

For Rent by owner. Large Condos. Walk to classes. North Ferry Rd. Up to 4 persons/unit. \$720-730/mo. 847-0233

2BR/1.5BA townhouse for sale. \$180,000. Call Danielle at 327-5962.

Roommate wanted for house ASAP. 3 Maiden Lane near Bell Tower. 2 bedrooms. \$200/month + utility. Page Brian 983-0686.

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Female Roommate wanted to share 4BR house by May 5th. Bk has fireplace and private bath. \$275/mo. 856-0611.

Room for Rent. MALE OR FEMALE \$325/MO. PETS OKAY. Call 779-4882.

Summer sub-lease for non-smoking female in new furnished condo, 5 min from campus. Pool, W/D, deck. \$340/mo + 1/3 utilities. Avail. May. Call Kristyna 854-2923.

Room for Rent. Big House off Trailwood. Garage. Huge Bedroom. \$285/mo + 1/4 utilities. 853-9105.

4BR/4BA Lake Park Condo. \$1400/mo. W/D, ceiling fans, private bathrooms, key-lock bedrooms, walk-in closets, pool, basketball + volleyball courts. Available 8/99. 852-5642.

Available 5/1/99. Walk to NCSU. \$400/mo + 1/3 utilities non-smoking. M.F. Master BR with Private Bath. Nice deck, partially furnished. Mike or Steve. 828-2032.

Car. 1991 Honda Civic Wagon. Original Owner. AC. 120K Miles. 5-speed Blue Book \$4360. Will sell for \$3500. Runs great. Call 845-0267. leave message.

Car. Olive Garden of Cary is now hiring cooks and servers. Flexible schedule, no experience necessary. Tuition assistance, insurance, first day. Apply any time. 233-9714.

Assistant Office Manager. Full Time. Excellent Benefits. Accounting. Customer Service. Manage Part Time Employees. Fax resume to 833-0852. Call Maria at 832-9699 at Digitz 3016 Hillsborough St. Raleigh, NC 27607.

Experienced Summer Counselors. Six week summer residential program for high school students (June-July). \$300/wk includes campus room and board. Weekends free. No summer school or P/T jobs. Application required. College junior status minimum accepted. Deadline: April 19. NC State Upward Bound, Box 7317, Raleigh, NC 27695-7317. Call for application at 913-713-1473.

CERTIFIED LIFE GUARDERS NEEDED. PIT FOR CENTRAL YMCA CALL 832-6621 EXT 651.

Medical Co. seeks office/shipping and Receiving clerk to work part-time (approx. 25-30 hrs/week) Please call 854-9070.

Swim Coach Wanted. MacGregor Downs Country Club is seeking an experienced, qualified individual to provide instruction, motivation and coaching for our TSA swim team. The season is approximately mid May to Mid July. Excellent wages and golf privileges. MacGregor Downs CC (919) 467-0146.

Gymnastics Instructor needed. Experience preferred but will train. Call 467-0946.

Supervisor in six-week residential program (June-July) needed. Position is for an experienced, qualified individual to provide instruction, motivation and coaching for our TSA swim team. The season is approximately mid May to Mid July. Excellent wages and golf privileges. MacGregor Downs CC (919) 467-0146.

Y.M.C.A. Youth Counselors needed for Early Arrivals, After-school, Preschool, Tutorial, and Urban-Services Programs. Positive role-models. Call: CAYLA CHECK, Central YMCA (832-9622), Finley YMCA (848-9622).

Small Cary Cafe seeks P/T waitress and cooks. Day + Evening hours avail; will train. Call Amy or Jennifer at 469-2988.

Need extra money? APCSU Campus is hiring a NCSU Campus Representative. If you love technology and are a dedicated Macintosh user, email your resume to greene@apple.com or mail to 104 Greymist Ln, Cary, NC 27511.

HELP PEOPLE STAY FIT! Aerobics instructors, strength instructors, and gym attendants. Flexible work schedules. Cary YMCA (469-9622), Finley YMCA (848-9622).

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MEET & GREET INTERESTING PEOPLE! Member/customer services opportunities available at our Front Fountains, and Pool decks. Cary YMCA (469-9622), Central YMCA (832-9622), Finley YMCA (848-9622).

