

Yoga: Alternative Exercise

Yoga has become a popular way to relieve daily stress and maintain both physical and mental health.

By LINDSAY MATHER Staff Writer

The light sounds of Enya fill the room. Men and women of all ages lunge forward, their arms stretched toward the ceiling. Each movement is slow and smooth, their breath leaving their lungs with a whisper.

It's a Tuesday night, and yoga class is in session.

Every Tuesday and Thursday evening from 8:30 p.m. to 10 p.m., yoga classes are offered in the Student Recreation Center.

Tracy Bogart, the co-director of Triangle Yoga in Chapel Hill and founder of the yoga program at the SRC, said she received positive feedback from student participants. "Yoga improves your daily life. It is therapeutic and is practiced in a non-competitive atmosphere," Bogart said.

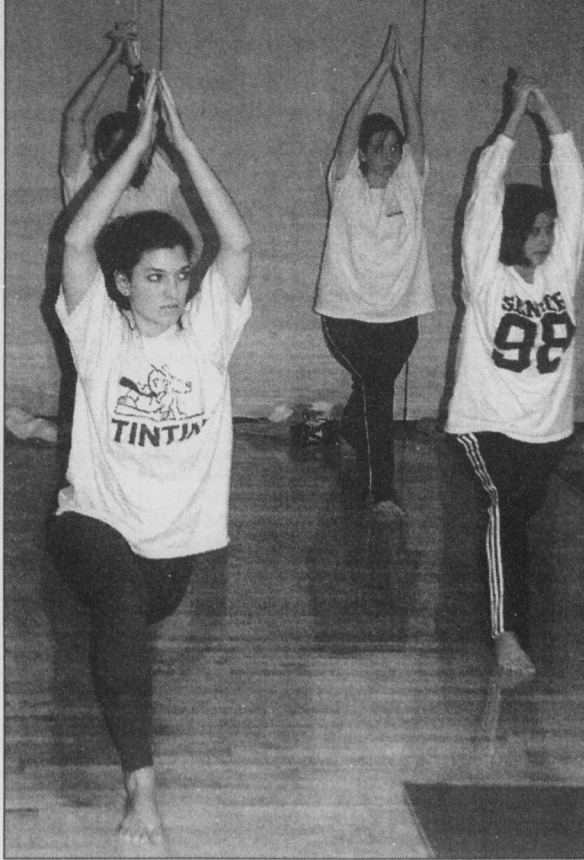
Yoga began in India about 5000 years ago as a way to "loosen up" before meditating, Bogart said.

Although known for its physical components, yoga also incorporates the mental and spiritual sides of participants, said Gina Febraro, a yoga instructor at the SRC. "Yoga is about listening to your body and balancing energy," she said.

Considered an exceptional means of relaxation, yoga relieves muscle stress and strain, Bogart said.

"It touches everything, yet overdevelops nothing," she said. "Yoga leaves you long, lean, supple and elastic." Yoga is also attributed with increasing flexibility and blood flow, toning muscles and enhancing the immune system, said Bob Brame.

Brame has been practicing yoga since 1990 and is the Thursday yoga instructor at the SRC.



DTH/LAURA LEIGH PAGE

Kara Stanig (left) participates in a yoga class offered by the Student Recreation Center. Yoga is designed to release stress.

Since the mid 1960s, yoga has gained popularity in the western world as a means of maintaining physical and mental health, Febraro said.

"Yoga has gotten really trendy," she said. "There's a spiritual side to it that attracts a lot of people."

Celebrities such as Sting, Raquel Welch and Dennis Rodman practice forms of yoga and meditation, said Jo-Anna Spector, the owner of the Hatha House in Durham, where she has taught yoga for 18 years.

Despite its heightened popularity, many people continue to misunderstand yoga, Spector said.

"Yoga is not a cult, and you don't have to be able to tie yourself up like a

pretzel to do it," Spector said.

There are over 840,000 different poses in yoga, although only a few are practiced during a class.

Breathing is extremely important while performing yoga, Febraro said.

"For every movement, there is a breath. In yogic philosophy, breath equals energy," Febraro said.

Many students interested in starting the semester on the right foot fill her Tuesday night class, Febraro said.

