

Moving on

Women's cross country heads to the NCAAs with a win at districts. See page 8.

TECHNICIAN

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Today Hi 65 Lo 44

Tomorrow Hi 68 Lo 51

The stress doctors

Opinion columnists give their advice on how to handle stress. See page 5.

Outside

Theta Chi goes dry

Theta Chi takes the initiative and institutes a no-alcohol policy in its Fraternity House.

EMILY TOBINLEY Senior Staff Writer

N.C. State's Theta Chi chapter will take the lead in the fraternity's nationwide plan to institutionalize alcohol-free housing by 2003.

Theta Chi requires all its chapters to ban alcohol from their chapter houses by 2003, with a preliminary report of the progress in 2001.

The other fraternities that have adopted an alcohol-free housing policy have done so by the mandate of their national board of directors.

This semester marks the first time in the fraternity's 46-year history that the chapter has been alcohol-free.

Members were cut because they were not living up to the creed of the fraternity, and alcohol was the main reason for this problem.



An aerial view of Fraternity Court. Theta Chi became a dry fraternity house this semester.

Alcohol-free housing is good for Greek life in general. In the past 15 years, fraternities and sororities have really come under fire in terms of bad press, and alcohol is the main focus of the public's attack.

The chapter expects the policy to reduce liability and improve insurance rates, as well as boost the academic standing and overall morale of the fraternity.

We are extremely proud of the move Theta Chi has taken to restructure the chapter in the past year.

Sopher envisions change in other fraternities on NCSU's campus, as well. She also reported that NCSU's entire student body should see changes in the administrator's approach to underaged drinking in the near future.

Alcohol-free housing is a trend everyone is looking into, and I wouldn't be surprised if others follow in the footsteps of the six fraternities on this campus that have either been alcohol free from their inception or have or will implement non-alcohol policies.

These six fraternities include Phi Delta Theta, Phi Gamma Delta, Sigma Nu, Farm House and Delta Chi.

See Frat, Page 2

Fight breaks out in Carroll

Two students decided to resolve their differences in the midst of Carroll Residence Hall last week.

LEA DELICIO News Editor

When Shawn Vallant and Walter McCowan decided to resolve their differences last Monday, they didn't bother to take it outside.

On Nov. 9, Public Safety Officer R. Tyndall responded to a report of two individuals fighting on the sixth floor of Carroll Residence Hall.

When he arrived he spoke to Vallant, a senior in political science. According to Tyndall's police report, Vallant told him that he and McCowan, a student in ornamentals and landscape technology, had been fighting.

Tyndall said in his report that he also spoke to McCowan, who reportedly admitted to throwing Vallant into the window.

Both subjects admitted to fighting together, Tyndall said in his report.

McCowan told Tyndall that they were talking about a situation that had occurred earlier in the week, and Vallant reportedly pushed him.

After that [McCowan] stated that he pushed him [Vallant] into the window and it broke the window, Tyndall's report said.

Vallant commented on the incident, saying that he and McCowan had had a disagreement. The two were not really acquainted before the incident, Vallant said.

He also said that, while he could not speak for McCowan, he was not injured and did not believe McCowan was badly injured in the fight.

When Tyndall intervened, he gave the two the options of pressing charges.

We both decided not to press charges, Vallant said. McCowan was not available for comment on Sunday.

Athletics examines its perception

The Council on Athletics discussed the perception of student-athletes and gender equity in athletics at their Friday meeting.

NATHAN CROWDER Staff Writer

Added to the normal group of faculty who regularly attend Council on Athletics meetings, last Friday's attendees included members from Student Government, the Captain's Table and other concerned students who joined the meeting at Case Athletic Center to voice their opinions.

One of the main discussions of the meeting addressed the concern that student-athletes have regarding how non-athletes on campus view them.

One specific concern revolved around the impression of some that student-athletes were given special attention by their professors.

However, according to Kevin Cutts, a member of the NCSU diving team and a member of the student-athletes' Captain's Table, most student-athletes go to extra measures to make sure their assignments are done before they go away for an event or miss class for some reason.

Also noted was the presence of many NCSU student-athletes on the ACC Honor Roll. Cutts said he feels that many students perceive athletes as a bunch of "dumb jocks," but the honor roll clearly shows this is not the case.

Students next looked for possible solutions to the misperception. Carrie Farley, a junior in computer science and a club soccer player, suggested the media needed to get more involved in making student-athletes understood and showing they are no different than anyone else.

Cutts noted an article in Technician recently about Michael Smith, a Wolfpack soccer player. The article explained how Smith succeeded at juggling playing for NCSU's soccer team and majoring in biological engineering.

Also in the works is something called "Athlete for a Day." This would involve a student shadowing an athlete for one full day: going through practice, weight training, classes and whatever else goes into an athlete's day.

The second issue on the council's agenda was to discuss gender equity within the athletics program. According to the council, gender equity revolves around the issues of financial aid, participation and facilities. Financial aid has

See Athletics, Page 2

State students give aid to Mitch victims

NCSU students are kicking in to assist those in Central America affected by deadly Hurricane Mitch.

ALLISON BALLARD Assistant News Editor

When Hurricane Mitch made landfall earlier this month, Central America was devastated.

Over 11,000 people lost their lives. Another million lost their homes. Now, N.C. State students are trying to help the survivors recover.

Last Thursday and Friday students collected food, clothing and money in the Brickyard in cooperation with the Food Science Club and CITCA, the Carolina Interface Taskforce for Central America.

I wanted to do something. I talked to my roommates and neighbors and we all agreed to help, said Hector Andonic, a senior in food science from Honduras, one of the countries hit hardest by Mitch.

Survivors in Central America are facing food and water shortages. To make matters worse, a majority of the roads and infrastructure are destroyed, and most of the crops that sustain the economy are also lost.

These are poor countries, the government doesn't have the resources to rebuild, Andonic said.

People here don't understand, there is no money or insurance there, said Mariano Pitta, a graduate student in industrial engineering.

The agricultural economy may not recover soon. Now, there is water where there wasn't before, and mudslides have covered fields with meters of sediment. This means there will be no work and no money for survivors.

There, what you make for that day is what you eat for that day, said Rodrigo Tona, a graduate student from El Salvador.

With extensive damages reported, some officials estimate that it may take as long as 10 to 15 years for Honduras, Nicaragua and neighboring countries to fully recover.

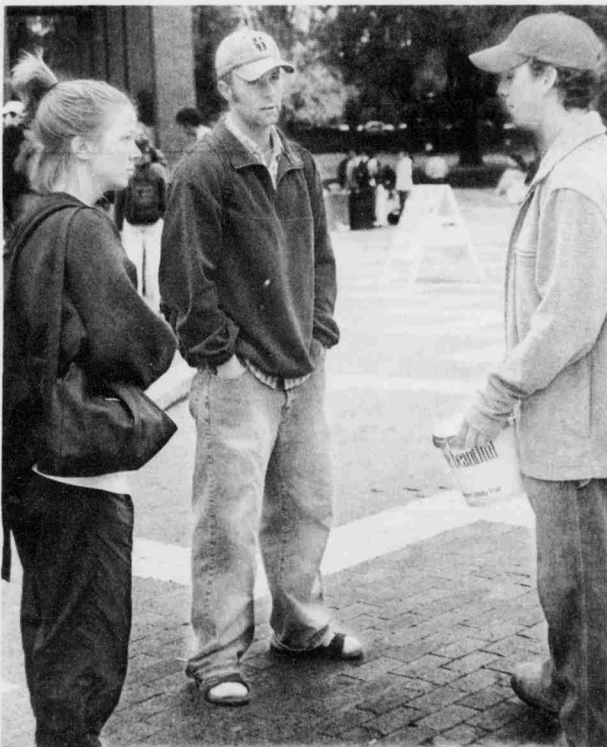
We are trying to help for the long run and not just out the little fires that are happening right now, Tona said.

