

SGA President wins Leadership Award

Durenda M. Johnson, a University of North Carolina at Greensboro senior and Student Government Association President, has been awarded the 1997 Young Adult Leadership Award by the Women's Forum of North Carolina, Inc.

Durenda's parents are Debra Tyler of Raleigh and Robert Johnson of Fayetteville.

Four YALA finalists named are Michelle Keaton Barrow, a broker/owner of Keaton Barrow Realty, Raleigh; Laurie Cavey, director of the Math Mentoring Program among Wake County teachers, N.C. School of Science and Math, Raleigh; Rachel Katherine Esposito, law student at UNC-Chapel Hill and former teacher, Burlington; and Marie E. Hopper, founder and director of Musicare, a preschool music program in Greensboro.

The Young Adult Leadership Award was established by Jan Proctor of Raleigh, and is dedicated to the memory of her son, Robert D. Proctor.

UNCG political scientist speaks in Norway

Political scientist Dr. David M. Olson of The University of North Carolina at Greensboro delivered a keynote address at an international conference held in October at the University of Oslo in Norway.

The conference was on the topic, "Democratization in Post-Communist Europe." It included a number of scholars from Central European countries who have been studying the developing democracies in their countries since the fall of communism in 1990.

Olson, who spoke on "Alternative Paths to Democratization," has been instrumental in organizing research efforts on the emerging democracies. A major article by Olson on "Paradoxes of Legislative Development: Experiences of Central Europe" was recently published in the *International Political Science Review*.

While overseas, Olson made research visits to the parliaments of Norway and Sweden. He also met with colleagues at the University of Stockholm.

Olson has been instrumental in focusing international research efforts on the new governments. In 1994, he organized an international conference on "The New Parliaments of Central Europe," which was held in Prague, the Czech Republic. During the coming months, he will be organizing a followup conference on the parliaments of Central Europe, to be held at UNCG next summer.

Olson came to UNCG in 1971 and was head of the Department of Political Science from 1971-88. He currently is a co-director of the Parliamentary Documents Center for Central Europe, which he helped to found at UNCG. He holds bachelor's, master's, and doctoral degrees from the University of California at Berkeley. His books include, "The New Parliaments of Central and Eastern Europe," "American Political Parties and Elections," "The Legislative Process: A Comparative Approach," "Legislatures in the Policy Process: The Dilemmas of Economic Policy" and "Representation in Federal Systems: Canada and the United States."

Market value of UNCG's endowed funds grows 23.1 percent to \$75.4 million

The Board of Trustees at the University of North Carolina at Greensboro received some encouraging news at its meeting Nov. 19, concerning the University's total endowment. The market value of UNCG's endowment and that of its affiliated foundations had grown to \$75,358,941 as of June 30, 1997 — marking a total rate of return of 23.1 percent for the 1996-97 fiscal year.

Overall, the market value of UNCG's total endowment increased by \$13.7 million from June 30, 1996, to June 30, 1997.

The report on UNCG's endowment was contained in a financial report that was presented to UNCG trustees on Nov. 19. The report was prepared by Johnson,

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The Carolinian



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New clinic in UNCG department of accounting

Staff Reports

Graduate students in Dr. Susan Anderson's class in "Tax Policy and Business Planning Strategies" have been working with some very nervous people this semester.

Those people have good reason to be nervous: they're being audited by the Internal Revenue Service. And the recent hearings conducted by the U.S. Congress on IRS abuses didn't help to calm them down.

"It is understandable that people are anxious when they receive an IRS notice," said Anderson. "This anxiety is magnified due to what they heard on the news during the hearings. People will feel like they've been singled out personally. And an audit can seem like a personal thing where your honesty is being questioned."

Anderson's class has been working in a new clinic, set up this fall at The University of North Carolina at Greensboro. They have spent the semester providing free assistance to low- and moderate-income taxpayers who are being audited by the Internal Revenue Service. The clinic is being operated in the Department of Accounting in the Joseph M. Bryan School of Business at UNCG. Co-directors are Anderson and Dr. Arthur Cassill, who are associate professors of accounting. Interested persons can call the department at 334-5647.

Two of the graduate students — Mike Fletcher of Laurinburg and Tracie Hayes

of Asheboro — have worked in the clinic this fall. The clinic has been approved by the IRS national headquarters in Washington, and Triad residents who are being audited get a notice that help is available through the UNCG clinic. The students are paired up to work with their clients, and both Hayes and Fletcher say they've seen "taxpayer anxiety" up close, and they've gotten some real-world experience in the process.

"People have a real fear of being au-

dited," said Fletcher. "My taxpayer thought there was someone out to get him. His situation was not that bad and he's an intelligent person, but he had this irrational fear of being audited." Hayes and Fletcher are not paired up as partners for the audit clinic, but their experiences have been similar.

What they and other graduate students have done is provide information to the taxpayers to inform them of the audit process and to explain pertinent points

of tax law — actions that have had a calming effect on their clients.

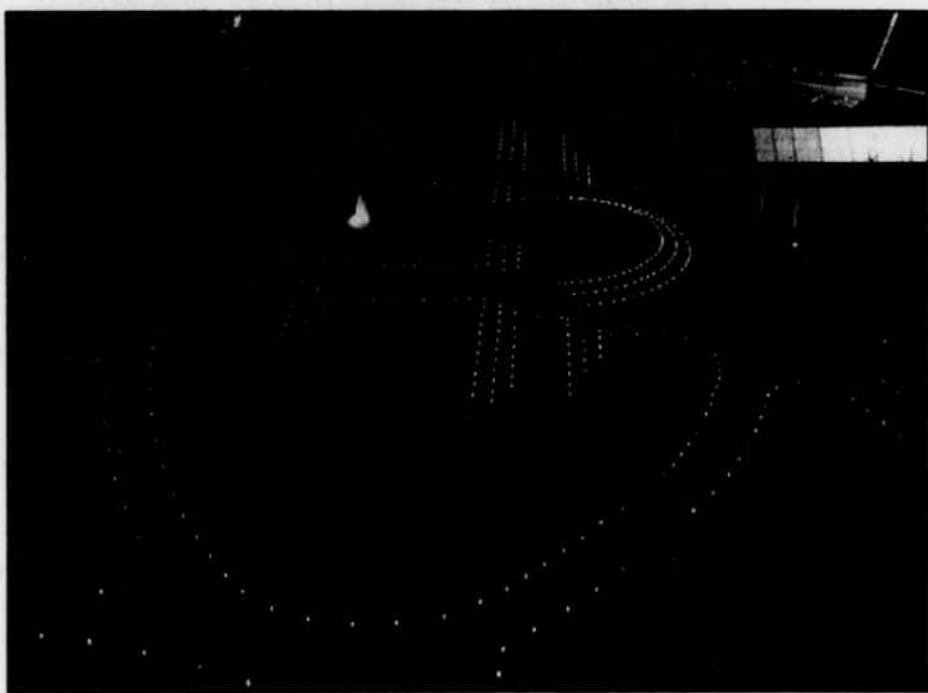
The graduate students have made phone calls to the IRS when needed, assessed what material was needed as proof of deductions, and done research on specific problem areas. They also will go to the audit, if the taxpayers request that they attend. "We've had to do a lot of hand-holding," said Hayes. "There's a lot