HAVE YOU THOUGHT ABOUT A SUMMER JOB? We are seeking motivated individuals for full & half day camps for ages 3-16. Cary YMCA (469-9622), Central YMCA (832-9622), Finley YMCA (848-9622).

Residential Counselor I. Live-in person needed for MRDD adolescent residential program. FT position available. Hours 7:30am-3:30pm. Fridays 7:30am-1pm. Mondays. Requirements are high school diploma and 1 yrs exp. Must be 21yrs of age and have a valid driver's license. Excellent benefits. Send resume to: Lutheran Family Services, 3257 Lake Woodard Dr. Raleigh, NC 27604 or fax to (919)250-9737. EOE/AA.

Bar/Waiting Positions avail at MacGregor Downs Country Club. No exp req'd. Call 832-3107 for more info. Ask Allison or Debbie. Good benefits + pay.

Motor development & gymnastics program for children seeks energetic and dependable individual. Must love children. FT salaried position, excellent benefits. Fax resume to 876-2231.

Work outside, earn big \$\$, and you don't have to work next semester! Coyote Cafe, a unique cafe/farm, has one waitress/one cook position open. We want the right person to call 469-5253 for an appointment.

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Residential Counselor I. Live-in person needed for MRDD adolescent residential program. FT position available. Hours 7:30am-3:30pm. Fridays 7:30am-1pm. Mondays. Requirements are high school diploma and 1 yrs exp. Must be 21yrs of age and have a valid driver's license. Excellent benefits. Send resume to: Lutheran Family Services, 3257 Lake Woodard Dr. Raleigh, NC 27604 or fax to (919)250-9737. EOE/AA.

Bar/Waiting Positions avail at MacGregor Downs Country Club. No exp req'd. Call 832-3107 for more info. Ask Allison or Debbie. Good benefits + pay.

Motor development & gymnastics program for children seeks energetic and dependable individual. Must love children. FT salaried position, excellent benefits. Fax resume to 876-2231.

Work outside, earn big \$\$, and you don't have to work next semester! Coyote Cafe, a unique cafe/farm, has one waitress/one cook position open. We want the right person to call 469-5253 for an appointment.

HELP PEOPLE STAY FIT! Aerobics instructors, strength instructors, and gym attendants. Flexible work schedules. Cary YMCA (469-9622), Finley YMCA (848-9622).

COME SPLASH AT THE POOL! Certified lifeguards and swim camp counselors needed for flexible work schedules. Cary YMCA (469-9622), Central YMCA (832-9622), Finley YMCA (848-9622).

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Great Pay for part-time work. Fried's Beds is looking for dependable salespeople. Flexible hours in a friendly environment. Apply at the Glenwood Avenue Store across from Camax.

LOVE ANIMALS? PIT VET. ASST NEEDED FOR WEEKDAYS AND WEEKENDS THROUGH SCHOOL YEAR. ANGLO TOWER ANIMAL HOSPITAL 231-8030. 84-M-F.

Make a difference—Positions avail to grad students, working in a group home setting, working with troubled male adolescents 12-17. Hrs: Thurs10am-Fri6pm, and Sun4pm-Tues noon (overnights req'd). Great opportunity for those aspiring to work in human service field. Hours are flex, for class attendance. Call Kathy or Mike 919 856-6368.

MANAGE A BUSINESS ON YOUR CAMPUS. Versity.com an Internet networking company is looking for an entrepreneurial undergraduate to run our business on your campus. Manage students, make tons of money, excellent opportunity! Apply online at www.versity.com. contact jobs

Delivery Driver for Local Bakery 3-4 afternoons/wk. Easy-Fun work. Clean Driving record req'd. Will use your car. \$7/hr. Call 773-7730.

Counselors needed for a Christian co-ed residential camp on Kerr Lake, for ages 17-17. Contact Phillip at 919 789-9631 or pipplin

Counter Sales, PT, Medlin. Earn a free car for just \$199 startup + \$126/month. No inventory. No door-to-door sales. Call Brian Taylor 481-2473 for information.

"Catering Needs" near NCUA. Needs PT delivery staff. Shifts available, M-F 6am-9am, 9am-1pm, 2pm-6pm. Two shifts per week at \$8.50/hr. Call Paul at 828-5932.

Earn \$150-250/weekend entertaining at children's parties. Immediate openings. Will train. Fun Times. (919) 877-9656

Polish your people skills in a fast class operation. Gentleman's Choice Formal Wear needs quality PT sales associate. Call Mr. Gales 834-2941.