In addition to a need for food and money, there is also a growing urgency for monetary funds. Money is needed to buy fuel and rent helicopters and airplanes that are required to distribute the food. Money is also needed to rebuild the roads and schools, Tona said.

And for all the current difficulties in Central America, the worst may still be ahead as the sitting waters and dead bodies lead to illness and disease, he said.

Tona and others are also worried that the plight of the survivors may fade from the notice of those that can help. It has been two weeks, right now - [for people here] it is over, the attention is away. We are making an effort to keep the [relief efforts] going, Tona said.

Initial efforts have been very successful, the first shipment of food and clothing was scheduled to leave this weekend. CITCA plans to continue to collect food and funds until Nov. 25. There is also a fundraising effort planned in cooperation with the Red Cross starting today.



(Above) Luis Recinos (far right) talks with Mandy Ring and Brad Jones regarding Hurricane Mitch.

(Right) The Carolina Interface Task Force for Central America set up in the Brickyard to collect donations for victims of Hurricane Mitch.



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Athletes

Continued from Page 1

to be distributed in equal proportion to both female and male athletes. This is difficult, according to the council, because women don't play football, and many times the men who do also go to summer session so they can practice throughout the summer.

This has forced many sports to receive increased funding and new sports to be added to the list of those whose participants receive scholarship funds.

Since 1994, when the university first began looking at this problem, the participation rate of women has greatly improved. In 1994, 76 percent of athletes were male and today only 62 percent are. This figure is within the required one-percent tolerance allowed by the conference.

Two final issues revolved around the priority of usage of Carmichael Gym and the importance of sending a letter to the chancellor concerning recommendations by the council on funding and appropriation of those funds.

The first was an attempt to ascertain a current mandate on the priority of the usage of the gym, PE fields, pools, etc. Recently, it seems the priority has changed to move intramurals and club sports ahead of athletics, although no official mandate has yet to be found, according to council members. The council is awaiting hard copies of the current mandates before making any further recommendations.

Last of all, a new draft of letter will be sent to the chancellor stating the council's current recommendations. Among these include budgeting \$60,000 every two years for a new 30-second half-time television segment and raising the current University Affairs Office's discretionary budget to \$250,000.

Frat

Continued from Page 1

according to Sophr.

Chancellor Marye Anne Fox has also made a staunch commitment to reassessing NCSU's alcohol policy.

According to Sophr, Fox has developed a task force comprised of representatives from such organizations as Inter Fraternity Council, Campus Safety and Student Government.

The task force is to be chaired by Tom Stafford, vice chancellor of Student Affairs. The mission of the committee is to look at the current campus alcohol policy, review educational procedures and discuss updating the enforcement procedures of the policy.

The committee will then report its findings and possible actions for change at a meeting with the Board of Governors in the spring. Sophr is currently recruiting students to serve on the task force.

"Most students are making healthy choices, but it is up to all of us - each of us - to set the clear expectations and model them for those who are not, rather than acquiescing or being silent," Sophr said. "That's what leadership is all about."

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TECHNICIAN Spotlight

"Music washes away from the soul the dust of everyday life."
- Berthold Auerbach

HUMOROUS, frank and colorful

◆ David Sedaris, a Raleigh native, will read at Stewart Theatre on Tuesday.

NEIL HEBERT
Senior Staff Writer

If you grew up in Raleigh, you don't have many hometown heroes in the arts to boast about. Randy the cowboy of the Village People, grew up in Raleigh. Kate Smith of "God Bless America" lived here for many years. Not exactly the hippest people to bring up to your friends from New York or California. But we do have David Sedaris.

If you've somehow missed hearing about the author of the best-selling "Naked" and the NPR-classic "The Santaland Diaries," you've missed some of the funniest writing and readings of the decade. Sedaris, who grew up in North Hills and returns here occasionally to visit his father and sisters, reads from "Naked" and other writings Tuesday night in a sold-out show at Stewart Theatre.

In "Naked," ostensibly a book of personal essays, he dissects experiences such as being a teen-aged volunteer at Dorothea Dix Hospital, washing dishes at the Piccadilly Cafeteria in Crabtree Valley Mall, painting apartments for a living in Chicago, hitchhiking to Raleigh from Kent State with a cynical friend who was confined to a wheelchair with a degenerative nerve disease, and, in the title essay, going to a nudist colony in upstate New York for a week just to see what it was like to live naked. The stories are often darkly humorous recreations of painful or uncomfortable episodes in Sedaris' colorful life.

Sedaris, now in his early 40s, read in Raleigh at Quail Ridge Books early this past summer. He is a natural comedian, and the reading felt more like stand-up than the respectful appreciation of literature. As a writer, however, Sedaris is no slouch, and the reading was truly the best of both worlds.

As those who have heard his radio commentaries know, his work and his delivery are intimately inter-



NCSU Center Stage presents a reading by David Sedaris, author of 'Naked,' this Tuesday at 8 p.m.

twined. Once you have heard Sedaris read, his voice replaces the one in your head as you read his books. A few of his works include "Barrel Fever," a book of mostly short stories, and "Holidays on Ice," which compiles "The Santaland Diaries" (his account of working as an elf in Macy's Santaland for two Christmases) and five other holiday-themed works.

At Quail Ridge, Sedaris previewed a few unpublished pieces and announced that he was heading to France for an extended vacation. He has already mined that trip for material in his latest series of commentaries on living in

New York City (which have been airing Monday mornings on NPR at 8:50), and he will likely preview more of his thoughts on French life Tuesday night.

In addition to his books, Sedaris has written a number of plays, some in collaboration with his sister Amy (who has left Raleigh for Manhattan as well). His work is featured frequently on NPR's "This American Life," hosted by Ira Glass, the man who first brought Sedaris to the attention of NPR. All of Sedaris' work on "This American Life" can be listened to for free on the "This American Life" Web site (www.thislife.org).



- ★★★★★ Phoebe - we never tire of her air-head comments.
- ★★★★★ Chandler - the guy who can't not be funny.
- ★★★ Ross - he's just so nice.
- ★★★ Emily - we're almost glad she divorced Ross.
- ★ Janice - her voice was not the only thing that was annoying.