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Courtesy Photo

Accounting graduate students at The University of North Carolina at Greensboro are operating a clinic to provide free assistance to taxpayers who are being audited by the IRS. Two of the graduate students are Tracie Hays (left) of Asheboro and Mike Fletcher (right) of Laurinburg. Working with them (center) is Dr. Susan Anderson, an associate professor of accounting at UNCG who is director of the clinic.



Courtesy Photo

Students at the University of North Carolina at Greensboro will hold their annual candle luminaire display on Sunday, December 7. An estimated 4,000 luminaires will burn from 6-10 p.m. on the UNCG campus to welcome the holiday season. The scene (above) was taken last year from the top of Jackson Library, looking down on the fountain at the plaza outside of the University Dining Hall. The display is open to the public at no charge.

Annual holiday luminaire display scheduled Dec. 7 on UNCG campus

Staff Reports

Students at the University of North Carolina at Greensboro will hold their annual candle luminaire display on Sunday, Dec. 7.

Members of UNCG sororities and fraternities will assemble approximately 4,000 candle luminaires, which will be placed around campus. The candles will be lit and burn from 6-10 p.m. on College Avenue and at the Student Plaza outside the Dining Hall. Visitors are invited to view the luminaires and join UNCG's campus community in welcoming the holidays.

The luminaire display, which has its origins in Spanish and French customs, was started at UNCG in 1969. The event is sponsored by UNCG's eight fraternities and nine sororities, who handle the

display as one of their major service projects each year.

On the evening of Sunday, Dec. 7, at 6 p.m., UNCG will begin a new holiday activity with the lighting of a holiday tree. The tree to be lighted will be located on College Avenue near Jackson Library.

Student organizations are being asked to provide decorations for the tree. The idea for the holiday tree at UNCG came through the Chancellor's Suggestion Box.

At UNCG, the luminaire display traditionally precedes the beginning of first-semester final examinations.

This year, students will have one last day of classes on Monday, Dec. 8. On the following day, another campus tradition — final exams — will begin at 8 a.m. sharp.

Vitamins C, E may have positive effect on young adult smokers

Staff Reports

Vitamins C and E appear to have positive effects on the health of young smokers, but more research is needed to determine any real benefit, says a researcher at the University of North Carolina at Greensboro.

Dr. Cindy J. Fuller, an assistant professor of nutrition at UNCG, has studied the effects of the two vitamins on a group of 30 smokers 18 to 25 years old. Other studies have shown that smokers tend to have greater releases of free radicals by their white blood cells. Free radicals are substances released in the blood that fight off bacteria and viruses but also can harm healthy tissue.

Fuller found that vitamin C can reduce free radical output in neutrophils, a type of white blood cell. She also discovered that vitamin E is effective at reducing the oxidative damage that free radicals can inflict upon LDL, which is known as the "bad" cholesterol. When LDL becomes oxidized, it can lead to atherosclerosis, or hardening of the arteries, a major cause of heart disease.

But when you combine vitamin C and vitamin E, there is no effect, Fuller said. She has a couple of possible explanations for this result. One is that the smokers took their vitamin C in one large dose

during the day. When a person takes vitamin C in one large dose, the body absorbs less of it, Fuller said.

Another possible explanation lies in the fact that vitamin E is fat-soluble, which means that it will travel in the LDL within the blood. But vitamin C is not fat-soluble, and when the LDL is isolated, the vitamin C is not there, she said. This lack of vitamin C may have lessened the effect of the combined vitamins. Fuller is seeking funding for a larger study to build upon her results. She also is interested in using other parts of the blood, such as plasma lipid peroxides or another type of white blood cell known as monocytes.

She said her research in no way condones smoking, and the best way for young people to avoid health problems later is to stop smoking. "I wanted to see if we could give young smokers these vitamins as sort of a protective measure,

so that when they were able to quit at some time down the road, they would have a lower risk of heart disease and cancer than they would have if they didn't take these vitamins," Fuller said. "Because cancer and heart disease are processes that start as early as childhood and adolescence, what you do when you're a teen-ager and young adult will affect what happens to you when you're 55 or 60. 'Maybe by reducing the damage now, they'll wind up with less problems later,'" she said.

AUNCG faculty member since 1995, Fuller did postdoctoral research on the effects of vitamin E on heart disease in diabetics at the University of Texas-Southwestern Medical Center. She received her doctorate from Cornell University. She is serving as chair of the Health Sciences Section of the North Carolina Academy of Sciences for the 1997-98 years.

UNCG nursing researchers doing pilot study on nursing homes that "edenize"

Staff Reports

Three researchers in the School of Nursing at the University of North Carolina at Greensboro are launching a pilot project to evaluate an innovative program aimed at raising the quality of life for nursing home residents.

Dr. Beth E. Barba, Dr. Nancy F. Courts, and Dr. Anita S. Tesh will examine nursing homes that implement the Eden Alternative, a program that integrates animals, plants and children into the lives of nursing home residents.

Barba and Courts are associate professors in the School of Nursing; Tesh is an assistant professor.

Under the Eden Alternative, dogs, cats, and birds become pets in nursing homes.

Children from after-school programs, summer camps and day care centers regularly visit with residents. And indoor plants give residents something to care for.

More than 200 nursing homes in the United States and Canada have adopted the program, a process referred to as "edenizing," Barba said.

The innovative program was developed a few years ago by Dr. William H. Thomas, a New York physician, to combat three of the most prevalent problems in nursing homes: feelings of loneliness, helplessness and boredom.

"Part of 'edenizing' is having residents participate in what's going on around them," Barba said.

"If you've brought in children and animals as companions, you've taken care of boredom. And if residents are helping to care for their surroundings, you've taken care of helplessness."

The Eden Alternative has shown other benefits, she said.

Homes that have "edenized" have experienced decreases in resident death rates, declines in the monthly average of drug costs for residents, lower numbers of infections and bed sores, and reduced staff turnover.

The N.C. Division of Facility Services is in the process of awarding grants to nursing homes that want to adopt the Eden Alternative.

