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Graduate school offers a working alternative

By JILL ANDERSON
DTH Staff Writer

As so many seniors know, their last undergraduate semester means job interviews, resumes and job decisions. But there is an alternative to entering the working world: graduate school.

Mitch Aiken, a 23-year-old educational media and instructional design graduate student, finds graduate school a rewarding experience. "I feel that I appreciate education more now than when I was an undergraduate. I enjoy everything focused in one direction, everything being more specific."

Aiken decided to go to graduate school when he was still an undergraduate. "I felt that as I got closer to finishing my undergraduate degree, that I wasn't prepared to do anything I would want to stick with for the rest of my life," he said. "I was an RTVMP (Radio, Television and Motion Pictures) undergraduate major and everything I learned was 'in general.'"

Kelli Taylor, a 22-year-old speech pathology student, decided on graduate school because of the job market. "I hopefully will work in a clinical setting and eventually go into private practice, but in order to do that I must have a master's degree."

Jeff Phillippi, a 24-year-old dental student, decided on graduate school because of the opportunities it provides.

"I wasn't interested in any type of business related job, so I decided on den-

tal school," he said. "It's provided me with an opportunity to do what I want to do."

Though a prolonged education means an increased financial burden, going to graduate school is a way to find out what type of career to pursue. Yet when a student enters graduate school he should be aware of how it differs from undergraduate study.

Aiken was an undergraduate at UNC, so the differences for him have not been that great. "The grading system for graduate work makes it easier than being an undergrad. Instead of A, B, C, D and F, there is H for high pass, P for average pass, L for low pass and F for failure."

Besides the different grading system, Aiken finds the workload heavier and peer pressure more evident than when he was an undergraduate.

"The workload is larger and the professors expect more from you as a graduate student," he said. "Also, peer pressure is strong, pressure to keep up with other students. There are a lot of older students who have work experience and there's pressure to keep up with them, especially for students like me who have no prior work experience in this field."

Taylor said the biggest difference between undergraduate and graduate education is guidance. "There is no direction from the professors," Taylor said. "We are seldom assigned reading; we just buy the book and are expected to read it. There is a lot of individual work expected, a lot of reading, research, a jour-



Jeff Phillippi, 24, a dental graduate student...talks with a patient

nal and also with this major, we have a required clinical work load."

With the larger workload, one would expect to have less leisure time, but Taylor still finds time for activities other than studying.

"I have as much time as I want," she said. "It all depends on the course demand, but I don't think there's a big difference between now and when I was an undergraduate. I go to ball games, socialize and have parties."

Things are different when a student is in dental school, according to Phillippi, an Emory University undergraduate.

"Time constraints are definitely different now," he said. "It's an 8 a.m.-5 p.m. ordeal, like going to work every day. When I was at Emory I worked 20 hours a week and now there's no time to hold a job."

"My leisure time is a whole lot less, mainly confined to evenings and weekends, but there's even school-related work on the weekends."

"The average school workload is 21 hours a semester. It was 24 hours my freshman year. Another difference is that there is less opportunity to meet a broad range of people. You're in school all day and everyone there is a dental student."

Being in graduate school is one matter, but getting in is another. William Brinson, director of the Graduate Office, said that it made no difference whether a student was an undergraduate at UNC or not.

"It might help, because UNC is a good school, but grade point average and ex-

tracurricular activities are what counts." A student's GPA is the vital factor when applying for graduate school. It is hard to pinpoint a specific GPA needed for acceptance, but normally a 3.0 or above is recommended. "It varies with departments," Brinson said.

"If there is a high demand for a certain department, like the MBA program, then there is more competition with GPA's, but a department with fewer people may take lower GPAs. It varies, but less than a 3.0 is tough for acceptance."

"I would say that the biggest program is the MBA program, then Education, Public Health, Library Science and Social Work," Brinson said.

This excludes the School of Law and the schools of medicine because they are professional schools not connected with the graduate office, he said.

The financial aspect of graduate school seems to be a major drawback when considering the program, Brinson said. "The percentage of graduate students on financial aid is somewhere over 50 percent. This includes student teaching assistants, research assistants, etc.," he said.

Yet the tuition for UNC in-state students is only \$218, the same as for an undergraduate. And the tuition for out-of-state students is \$1,130, with both in-state and out-of-state students paying a \$128.75 in student fees. Graduate students also have the opportunity to obtain paid positions as teachers assistants, which help pay for their involvement in the program.

Speakers to be featured at this year's symposium

By LAURIE BRADSHAW
DTH Staff Writer

The 1982 Carolina Symposium, to be held from March 17 to April 5, will feature such well-known names as author Tom Wolfe and former Atlanta Mayor Maynard Jackson.