Jon Spencer Blues Explosion — "Acme"

★★★★★

The Jon Spencer Blues Explosion's sixth LP is full of hooks, beats and a rhythm that the previous five only hinted at in snippets. 1994's breakthrough "Orange" is the record's true predecessor (1996's crankier, but more visceral "Now I Got Worry" was essentially a step sideways, not forward) because it takes the hip hop/funk/blotze/skrunk of "Flavor" and the delicious instrumentals "Very Rare" and "Greyhound" to their logical pop song ends.

So despite its almost cartoonish arrogance, the new Blues Explosion is very much a zenith, an apex, and an "Acme" baby!

There is a new-found sense of rock craftsmanship from a band that previously (and quite marvelously) was happy just to bludgeon with calculated yelps, hollers and time changes. And the famous Spencer grunts have survived ("I do not play no blues — I play rock n' roll"); they have just been increasingly augmented with actual verses and (almost) clear vocals. The songs, then, feel lighter. "Magical Colors" and "Give Me A Chance," to cite a pair, are grumpy grooves that never lose their steam.

While this dedication to rump-shakin' and tune-hummin' rock is clearly an unforced extension of the Blues Explosion's determined m.o., much of "Acme's" tunefulness can be credited to the album's guest stars. Iconoclastic-engineering-geek/Bush-collaborator Steve Albini gives the guitar on songs like "High Gear" and "Desperate" the standard Pixies/Nirvana treatment to a surprisingly un-annoying effect.

Basement dweller Calvin Johnson gives "Calvin" the uncult funk feel of his own Dub Narcotic Sound System. The Automator, DJ of Dr. Octagonec, provides the hip-hop overtones, deftly substituting beat boxing for drummer Russel Simms on the bouncy "Do You Wanna Get Heavy?" His turntable work throughout also gives the record its tasty old-school infusion.

All-in-all, "Acme" features 12 producers, including guest drop-in work from peeps like Atari Teenage Riot's Alec Empire, Boss Hog leader/Spencer's main squeeze Cristina Martinez and Luscious Jackson's Jill Canniff. It's really the band's songwriting, however, that makes the record click so naturally. Gems like the dense funk rock of "Talk About the Blues" and the laid-back puncher "Torture" highlight a remarkably consistent song cycle that has the type of organic infectiousness that will surely land the record in permanent rotation.

Meanwhile, the trademarked New York Dolls-drinking-with-James Brown-in-a-pool-hall energy that the Blues Explosion has mastered is still very much present. I'm peeing on myself waiting to see this set live from one of the most ferocious in-person acts around. The songs all pop, crinkle and implode in all the right places.

That's the secret of "Acme," and the reason why it truly marks the arrival of the Jon Spencer Blues Explosion to the upper strata of rock: the record manages to make concessions to catchiness without sounding conceded or silted and without relinquishing a bit of the band's surrealist fury.

Much to my surprise, I am once again excited about a band that seemed to have already shown its full hand a couple of years ago. And that kind of longevity and consistency reminds me of a classic rock era that I miss — one that the Blues Explosion unquestionably embodies. — R. Greene

Esthero — "Breath from Another"

★★★★★

"Music was the lamb that made a lion out of me," Esthero continually repeated to herself as she pursued her musical aspirations in Toronto. Now, this same quote lines the cover of the group Esthero's debut CD, "Breath from Another." This album certainly sees the young cub from a small Canadian town flourish into a grown lioness.

Esthero is not a solo act, however. The duo is comprised of the band's namesake and Doc, a young man hailing from Minnesota, driven by his obsession for music. Never have such a unique pair teamed with relative ease to produce a spectacular album like "Breath from Another." The diversity in the tastes of Esthero and Doc are evident, but borders between them go relatively unnoticed to audiences because the elements are fused together so well.

The title track loops together a series of drum 'n' bass arrangements — one slow and methodical and the other fast and up-tempo. The faster rhythm runs concurrently with Esthero's vocals, while the slower one laces a series of scratches and hip-hop rhymes. The track features rhymes by Shug, who has a sound similar to Redman, and Meesah. The track flows with considerable ease and is one of the best selections from the album.

The drum 'n' bass arrangement continues into the album's second track, "Heaven Sent." Nonetheless, this track doesn't at all resemble the prior song. Instead, this track combines the drum 'n' bass element with an orchestra string arrangement.

The unlikely combination is brought together by Esthero's vocals. Her solemn vocals are featured during a series of melodic strings, while her stronger and more empathic vocals merge with stronger string riffs (at this

Sequel screams incompetence

◆ "I Still Know What You Did Last Summer" is a movie made merely for the profits.

VICTOR PRINCE
Senior Staff Writer

O.K., first things first. When Julie (Jennifer Love Hewitt) goes into a half-monologue explanation of exactly why a psycho killer with a hook for a hand is trying to murder her, she says, very clearly that she accidentally killed the guy "two summers ago."

So why name the movie "I Still Know What You Did Last Summer?" I have no idea. Perhaps they thought it just sounded better than "I Still Know What You Did Two Summers Ago." I personally don't think they could have thought up a worse title while on an acid trip, but that's just me.

Here's the thing that I'm getting to, though. If you are going to make a sequel, as is inevitable in the horror genre, by all means keep it true to the original.

From the beginning, I was having a terribly hard time believing that this movie could scare anyone outside of my 5-year-old niece. It got better, scarier and even a little more intense, but you couldn't help but hope to see that hook go through another guy's head. I was personally waiting for Brandy to bite it in some bizarre way. After all, if this is

horror (and I have my doubts), we need some blood, folks.

The problem here lies in the fact that they undoubtedly tried to push this thing through as a PG-13 movie, the reasoning behind this being fairly obvious.

But let's be serious for just a minute. These new horror movies, though wildly entertaining in most respects (witless, my fellow men, Jennifer Love Hewitt in all her splendor as she eases into a tanning bed), fall somewhat short of the eerie, all-out creep festis like

"Nightmare on Elm Street." In those movies everyone could see the reason why they'd never seen any of them before.

Now, we have these high-budget, star-vehicle movies with headlines such as the newly anointed Stream Queen, Neve Campbell. So, what are we afraid of when we can tell who will die next? I'm not sure.

But the movies do still work on some fright level, albeit a little smaller than that of, say, "Candyman," which I've heard a lot about.

That said, here's the movie. Julie now goes to school in an undisclosed location, presumably further north than our wonderful home state, where the first film was set. She still dates Ray, the only other survivor of the terror of two summers ago, and it's pretty serious. That part of the plot really goes nowhere.

Julie and her friend Karla win a trip to a remote Caribbean island. They go, with two guys (dead meat, right?), and find out that their trip, surprise surprise, isn't what they had in mind.

Hi jinx ensues, as the killer rips all the oh-so-dispensable extras apart. This has been done so much better. When these people die, you couldn't care less. In

fact, the dank-smoking moron is maybe the best case of justifiable homicide I've seen yet.

"I Still Know" is obviously the brainchild of some studio exec who managed to talk Kevin Williamson, the writer/director of the original, into licensing a sequel. Williamson is the man behind "Scream," "Dawson's Creek" and nearly everything utterly teenage nowadays, and he just seems to have a problem saying "no." Of course, you get while the "gettin's good," and Williamson has mastered that, indeed.