Starting in December, the

UNCG researchers will look at three nursing homes that begin the "edenizing" process and three comparable homes that do not.

The study will involve data on factors that previously have been linked to "edenizing," such as death rates, drug costs, and staff turnover.

The study also will include interviews with nursing home residents, their family members and staff to assess loneliness, depression, morale and perceptions of nursing homes.

The "edenizing" process is not as simple as bringing in dogs and plants.

It requires a lot of staff education, because it challenges traditional methods of nursing home management and changes the way the staff functions, Barba said.

The researchers hope to finish their pilot study by the spring of 1998.

They would like to follow up with a larger study that looks at "edenizing" nursing homes across North Carolina, Barba said. A UNCG faculty member since 1989, Barba has conducted

extensive research on the human health implications in the relationship of humans and animals.

Prior to joining UNCG's faculty, she spent 10 years in critical-care nursing and another decade teaching at institutions in New Jersey and New York.

She received her doctorate from New York University.

Courts joined the nursing faculty in 1990.

She has conducted extensive research on psychosocial adjustment of patients with chronic conditions and their families.

Currently, she is investigating the caregiving roles and how caregivers are chosen.

Courts received her doctorate from UNCG.

Tesh has taught at UNCG since 1991.

She has worked as a nurse in Winston-Salem and Monroe and has been a clinical consultant at Lincoln Community Health Center in Durham. She has conducted research on improving methods to inform parents about Medicaid well-child services. Tesh received her doctorate from UNCG.

FYI

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Koceja and Company, a Greensboro-certified public accounting firm.

The preliminary report of the 1997 endowment study conducted by the National Association of College and University Business Officers (NACUBO) included endowment data from 422 colleges and universities.

According to this report, the median total return on endowed funds among the colleges and universities in the study was 20.3 percent.

UNCG's total return on endowed funds of 23.1 percent ranked 72nd — or in the top 20 percent — among the 422 institutions.

F. James Becher, Jr., chair of UNCG's Board of Trustees, said, "I think the return on our endowment is absolutely fantastic."

If you review what conservatively-managed funds have done in the past year, 23 percent has to rank in the top quartile."

UNCG's total endowed funds include endowments from the Endowment Fund of The University of North Carolina at Greensboro, from the Human Environmental Sciences Foundation, and from the UNCG Excellence Foundation.

At UNCG, all endowed funds are managed by The University of North Carolina at Greensboro Investment Fund, Inc.

(UNCGIF).

The growth in UNCG's endowment and that of its affiliated foundations reflects not only the total rate of return on investments but also private gifts made to The Second Century Campaign for UNCG.

Through mid-November, gifts and pledges to the campaign total \$39.6 million toward a goal of \$42,850,000 — or 92.4 percent of the goal.

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Taxes

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about tax regulations and tax law that people don't understand, and what people don't understand, they fear. But this is such a great experience. In the class, everything is laid out for you in case studies. Here, we get to talk to clients, to work with them and see what their situation is."

Both graduate students have put in an estimated 10-12 hours on their respective cases, and their services have been provided for free. "The amount of work done is probably worth \$400 to \$500," said Anderson. "If we had to bill clients, I can't see it coming for anything less than that."

And the clients are getting good help, Anderson said.

All of the graduate students are working on Master of Science degrees, and all have at least 21 hours of accounting courses at the undergraduate level, as well as prior graduate tax classes — both items required by the IRS for the clinic to open at the Bryan School.

The IRS includes a flier for the clinic in each audit notice. Anderson, while pursuing her graduate degree in accounting, worked in an audit clinic similar to the one she is managing at UNCG.

The experience, she said, is great for students, and it provides a value-added element to potential employers. "CPA firms want to hire graduates who have people skills, and this program is providing some of that," said Anderson. "This kind of practical experience gives students a sense of accomplishment. It shows students how

to use what they've learned in class."

Statistics kept by the IRS show that North Carolinians contributed approximately 3,311,803 of the 118,832,995 individual income tax returns filed in 1996. Of those numbers, approximately 753,150 were audited and 13,872 of those occurred in North Carolina. Anderson says that the audit rate in North Carolina is low, or about 1 percent of the tax returns filed.

Before turning to an academic career, Anderson was an accountant with the national accounting firm of Ernst and Young. She offered the following suggestions for those facing audits:

* Get over the initial shock and respond to the IRS letter promptly. You should never ignore anything you get from the agency.

Make the appointment to start the audit process.

* Go over the letter carefully. It will state what areas of your return are being audited. Take proof for the items in question. Be sure that the materials are well-organized. The agent won't appreciate it if you dump a shoebox full of material on the desk.

* Try to show a willingness to cooperate. Understand that the IRS agent handling the audit is just doing his or her job. You

shouldn't plead that everyone else "cheats" on their taxes or make snide remarks to the agent.

* Have some understanding of what constitutes proof for the items that are being questioned. Items usually questioned in audits are travel and entertainment expenses and business-related expenses.

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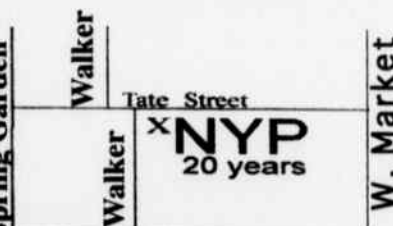


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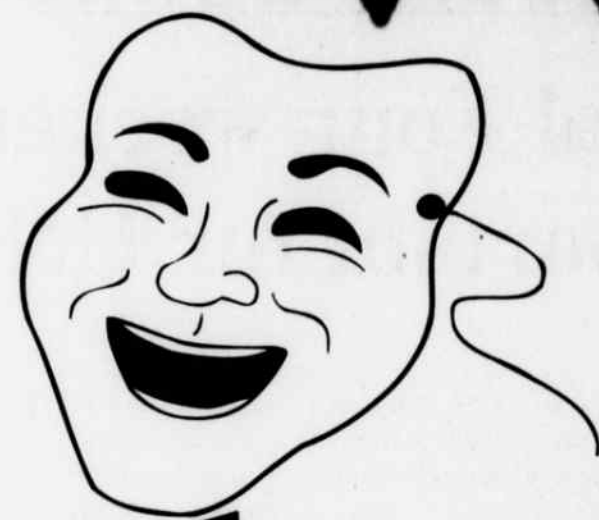
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Opinions

Tuesday, December 2, 1997

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The Carolinian

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Board Opinion

Final Four weekend important for UNCG

How often does a University get a chance to showcase itself in front of 10,000 people from other parts of the United States?

UNCG is preparing to host the biggest event in women's college soccer this weekend when the NCAA Division I Final Four will be played in the Spartan Soccer Stadium.

