

# Speaker Stresses Laughter's Healing Power

By STEPHANIE HORVATH  
Staff Writer

Terminal illness might be no laughing matter, but cancer patients and their family members learned tips Tuesday night for laughing their way through the stress of disease.

In a talk entitled "Laugh ... for the Health of It," humor therapist Elaine Lundberg emphasized the importance of laughing often, sharing laughter and playing daily as she involved the audience in games and told funny anecdotes.

"Laughter doesn't heal or cure, but it can distract or take away your perception of pain," Lundberg said. "Play is just as important as anything else you might do in your life, especially if you're sick and under stress."

Lundberg speaks at events across the nation, a career that began when she started cracking jokes for stroke and

traumatic brain injury patients and their families to relieve their stress.

She engaged the small group present Tuesday night in exercises of laughter and play, including a massage train and a game involving clown noses.

Lundberg said 30 strong belly laughs are the equivalent of 10 minutes on a rowing machine, making laughter a great stress-reducer. "When you laugh you have internal jogging - you relieve stress and burn calories," she said.

She said good stress relief is important for everyone but especially those battling illness. "People who tend to laugh and play tend to live longer," she said. "People who have joy tend to get through serious illness easier."

The talk was sponsored by GlaxoWellcome pharmaceutical company and held in UNC's Lineberger Comprehensive Cancer Center.

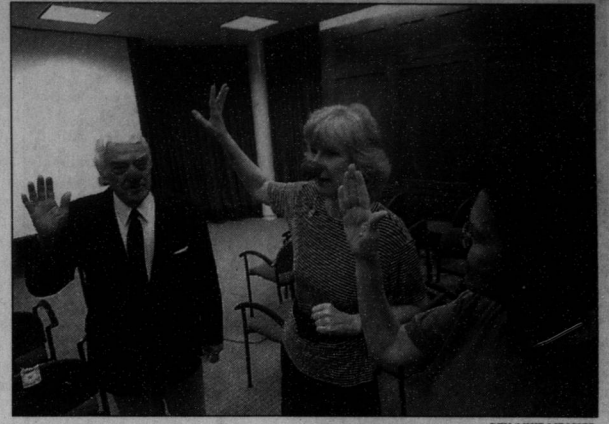
"A positive outlook is so important

for the family and the patients themselves," said Brad Burris, an executive sales representative for GlaxoWellcome and one of the event's organizers.

Vincent Joyce, a Chapel Hill resident and prostate cancer survivor, said he came to the talk after hearing about it through one of his cancer support groups. "The talk underscored my sense that a positive attitude is critical in everyone's attempt to fight cancer," he said. "That includes both the person afflicted and their spouses and children."

Organizers of the event said they were glad to have the opportunity to bring a perspective like Lundberg's to cancer patients and their families. "She's just a very positive person," Burris said. "Her humor is hilarious, and it's not just stand-up comedy. Her humor has a message."

The University Editor can be reached at [udesk@unc.edu](mailto:udesk@unc.edu).



OTH/MIKE MESSIER

"Laugh ... for the Health of It," says Elaine Lundberg (center) Tuesday to cancer patients at the Lineberger Comprehensive Cancer Center.

## Electing Judges Places Politics Over Justice

ANNE FAWCETT

This time of year, it's not unexpected to see signs staking out square feet of the roadside for political candidates.

Price for Congress.

Vinroot for Governor.

They're nothing out of the ordinary - candidates running for the legislative or executive branches of government.

But then there are the others.

Re-elect Frye to the Supreme Court.

Hudson for Court of Appeals.

That's right. In North Carolina, we vote for our judges. While little known, this process isn't unusual. Residents of most states elect their judges.

The argument in favor of this process is that judges should be accountable for the decisions they make. If a judge interprets the state Constitution in a way that's disagreeable to the public, voters should have the right to oust him or her.

Such reasoning is exactly opposite the role the founders intended for the judiciary. The courts are meant to interpret the constitution, not make decisions based on opinion polls.

"Judges have, or should have, the leisure, the training and the insulation to follow the ways of the scholar in pursuing the ends of government. This is crucial in sorting out the enduring values of a society," writes Alexander Bickel in "The Least Dangerous Branch."

Holding elections for judges tears holes in their insulation from public opinion and could force judges into decisions inconsistent with the existing body of law. But the framers of the N.C. Constitution decided on this method of choosing the N.C. judiciary.

Some forms of judicial election are more palatable than others. Some states have partisan elections, while others are nonpartisan. In North Carolina, there's a hybrid in which Supreme Court justices run on nonpartisan tickets, while all other judges run based on their political party.

Once again, this brings into question the duty of the courts to provide fair, impartial constitutional interpretation. Running as a party member implies that the judge could or would lean toward a certain agenda and would have to keep that agenda to be re-elected.

UNC political science Professor Isaac Unah said platforms are rarely explicit in judges' campaigns.