Though "I Still Know" bears his name nowhere in its credits, I don't doubt Williamson will be getting kick backs from this movie, which should perform at the box office despite the fact that it's pretty terrible. But hey, who knows,

I Still Know...

Director:
Danny Cannon

Starring:
**Jennifer Love Hewitt
Brandy Freddy Prinze, Jr.**

★★★★★ Now Playing at: ★★★★★

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Photo courtesy of Columbia Pictures

A slow date with death

◆ Although slow moving, "Meet Joe Black" is a gripping, but humorous, drama.

RYAN HILL
Senior Staff Writer

From the moment "Meet Joe Black" opens, you immediately know that death is going to loom over the entire film. Granted, most people already know this considering that Brad Pitt plays the Grim Reaper himself. Death takes the form of a recently deceased man (Pitt) and decides to take a vacation on Earth, posing as a man named Joe Black.

Joe's guide to this world is millionaire Bill Parrish (Anthony Hopkins), who is living on borrowed time from Joe in order to educate him in

the ways of the world. Joe experiences life while on vacation and discovers many sensations that make us human (especially peanut butter). Joe is a pretty morose guy, considering he is death.

Bill's daughter Susan (Claire Forlani), the weak link between Pitt and Hopkins) takes a liking to Joe. The rest of the

ment of the relationship between Joe and Susan. Oh yeah, since this is a movie and there has to be a villain, there's Drew, Susan's jilted lover who also happens to want to take over Bill's company and sell it off.

"Meet Joe Black" is somewhat of a paradox. On the surface there is the love story between Joe and Susan, and underneath there is the issue of how Bill deals with the fact that Death is watching and living with him. On both levels this film is a great success.

The key to success in this film also happens to create a problem. The director, Martin Brest, allows the actors to express their emotions without the use of words, which creates several moments of silence but also rounds out the characters, giving them personality



Photo courtesy of Columbia Pictures

"Interview with the Vampire" and his portrayal of the insane character in "12 Monkeys." No, Pitt isn't a mental patient, but instead, he

See **Movie**, Page 4

Meet Joe Black

Director:
Martin Brest

Starring:
**Brad Pitt Anthony Hop.,ins
Claire Forlani**

★★★★★ Now Playing at: ★★★★★

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Serious depression strikes millions. Serious depression strikes indiscriminately. Serious depression is MOST dangerous when it goes unrecognized. That's why it's so important to always be aware of the threat of depression. And if your life is ever interrupted by a period of depression, remember that it is readily, medically treatable.

UNTREATED DEPRESSION
#1 Cause of Suicide

Public Service message from SA/VE (Suicide Awareness/Voices of Education) <http://www.save.org>

Sound

Continued from Page 3

junction, they sound more like guitars), and the drum 'n' bass inflections become more obvious.

The most predominantly featured genre on "Breath from Another" is acid jazz. A majority of the latter songs on the album are representative of the genre. The duo manages to bring elements from other genres into these tracks, however.

"Superheroes" combines jazz with a strong rhythm-and-blues twist (including a strong bass line), leaving the beat sounding like something Barry White should be crooning over. "Half a World Away" unites the aura of jazz with scratches by DJ Grouch. "Lounge" features both a string and horn arrangement. Aptly titled, the track maintains a mellow rhythm.

Esthero has already been hailed as the best band in Canada by "Access Magazine" and their debut CD, "Breath from Another," manages to live up to all the hype. Esthero's sound has gained comparisons to the likes of Bjork, Sade, the Sneaker Pimps and Portishead — Esthero is all that, rolled into one.

Movie

Continued from Page 3

uses humor to add to the character, which he did in "12 Monkeys."

Anthony Hopkins is brilliant as usual (when isn't he?), yet Claire Forlani seems somewhat out of place. Forlani, who has been in "Mallrats" and had a bit part in "The Rock," knows this is her breakout role. Unfortunately she tries too damn hard to be good and comes off giving a performance that looks too forced and contrived.

All in all "Meet Joe Black" is an excellent movie. At its center is a "chic flick," but look closer and you'll see a much more involved story consisting of love, learning, letting go and peanut butter.

Recycle
TECHNICIAN

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Technician's View

Aid needed in Honduras

More than two weeks after Hurricane Mitch pounded Central America and surrounding areas, residents there are still reeling from the catastrophic blow. Many people have lost it all: family members, crops, homes and, perhaps worst of all, hope.

What has been left behind is tragic: billions of dollars worth of damage, cities and towns devoid of roads and bridges, millions of homeless left to wander the ravaged landscape in search of shelter and missing loved ones. After days of unyielding rain, followed by powerful mudslides, more than 10,000 have been pronounced dead, 6,000 of which are in Honduras alone. Thousands more are still missing.

It is difficult, perhaps impossible, for most Americans to comprehend such loss and destruction. After all, most people living in the United States have homes to live in, roads to drive to work on and families to come home to. Many people living in Honduras, Nicaragua and other parts of Central America no longer do.

Imagine taking away every advance our country has made in the last half a century — advances in technology, transportation and agriculture. Now make a significant portion of the country homeless. Difficult to imagine, isn't it? Unfortunately, this is exactly the effect Hurricane Mitch has had on parts of Central America.

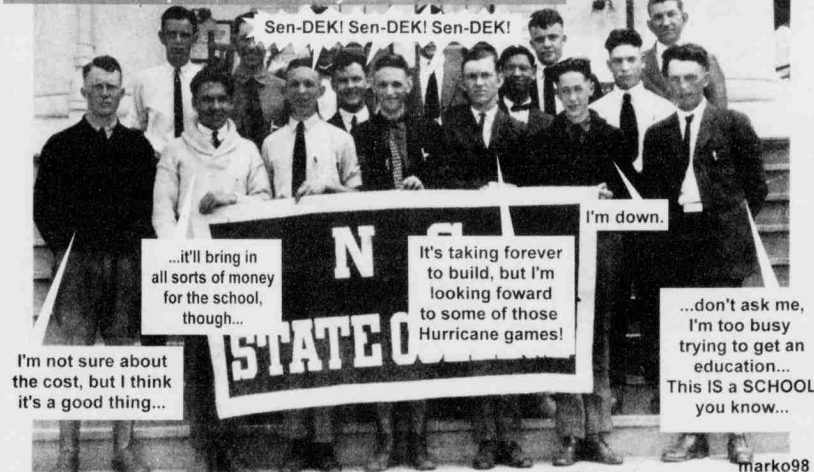
In Honduras, the raging storm wrought \$2 billion worth of damage to roads and severed 93 bridges. Seventy percent of the crops were destroyed. Seventy percent. That number is nearly catastrophic to the Hondurans' agrarian culture. The results were much the same in Nicaragua, where more than 4,000 people were killed, and many towns were buried when the crater lake at the top of the Casitas Volcans flooded.

The United States, along with the United Nations, has sent millions of dollars in equipment, services and food to the storm-torn areas. But this is only the beginning, a scratch on the surface. So much more will be needed to help our neighbors get back on their feet. And this is where ordinary citizens — which includes the students and staff at N.C. State University — can contribute.