AFTERNOON TEACHERS NEEDED. CARY PRESCHOOL M-F 2:30-6:00 EXCELLENT PAY. Call 481-1744. ALSO FT/PT SUMMER COUNSELOR HOUR AVAILABLE 481-1744.

P/T Sales Positions avail. Nights & Weekends. Great atmosphere at upscale children's resale shop. Call 852-0250 or 878-0550.

MOTIVATED ORGANIZED, PREFERABLY SCIENCE STUDENT TO HELP PHD WITH ORGANIZATION OF OFFICE FILING, LIBRARY WORK, ERRANDS, ETC. HOURS & WORKLOAD VERY FLEXIBLE. STARTING \$7/HR. 834-6756.

PART-TIME RECEPTIONIST/ADMIN. ASSISTANT for General Contractor. Min. of 10 hrs/wk. Max. of 30 hrs/wk. Must be available from 11:30 a.m. to 1:30 p.m. daily. Responsible for receptionist duties and various office duties for marketing, estimating, construction divisions. Computer, organizational skills needed. Call 871-5411 extension 208.

Spring Escape! Raoulston Arboretum Open House Wednesday, April 14 from 11:30-2:00. \$1 hotdogs, drinks. Free shuttle between DH Hill and Arboretum. For information: 515-3132.

Ballroom Dance Club: Wednesdays 7 p.m. Gym 2307. No experience, no partner. www.ncsu.edu/student/orgs/soc/dance

Cars From \$500. Police impounds and tax repos. For listings call 1-800-319-3323 Ext. 4466.

LEARN TO SCUBA DIVER. Mar. 22 to Apr. 8. Pwler Park Pool, Raleigh. WATER WORLD. 598-6185

Raleigh Summer Jobs

\$100 Signing bonus. If hired by May 1st. * Work 40 hrs/wk. * Nights off. * Many 3-day weekends.

Crew Painters \$300-320/wk. Crew Leaders \$408-\$451/wk. Power Washing Manager \$408/wk.

Plus Profit Sharing! Collegiate House Painters 600-6061

Work For Tech. Call 515-2029 for info. Accepting applications for summer.

Immediate Openings. Must be 21 and detail minded. RTP / \$8.75 Corporate Security Positions. Great Company, Excellent Advancement Opportunities. Apply at: Guardsmark. 4601 Six Forks Road, Suite 130

Sperm Donors. You are an educated, healthy man in the Triangle area aged 18 to 40 who would like to make extra money while helping others, call Kyle today at 789-4992.

The Presbyterian Campus Ministry at NCSU is sponsoring a Peace Lunch Forum on April 22 from 12:40-1:40 in the Blue Room, 4th floor of the NCSU Student Center. The topic: "Living with Social Justice: The Catholic Worker Movement." Call 834-5184 for more info.

PRE-VENT CLUB DOG WASH-SATURDAY, APRIL 17 FROM 8AM-4PM. LOCATED AT NCSU COLLEGE VET-ERINARY MEDICINE.

LOST! 50 pounds since Christmas. If you have found any or all of it call today to start getting rid of it! (919) 272-5261. 100% Guaranteed.

The Presbyterian Campus Ministry at NCSU is sponsoring a Peace Forum on April 15, 1999 from 12:40-1:40 in the Blue Room, 4th floor of the NCSU Student Center. The topic: "The Jubilee 2000 Project: Canceling Third World Debt." Call 834-5184 for more info.

S.A.F.E. Haven For Cats is holding a Benefit Car Wash on April 17 from 9am-1pm at the Texaco station located at Falls of the Neuse and Millbrook Rd. in Raleigh. Volunteers needed. Call 848-0150 for more info.

BLACK WALLET FOUND ON DEER TRUCK. TURNED INTO POLICE SAFETY. 5-3333

Biography, Science, Education and Liberal Arts Graduates. No Experience Required. Free Training in a Field with Superb Opportunities. Biomedical Information Technology. Start at 28K. Most people earn 34K within a year, plus full benefits. IMS, Inc. is offering a free 4 week programming course. Course starts in the last 2 years. IMS, Inc. has hired over 90% of the students who have taken this course. Courses start June 7 or July 12. Positions located in Silver Spring, Maryland 8 miles outside of DC. Call 888-680-5057. WWW.IMSWEB.COM

Work for Technicon. Come by 323 Watherspoon Student Center and fill out an application!