Why is this event important? Well for starters, it will bring visitors from all walks of life who support other University soccer teams, as well as local and regional visitors who normally would not visit the University.

It will also give the school a chance to have its name attached to one of the bigger championships in women's division I sports.

The event will be televised on the Fox Sports Network that includes locally and regionally; Fox Sports South and Home Team Sports.

The event could not have been hosted at a better time for UNCG considering the explosion in popularity of soccer, and especially women's soccer in the United States.

It also comes in the year when the UNCG women's soccer team made history by defeating number 10 Duke on the road to advance to the second round of the NCAA Tournament.

Despite a rather disappointing showing in the second round against Clemson, the women's soccer team becomes the first team sport at UNCG to advance past the first round in the NCAA Division I Tournament Championship.

As UNCG begins to make a name for itself by excelling in athletic competition nationally, this year's events include marquee matchups including a possible match between the top two teams in the nation.

Four of the premiere teams in college soccer; UNC Chapel Hill, Notre Dame, Santa Clara and Connecticut

will partake in the three day event.

Chapel Hill and Notre Dame are the first and second ranked teams in the country and may face each other in the national championship game on Sunday afternoon. This matchup would guarantee higher television ratings and more exposure for the University.

UNCG has a chance to put its best foot forward as it continues to rise through the ranks of NCAA athletic competition.

While many of the students and faculty at the University have had a rather poor opinion of UNCG's move to Division I, this is one of the many positive things that athletics can do for UNCG.

In this case at least, athletics is not a major drain on University funds. At other win at all costs universities, athletics may drain other departments funds.

But UNCG's program is funded solely from student fees, and the average student would have to agree that the product is well worth the amount of money spent; a fraction of what is spent at other schools.

Not only is the national exposure important in continued athletic success, it is also important academically as well. More high school students will have a chance to hear about UNCG.

This could lead to an increase in applications such as the increase that occurred when the men's basketball team played Cincinnati in the National Championship Tournament two years ago.

Regardless of your feelings about athletics in general and at UNCG, this event is invaluable to our community and our University.

Opportunities such as these cannot be measured in dollars and cents, but in long term benefits for UNCG.

Help others experience Christmas

Jasmine Corbett
Opinions Editor

I absolutely love the holidays and if I had to pick a favorite, it would be Christmas. I love Thanksgiving as well, but Christmas is the only time that my entire family is able to get together. Hopefully, everyone had a good Thanksgiving break and gave thanks for their family, friends, health and other blessings that we just sometimes take for granted.

Christmas is a time of giving and helping others, a quality that is sometimes lost amongst us. A couple of weeks ago I wrote about how to help yourselves; how you can get those grades up and not be so stressed over the holidays. This week, I want to write about how you can help others who may not be as fortunate as you.

Each year, we talk about what we want, from clothes to the latest CD. We spend so much time making a list for what we want, that we forget about others who actually really need.

There are many kids who never experience Christmas because either they are in the hospital waiting for a broken leg to heal, or waiting for a fatal disease to take its course.

There are many adults who don't have

the money to have Christmas for their children and just have to make do with what they have.

There are also older adults who have forgotten about Christmas and what it used to mean to be with their families around a big dinner table and exchange gifts. Many of these older adults are left alone because either their families are not able to visit, or as sad as it is, they might not want to.

Well, UNCG, if we can't change the whole world, at least let us change ourselves. There are many things going on that require the help of volunteers and those wishing to do good deeds. Student dorms and organizations such as the Black Nursing Student Association are sponsoring food and clothing drives, as well as accepting donations.

I am sure that many of you have old clothes that you no longer wear and they are still in somewhat good of a shape. Providing food is also another way of helping those less fortunate.

Canned goods are not that expensive and those Oodles of Noodles that your mom keeps sending you would also be good--besides, you probably were not going to eat them anyway. Donations are also being accepted, from pennies to crisp dollar bills.

Maybe you missed out on the food and clothing drive, and you still want to do something for someone else.

The Triad Health Project is sponsoring a Winter Walk for AIDS on December 6th, beginning at War Memorial Stadium. You can walk with a group, or you can do what I am doing and walk with a couple of friends.

For more information you can call The Triad Health Project, or just meet at the War Memorial Stadium on December 6th at eight o'clock and register.

Hospitals also need your help to provide for those who may not get to spend Christmas with their families this year. If you are from Charlotte, I know every year the Salvation Army sponsors a Christmas Bureau. The Christmas Bureau is a place where families who work at low-income paying jobs, have at least two kids between the ages of an infant to 17 and who just don't have the money to spend on food and gifts for their families can go.

I have volunteered there every year since I was eleven, and it is truly a great experience.

Knowing that you helped to make someone else's day...well, isn't that what the whole spirit of Christmas is supposed to be about?

SGA can help students achieve their goals

James C Bryan
Guest Columnist

On Tuesday, November 11th, the Student Government Association voted down a resolution regarding student fees and scholarships. The resolution would have "strongly recommended the cessation of funding of athletic scholarships from student fees." This issue is a serious one, one that is directly concerned with each student.

No matter if you are an athlete, spectator, or simply a student who pays tuition, this resolution should be of importance to you. Fortunately, we have an excellent student government that handled the issue professionally and with great debate. Unfortunately, most other stu-

dents found out about the issue via The Carolinian.

Taking nothing away from the university's fine newspaper, it should not be a one-way street of information. Rarely are the student opinions sent in on current concerns. Rarely are students in the gallery during body meetings. Rarely is any evidence of student concern seen at all. On this matter, I hold a deep conviction; Student Government (and for the most part, the entire university) can only do so much, without the support of the entire community.

I call the students of this campus to action. I challenge each and every student to do their part to not only help the University, but themselves. The parameters of this challenge are such: Each stu-

dent is challenged by myself to pick at least one issue. This issue, be it parking, tuition or anything else, will be the students mission. Take this issue and explore it. Write an opinion article to The Carolinian. Call Student Government (334-4056) and share your views. Talk to your particular representative. Attend Student Government meetings and see your ideas turn into realities.

If my challenge is met I will promise two things. One, I will meet every effort by the student body. The other promise is that your effort will not be wasted. Perhaps your issue will not be resolved to your liking, but the experience you gain will be well worth it. A feeling of control, identity and community will be created.

Exam stress is avoidable, with planning

Staff reports

It's 9:00 at night on December 9, and exams start tomorrow.

The palms start to sweat and your stomach starts to turn and you wonder "What will I ever do?"

Due to a quirk in exam scheduling this year many students have two or more exams on December 10, the first day of exams.

The stress levels will be understandably high for these students. Much of the stress isn't necessary though, and can be avoided if several simple rules are followed.