Participating in such events as last week's food and clothing drive, which was sponsored by the NCSU Food Science club and the Carolina Interface Taskforce for Central America (CITCA) is one way to help. Donating the things that many take for granted — nonperishable food items, clothing and money — may seem like a small thing, but these are necessities that Mitch's survivors do not have.

In a country where jobs and money seem as impossible as the 20-foot high mudslides that took them away, every little bit counts.

So fellas, I'm sure you've all heard about the \$158 million dollar sports arena...any comments?...



THREE WRITERS TALK ABOUT STRESS

The 'Wetzell Approach to Stress Management'

BRETT WETZELL
Staff Columnist

Sometimes there's just nothing you can do. Stress and pressure build up, haunting you throughout the day, reminding you of everything you have to do that you haven't done. For me, stress has always been associated with Thanksgiving because that's around the time of the school year that things really start to pile up. That and the fact that I have to see my family.

I always seem to have a paper due or an exam waiting the week after Thanksgiving; it's just the way the semester is designed. The university should offer free stress-management seminars to students, like so many businesses do for their employees, to teach us slow deep-breathing exercises, good organizational techniques and perhaps offering free, erotic Swedish massages. But, at least, I've been able to devise some clever stress-coping strategies of my own over the years. In lieu of the absence of such a program at N.C. State, consider this column your personal stress-management seminar.

The Wetzell Approach to Stress Management is simple and easy. You just first let go of the pressure, letting it build and release on its own, like a good fan. Once you acknowledge that it's there, you can be at peace with the trouble inside you and let go of the shame. Everyone gets stressed; letting it go is only as embarrassing as you make it. Once you complete what I call the Acceptance/Release Stage, you can plug along in your own log, carelessly and free. Many people often experience a feeling of general uselessness, a common side effect. It's important to just remember that a general lack of accomplishment is far preferable to the feeling of unmanageable burden. Still, many do cope with their uselessness in different ways. Skipping class and watching excessive amounts of afternoon talk TV has proven to be the quickest way to learn to feel validated and worthwhile. But this is only the first stage. Once you become completely unconcerned and unaware of the world around you, you can then achieve Relaxation.

The Relaxation Stage prepares you for the next stage, Half-Ass Task Completion. Once you enter Relaxation, you can brush off all the pressures from the outside world with ease. You simply no longer care and are at peace with this state because you recognize your comparative superiority to the real-life people portrayed on "Jenny Jones." The Half-Ass Task Completion Stage is the most important step toward stress recovery. If you've accepted your state

of futility and hopelessness, though, this stage is easy. There is one simple fact that you will come to understand, and not necessarily in an un-Zen-like fashion: "I would have done a crappy job anyway."

So there's no need to suffer terrors, inhale carcinogens and ingest caffeine, because it's impossible to do any better. You suck, and that's OK. So, at this stage, part a little hole in your surrounding fog of inactivity and approach the tasks at hand with all the seriousness of a government employee. You will find that work is very easy to finish when you don't care about it at all! If you have a paper to write, expend the brunt of your energy extending first paragraph indents, line spacing and font size. And for the love of God, don't write in Times New Roman. Once you've optimized your paper for a favorable length-to-content ratio, you can glide through by rephrasing paragraphs from your textbook in your own words.

Now, it should be "stressed" that this technique is designed purely for managing the unrealistic demands the world places on us, especially considering the amount of time that typical semester-long student tasks like drinking and smoking crack (both viable stress-coping methods in their own right) already demand. If you are unwilling to accept your inability to write a paper for each class, do well on each exam and successfully balance gross amounts of Thanksgiving food with severe demands of extended family politeness, then go ahead and try. I'm going to watch TV.



Eight ways to escape from stress

AUSTIN ADAMS
Staff Columnist

I've been far too negative lately, especially in my columns. For some reason I feel the need to make someone on this campus mad. Well, not this week. I'm going to show what a great guy I really am by doing you all a favor.

You wiley college veterans like myself probably already know the information I'm about to impart, but bear with me. This is mostly geared toward you underclassmen that are freaking out because you have so much schoolwork due in such a short time. (Some of you who have been in the library in the last week really need to chill. Everything is going to be OK.)

Here is a little prophesy for you: It's only going to get worse, trust me.

I had two projects and a test last week, and I'm not even close to being done for the semester (just an example, I'm sure some of you had harder weeks and, no, I don't want to hear about it.) The difference between now and a couple of years ago is that I'm calm. I used to get so stressed that I couldn't eat or sleep (which is very strange because those are basically the only things that I do except occasionally write this column.)

Over time, I have found a few things that relieve my stress to the point where nothing bothers me at all now. It's just school. If you flunk out, you can come be a greeter at Wal-Mart (although I think you have to be really old with me, and you can put your cardboard box right next to mine on Hillsborough Street (come on, it will be fun). Boys and girls, here is my good deed for the month: my Top Eight List (I couldn't think of two more things that I've done) of Stress Relievers (in descending order of course, the classic "top 10" style).

8) Splitting wood... I never knew the joy of this until a couple of weeks ago when it started getting cold. We are too cheap to turn on the heat at our house, so the fireplace is pretty much in constant use. Splitting wood is great because it makes me feel like I'm destroying something, and I can talk junk to the wood while I'm doing it. My neighbors think I'm crazy because I'm out on the back deck yelling at wood. Using the chainsaw goes right along with this.

7) Hitting baseballs... I usually go to Grand Slam USA next to K Mart on Western Boulevard to do this, and it's a pretty nice place. Baseball is a very frustrating sport at times, so this may not be for everyone. If

CAMPUS FORUM

Hill's column was 'absurd'

What has happened to liberalism in America? Merriam Webster defines liberalism as "a political philosophy based on belief in progress, the essential goodness of man and the autonomy of the individual and standing for the protection of political and civil liberties." After reading Jim Hill's absurd diatribe on the evils of government in the Nov. 12 issue of Technician, I wonder how these ideals fit into the conservative doctrine.

Hill and his sympathizers, patriotic though they claim to be, are promoting an agenda that is, at best, astinine and, at worst, positively insane. Hill believes that the federal government has absolutely no role in education at a time when a commitment to quality public instruction is crucial to our civilization and our economic prosperity. He believes that Social Security, Medicare and Medicaid are solutions to "government problems" (as if these problems are somehow divorced from our own problems) when they were, and still are, much

needed solutions to problems that affect all of our society. No rational, humane person who has worked with and lived among welfare recipients or heard their stories would insist on abolishing such programs. At a time when our destruction of the environment has just begun to snare us in the form of global warming, urban sprawl and ruined waterways, conservatives look to private enterprise of all places to clean up its own mess. Individual freedom, dignity of human life, ethics and the founding ideals are the supposed cornerstones of conservatism. Yet conservatives — and some liberals — still support the death penalty, want to wrest benefits from the hands of the homeless, slam the door in the face of desperate immigrants and deny groups such as homosexuals rights that other Americans enjoy.

Why do so many of us view the federal government as a body acting independently of our wishes and somehow opposed to our best interests? Of all our institutions — and I include here churches, corporations and private universities — the federal government is the only one that has its charter the welfare of every

See Forum, Page 6

TECHNICIAN

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Stress is a common denominator of life

ALICIA SUKA
Staff Columnist

As the semester is gradually coming to a close, most students' stress level is just beginning. Professors are progressively getting tougher, papers are due, there are more books to read and the biggest worry of all are the final exams that are just waiting to destroy us. Do you not find that every professor has a test or a major project due the same week?