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Hey Yo!!! It's Me!!!-If fuzzy wuzzy was a bear, and fuzzy wuzzy had no hair, then fuzzy wuzzy was not fuzzy, was he??-Chris

Wolfpack women's tennis is 0-10 against Wake Forest in the 1990s.

Put me in coach? I'm ready to play? Today? Call us at 515-2411 or e-mail us at sports@sma.sca.ncsu.edu.

Comeback falls short

◆ Amy Langendorf qualifies for Nationals

K. GRIFFNEY
Sports Editor

Just a year after qualifying for the NCAA Tournament for the first time, the Wolfpack Gymnastics team started their comeback attempt dead last.

This past weekend, the Wolfpack competed at the NCAA Region VI Championships in West Virginia, attempting to earn a second consecutive berth into the nation's most prestigious meet.

The Pack started off the rotation Saturday on the uneven bars and, according to N.C. State Head Coach Mark Stevenson, missed two of their first three routines.

"Our first person up on the bars was a walk on freshman. She was a freshman and she was nervous, but you can't fault how hard she worked all year," said Stevenson.

Only two of the six N.C. State gymnasts to compete on the bars scored better than a 9.7 on the event, leaving the Pack an entire point behind the leaders after the first event.

The Pack made up the difference, fighting hard through the next three rotations. On the vault, the balance beam and the floor exercise, the Pack had just two marks below 9.6, only one of which counted.

N.C. State finished three-tenths of a point behind host West Virginia, who took second in the meet, just missing the cut for the National Championships.

"It was a great meet, in the last event, there were still four teams competing for qualifying spots," said Stevenson. "We didn't quite get the job done, even though they did a tremendous job coming back."

Each year, the NCAA takes the top two teams in each of six regions through the

and the top 12 individual all-around qualifiers who are not members of the 12 team that earned berths into the championship.

Last season, the Pack qualified after finishing third in the Southeast Regional behind Georgia and Florida, who went on to finish No. 1 and No. 2 at the NCAA meet in Los Angeles.

While the Pack isn't headed to Salt Lake City this season as a team, there will be plenty of red and white at the meet.

N.C. State sophomore Amy Langendorf will be competing in the All-Around competition on Thursday.

Langendorf, the 1999 EAGL bars champion, scored a 39.150 in the all-around competition, placing in a tie for second in the Region.

Alabama's Robin Hawkins and Kristen Macric of West Virginia finished ahead of Langendorf, but both the Crimson Tide and the Mountaineers qualified for the NCAA meet as teams, which leaves Langendorf as the top individual qualifier from the region.

"When Amy hit four routines, and when she was as good as we've ever seen her, we had a good feeling that she was in [the Championship meet]," said Stevenson.

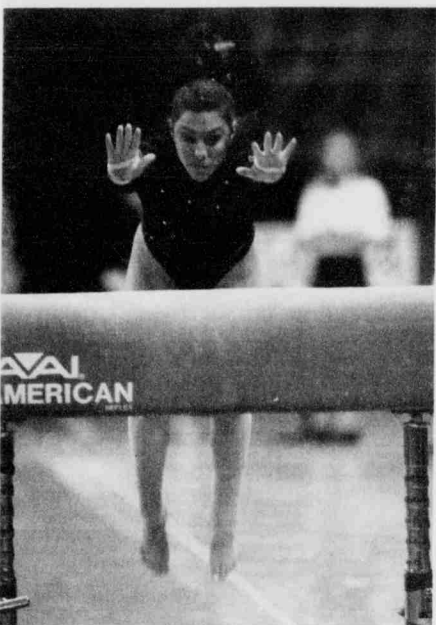
According to Stevenson, Langendorf will compete with the Alabama team in Utah, rotating from event to event with the Tide, and competing last in the rotation.

On Thursday, the sophomore will compete in the all-around competition with between 36 and 40 other gymnasts from around the nation. Her scores on individual events could qualify her for the event finals on Saturday.

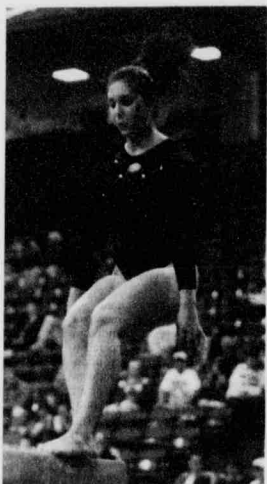
Langendorf could have the best shot to place on the uneven bars, where she has consistently scored in the 9.8-9.9 range this season.