Daniel Ingram, a second year graduate student in the School of Public Health, likes the euphoric feeling he experiences after Febraro's yoga class. "It's like you're walking on air!" he said.

Yoga unites a person's mind and body, Febraro said.

"That's what is so awesome about it. All you need is yourself!"

The Features Editor can be reached at features@unc.edu

Police: bin Laden Behind Plot

Indian newspaper reports state that terrorists had targeted U.S. embassies and consulates for bombings.

Associated Press

NEW DELHI, India - Indian police say suspected terrorist Osama bin Laden was behind a plot to bomb the U.S. Embassy and two American consular offices in the country, local newspapers reported Wednesday.

The State Department expressed grave concern Wednesday over the reported threat, and an embassy spokeswoman said U.S. counterterrorism experts were in the Indian capital assessing the alleged plot.

Local newspaper reports said police had arrested four people, including a Bangladeshi man suspected of working for Pakistan's intelligence agency.

The reports said terrorists had targeted the U.S. Embassy and consulates in the southern city of Madras and the eastern city of Calcutta. The attacks were

reportedly to have taken place before a national holiday on Jan. 26.

In Washington, State Department spokesman James Rubin said the threats were directed only at consulates in Madras and Calcutta, and not at the embassy. He also said U.S. officials had no knowledge of the alleged involvement of Pakistan.

"There has been a heightened level of protection around all of our diplomatic

facilities in India since the bombings in East Africa. We are maintaining that enhanced protection and will continue to do so," Rubin said.

Security at U.S. embassies and consulates around the world, including those in India, has been tightened following the August bombings of the U.S. embassies in Tanzania and Kenya, which killed a total of 224 people, including 12 Americans. Washington has accused bin Laden of being behind

those attacks.

A U.S. Embassy spokeswoman, speaking on customary condition of anonymity, said Wednesday that U.S. counterterrorism experts from several federal agencies arrived Tuesday to assess the reported plot. No other details were available.

Indian Home Minister Lal Krishna Advani has assured the U.S. Embassy of full government protection, the Press Trust of India reported.

"There has been a heightened level of protection around all of our diplomatic facilities in India ..."

JAMES RUBIN
U.S. State Department Spokesman

In Islamabad, Zameer Akram, the senior Pakistani Foreign Ministry official for South Asia, said that "Indian authorities have not informed us about any arrests

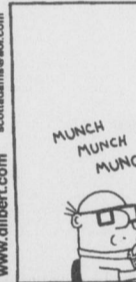
and we don't have any information about the case." The alleged ringleader of the plot, Sayed Abu Nasir, 27, of Bangladesh, was arrested last week and is now in a high-security prison in New Delhi, city police chief R.N., Singh said.

Watered Down by Brad Christensen



Dilbert®

I LOST MY FORTUNE AND MY TROPHY WIFE TODAY. BUT I LEARNED A VALUABLE LESSON.



THE Daily Crossword

By Philip J. Anderson

(C)1999 Tribune Media Services, Inc. All rights reserved.

ACROSS 1 Calf meat 5 Conductive element 10 R&B pioneer, James 14 Woody 15 Courtyards 16 Nobleman 17 Urban renewal plan? 20 NY gambling parlor 21 Residents of suff. 22 Sty sounds 23 Revel noisily 25 Menial laborer 27 Inc. in the U.K. 28 Roared 32 Lunch-counter perch 35 Entreaty 36 Roaring 20s, e.g. 37 Filibusterer's dream? 41 Beer choice 42 Wallach and Whitney 43 Diagram, as a sentence 44 School period 47 Vietnam Memorial artist 48 Falehoods 49 Carnal

32 Health resorts 33 Scope starter? 34 City near Provo, UT 35 Whippers 38 Head in France 39 Voices thoughts 40 Brown shades 45 Go by, as time 46 Chinese: pref. 47 Pope's emissary 49 Sub detector 50 Samoan island 51 See eye to eye 52 Hobbled 53 Exams 54 Indigo dye 55 Secretarial mistake 56 Paint a word

Do you suffer with canker sores (ulcers) INSIDE your mouth?

If you now have, or frequently get, canker sores inside your mouth, you may be eligible for a PAID STUDY evaluating a NEW TREATMENT. Participants must be over 18, healthy, and now have or expect to get a painful mouth ulcer in the near future. Call immediately for more info.

