

Bicycling in the Pacific

If you love traveling by the seat of your pants (on a bicycle), take note. Off The Deep End Travels has announced its 1985 series of exotic bicycle adventures in the Pacific Ocean.

This year's spring tour is made up of two routes in the isles of the Pacific. There is an island hopping tour in French Polynesia and another, old world tour of the feudal cities and countryside on the Japanese island of Honshu.

Officially named the Tahiti Tropical Bicycle Adventure, this is actually a leisure tour of the islands of Tahiti, Moorea and Huahine in French Polynesia. Instead of biking from hotel to hotel, the riders will stay in one place and take several day trips to explore the island.

As with all tours from this agency, the bikers will be introduced to native cuisines, featuring local specialties and traditional feasts.

The package includes lodging from

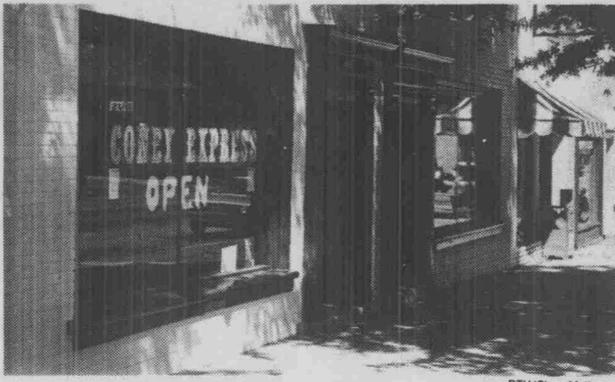
South Seas Plantation Hotels and Bungalows as well as "Beach Cruiser" bicycles which the bikers keep after the trip.

The \$1,390 cost for the tour includes dinners, breakfasts group activities, all tips and guides. There is an additional \$730 for air fare with UTA French Airlines. The tour departs March 2, returning March 17.

The feudal Japan tour leads bikers through a great variety of the Honshu Island's variable terrain. The stops include Mt. Fuji, Mikata Five Lakes Region and the Japan Alps National Park. Lodging is provided by the Japanese Ryokan, and is included in the \$1,630 tour cost. There is an additional \$851 air fare for Northwest Orient. The tour departs March 22 and returns April 9.

Tour information is available from OTDE Travels, P.O. Box 1196, Gainesville, Fla. 32601.

— DEVI SEN



Coney Express: Quick, cheap, hot dogs served in the Coney Island style

Home for hot dog lovers

Hot dog lovers have a new haven in Chapel Hill.

Coney Express, located on West Franklin across from McDonald's is now open for business. Coney Express specializes in Coney Island-style hot dogs, chili and sloppy joes. Coney hot dogs served with any combination of mustard, slaw, onions and chili and sloppy joes cost only 75 cents each.

Owner Pat Risk said, "As 'express' implies, we serve our food really fast,

tasty and cheap. My husband worked at Coney Island hot dog shops in Texas. And we've got a secret recipe for chili.

Our chili has just the proper blend of herbs and spices so that it's not too hot."

Coney Express is mailing about 40,000 free Coney coupons throughout the Chapel Hill area. Coney Express is open from 11 a.m. until 2 a.m., Monday through Saturday, and Sunday from 11 a.m. until 11 p.m.

— SONYA TERRELL

Job stress

Budgeting time can make life easier

By LIZ SAYLOR
Staff Writer

Attending college plus holding down a job equals stress. Setting priorities, devising a workable routine and making time for yourself are vital in fighting this stress, said Dr. Glen A. Martin, counseling psychologist at the Student Development Counseling Center.

"When we get really stressed we spend a fair amount of our time doing busy work, running around not getting that much done," Martin said. "It's much easier if we just sit down and take 10 or 15 minutes to decide the important things that need to be done for the day."

Sue Grizzard, a sophomore from Durham who works at Winn Dixie in Durham, said, "I work for money. I have this fear of not having any money. I also work more or less for independence. I use the extra money for Christmas and birthday shopping. So I'd work even if I didn't have to."

Katie Mann, a sophomore from Chapel Hill who works at the University News Bureau, said working caused many changes in her life-style. "It's more of a relief to get 14 hours of sleep one night. I never have any more problems being bored in my dorm room. Now I think to myself, 'If only I had more time, I could do more.' That's a better feeling than if I had time and wasted it...It makes the days seem awfully long. I've been tired with a capital T because I've been doing more in my waking hours, as well as not getting much sleep."

"You sometimes feel that there is too much to do," Martin said. "Any time that you say 'I have no choices,' it's time to take another look at the situation. So many times people will find themselves so wrapped up in just getting

through the day that everything becomes imperative." He recommended talking with a friend to get a fresh perspective on your life.

Making a list of priorities of what needs to be done is one solution, Martin said. "Another approach is to decide...I'm not going to do the very best job I would do given all the possible time in the world. I'm going to do the best job I can, given the limited amount of time I have."

Cathy Jaynes, a sophomore from Chapel Hill who works at Ivey's, said she does not want work to interfere with her grades. However, "If you're going to work, it is going to take time away from being with your friends and studying. You've got to find time to do it all," she added.

Martin said realistic goals are important also. "If you're working 40 hours per week, taking 16 hours of credit, and whatever else — football or basketball games — as well as keeping an active social life, you probably are having unrealistic goals...You get yourself into a position where you just can't get it done. You begin to get down on yourself. 'Oh woe is me! I'm just not doing my job as a student.'"

Blaise Byron Faint, a freshman from Reidsville who works at the Burger King on Franklin Street, said, "I'll be working 10 to 15 hours per week. I just can't work too many hours, although they would like me to. I'm not worried about losing my job because of those hours."