"The object is to bring nationally known speakers to campus" and to build around a central topic, Carolina Symposium Chairman Murphy Evans said.

The symposium's honorary chairman is UNC President William C. Friday.

This year's central topic is "America in Pieces," and it will focus on the country's breakdown or fragmentation, Evans said.

The program, which has been held every two years since 1927, has speakers such as Jimmy Carter, Jessie Jackson and Edmund Muskie in past years.

The symposium alternates each year with the Fine Arts Festival.

This year's program will begin with a photo exhibit by nationally prominent photographers John Menopace and Elizabeth Matheson. The exhibit will run from March 15 to April 4. The actual speaking and symposium itself starts March 17, Evans said.

A documentary festival will parallel the speech topics. Lobby groups from Raleigh will participate in the Pit Fair on March 24.

Other major speakers at the symposium will be Frances Fitzgerald, Pulitzer Prize winner for a book on Vietnam; Pat Robertson, 700 Club host and founder of Christian Broadcasting Network; and John Conyers, former Representative from Michigan.

The speeches will be held in Memorial Hall. Panel discussions will follow, with faculty members from the University and other schools and with professionals, Evans said. Bag lunches will be held the day after each speech for faculty members and interested students.

"I think it can be a really exciting time to generate a lot of discussion about what's going on outside this campus," Evans said.

"I think the most valuable thing is to get students to get involved in a dialogue with themselves."

Although "fragmentation traditionally has negative implications," the symposium would try to emphasize the more positive side of the process, he said.

The four topics planned for the symposium are religion and the rise of fundamentalism, government and special interest groups, ethnicity and education.

Plans for the symposium began in the fall of 1980, and names of potential speakers were generated by Evans, the student committee chairmen and UNC faculty members.

Specialists say

Skin care is needed

By LISBETH LEVINE
DTH Staff Writer

Warning: College living may be dangerous to your health.

Heavy drinking, late hours and constant partying may lead to more than a hangover. Specialists say that unless students develop proper skincare techniques, these activities also cause permanent skin damage.

"College-age people have the best skin of their life," said Gary Carden, a hair and skincare specialist currently working at Hair Unlimited on West Franklin Street. "Now is an important time to form good grooming habits."

"Good, thorough cleansing is a must," said Maureen Russo, a Merle Norman representative in New York. "When women don't remove their makeup at night, they're blocking their pores and not giving their skin the time it needs to rest," she said.

Good grooming habits are not limited to females. "There shouldn't be any discrimination in skincare between men and women," said Carden. He recommends a three-step skincare program that should be done twice a day.

Carden's program begins with a pH-balanced cleanser, followed by a toner. "The toner restores the pH balance in the skin and prepares your face for the moisturizer," explained Carden.

Using a lightweight moisturizer is the last step. Carden strongly advised obtaining professional help in choosing the right products for individual skin types.

"Many people make the mistake of neglecting their skin during its healthy periods. One way or another, they pay for it later," said Carden.

One common college activity, drinking, has harmful effects on the skin, and especially on the face. "Drinking is very destructive to the skin," said Russo. "Skin loses its glow, and has a tired look. The face, notably around the eyes, tends to become puffy."

Carden said alcohol dehydrates the skin and robs the body of vitamins.

"If you're going to drink, wine is the safest form of alcohol because it's made from natural fruit and contains minerals. The next best thing is mixed drinks made with natural fruit juice," Carden said. He also recommended taking multiple vitamins before drinking and again the morning after.

"Drinking plenty of water will help cut down on the dehydration," Carden said. "Try to drink water in between drinks, or eat the ice cubes." Carden said that everyone should drink six glasses of water a day for healthy skin and hair.

Tension and lack of sleep add to skin problems. "Exercise helps to relieve stress and tension, and it also gives skin a chance to breathe," Carden said.

To help relax and rest the mind when it's fuzzy from lack of sleep, Carden advocates meditation, yoga, listening to classical music or some other form of mental relaxation for 15-20 minutes a day.

Although sleep is a requirement for a healthy body and complexion, there are a few tricks that can make those all-nighters a little easier to bear.

"Make sure you take vitamins and drink plenty of water. Follow the three basic steps and take a lukewarm shower around the middle of your night. Once an hour you should take five deep breaths and do some facial exercises," said Carden.

Two facial exercises that Carden recommends may look strange, but help relieve facial tension. "Stick out your tongue, throw out your chin, and hold for five seconds," directed Carden.

"In the other exercise, you open your mouth and move your chin from side to side," he said. A third relaxer works on the eyes. "Rub your palms together for thirty seconds then hold the warm palms over your eyes," said Carden.

For a morning following an all-nighter Carden said lying back with a cool compress over the eyes for a few minutes can stimulate circulation and relieve tension. It doesn't hurt the hangover, either.

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