First, don't wait until the day before

exams start to cram. This tip is especially helpful for freshman. Upperclassmen who are still around, more than likely haven't practiced this method of test preparation.

Secondly, budget your time according to the difficulty level of the exam. This rule is self-explanatory and common sense.

Also, semester-long preparation is a very effective way to relieve pre-exam stress. Much of the worry that comes from taking exams is from lack of preparation.

Many students don't keep up with the readings that aren't directly related to class discussions.

This is fine until the professor says that there will be a question on the test from this information.

And perhaps most importantly, keep the exam in perspective. Many students make it a habit of blowing tests and exams out of proportion.

The final may only be 10 or 20 percent of the overall grade, or you may already know the material and do not need the excess stress that worrying about it can cause.

Stress is an important part of final exam week, but it is neither healthy nor positive in a student's life.

Most stress can be reduced or avoided if you are careful in your preparation.

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Try new traditions to relieve some of your holiday tension

Staff Reports

When families start making their Christmas checklist each year, things can add up in a hurry -- the gifts to buy, the cards to address, the decorations to put up, the meals to cook, and the parties and the family get-togethers to attend.

Spirits that ought to be soaring can tense up and come tumbling down.

Whether you call it the "Christmas Blues" or something else, the result can be a letdown, sometimes even depression, that sets in when the holidays don't measure up to the anticipation, the planning and the work.

If that seems to happen with regularity, then people ought to rethink what they do to observe the holidays, according to Dr. Gerald Juhnke, an assistant professor of counseling at The University of North Carolina at Greensboro.

"Christmas is a festive time and a happy time, but sometimes things just don't work out in fam-

ily get-togethers," says Juhnke. "It is a time for families to get together, but if no one has a good time, then it's a futile situation, anyway.

Sometimes, you just have to break with the tradition if it isn't good for your family."

Juhnke does family counseling, in addition to his teaching in the UNCG Department of Counseling and Educational Development. In the past, he has worked with couples who have discussed their problems with family traditions.

He has encouraged them to sit down and discuss their problems, come up with a solution, and then have the resolution to discuss it with their families and then, follow through.

"People really have to decide what's good for their immediate family -- husband, wife, children -- and how they can change things if they aren't happy at Christmas.

Some families have a history of not getting along well when they get together.

Often the only time they get

together is at holidays, funerals and weddings, and the rest of the time they just live apart."

Making a break with a family tradition can be difficult, Juhnke said, especially around the holidays.

Couples need to sit down and decide what they want to do during the holidays.

They should think about what did and didn't go well last year and what new things might be incorporated.

If that long road trip left everyone exhausted after the holidays, it might be time to make a change.

But how do you tell members of your family that you want to change a tradition -- like the big family reunion -- that has been going on for years?

"It's not always easy," said Juhnke. "People might want to

say it something like this: 'We love you and we know you love us.

We want to try something different and we want to encourage you to come to our place for Christmas.

We just think this is what we need to do with ourselves and our kids. We want you to give it a try this year."

In actuality, if these people love you, then they're going to want what's best for you, even if they're disappointed that things will be different."

Every family has a different set of traditions and a different dynamic, Juhnke said.

Christmas is one of those larger-than-life holidays, when everyone gets swept up in seasonal events. But as people get

involved in the season, the daily and weekly routines that have carried them all year long suddenly change, Juhnke said.

During the holidays, people stay up later, eat more, consume more alcohol and take some time off work, said Juhnke.

Even though the activities are pleasant, they represent a change in routine.

The changes have subtle effects and people often aren't aware of what's happening or don't see the changes coming.

Those changes can affect the way people interact with and react to others, said Juhnke.

There are a few things that people can keep in mind to enjoy the holidays, avoid overdoing the festivities and to avoid a letdown, Juhnke said. His suggestions include the following:

- * Try to slow things down for the holidays. Don't get wrapped up in so many things that you find yourself on a treadmill where you can't enjoy what's going on.

- * Try to stick to your regular routine as closely as possible. If

you're taking time off work, structure your time and get in some relaxation instead of just racing around. Dieting is impossible during the holidays, so try to practice some restraint with the goodies.

- * Moderation is the best course with alcoholic beverages. While things might start off well, after enough alcohol is consumed, people can behave badly or say hurtful things they don't mean--creating bad feelings that can carry over into the next year.

- * Don't let your expectations of others get out of hand for the holidays. Remember that people who only see each other once a year can be a little nervous about the big family get-together. Everybody needs to try to put everyone else at ease.

"This just sounds like common sense," said Juhnke. "But some people tend to get caught up in what's going on and they can lose sight of what the holiday is all about. The essence of getting together during the holiday is to enjoy each other's company."



Dr. Gerald Juhnke

Back After Break...



UNCG students are back in action after three days out of class for Thanksgiving break. This week marks the last full week of class for the fall semester. Next week exams start for all students.

Tuba concert set for December 6

Staff Reports

Put a little brass into your holiday season by attending the annual TubaChristmas concert at 6 p.m. Saturday, Dec. 6, at the Governmental Plaza downtown.

The free public concert will be part of Greensboro's Festival of Lights.

More than 100 tuba players are expected to take part in the concert, which will feature traditional Christmas carols arranged for tuba. It is sponsored by the School of Music at the University of North Carolina at Greensboro.

Area tuba players, regardless of age or ability, are encouraged to unpack their big, brassy instruments and take part in the event.

It is organized by Dr. Dennis AsKew, a UNCG assistant professor of music.

Registration for players will begin at 1 p.m. in room 50 of the UNCG School of Music annex. Players will rehearse from 2-4 p.m., then go downtown for the concert. If players want to get an early start on the day, they can attend a 10:30 a.m. master class and recital by AsKew and his tuba and euphonium students in the UNCG School of Music.

Registration fee for tuba players is \$5, and there is a \$5 fee for the official TubaChristmas songbook, which performers can

keep.

Participants should bring their own folding music stand for the performance.

For details, call AsKew at 334-5002 weekdays.

Harvey Phillips, a former Indiana University musician

professor, created the concerts in 1974 in memory of his tuba teacher, William Bell, who was born on Christmas Day in 1902. The late American composer Alec Wilder developed the TubaChristmas songbook.

Each year, TubaChristmas concerts are scheduled during November and December throughout the United States and Canada.



Lecture on Mozart's string quintet

Staff Reports

"Catharsis and Integration in Mozart's String Quintet in G Minor, Third Movement" is the title of a lecture that Dr. Gregory Carroll will give at 3 p.m. Tuesday, Dec. 2, at the University of North Carolina at Greensboro. The free public lecture will be in Hart Recital Hall of the School of Music.