Unfortunately, this is just the school portion of our lives. If you are like me, you have a job to deal with, as well as your family, especially with the holidays coming up. How in the world are students supposed to deal with all of this stress?

Recently, I was surfing the Internet and came across an article centered around the idea that stress can be a positive part of everyone's life. I found it strange that someone might actually believe that stress was a

good thing, but this is exactly the idea the article conveyed. After reading it, I have to say that I agree.

Everyone, especially those who are dealing with a lot of stress right now should first accept that stress is a part of life. If you never get upset or bent out of shape over something, consider yourself lucky, but the majority of us do. If you did not stress over things, would you find yourself working as hard to get through what you are stressing over? Try to relate stress with determination. When you are determined to do something, you work twice as hard.

For example, most professors assign a paper at the beginning of the semester with a due date that is, more than likely, over a month away. However, most of us wait until the last minute to get started and end up working all day and night on the assignment. We are determined to get the paper done and turn it in on time, with the professor never suspecting a thing. In fact, that paper is generally

a better product of work than one that could have been written a month before.

Becoming stressed, or as I like to say, determined, gives you the energy to be more productive, make changes and work harder. A person simply needs to organize what they are stressing over into a list and become determined to complete it, as in the case of students. We know exams are coming, and we all have major projects that need to be done. Set your mind to completing the list and think of stress as the strength to get them done.

Obviously I am not saying to wait until the last minute to do everything and stress will help you through it, but if you have found yourself in a stressful situation, be determined to find a way out of the situation. When everything is all over, meaning your papers are done and exams are completed, the stress is gone and relaxation sets in. Christmas break can't get here too soon.

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Forum

Continued from Page 5

citizen as its primary objective. As I was told recently by one of our elected officials, "Government is about us." Yet, either out of cynicism from past betrayals or fear of our own responsibility for the nation's future, we have decided that politics is a vicious realm and that our government is hopelessly misguided.

Has government been clumsy, myopic, even irresponsible in the past? Absolutely. But it is for precisely this reason that we must renew our interest in government and elect capable leaders and not throw up our hands in despair. Let us not forget that our government — like few other institutions today or in the past — is first about us.

Tomas Carbonell
Chemical Engineering/
International Relations

Vegans are all over the world

In reply to the ridiculous letter from a Mr. Stanislav Kravynik, I would like to mention the following items:

Humans are not exclusively carnivores. You state that vegans can only exist in "rich nations like America." On the contrary, only nations like America consume meat in such extreme quantities. Vegan diets do not lack iron, protein, calcium or any nutrient necessary for human life. All vegans are,

apparently, dead.

Your arguments supporting your statement that humans are carnivores are invalid, and your facts are wrong. You also give three separate arguments in your letter, not "only two" as you state. You, apparently, cannot count. Humans have binocular vision: two (bi), eyes (ocular) that look forward. You are, apparently, cycloptic. Humans have two kinds of teeth: sharp, pointed teeth for cutting meat and large, flat teeth for chewing vegetation. You, apparently, are missing a large portion of your jaw.

Your assessment of the human body is ludicrous. Our bodies are quite versatile and definitely not clumsy. Bipedality lends itself more to use of the hands, rather than endurance running. You, apparently, race deer and horses daily to keep yourself in "decent shape."

Humans would have a hard time living off meat alone. Even the staunchest proponent of carnivorousism probably consumes a significant amount of plant matter in his daily diet. You have, apparently, never eaten a salad in your life.

As an aside: speaking of ideological nonsense, try refraining from statements like "we were designed with meat in mind." Do not push your Creationist theories on us. You are, apparently, a hypocrite.

So the next time you're in the forest, running down some poor gazelle to feed your starving wife and kids (who will probably eat nuts and berries instead of waiting for you, don't forget that you're not going to be able to defend yourself from that lion that wants to be on top of the food chain.

Being at the top is inefficient and wasteful.

Dennis J. Kim
Senior, Materials Science and
Engineering

Vegans have strength, will

In the past few months, Campus Forum has become a battlefield between meat-eaters and vegetarians. Each side takes stabs at the other and prematurely claims victory. I must admit that I am not a vegetarian, but I'm trying to cut back on meat and I totally support vegetarians. They have strength and willpower not found in meat-eaters.

The previous responses from meat-eaters have been very childish and uneducated. I remember using the "it's a free country" reasoning on my parents when I was 12. It didn't work then, and it's not going to work now. When you have a real argument, I'll be willing to listen. The theory that humans are carnivores can be disproved by any anthropologist. All apes eat plants and rarely meat. They are not carnivores or hunters. Chimpanzees eat termites to get protein. Humans have always been mostly vegetarian, eating meat only occasionally, like other apes.

The sad truth is that red meat causes heart disease and other serious health problems. Cattle ranching causes deforestation, habitat loss for wildlife and a major increase in methane in the atmosphere. Hog farming in our state has destroyed our rivers. This argument can continue forever, but the vegetarians will outlive the meat eaters, leaving them to have the last laugh.

Attila Nemecek
Freshman, Zoology

Adams

Continued from Page 5

you can't hit a baseball, don't try this because it will only stress you out more. That is why golf is not on my list, because I am challenging for the title of worst golfer alive. It seems like I start throwing clubs and yelling a few choice words every time I go. Most of the time hitting baseball works for me because I'm a pretty decent baseball player (or at least I was "back in the day"), but sometimes when I don't hit too well, hitting baseballs makes things even worse. (It makes me say to myself, "You aren't going to get your school work done AND you can't hit a baseball! You hite!")

6) Yelling really loud for no apparent reason — I love doing this because it always works so well. I just walk outside of the house and yell. If you live in a bad neighborhood, I wouldn't advise using this one because you may get shot, especially at night. If you live on Brent Road, don't do it too late at night because our friends from RPD may come. A couple of friends and I were standing in the front yard one night, just hanging out, and a cop came by and asked for an ID from all of us because he thought we were fighting (really? Oppress me much?). If that can happen, they can most certainly visit you for yelling.

5) Watching TV ... What can this great invention of the modern era not remedy? Watching TV makes me get over everything in life. Especially if I watch certain shows. "The Incredible Hulk" comes on the Sci-Fi channel every day when I get home from class, and it always

seems to pick me up. I try to turn the channel after it is over because "Wonder Woman" comes on next, and the whole "truth luss" thing bothers me. If anyone has any idea what I'm talking about, please raise your hand. That's what I thought, nobody, but my roommates won't let me. But probably my number one stress-relieving show of all time would be "The Price is Right." It comes on right after one of my classes, too, and I am a master of all the games. I may not have a really good GPA but I can price a can of soup like no one else.

4) Drinking alcoholic beverage of choice ... This would rank much higher on my list but I don't want to seem like a raging alcoholic. But I think most of you know that this is a very good way to relieve stress in this practice. There is nothing like turning in your last assignment of the week and coming home to a refreshing beverage.