"They're a different kind of politician," he said. "They realize they're supposed to be unbiased."

But political party has no place on the bench. Judges should run on their experience, not their attitudes toward subjects implied by party membership.

Political partisanship also affects the selection process for future U.S. Supreme Court justices. Presidents nominate justices for the U.S. Supreme Court, with Senate approval.

Up to four of the current justices could retire or die during the next president's term, so potential Supreme Court nominees have become a hot issue this election.

At stake, Al Gore leads us to believe, is the survival of *Roe v. Wade* and a woman's right to have an abortion. In the years since the court's 1972 decision, the court has grown more conservative. It upheld *Roe v. Wade* in recent decisions with 5-4 votes.

A few more conservative (read: Republican) justices could swing the balance, Gore warns.

This scenario isn't much different from the one in North Carolina.

Many people will end up voting for the president whose Supreme Court nominees reflect the voters' political views. People in this state will directly vote for judges with their political views.

But the difference is that U.S. Supreme Court justices are on the bench for life. After they're approved, they need not make decisions based on what the latest poll results or their chances for re-election. They can be inconsistent in their political views to ensure consistency in their constitutional interpretation.

In contrast, political affiliation must be in the back of N.C. judges' minds since they run on their parties' tickets. North Carolina residents should move to build protect the integrity of our judges by installing a nonpartisan election process.

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OTH/BESS LOEWENBAUM

Dean Smith jokes with students while answering their questions about his career as the Tar Heels' head coach. Smith's talk was a part of "Tuesdays with Friday," a lecture series hosted by Bill Friday.

## Students Get Rare Chat With Smith

By ROBERT ALBRIGHT  
Staff Writer

Offering humorous anecdotes and fielding questions about his life on and off the court, the winningest college basketball coach of all time made a rare speaking appearance Tuesday afternoon.

Basketball legend Dean Smith, who retired in 1997 after amassing 879 wins as UNC's head coach, spoke to a filled-to-capacity crowd of more than 150 students and faculty at the James M. Johnston Center for Undergraduate Excellence.

Moderated by former UNC-system President Bill Friday, Smith's conversation with students was the second installment of the monthly Tuesdays with Friday series, which brings influential civic leaders to speak with the University community. Smith, who said he turned down nearly all speaking engagements last year, said he enjoyed fielding questions from students and catching up with his old friend Friday.

"I don't feel comfortable speaking in (formal) business settings, but in front of students, speaking is the easiest thing in the world to do," he said.

Those who wanted to see Smith speak had to fill out a "ticket to win" weeks beforehand to get

a chance to attend the conversation. Because of limited seating, only 150 students were selected.

At the onset of the discussion, Smith set a humorous tone as he joked about his and Friday's presence at UNC since the 1950s.

Throughout the event, Smith walked around and interacted with the audience instead of remaining in his designated seat, which helped foster a lively conversation with a wide range of questions. Topics covered in the discussion included Smith's opinion of college basketball today, his most memorable moments on the court and his activities since retiring from UNC.

Smith said a lot of his time recently has been spent lobbying for important causes such as bringing an end to betting on college sports.

In a visit to Washington, D.C., several weeks ago, Smith worked with Sen. John McCain, R-Ariz., to get a bill on the Senate floor to make betting on college sports illegal in Nevada, which is the only state that still allows the practice.

"There shouldn't be point spreads in the newspapers," Smith said. "It encourages new betters."

In addition to his efforts to curb collegiate betting, Smith said he is still closely involved with UNC basketball, whether it be offering advice to new Coach Matt Doherty or answering players'

concerns about recruiting and their future plans.

Smith said he is pleased with Doherty's efforts so far as head coach. "We wanted someone who wouldn't change our program's discipline," he said. "I will be here to help (Doherty), but he knows he doesn't have to listen to (me) like he did when he played for us."

After describing some memorable coaching experiences, Smith stressed how difficult it was to pinpoint his best players of all-time. "It's like asking, 'Who's your favorite child?'" he said. "I never answer questions like that."

Neely Curtis, a freshman from Mooresville and one of the students selected to hear Smith speak, said she felt honored to be at the event.

"I'm glad I was able to take advantage of this one-time opportunity," Curtis said. "(Smith) is such a highly respected person, and he inspired so many people to work harder."

Friday, who has known Smith for more than 40 years, said Smith will continue to serve as a role model for all. "He's truly an accomplished individual," Friday said. "He's the man who set the standard for intercollegiate sports."

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## Supporters Increase Bond Promotion

In the final two weeks before election day, bond proponents court the undecided vote with increased advertising efforts.

By MONICA CHEN  
Staff Writer

After a recent poll indicated a majority of N.C. voters support the \$3.1 billion bond referendum but that many are still undecided, bond proponents are stepping up their efforts as Election Day nears.