The lecture is sponsored by the

School of Music's Division of Composition, History and Theory.

Carroll is an associate professor of music at UNCG. Proficient on the piano, organ and harpsichord, he began composing at an early age and completed two piano works while in high school. He is a past winner of the School of Music's Outstanding Teaching Award. He received his doctorate from the University of Iowa.

Cautious consumers may dampen Christmas sales

Staff Reports

Cautious consumers may temper their spending this Christmas season because of concerns about mounting debts and stagnant incomes, says a professor of business administration at The University of North Carolina at Greensboro.

Other factors that may take some of the monetary cheer out of the season for retailers include

the aging of the Baby Boomers, who are spending less on merchandise, and the demographic dip in the number of young children, which stunts the market for toys, said Dr. Stephen Lucas, a specialist in marketing and retail at UNCG.

"I don't mean to be a doomsayer, but it may not be as good a Christmas as retailers hope," said Lucas, who teaches in the Joseph M. Bryan School

of Business and Economics at UNCG.

Lucas' assessment is backed up by a recent report from the business advisory and consulting organization, Price Waterhouse. The report says the outlook for retail sales this Christmas is the weakest in five years.

Lucas said consumers will probably limit spending because debt levels are at a record high. Also, while the economy has

been in an expansion, the benefits have primarily been to households in the top 20 percent of national income distribution. The bottom 60 percent of U.S. households have seen a real decline in income, compared to 1989, he said.

The recent gyrations of the stock market and the continuation of large-scale corporate layoffs also are dampening the spending of consumers, Lucas said.

Variety of programs aimed at student safety, crime prevention

Staff Reports

Like a lot of universities around the country, The University of North Carolina at Greensboro has education programs and escort services to aid in crime prevention and keep students safe.

A recent study by the National Association of State Universities and Land-Grant Colleges (NASULGC) showed that 93 percent of responding universities have crime prevention education programs for students, and 83 percent have night-time escort services for students.

At UNCG, the police conduct a variety of safety programs for students, and the University has operated an escort service for many years. Now, it is being expanded. In addition to the vans that take students around campus at night, a walking escort service and student foot patrols are being started, said Ted Rivenbark, director of public safety and police.

Nationwide, the most prevalent campus crime is burglary. Eighty-two percent of the NASULGC institutions reported that burglaries had occurred on their campus in 1994. At UNCG, there were 63 reported burglaries in 1996, according to UNCG Police figures.

Combating burglary involves educating students, faculty and staff about how to prevent it. Education is crucial to maintaining a safe campus, Rivenbark said.

Crime prevention officer Sue Stroud said that burglary often is

easy to prevent, if students are careful to lock their doors and secure their belongings.

"We can't be with them all the time," Stroud said. "They don't want us with them all the time."

UNCG police officer Jerome Lee has started a program to call student and faculty attention to the problem of unlocked doors. He calls it "Gotcha."

When campus police officers and security guards check office and residence-hall doors, they hang cards on the ones that are unlocked. The cards have "Gotcha" printed on them and inform people of how easy a thief can steal belongings when doors are left unlocked.

Another problem on college campuses is the use of drugs and alcohol. Sixty-six percent of the NASULGC institutions reported having drug abuse violations, and 63 percent reported having liquor law violations.

UNCG recognizes this problem and has several programs to educate students about the dangers of drug and alcohol abuse, Rivenbark said. To enhance the program, UNCG Police has begun using new displays that graphically depict how drugs and alcohol affect the body.

The UNCG Student Health Services Wellness Center also educates students about drugs and alcohol, said Susan Bruce, wellness coordinator. The center, in conjunction with the campus police, also has started a chapter of Students Against Driving Drunk to enhance education. The chapters are common in high schools but rare on college cam-

puses, Bruce said. Thirty-six percent of the NASULGC campuses reported a high level of concern about rape on campus. It's also a concern of the UNCG Police, Rivenbark said. As part of its rape prevention efforts, the department has begun a new Rape Aggressive Defense training program that teaches female students how to get away from attackers who don't have weapons.

The students actually get to try out defense techniques on a campus police officer dressed in a padded suit. The program gives female students the opportunity to test their physical abilities without being in danger, Rivenbark said.

In the NASULGC survey, 79 percent of the institutions reported having emergency phone systems.

UNCG has updated its system and now has 10 outdoor phones on campus that allow students to talk directly with police in the event of an emergency. The phones are located on 9-foot poles with a blue light on top that makes them highly visible.

When one of the phones is used, its location and number are transmitted to the police dispatcher, said Stroud, the crime prevention officer.

In another effort to increase accessibility, campus police have opened a field-operations office in the basement of North Spencer Residence Hall, in the heart of campus. Patrol officers operate out of the office.

The department's administrative offices remain on Tate Street at the edge of campus.



- All Shows in Ferguson Auditorium
 - Thurs, Dec. 4 at 7:00pm
 - Fri, Dec. 5 at 9:00pm
- Free** with UNCG ID

What better way
to warm up
to the holiday season?



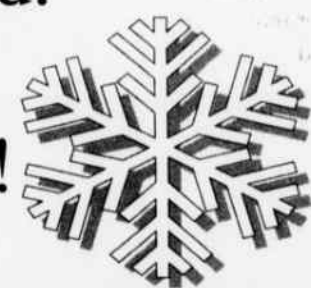
Join the UNCG family
for hot cocoa
and the first annual
Holiday Tree Lighting!



Sunday, December 7 at 6:00pm
On College Ave.
(between the Faculty Center and the Library)

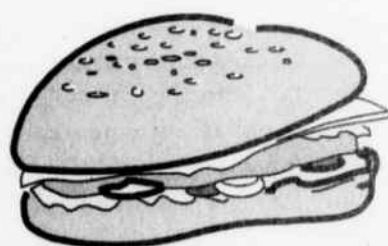
Students are invited to bring an
ornament to hang or participate by
donating canned food.

Hope to see you there!



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Just when you thought
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free food, along comes a



CSA DELI!

Wednesday, December 3
11am-2pm

Cone Ballroom, EUC

FREE Lunch for commuter students with
a valid ID



Student Health Services will be offering flu shots
for a nominal fee during the deli

Spartans fall to William & Mary at home

•Predictable game plan, poor shooting doom UNCG in Fleming Gymnasium opener

Steven Huntley
Executive Editor

The UNCG men's basketball team dropped their third contest of the season to William & Mary at home on Saturday evening, 68-55.

The Spartans shot just 35 percent from the floor for the game and 13 percent from behind the three-point line.

Perhaps more disturbing for UNCG would be the Tribe's ability to shut down the Spartans perimeter game.

William & Mary seemed to beat the Spartan guards to their spots and took away most of the easy looks at the basket. No Spartan guard scored more than six points.