3) Sleeping ... I use this one all the time. I don't know if this will work for some of you, because some of you probably can't go to sleep as easily as I can. I could be walking through campus on the way to class, fall over into the bushes, fall asleep and think nothing of it (maybe I'm exaggerating a little but that is the way I go through life). After going to sleep and dreaming about all the things that I wish I was doing, I wake up refreshed and ready to do something productive. I haven't had a nightmare bad enough to stress me out in a while (except the ones where I'm only half asleep and I dream that I'm falling), so I guess that is why this ranks up so high on the list.

2) Exercise ... I've been told that this was a good thing to do to relieve

stress but I'm not even sure what this word means. I think it's what those people that go into that big building called Carmichael do, but I can't be sure. I think it would require me to get off the couch so I try to stay away from it.

1) SEX ... Sex is the greatest stress reliever of all time, and nothing else is even close. The only problem that arises is after sex. If you are in a relationship and you have sex, everything will probably be OK. But if you have sex with someone who you aren't dating, usually stressful things are spawned by this act. To all of you people whose "game" is hurting a little right now, see options 2-8 (I'll be joining you). To all of you who are doing just fine, rock on with your bad self.

Through this tangled mess of incoherent rambling, I hope you got something positive from the knowledge that my experience has brought on. School is going to be rough for the next few weeks but keep this in mind: college is the greatest time of your life. Take advantage of it. If you sit in your dorm room, apartment, house, etc. with your face in a book 24 hours a day, seven days a week, worrying about not getting work done, these may be a couple of the worst weeks ever.

When you are 65 years old, retired after working 40 years, you may look back and wish you had more fun. Just a thought.

Austin Adams is a senior in business management who enjoys the many tasty dishes that can be prepared with Spam and/or Vienna sausage. If you would like to praise him for his very helpful column or just want to say "what up," e-mail him at adadams2@unr.ncsu.edu.

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Tuesday, November 17	11am - 4pm 11am - 2pm 7:30 p.m. 8 p.m.	Free beverage with a purchase Promotional giveaways sponsored by the Carolina Hurricanes NHL Hockey: Philadelphia Flyers vs. Pittsburgh Penguins Buffy, the Vampire Slayer Party
Wednesday, November 18	11am - 4pm 11am - 2pm 8 p.m. 10 p.m.	Free beverage with a purchase Promotional giveaways sponsored by WB22 Dawson's Creek Party South Park Party
Thursday, November 19	11am - 4pm 11am - 2pm 8 p.m. 8:30 p.m.	Free beverage with a purchase Promotional giveaways College Football: Pittsburgh at Miami College Basketball: Richmond at Connecticut Thursday Night Wrestling Grand prize drawing: Free accommodations to select destinations!

Look for more activities to be announced each day on the Wives' Den "Schedule of Events" board in Talley Student Center



Cavs oust Pack

◆ The men's soccer team held second-seeded Virginia scoreless for over 100 minutes before losing 4-0.

Sports Staff Report

The men's soccer team ended its 1998 campaign with what was one of its best efforts of the entire season, before losing 4-0 to the Virginia Cavaliers in first-round action of the Atlantic Coast Conference Tournament.

"Virginia is without question a good team, a very good team," Head Coach George Tarantini said. "Today we played a team who was poised and understood what they had to do to win."

N.C. State took the fifth-ranked Cavs the distance at Spy Stadium on Wake Forest's campus, forcing overtime before Virginia went on a scoring spree in the two 15-minute overtimes.

UNC did not notch a score against the Wolfpack defense until the 100th minute of the match, when Michael Green put Virginia on the board with a header off of a corner kick from Ryan Trout at the 100:03 mark of the first overtime.

Virginia would score three more goals in the next 11 minutes for the final score.

"I said before the game that when we get one goal this thing will open up," Virginia Head Coach George Gelonvach said. "Unfortunately it took us until the overtime period to get that goal."

First-team All-ACC forward Chris Albright added the second goal at the 108:06 mark with a 10-yard shot off of a pass from teammate Marshall Leonard.

The Cavs' Trout and Curtis Bush each added a goal to close out the scoring.

N.C. State was out-shot 21-13 by the Cavaliers and had seven corner kicks to Virginia's 13. State was issued five yellow cards in the game. Sophomore Midfielder Shaker Asad, who was named second-team All-ACC before the tournament, led the Wolfpack with

See **Cavs**, Page 7



Wolfpack Head Coach Rollie Geiger poses with the 1998 District III Champions.

Wolfpack women demolish competition

◆ Women's cross country team earns fourth consecutive trip to National Championship.

K. GRIFFNEY

Sports Editor

GREENVILLE, S.C. — N.C. State showed its continued dominance over the southeast region in women's cross country with a 26-point win at the District III Meet at Furman University on Saturday.

State placed all five scorers in the top 20, scoring 47 total points. "We've won this championship a number of times, but five girls in the top 18, it's huge," said Wolfpack Head Coach Rollie Geiger. "I thought we'd run well, but I didn't think we'd run like this."

While Janelle Kraus won the individual title by 19 seconds, it wasn't enough to help her Wake Forest team knock off the Pack. The Demon Deacons finished second, with 73 points, beating UNC-Chapel Hill by 35 points.

Coming into the meet, the Tar Heels were ranked 18th in the nation, one spot above the Deacons, and had beaten out Wake Forest for second place at the ACC meet two weeks earlier.

For the Wolfpack, ranked seventh in the nation coming into the week-

end, underclassmen led the way, as all five of their top finishers are in their first or second year of competition.

Sophomore transfer Lindsey Rogers finished first for the Wolfpack, taking third place overall with a time of 17:24. Virginia Commonwealth sophomore Maria Elena Calle just edged out Rogers for second place, holding on to a small lead over the final stretch of the course to finish in 17:23.

"I'm happy. I felt real good today. I was behind in the beginning, and then I just sort of moved up throughout the race," said Rogers. "At about a mile, there was a downhill, and I just started going, and I don't know if people were slowing down, but I just kept on going."

Redshirt freshman Katie Sabino finished seventh overall and second amongst Wolfpack runners, with a time of 17:43.

"Coach let us know that we could relax, that we were just trying to qualify, but we came out and did a really good job," said Sabino.

"This needed to come into a race like this with a very relaxed attitude. I think they have a lot of confidence coming here, and they need to take that to NCAA's and try not to make it bigger than it is," said Geiger.

Sophomore Amy Beykirch took ninth overall with a time of 17:45.

Beykirch goes down on the official scorecard as finishing in eighth place, because Coastal Carolina's Jolene Williams, who actually finished eighth, ran without a team, and, therefore, her individual place doesn't affect the team scoring.

This is the second time that Beykirch has helped the Pack qualify for the National meet, finishing 13th at last season's District meet, despite suffering from the side effects of a flu-like illness.

"We were confident coming in, but you always have to be ready for anything coming in," said Beykirch. "I think that we did a good job handling ourselves and running our race."

The Wolfpack's top three runners not only finished in the top 10, but also all three finished before the second-place runner from any other team.