"Gymnastics is a really unique sport. What you try to do is to do the things that you do

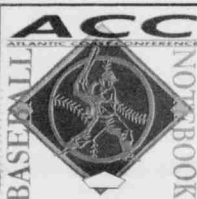
well, and never miss them, or give the judges reason to take anything away from you, and that is where Amy is at," said Stevenson. "Amy has done a great job of putting herself in the position to be successful."



N.C. State finished third at the NCAA Region VI Championships in West Virginia this weekend. The Pack had a team score of 194.900, posting event scores of 48.825 on the vault, 48.025 on the uneven bars, 48.825 on the balance beam and 49.225 on the floor exercise.



N.C. State finished the season ranked No. 13 in the nation.



Player of the Year last season, was promoted to AA this season. The 5-10 outfielder is batting .267 with the New Haven Ravens so far on the young season. Weber started and played in all of his games while at N.C. State, the

only player to do so in N.C. State history. Blackmon, Scarce, Piercy and Dobson have not yet begun play in 1999.

No. 1 Florida State upset, McDougall continues hitting streak

The Florida State Seminoles, ranked No. 1 in the nation, lost a conference game for the first time all season at the hands of the Clemson Tigers. Clemson downed the 'Noles in Tallahassee Saturday, snapping a 21-game winning streak by FSU.

The Seminoles went on to take two of three from the Tigers for the weekend. Despite the loss, FSU remained on top of the polls. Marshall McDougall stretched his hitting streak to 31 games with a fifth inning single on Sunday's game. The junior third baseman is three games shy of St. Louis Cardinal's J.D. Drew's school record of 34.

Georgia Tech downed by Duke

In what seemed to be an up-and-down weekend in the conference, the Duke Blue Devils defeated Georgia Tech 7-6 Friday in Durham.

Duke gained its first conference win of the season by downing the Yellow Jackets, ranked No. 9.

See Notes, Page 5



Several upsets highlighted ACC baseball this weekend. N.C. State took one of three at No. 6 Miami, and top-ranked Florida State lost its first conference game at home against Clemson. Nationally ranked Georgia Tech and UNC-CH also lost.

N.C. State v. Virginia Commonwealth

When: Tonight, 7 p.m.
Where: Doak Field, N.C. State's West Campus
Series Record: 17-7
The Scoop: The Pack is coming off a three-game non-conference series with the University of Miami Hurricanes. State picked up one win over the weekend, and is 22-5 against non-conference opponents. Virginia Commonwealth has lost the

last three contests against the Pack. Saturday, VCU lost to East Carolina 8-4 in the first game of a double header, but the Rams came back to win game two, 4-3.

Players to watch: Brian Ward — the Wolfpack senior had three home runs against the Hurricanes in the first two games of this past weekend's series and went 4-5 with an extra base hit and three runs scored in game three.

Curtis Sapp — N.C. State's reserve catcher, who has seen increased action lately, was 5-9 in the Pack's last two games.

◆ Wolfpack Minor League update—several upsets highlight last week in Atlantic Coast Conference baseball action.

Sports Staff Report

Former Wolfpacker lights up minor leagues

Five N.C. State players from the 1998 squad are currently in the Minor League system of Major League Baseball. 1998 seniors Jake Weber, Kurt Blackmon and Bubba Scarce as well as juniors Brad Piercy and Scott Dobson were selected in the June 1998 baseball draft and are working their way up to the big show.

The following is an update on how those players are faring this season.

Weber, who was named the Seattle Mariners Minor League



Jake Weber (above) was the Seattle Mariners Minor League Player of the Year last year. Weber has moved up to class AA this season.

UNC sweeps USTCA

◆ N.C. State women finish third, men finish fourth this weekend in the USTCA Invitational in Chapel Hill.

Sports Staff Report

CHAPEL HILL — The N.C. State women finished third and the Wolfpack men finished fourth at the USTCA Track and Field Invitational in Chapel Hill on Saturday.

UNC-Chapel Hill won both the women's and the men's meets over State, the University of South Carolina and Georgetown. The meet was nationally televised on tape delay, one of the few collegiate track meets covered on television.