The UNCG offense has struggled this season to break the 50 point mark. The Spartans have scored 51, 53 and 55 points respectively in each of their three contests.

Five Spartans starters accounted for more than 20 minutes apiece and four of those registered more than 32 minutes of playing time, keeping most of the Spartan reserves on the bench.

UNCG experienced the same kind of minute distribution in last season's 10-20 campaign.

Senior guard Derrick Nix is still optimistic about the Spartans' chances in the Southern Conference.

"I still believe in our team and in my teammates," Nix said. "I think we will be ok later in the season."

The Spartans dropped what was perhaps, one of their more winnable games in the early season. UNCG had lost games at Nebraska and at Syracuse earlier in the season.

They must face Duke tomorrow night and then N.C. A&T in the Nat Greene Classic on Saturday.

The Spartans will then face Vanderbilt before they reach the beginning of the conference season in early January.

The Spartans were led by a pair of post players for the first time this season.

Senior center Larry Gilbert and junior forward Demetrius Cherry had their first productive games of the season in the blocks for UNCG.

Gilbert scored 17 points and grabbed 10 rebounds while Cherry chipped in 16 points and grabbed 12 rebounds while picking four steals on the night.

But Gilbert (7 turnovers) and Nix accounted for 12 of the Spartans 15 turnovers on the evening.

The Tribe boasted three players with more than 15 points on the evening.

All Colonial Athletic Association guard Randy Bracy led all scorers with 19 points.

Guard Terrence Jennings lit up the Spartans for 17 points and five assists, and center David Grabuloff poured in 15 points and grabbed seven rebounds in the winning effort.

William & Mary connected on 46 percent of their shots, including 54 percent in the first half.

William & Mary jumped out to an early 14-4 lead on a three-point jumper by Bracy.

The Spartans would battle back to cut the lead to four points, 22-18 with 8:04 to go in the first half when Spartan guard Warren Cunningham connected on a short jumper.

The Tribe would push the lead back out to nine on a layup by Jennings with 1:13 seconds before halftime.

A pair of free throws by freshman Geoff Williams (four points in four minutes) with 47 seconds remaining to forge the 32-25 half-time score.

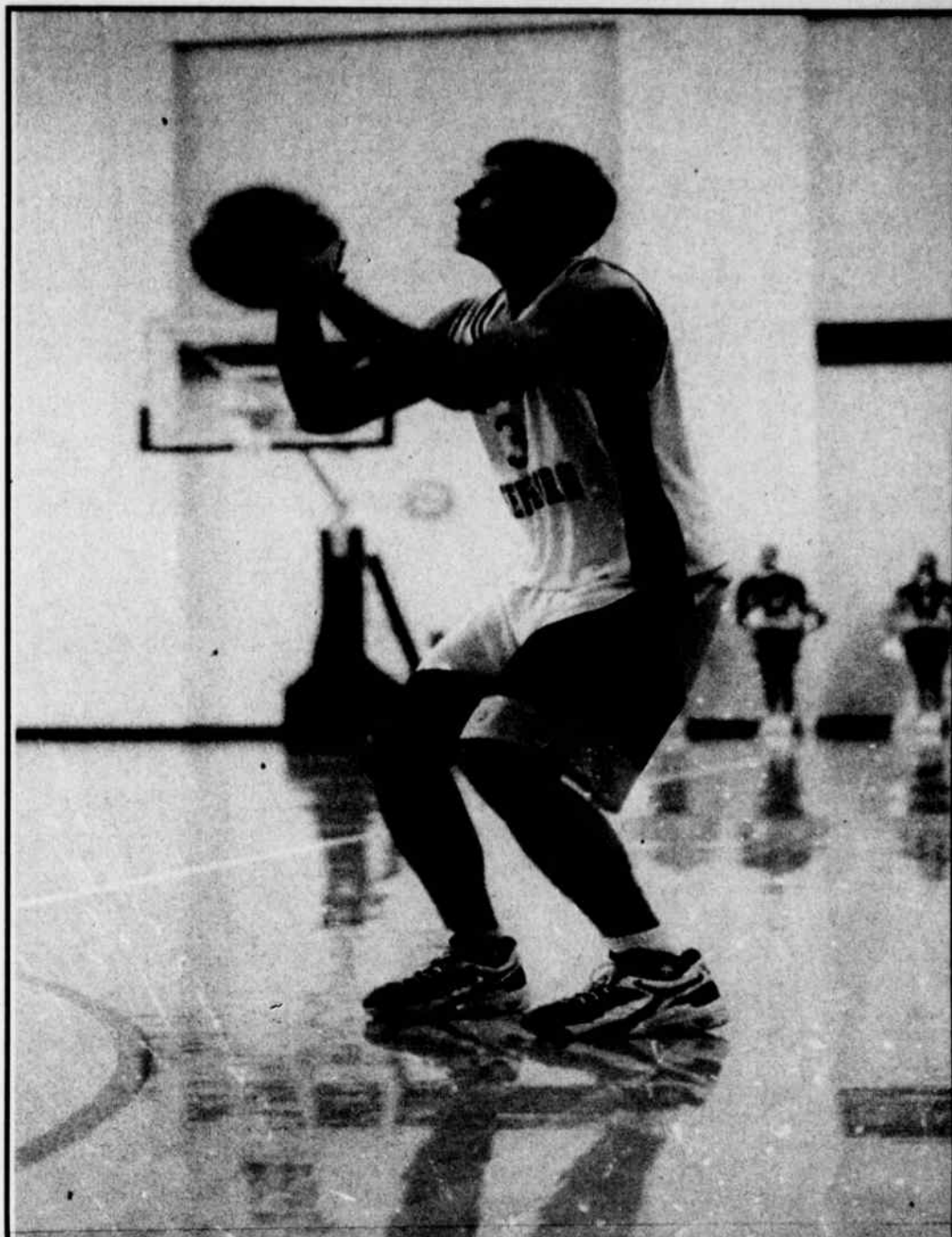
The Spartans stormed out of the lockerroom and outscored the Tribe 11-4 to tie the match at 36 with 16:21 remaining in the contest.

The Spartans would take their first lead of the 1997-98 season, 41-40 on a made free-throw by Derrick Nix with 14:48 to go in the match.

The Spartans would take the lead again once more at 41-40 and would never regain it as the Tribe continued to build their lead until a pair of Bracy freethrows with eight second remaining gave William & Mary their largest lead 68-55.

"I've been here when we took winning for granted," Nix said. "And I'm here now when we're losing and it's frustrating."

The Spartans will be at home next when they face N.C. A&T in the Wrangler-Nat Greene Classic on Saturday at 7:30 p.m. in the Greensboro Coliseum.