Call Susan at 966-0129. University of North Carolina Hospitals

Nobody Does Spring Breaks Better!

SPRING BREAK Like it's 1999!

PANAMA CITY BEACH SOUTH PADRE ISLAND STEAMBOAT DAYTONA BEACH

1-800-SUNCHASE www.sunchase.com

\$20 OFF ANY SERVICE

(Must Present Coupon At Time of Estimate)

•FREE Brake Inspection •Oil Change •FREE Tire Rotations w/any service \$19.95

•Shocks & Struts •Batteries •CV Shafts •Exhaust •Brakes •Belts •Catalytic Converters •Wiper Blades

meineke Discount Mufflers and Brakes

MEINEKE Credit Card "90 Days Same As Cash"

STATEWIDE CLASSIFIEDS

\$0 MONEY DOWN Easy Qualifying! Bad credit, slow credit, bankruptcy. All Applications Accepted. We finance your future, not your past. Toll Free 888-264-4422.

AVON PRODUCTS Start your own business. Work flexible hours. Enjoy unlimited earnings. Call Toll Free 888-942-4053. \$20 Start-up fee.

NASCAR LICENSED PRODUCTS Business. No selling. High Income. Restock Profitable Accts. (Food Store & Drug Stores) \$15,995 Start-Up Required. 1-800-221-1984.

ACHIEVE FINANCIAL FREEDOM. One of America's fastest growing, top rated, low cost franchises. Heaven's best carpet cleaning. Unique Dry in One-Hour Process. Free Video. 1-800-968-3605.

LOCAL CANDY ROUTE 30 Vending machines. Earn huge profits. All for \$9,995. Call 1-800-998-VEND Multi-Unit.

EASY CREDIT COMPUTER - System Internet Ready. AMD K6-2 - 333MHz Processor "No Money Down" Three Year On-Site Warranty! Phone Applications 9AM-8PM MST. America's Computer Warehouse (800) 229-9838.

HOMEOWNERS! We finance up to 125% of your home's value! Bill consolidation, get cash out for any reason. Good to poor credit programs available. Call now! 1-800-611-0033. First Republic Mortgage.

REFINANCE FAST. Over-the-phone. Need second chance? Credit problems? Bankruptcy? Foreclosures? OK! Starting under 7% - APR. 8.973 Platinum Capital Nationwide Lender. 1-800-699-LEND. www.platinumcapital.com

750D YOUR PROPERTY? Receiving payments from a mortgage, trust deed or land contract? Get all of your money now, instead of waiting years. 1-800-FTS CASH. We also purchase lottery prizes and structured settlements. See habla Espanol. Woodbridge Sterling Funding, LLC.

\$\$\$ For a variety of long-term income streams. J.G. Wentworth, mortgage buyer. 1-888-231-5375.

\$\$\$ WE BUY \$\$\$ Seller Financed Notes "Insurance Settlements" Land Note Portfolios. Colonial Financial. 1-800-969-1200, ext. 53.

HOMEOWNERS - Good or bad credit! Lower rates, lower payments, debt consolidation, cash out, home improvements, even foreclosure. We help! Call Bob or Blake at KRB Mortgage - 888-292-0120.

Residential Mortgage All Credit considered. Fixed rates - as low as 6.75%. Rates subject to change. *10,000 for \$34/mo. *25,000 for \$32/mo. *40,000 for \$37/mo. 800-262-4696. Homeowners only.

HOMEOWNERS! We approve loans the others turn down! Erase credit card debt. All homes including manufactured on own land. Free phone appraisal. Pinnacle Mortgage. 1-800-868-6881.

HOMEOWNERS- CHRISTMAS BILLS got you down? 1st/2nd Mortgages, debt consolidation rates as low as 1.74%. To 125% financing. Jesse at American Home Equity 1-888-274-3395.

FRESHLY ROASTED COFFEES & Specialty Teas by Priority Mail. Blends, Decaf, Flavored Coffees, Teas from India, Ceylon and China. The Broadway Coffee Merchant. www.broadwaycoffee.com 1-800-662-1533.

PRIMSTAR SATELLITE INSTALLATION. Best Deal Ever! \$49 Installation Fee. Programming starting at \$25.99 monthly. Call now. Free Primstar remote control & 100 Primstar Coupon Book. 1-800-859-0440.