The Pack finished first in four different events Saturday, dominated by distance events. Christy Nichols won the women's 3,000-meter run. Brent Underwood won the 100-meter dash. Abdul Alzindani captured the men's 3,000-meter run and Aaron Saft was the fastest in the men's 3,000-meter steeplechase.

For the women's track events, LaShonda McKimmon and Crystal Brexton finished fourth and fifth, respectively, in the 100-meter dash. McKimmon also finished fourth in the 200-meter dash. Michelle Hudson took home fourth in the 400-meter dash, while Amy Beykirch finished third in the 3,000-meter run.

In the women's field events, Katie Bolic finished third in the pole vault, while Jamie Walls came in fifth in the women's hammer throw.

For the men's track events, Underwood also placed fifth in the 200-meter dash. Tyrone Dozier ran second in the 400-meter dash, along with Brendon Rodgers and Chan Pons, who came in second and fourth, respectively, in the 1,500-meter run. Chris Pluchos finished second behind Alzindani in the 3,000-meter run, along with David Patterson, who came in fourth.

In the field, Cordell Smith and Brant Joseph finished fourth and fifth in the long jump. Donte Hunt came in fifth in men's triple jump, while Eric Cannon finished fifth in men's hammer throw.

The meet was a good tune-up for this weekend, when the Wolfpack heads to the Atlantic Coast Conference Outdoor Championships.

Deacons next ACC foe for Pack

◆ N.C. State women's tennis looks to continue streaks.

K. GRIFFNEY
Sports Editor

N.C. State women's tennis may have picked up their biggest win of the season last week over UNC-Chapel Hill.

But not because it was against the Tar Heels.

First-year head coach Kay Louthian wanted the team to look at the match as "just another day at the office," wanting the team to work towards the win and then move on from it.

The Pack picked up the win, 5-4 over the Heels in a match that came down to the final doubles match of the afternoon.

This Past weekend, State dropped its fourth Atlantic Coast conference match of the season with a 6-3 loss at the hands of the Clemson Tigers.

The match was played in Charlotte on Saturday, after having been rescheduled because of poor weather conditions and some miscommunications between the two schools from its original March 21

date.

The Wolfpack stands at 10-7 overall, a record already better than 13 seasons in the Pack's 22-year history. In fact, the Pack has only won more than 10 matches in five seasons, three of which have been in the 1990's.

But State opened the season with a six wins and then struggled at once conference competition hit the court.

In their defense, all five of the ACC opponents that N.C. State has faced off against have been ranked nationally, including the Duke Blue Devils, 11-time defending conference champions who haven't dropped a conference match since 1989.

All seven of the Pack's losses have come at the hands of programs ranked in the top 52 nationally, with out-of-conference losses coming against No. 34 Texas A&M, No. 52 South Florida and No. 16 South Carolina.

Just a year off of the team's best record ever at 16-8 and top ACC finish in school history, earning the No. 3 seed in the conference post-season tournament, not to mention the Pack women's first ever NCAA Tournament appearance, State is

battling their way back to the big dance by playing with the country's best.

And they continue to do so. The Pack takes on Wake Forest today in Winston-Salem.

The Demon Deacons finished

See Tennis, Page 5

Clemson 6, N.C. State 3

Singles

No. 1 Carmina Giraldo (CU) d. Nena Bonacic (NCS), 6-2, 6-2
No. 2 Marissa Gildemester (NCS) d. Kate-Maree Mair (CU), 6-4, 6-2
No. 3 Cath Galvin (CU) d. Francie Barragan (NCS), 6-4, 6-4
No. 4 Cecilia Hincapie (CU) d. Kristen Nicholls (NCS), 6-3, 6-4
No. 5 Cinny Clausen (CU) d. Pilar Pianna (NCS) 6-1, 6-4
No. 6 Christina Oldcock (CU) d. Katrina Gildemester (NCS) 6-3, 6-0

Doubles

No. 1 Giraldo/Mair (CU) d. Barragan/Pianna (NCS), 8-5
No. 2 M. Gildemester/ K. Gildemester (NCS) d. Clausen/Hincapie (CU) 8-5
No. 3 Bonacic/Nicholls (NCS) d. Galvin/M. Chandler (CU) 5-2, default



The Pack looks for another ACC win at Wake Forest today.