"Recreation is crucial," Martin said. He said not to give up if you do not follow your schedule all the time. "Scheduling does not mean scheduling out all entertainment or enjoyable activities."

Rams

from page 1

tenance costs would run, he estimated that they would be between \$1 million and \$1.5 million annually.

"It will depend on how many days the facility is used," Camp said. "If it's used everyday, then it will have to be cooled and heated everyday. Labor and clean-up costs will depend on how many events we have."

Camp said he hoped the arena could make enough profit to cover a large percentage of the operating costs.

Although the fund raising efforts of the foundation have been criticized, Williamson said the comments had not bothered him.

"Lots of people are telling us what they think we should do with this money, but they weren't willing to help us get it," Williamson said.

Chancellor Christopher Fordham said he respected the opinions of those criticizing the Rams Club drive, but disagreed with them.

"I think it's fortunate that we have so many strong, generous supporters in the University. The fact that their strong interest is in sports disturbs some, but not me. I'm happy to have the interest in the University. There is no question in my mind that academics comes first at this institution," Fordham said.

Students have also criticized the foundation because of planned student

seating in the SAC. Parker said he submitted a proposal in writing to the foundation asking for a swap of one section of seats behind the Carolina bench that is now Rams Club seating for one section behind a basket that is now student seating.

Williamson said the swap would be ultimately up to Fordham and Athletic Director John Swofford, but he said he did not think it would be possible.

"We went to every town in North Carolina, and showed them the (seating) chart. I don't know how we can renege on that," Williamson said.

Fordham did not want to comment on Parker's proposal.

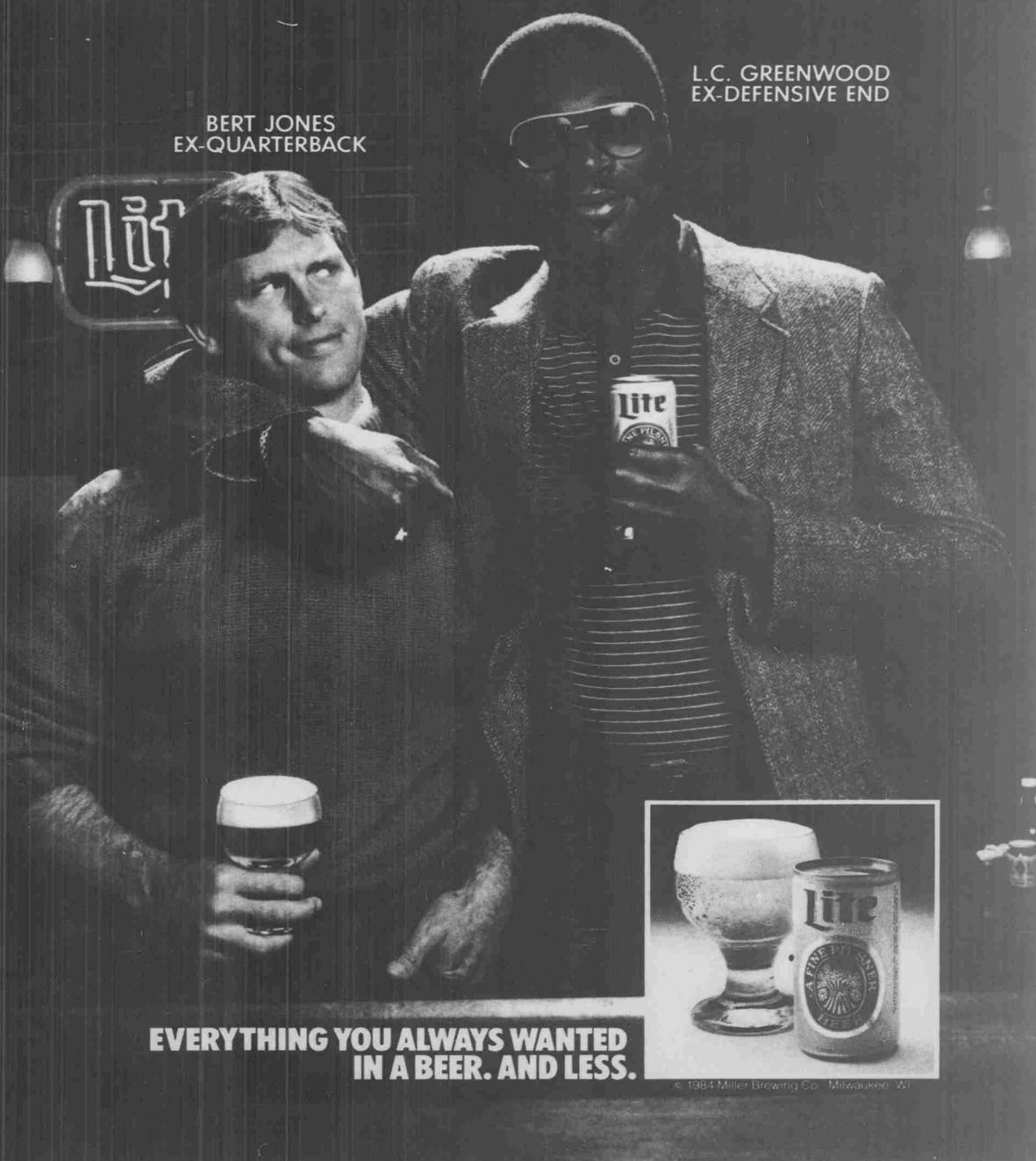
Attention Fall Fashion Model Entries

Models for The Daily Tar Heel fall fashion preview have been chosen. If you have not been contacted already, please pick up pictures at the DTH office today.

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