SAWMILL \$3795. Saw logs into boards, planks, beams. Large capacity. Best sawmill values anywhere. Free information. Newwood Sawmills, 90 Curwright Drive #3, Amherst, NY 14221. 1-800-578-1363.

INSURANCE 4 Day work week. Leads, advances, \$1000/week, statewide opportunity. 5 people maximum. Call ASAP. 1-800-252-2881. American Republic.

FINAL EXPENSE INSURANCE SALES - Licensed agents needed to represent one of America's leading companies. Excellent contract. Advance Commissions paid daily on Submission. Easy issue. ages 0-90. Subsidized lead program. Super benefits. 1-800-987-7356.

SALESPERSON-PRINT SALES experience required. Charlotte's weekly newspaper since 1972. Good salary + commissions + benefits. Resume: P.O. Box 30486, Charlotte, NC, 28230 or Fax to (704) 347-0358. Attn: Linda. EOE.

NATIONAL RESTAURANT PUBLISHING Company looking for sales rep in North Carolina. Willing to travel M-F. Commission position. Company average pay \$670/week. Call 1-800-225-6388, Ms. Good.

DRIVERS - Howard Transportation has new flatbed pay scale. 24c/33c loaded/empty based on experience & weekly miles run, plus pickup, drop, layover, tarp, 401K, Min. mileage guarantee. 401K, health, accident, life, dental insurance. 97-99 Conv. Tractors. Will cross train box drivers to flatbed. Also leasing O/O's 1-800-447-7798.

DRIVER/OTR - Celadon Trucking - New Pay Package - Teams 44c - Sols 32c - Includes Bonuses. "Safety and Longevity Bonuses" 80% Drop & Hook No-Touch Freight "Assigned Conventional Freighters" Miles, Miles, Miles "Excellent Benefits in 30 Days" - Celadon Trucking Services, Inc. 1-800-729-9770.

DRIVERS- AVERAGE EXPRESS. Straight pay, no gimmicks! Start up to 32c/mile, top at 35c in as little as 24 months. Terrific family benefits. Home weekly 888-WORK-4US. Equal Opportunity Employer.

DRIVERS NEW PAY PACKAGE Home Every Weekend Company Drivers- Start \$32c/mile (includes \$.03 bonus). Free Paid medical/life, dental available. Orientation/training pay, \$100 weekend pay if out. 23. CDL "A". Vance Trucking M-F. 1-800-334-6666.

DRIVERS... SWIFT TRANSPORTATION Experienced & Inexperienced Drivers Wanted! No Experience? No problem! CDL Training Available! Excellent Pay & Benefits. Consistent Miles. Assigned Equipment. 1-800-347-4524. (eoe-m/f)

Driver CONVENANT TRANSPORT \$1,000 Sign-on bonus for experienced Company Drivers 1-800-441-4394. Owner Operators- Call 1-888-667-3729. Bud Meyer Truck Lines Refrigerated Hauling call toll free 1-877-283-6393 Solo Drivers & Contractors.

DRIVER - "ATTENTION DRIVERS" Youngblood Truck Lines "OWNER/OPERATORS" 80% of Line Haul Revenue. Average \$100 pm to Truck. Free Permits. Plenty of Miles. Paid Tolls. 99% No Touch Freight. Weekly Settlements. Steady Year Round Work. "Singles, Teams & School Grads" - Pay up to 40.5 cpm Single. Teams up to 43.5 cpm. Complete Benefit Package. Home Often. Well-Maintained Equipment. Plenty of Miles. Training starting at 32.5 cpm after training. "Call Today" 1-877-TYTS PAYS (Toll Free)

ATTENTION: TRUCK DRIVERS! No Experience Needed - CDL Training Provided! Earn \$678.00/wk - No Employment Contract! We Need North Carolina Trainers and Experienced Teams or Singles Now! 1-800-616-5056.

LOOKING FOR A GREAT COMPANY? Southwestern Freight Carriers - Running Fine in '99! Company Drivers/Owner/Operators: Graduate Student! Excellent Pay & Benefits. Great Miles and Home Time. Kenworth Conventions. Ask about our Lease Purchase Program. No Downpayment. Liberal Payback Schedule. 800-968-6743. Ext. 149. Rutherford, NC.

