

Some Original, Some Honest, Some Laughable Quotes

By Francine Hunt
Staff Writer

- Nothing here in life is free, so do not ever think it is.
- Life is not like a box of chocolates, you know what you are going to get— nothing.
- I've learned that it takes years to build up trust and only suspicion not proof, to destroy it in minutes.
- I've learned that we are responsible for what we do unless we are celebrities.
- I've learned that the people you care most about in life are taken away too soon and less important people never go away.
- Do not underestimate the power of your mind.
- You will never set forth dreams, if you do not try.
- To understand the meaning of life, you have to live it.

- Do not deny who you are because you will be denying yourself life, forever.
- Why do we always hurt the ones we love the most.
- Life in general is odd to me.
- Dreams do come true they say. I wonder what world they come from.
- Stop living someone else's life.
- Never forget where you come from.
- Don't say you hate me, because you hate yourself.
- To hurt another is to hurt yourself.
- Hold on to the ones you love, because they will not be here forever.
- Don't hate me because I am not you.
- Don't forget me when I am gone.
- Cherish the ones that you love the most, and forget the ones that you dislike.
- You are with me, because no one else wants you to be here forever.

Do You Know Your Stuff?

By Francine Hunt
Staff Writer

Well here it is again, the section you have all been waiting for. It is a little different than the last issue. You are to get 2 out of the 3 questions on music correct to win a free CD (\$7.99 value) from CD Warehouse (formerly DiscGoRound) of Fayetteville. The first person to e-mail their response will get the certificate.

Question 1:

What caused REM to cancel their music tour in 1995?

Question 2:

What is the title of the Dave Matthews Band song, with the verse, "Tomorrow let's go back to being friends, but tonight lets be lovers"?

Question 3:

What R&B artist co-wrote and sang



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back up in the song *Take A Bow* by Madonna?

The answers to last issue's questions were:

TV: *21 Jump Street*

Music: Brandy, Tamia, Chaka Kahn, & Gladys Knight

Movie: John Singleton

The winner from the last issue was Sara Anderson. Congratulations! Please e-mail all responses for this section to music_trivia@yahoo.com and good luck!

Ski Fashion - Are you prepared for the slopes?



By Jami Sheppard
Director of Student Media

Sometimes the greatest challenge is not skiing down the snow-covered mountain but protecting yourself against the extreme cold and wind. The trick is to layer and use the different fabrics in your favor.

Let's start with the first layer: your skin. Always wear sunblock on your face and chapstick on your lips. The sun reflects off the snow and although it is usually below freezing, you can still get sunburned. Also without sunscreen, you get those nice little white rings around your eyes from where your goggles block the sun. Be safe.

Next layer would be the long underwear and socks. I would suggest silk for the long underwear. It is a light, breathable and warm fabric. It is not as bulky as thermal underwear and also silk has a natural wicking action to keep you warm and dry. Socks should be fleece at least Polartec 200— not cotton. Fleece is thin and cozy inside your boots.

For the third layer, you have many

options. A fleece vest such as the fleece down vest by JCrew with a brightly colored turtleneck, crewneck, or long sleeve t-shirt is a good option. Some people wear wool ski sweaters or even heavy weight sweatshirts but these are better not worn on the mountain but at the end when you are relaxing from an exhausting day.

The outer layer is important, not just because that is what people see on the lifts and down the mountain, but because that is your first protection against melted snow and the weather.

There are so many different varieties of ski jackets. You can choose from a parka such as the puffer parka with the zip-off hood from JCrew, a pullover such as the microfleece pullover from American Eagle, a reversible jacket such as the one from Columbia with puff nylon on one side and smooth 100 percent water resistant nylon on the other or cargo jackets with pockets from companies such as REI. The most important thing to remember is whatever you choose should be water-resistant with a nice thinsulate lining in the body and in the sleeves. Polartec 200 or 300 or

microfleece is quickdrying and wicks away moisture.

Ski pants also have many options. Guys can choose between snow bibs and pants. Girls can choose between the basic pant, a snow bib and the slim-fitting pant. Oakley offers the winter pant and the light winter pant both with E.V.A. (Excess Vapor Abatement) technology and a good price.

The accessories are the final layers but equally as essential. You should wear nice insulated nylon shell snow gloves as well as liners to go underneath of your gloves. Liners are likable because when you don't want the bulk of the gloves, which hinder basic hand movements other than what you need to hold the poles, you don't have to sacrifice warmth.

Goggles range from glasses that cover half of your face to the smaller "bugs" by REI. I like the American Eagle extreme performance goggles, which have an adjustable band, anti-fogging vents, and durable UV tinted lenses.

Ninety percent of your body heat escapes from your head so cover it up! For warmer climate skiing, a cap or a headband

will suffice. For West Coast or European skiing, consider a wool knit hat or toboggan.

To hike up to the lifts wear a good pair of water-resistant hiking boots then change into your ski boots. If you don't want to invest in custom ski boots or skis, don't fear. You can rent what you need at most mountains or ski resorts. Just do not try to save money here, rent the most expensive. If you go for the budget boots, you are asking for an ill-fit resulting in blisters. Listen to instructors and the people that work there. Do not lie about your weight or your experience when picking out your skis. This is a safety tip. Without the correct skis, you could heighten your chance of ending up with broken bones.

Again don't forget the key words: layering and water-resistant. When you have the right clothes, you can concentrate on why you are there in the first place— to graduate from the green runs to the blue squares to eventually the black diamonds. Have fun and don't look down!