Freshman Jennifer Modliszewski and sophomore Erin Musson rounded out the scorers for the Pack, taking 13th and 18th overall, respectively.

All five of the Wolfpack's scorers earned All-District Honors, finishing in the top 25. Based upon their individual finishes and their GPAs in the classroom, four of the five also earned honors as Academic All-Americans at Saturday's race. Modliszewski is the only one of the

See **Pack**, Page 7

One more to go

Men defeated, advance

◆ The Pack qualifies for Nationals despite a second-place finish.

JOHNNY NOEL

Staff Writer

GREENVILLE, S.C. — Wake up call.

In past years, the men's NCAA District III cross country meet in Greenville, S.C., has been a race for second and a chance to qualify for Nationals behind the mighty N.C. State cross country team.

James Madison University changed all that in one mighty moment, as the Dukes placed four runners in the top 12 to upset the Wolfpack 50-73 in a surprising upset.

"We knew coming in they were very good. I think they ran well, and we weren't very on top of our game today," Head Coach Rollie Geiger said. "But these things sometimes can be motivational for the next week. I think we made some tactical errors racing-wise, and so much of this is mental."

"The race was fast — the race was actually faster than Nationals last year [held on the same course]," Geiger said. "James Madison ran really well. They ran off the pace and grouped well. I've got to give them credit for doing what they did."

Junior Brendan Rodgers came to regionals looking for victory after winning the Atlantic Coast Conference Championships two weeks ago.

But after running with the leaders the entire race, surges by James Madison's Riss

led Rodgers to finish third for the Pack, who took second as a team.

See **X-C**, Page 7

don't think we were as mentally sharp today as we need to be."

As surprising as the loss was, it really meant nothing beyond the disappointment of a loss and the motivation to beat on the Dukes next week.

More importantly for the Pack, the team still finished second, assuring themselves of an automatic qualifying berth at Nationals and a chance for vindication, as well as a chance to finish the season running well.

"I'm definitely a little disappointed, but we're going to the big dance, and that's what really matters," senior Chris Phillips said. "We got second, no big deal; it doesn't change things. It doesn't change whether we're going to run, and it sure doesn't change how good we are as a program."

With the Dukes running as well as they did, it would take an incredible performance by the whole team to run to victory.

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See **X-C**, Page 7



Brendan Rodgers finished third for the Pack, who took second as a team.

Bittersweet ending for duo

◆ Kaitlin Robinson and Laura Kimbrell bid farewell as Pack finishes season winless.

K. GRIFFNEY

Sports Editor

Talk about an emotional roller coaster.

On Friday night, N.C. State's volleyball team said goodbye to two seniors, honored the reigning Atlantic Coast Conference career kills record holder and lost to Clemson, finishing the 1998 season 0-16 in the conference.

Prior to the start of the match, Coach Kim Hall and the Wolfpack team honored senior co-captains Kaitlin Robinson and Laura Kimbrell.

Robinson is a two-year captain with the Pack and has played in

over 420 games for the Pack in four seasons.

Kimbrell, a four-year starter for Hall, ranks among the Wolfpack's all-time greats in career digs, as well as holding the school's career-kills record, which she set earlier this season.

Kimbrell and Robinson also represent Hall's first recruiting class to come through and complete four years with the Wolfpack.

"There was so much excitement tonight. If ever there was a night to win a game in Reynolds, tonight would have been it," said Hall following the match. "Unfortunately, we just couldn't hold it together."

State started the match strong, holding the lead for most of game one. Defensive plays from Charcee Williams and kills from Kimbrell and freshman Alison Kreager powered the Pack, but

miscused down the stretch and a six-point serving rally by Tiger sophomore Heidi Cooper led Clemson to a 15-11 win.

Early in the second game of the match, Kimbrell added another honor to her already-extensive resume, becoming the Atlantic Coast Conference's all-time career-kills leader, slamming her 1,938th kill past the Clemson defense.

Play was stopped while Kimbrell was honored after breaking the almost-10-year-old record.

"I knew that today was going to be the day. I tried to keep my mind off of it and tried to just concentrate on winning the match," said Kimbrell.

"I am so happy for her," said Robinson of her four-year teammate. "She could be so cocky

See **Duo**, Page 7

Laura Kimbrell

ACC Career Kills Leader

1,950 Kills

Swimmers drown Duke

◆ N.C. State's swimming and diving team defeated the Duke Blue Devils in Durham on Saturday.

Sports Staff Report

Both the men's and women's swimming and diving teams looked tough on Saturday, downing the Duke Blue Devils in Durham. The men won by a 147-86 score while the women took home a 148-5-96.5 victory.

"It was a pretty relaxed meet," Wolfpack Head Coach Scott Hammond said. "I was pleased with the way we performed."

The women won nine first-place finishes on Saturday, with Shelly Cavalier and Cindy Schuster each bringing home two wins apiece.

Cavalier finished first in both the one-meter and the three-meter diving, while Schuster placed first in the 200-meter

See **Swim**, Page 7



Kim Smith (22) and Summer Erb (3) play tough defense in Saturday's win.

Career highs mark win

◆ Summer Erb and Kim Smith lead the Pack in 96-76 win over Richmond.

CHRIS BOSKEN

Staff Writer

Saturday afternoon juniors Kim Smith and Summer Erb tallied career-scoring highs in N.C. State's season opening 96-76 victory over Richmond in Reynolds Coliseum.

Building on Smith and Erb's combined 64 points and a solid defensive performance State overcame early foul trouble to put the Richmond Spiders away early in

the second half.

In the game's opening minutes the Wolfpack was successful in subduing Richmond's aggressive full-court press and sprinted to a 29-0 lead only 10 minutes into the match.

Despite the sizable lead, all was not well for the Pack. Both Erb and perimeter shooter Tynesha Lewis found themselves in foul trouble. Richmond, renewed from whole-sale substitutions, fought back from their early deficit and sliced State's margin to single digits.

With Erb and Lewis sidelined from foul trouble and Richmond on

See **State**, Page 7

Eagles clipped

◆ N.C. State defeats Maryland-Eastern Shore 81-60.

ERIK FISHER

Staff Writer

The N.C. State men's basketball team kicked off its regular season with a convincing 81-60 victory at home over the Fighting Eagles of Maryland-Eastern Shore Saturday night.

Ron Kelley led the Wolfpack with 21 points, and Archie Miller was a perfect five-for-five from the field.

Miller racked up 16 points, despite missing almost a week of practice because of a sore ankle. Four of Miller's field goals were three-point buckets.

The Wolfpack dominated early with a 15-2 run that spanned six minutes and put the Pack up 25-13. Highlighting the streak was a running layup, courtesy of Tim Wells, set up by a Ron Kelley seal in the Eagles lane.

Kelley swiped passes twice, both of which were converted into layups.

On the night, N.C. State picked up 20 points off Maryland-Eastern Shore turnovers.

Another first-half run by the Wolfpack around the six-minute mark put the home team up by 19 points.

"We want to do that," N.C. State Head Coach Herb Sendek said. "We want to strike in transition when we can."

The second half saw more of the traditional half-court offense from the

See **Eagles**, Page 7



Archie Miller was 5-5 from the field against UMES.