DRIVERS- ALL AIR-RIDE CONVENTIONAL. \$35-\$45M+/yr. Home 50 weekends/yr. Paid medical/life, dental available. Orientation/training pay, \$100 weekend pay if out. 23. CDL "A". Vance Trucking M-F. 1-800-334-6666.

DRIVER - Up to \$700/week orientation pay. Up to 35c/mile to start! Great home time. Assigned, all conventional fleet. Lease Purchase Options. BOYD BROS. 800-543-8923. EOE.

DRIVER/OTR - Start the New Year with West Side Transport! Great Pay & Benefits for company drivers & O/O's. Call Rebecca Cox (800) 334-1097, x.231.

NORTH CAROLINA MOUNTAIN Cabin 3.5 AC-569,900. Beautiful new 1200 sq ft log cabin to be built in secluded mountain setting with scenic views & direct access to national forest & one of NC's finest recreational lakes. Hike, hunt, boat, more! A perfect getaway! Best financing in years. Work last, call now 704-609-1998. Ext. 1097.

DON'T JUST MOVE OVER. MOVE UP. Con-Way Truckload Services is more than just a "Trucking Company". CWT Drivers receive paid health insurance for themselves and their family, paid holidays and vacations. Company paid life insurance and 401(k). Family rider program, assigned new and late model conventionals. Frequent home time, direct deposit, competitive pay. CWT drivers average \$42,166.25 per year. Let us tell you more about CWT and how you can be more than "Just a Driver." Call 800-665-CWTS. cwt.job@con-way.com Con-Way Truckload Services. CWT is an EOE.

Winston-Salem/Forsyth County School District seeks Hearing Impaired, Academically Gifted, Spanish, French, Learning Disabilities, Mentally Handicapped, BEH, Art, and ESL for full and part-time employment. Call 336-727-8350 for an application.

JOBS THAT MATTER - Enlistment Bonuses/Motives: Two/Three Year Enlistments. 30-Days Paid Vacation - What kind of job? Law Enforcement, Search-and-Rescue, Marine, Environmental Safety, Full and part-time positions. Save lives, protect environment while serving your country. Information, call your COAST GUARD RECRUITER at 1-800-438-8724.

ARE YOU MAKING 50-60K and home most weekends? Become part of C5c's elite fleet and drive late model equipment, have paid employee insurance, 401K, direct deposit and more. Experienced drivers start at .33 cpm. C5C Trucking of Duncan, Inc. 800-420-1610.

AFTER CHRISTMAS SALE Afterburner Sound Water Vapour \$12,900. Waterfront \$49,900. Gorgeous property on the Sound at off-season prices! Public water, u/g utilities, perk, etc. more. Lowest financing in years! Call before they're gone. 800-732-6801. Ext. 1812.

TENNESSEE LAKE BARGAIN! \$17,900. \$1,800 Down. Boat Docks! Beautifully wooded lot at spectacular 30,000 acres lake. Paved road, utilities, surveyed, soils tested. Local bank has approved - will finance 7.25% fixed, 15 years. Only \$147/month. Priced to sell immediately! Offered first come, first served! Call Chelaque 1-800-861-6263. Ext. 1825.

LAND WANTED - Cash buyer looking for 50 to 5000+ acres. Waterfront or mountain property preferred. Will consider existing subdivisions, foreclosures, estates, bankruptcies. Can close quick. All inquiries kept confidential. Call 1-704-509-1998.

COOKWARE HEAVY DINNER Party Sets. Waterless - Greaseless! Have new 17pc Surgical Stainless Steel sets in factory carton. Free Toll Set! Not \$1398.00... But \$399.00. 1-800-933-1880.

DYLAN MORTGAGE - We do loans banks don't do. Credit not an issue. Bonus! Refinance, Cash-out. Bonus: 100% Purchase, renting with option to own. Call 1-888-647-2274

POOL SALE. 1998 Inventory close-out of above-ground pools. Starting at \$777 installed. Many sizes to choose from. Call 24 hours a day. 1-800-243-6688. Limited supply.