The News & Observer and WRAL-TV sponsored a poll released Monday showing 58 percent of likely voters supported the bond while 25 percent were opposed and 17 percent were still undecided.

Funding from the bond will pay for facility repairs and capital needs for UNC-system universities and the state's community colleges.

Reyna Walters, student outreach coordinator with North Carolinians for Educational Opportunity, the leading group pushing for passage of the bond, said the poll's results show lower support than any previous data she has seen.

"Those are actually the lowest numbers (for a poll) that I've heard of so far," Walters said.

Leslie Bevacqua, director of the North Carolinians for Educational Opportunity, said the group will continue with the same strategy

established at the campaign's start.

"We're following our plan to increase media coverage in the last two weeks," Bevacqua said. "You'll definitely see more ads on TV, on the radio - to drive home the message."

J.B. Milliken, UNC-system vice president of public affairs, said the push for the bond is going to be amplified in the next two weeks to target the people who are still undecided.

"People will notice an intensification of the grass roots efforts," Milliken said.

"(The bond push) is going on on all the campuses, as well as being sponsored by the county organizations."

But both Walters and Bevacqua say the bond issue is complex and nothing is certain.

"Because on something like the bond, there are so many issues connected to it we need to make sure that people know the bond and make sure they know how to find it on the ballot," Bevacqua said.

Student leaders at UNC also emphasized at a meeting Tuesday night that they must continue to inform students about the bond - especially those who are undecided.

At the beginning of the meeting, Chris McClure, chairman of the group, mentioned the recent poll but said despite the favorable results, the group will not change its campaign

*"We need to make sure that people know the bond and make sure they know how to find it on the ballot."*

LESLIE BEVACQUA  
Director, NCEO

will vote."

McClure added that he thinks the most recent polls were most representative of the true attitudes of the state's voters.

But even in light of polls, Bevacqua said the push for the bond will continue until the election on Nov. 7.

"I never count on any poll until the final one - Election Day."

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## Dye Pack Might Help Police Find Robbery Suspect

Officials said they hope stains left in the getaway car after a dye pack burst will help them catch the armed bank robber.

Staff Report

CARRBORO - Police are still searching for a suspect in an armed robbery that occurred at Central Carolina Bank at 102 N.C. 54 Bypass.

The robbery was reported by a 911 call to the Carrboro Police Department at 11:53 a.m. Monday morning.

Police reports state that the suspect entered the building and inquired about opening an account. The suspect then produced a semiautomatic handgun and threatened the teller, giving the teller a bag to fill with money.

As the suspect left the building, a dye pack placed in the bag burst, staining the cash and the pavement outside.

The suspect escaped in a dark-colored sports car, heading out of the plaza onto Old Fayetteville Road and then onto the N.C. 54 Bypass, driving west.

The getaway car is leading officials to believe the suspect had an accomplice in the robbery.

Officials said they hope the red stains from dye left in the car will help lead them to the suspect.

Bank employees described the suspect as a black male, 5 feet 10 inches to 5 feet 11 inches tall, with a thin build and black hair in braids.

He was wearing a dark ball cap, blue windbreaker and dark blue jeans.

The amount of money taken has not been disclosed. As with all bank robberies, the Federal Bureau of Investigation will be working with local police on the case.

The bank manager and tellers refused to comment on the incident.

## CAA Prepares For Basketball Ticket Handout

In order to receive tickets at Saturday's distribution, students must get bracelets at the Smith Center today or Thursday.

Staff Report

Today is one of two opportunities remaining for students to receive bracelets for the Carolina Athletic Association's basketball ticket distribution this Saturday.

The tickets are for UNC men's basketball games against University of Kentucky, University of Miami (Florida) and University at Buffalo. The Smith Center ticket office will be open from 8 a.m. to 5 p.m. today and Thursday. The ticket distribution committee will place a bracelet on each student's arm.

The bracelet cannot be removed or damaged before Saturday morning.

Each bracelet will have a number and will be given out in numerical order up to the last person in line at 5 p.m. A bracelet will be distributed to every person in line, but no one is guaranteed tickets.

On Thursday, the CAA will randomly draw a number that corresponds with a number printed on one of the bracelets. The student with this number will be at the front of the line Saturday morning.

The chosen number will be printed in The Daily Tar Heel on Friday. Ticket distribution will begin Saturday morning at 6 a.m. Students who forget their ONE Card or do not get a bracelet can return to the ticket office Monday and Tuesday, provided that tickets are still available. Students are allowed to bring their UNC ONE Card and one other for a total of two possible tickets on Saturday morning.

### 2000 Basketball Ticket Distribution

October 28: Kentucky  
Miami  
Buffalo

November 18: Wake Forest  
Marquette  
Clemson

December 9: Virginia  
Georgia Tech  
Maryland

January 20: Florida State  
N.C. State  
ACC Tourney Info  
Post-Season Info

January 29, 30, 31: ACC Sign-ups

February 17: Duke