Geoffrey Gartner/THE CAROLINIAN

UNCG will face Duke tomorrow night at 7:30 p.m. in Cameron Indoor Stadium in Durham. UNCG will return home to face N.C. A&T on Saturday at 7:30 p.m. in the Wrangler-Nat Greene Classic in the Greensboro Coliseum.

Spartans split games in Arkansas Classic

From Staff Reports

The UNCG women's basketball team split a pair of games in the Arkansas-Dial Classic in Fayetteville Arkansas this weekend.

The Spartans fell to Montana 70-48 in their first-round matchup and then outran Georgia Southern, 91-65 to finish third and claim the consolation game.

Against Montana, the Spartans managed to shoot just 26 percent from the floor and 21 percent from behind the arc to seal their fate.

Montana forced 28

Spartan turnovers that led to 22 points and placed three players in double-figures on the night.

Guard Krista Redpath led the way for Montana scoring 14 points and grabbing four rebounds on the night.

She was led in double figures by guard Catie Walker who added 11 points and forward

Linda Cummings who scored 10 points and grabbed seven rebounds while picking up the victory.

Angella Bieber who grabbed 11 on the night.

The consolation game against Georgia Southern was a different story for UNCG.

The Spartans forced 29 GSU turnovers that led to 36 points and shot a blistering 49 percent from the field and 47 percent from behind the arc to bury Georgia Southern.

Four Spartan players scored in double figures including Biz Bredigar who led all scorers with 20 points and 11 rebounds. Viverette, Melinda Goodson and Sam Ferguson each chipped in 15 points for UNCG.

The Spartans went into the lockerroom down 38-37, but outscored Georgia Southern 54-27 in the second half, as they turned up the defensive pressure.

The Spartans will be in action again on Thursday when they

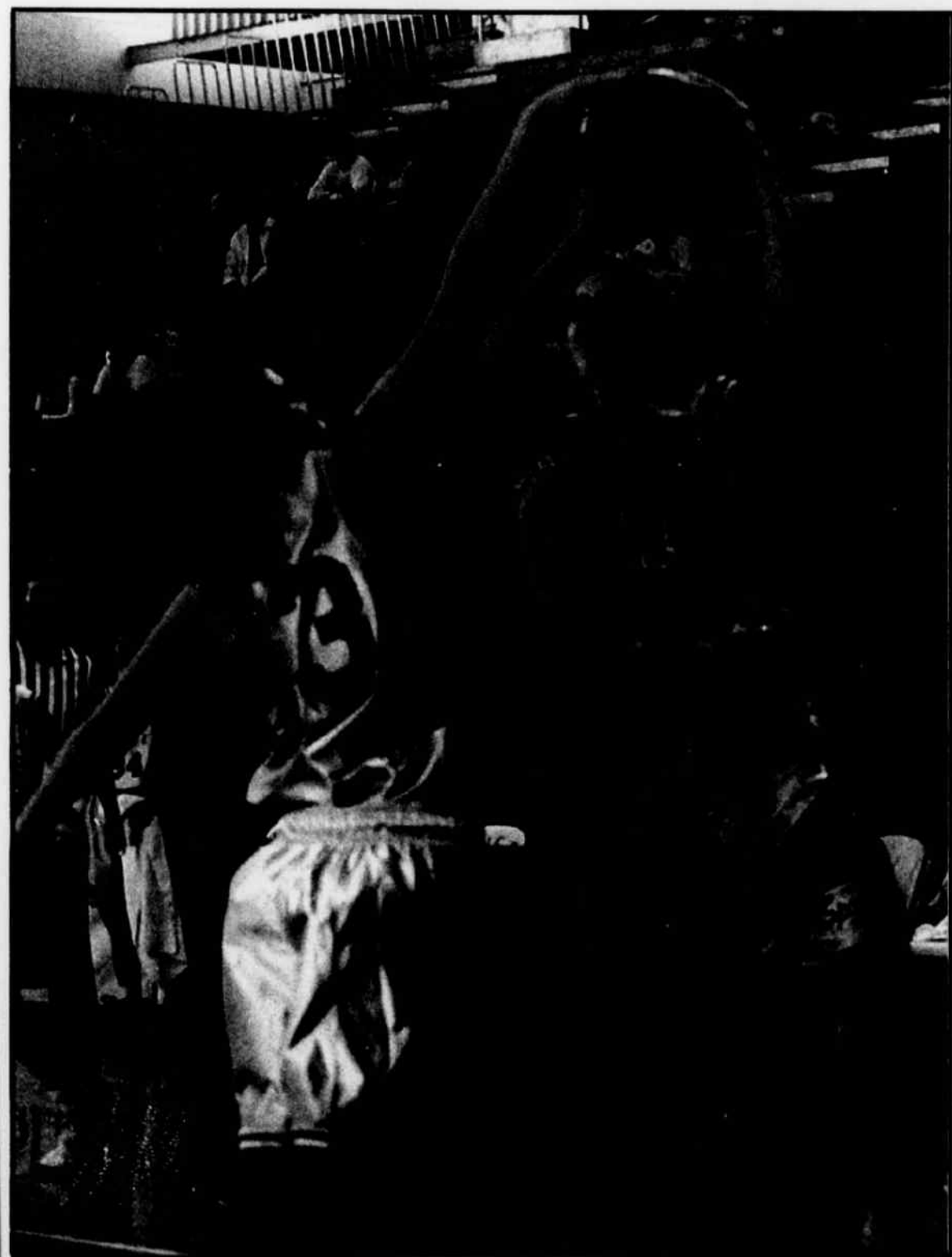
will host the Hokies of Virginia Tech at 4 p.m. in the Fleming Gymnasium.

On Saturday the team will face N.C. A&T in the Wrangler-Nat Greene Classic in the Greensboro Coliseum.

The game will begin at 5:30 with the men's contest immediately following.

Want to Go?
UNCG
VS.
NC A&T

Saturday 5:30 p.m.
Greensboro Coliseum
Men's game will follow at 7:30



Geoffrey Gartner/THE CAROLINIAN

UNCG will face Virginia Tech in a 4 p.m. matchup on Thursday afternoon. The Spartans will face N.C. A&T in the Wrangler-Nat Greene Classic on Saturday at 5:30 p.m. The men's game will follow immediately at 7:30.

The Spartans were led by their only double-digit scorer, Rebecca Viverette, who score 14 points and grabbed eight rebounds.

The Spartans were plagued by poor shooting by normally productive Sadie Ochs (2 of 9), and Jennifer Lewis (0-5).

Montana outrebounded the Spartans 47-41 thanks in part to

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