BUY A GIFT THAT WILL LAST FOREVER! Mountain land. Owner or NationsBank financing. Near Boone and N.C. Blue Ridge Parkway. Up to 7 acres. Call Owner 1-336-835-2281.

NEW YEAR- NEW PROPERTY. 1.6 Acre Waterfront \$69,900. 1.3 Acre- Waterview \$39,900. Phase II now open! Spectacular 704-922-7623. 8am-6pm. Example 40x80x12 \$8735 FOB plant.

FOR SALE: LOTS. 2-4 Acres near Boone. Blowing Rock, Blue Ridge Parkway, Paved Road, Beautiful Views. Utilities Available. \$100 Down. Owner Financing. 828-336-3491.

POOL INSTALLING CREWS - Above & below ground, steel & vinyl construction. Experienced with reliable equipment. Work available in NC & parts of VA & SC. 1-800-638-9001. 10am-5pm. Allgood Construction.

SWIMMING POOLS Distributor needs 5 qualified homeowners in your area to feature new line of swimming pools. Learn if you're a qualified homeowner. Mobile homes welcomed. 1-800-241-5200

FREE EDUCATION, VOCATIONAL training on a safe, campus-like setting. All yours and more with Job Corps. Men/Women 16-24. Call 1-800-662-7948.

AIM HIGH UP TO \$9,000 enrollment bonus, if you qualify! Air Force training and education can help you reach your goals. For an information packet, call 1-800-423-USAF or visit www.airforce.com.

RV'S GALORE! Huge Selection Extra Low. Used Motorhomes & Trailers. All priced to sell - immediately. Your chance to save thousands... Call Bill Plemons RV World. 1-800-732-0507.

UNITED STATES TRUCK DRIVING SCHOOL Pre-Hire and Savel Commercial/Homecoming Assistance Day & Weekend Classes Tuition reimbursement Available! 1-888-289-7364 Toll Free For Information Call Today!

WOLFF TANNING BEDS Tan At Home Buy Direct and Savel Commercial/Homecoming from \$199.00. Low Monthly Payments. Free Color Catalog. Call Today! 1-800-642-1310.

BUILDING SALE. No Salesman. Go Direct and Save. Final Clearance. 20 x 26 \$2,600.00. 25 x 30 \$3,145.00. 30 x 40 \$4,750.00. 35 x 50 \$6,100.00. 40 x 60 \$7,800.00. 48 x 90 \$12,000.00. Others. Pioneer 1-800-668-5422.

FACTORY DIRECT STEEL Building Sale. Limited stock available at 1998 prices. Commercial, AGRI and MINI Warehousing. 704-922-7623. 8am-6pm. Example 40x80x12 \$8735 FOB plant.

TIME SHARE UNITS And Campground Memberships, Distress Sales - Cheap! Worldwide Selections. Call Vacation Network U.S. and Canada 1-800-543-6173. Free Rental Information 954-563-5586.

STEINWAY PIANO WANTED! Grand or upright type. Any age or any condition. Will pay cash and pick-up. Call 1-888-627-1079 anytime!

A Beautiful Candlelit, OLD-FASHIONED WEDDING CHAPEL overlooking river, Smoky Mountains, TN. HORSE-DRAWN CARRIAGE, cabins, jacuzzi, ordained ministers, no tests. HEARTLAND 1-800-448-8697 (VOWS). http://www.heartlandwedding.com

"GET MARRIED!" Smoky Mountains. Area's most beautiful chapels, ordained ministers, complete arrangements, honeymoon & family cabins, breathtaking views. Weddings 1/800-893-7274. Vacation Lodging 1/800-634-5814 http://www.smokymtnmail.com/mail/smkwed.html

"ROMANTIC CANDLELIT WEDDINGS" Ordained-Licensed Ministers. Elegant cabins, breathtaking views. Chapel, Photos, Videos. "SECLUDED HONEYMOON CABINS". Stay Three Nights, Fourth Free "Gastinburg, Tennessee 1-800-933-7464" 1-800-Wed-Ring

Place your ad with our paper for publication on the NC Statewide Classified Ad Network - 102 NC newspapers for a low cost of \$250 for 25-word ad to appear in each paper! Additional words are \$10 each. The whole ads at your fingertips! It's a smart advertisement! Call The Daily Tar Heel at 962-0022.