

N.C. Passes Bill to Improve Construction Efficiency

Jeff Davies, UNC-system vice president of finance, said the new law will accelerate the construction process.

By MICHAEL DAVIS
Staff Writer

The N.C. General Assembly passed a bill Thursday that will consolidate construction procedures for state agencies with the goal of making building projects more efficient.

The Public Construction Law Changes Bill will grant state agencies, including UNC-system schools, the ability to hire a general contractor for building projects.

This contractor will serve as construction manager, hiring other subcontractors to complete construction on the rest of the building projects, such as installing electricity and plumbing.

If construction is delayed or runs over the budget, the construction manager will be held responsible.

Supporters of the bill say the measures will save each state university time

and money.

Several UNC-system Board of Governors members, including board Public Affairs Committee Chairman Jim Phillips, lobbied legislators hard for the bill, which the House first passed Nov. 28.

Impetus for the bill came from the passage of the \$3.1 billion higher education bond package last fall, which granted \$2.5 billion for construction on UNC-system campuses.

But legislators then raised concerns about the cost involved in implementing the bill. The bill will require \$738,000 out of the state budget to

implement.

Legislators returned the bill to a House committee Dec. 2 for further consideration on these cost concerns.

Legislators said they hope the law will lead to better management of these building funds.

The final version of the bill also includes a provision requiring all bidders to provide documentation that proves they have made a good-faith effort to hire minorities.

Jeff Davies, UNC-system vice president of finance, said passage of the bill will improve building procedures on the

system's campuses.

"(The bill) provides important tools to assure that we can build our buildings in reasonable time frames," he said. "I'm very pleased that it has passed."

With general contractors on each campus selecting subcontractors, Davies said the act will accelerate the construction process.

He said, "There's full accountability right from the beginning."

The State & National Editor can be reached at stntdesk@unc.edu.

Campus Calendar

Today

10 a.m. - UNC Homecoming Queen Shayla Higginbotham and HEELing Hearts will be collecting handmade "Thinking of You" and greeting cards as well as unwrapped new toys until 2 p.m. HEELing Hearts, the Black Student Movement and the senior class will bring the toys and cards to victims of the Sept. 11 attacks in New York.

Donations also will be accepted in the New Hope Commons Shopping Plaza off N.C. 15-501 from 10 a.m. to 2 p.m.

4:30 p.m. - The Human Relations Committee of student government is hosting the Unity Games until 6 p.m. in Gym A of Fetzer Gym. The games are free and will include prizes, T-shirts, a DJ and fun. If you would like to play, or be a referee (faculty are welcome), sign up in the Pit today.

go to dailytarheel.com

■ Homecoming Queen Launches Service Project
By Jacqueline Brown

■ Officials Not Sure of Night Parking Impacts
By Phillissa Cramer

■ Experts: Israel's Terrorism Response Will Impact United States
By Daniel Blank

■ Bill Gives UNC-CH, N.C. State E-Procurement Power
By Allison Lewis

■ Chapel Hill, Carrboro Groups Gear Up for Holidays
By Jamie McGee

■ Local Tree Farmers Provide A Fresher Alternative
By Heather Apple

■ School Board Inaugurates New Members, Thanks Waldon For Service
By Adrienne Clarke

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News, Features, Sports, 962-0245
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Center for Healthy Student Behaviors: your Student Health Service resource center for health and wellness.

It's Exam Time, Get a Grip...

A fair amount of anxiety or tension before an exam is natural; but exam anxiety is when tension or nervousness around test time is so high that it has a negative effect on your performance. Causes of exam anxiety include: fear of failure, unchecked perfectionism, effects of procrastination, and excessive emphasis on academic success and grades to feel good about yourself. Anxiety comes in the forms of:

- Avoidance and compensatory behavior - missing class or work, afraid to be in certain places
- Feelings of dread and being overwhelmed
- Blanking out, being unable to concentrate and focus
- Overextending and pushing oneself with perfectionistic behavior
- Physical discomfort, including headaches, muscle tension, upset stomach, dizziness, feeling flushed, rapid breathing and heart rate, clammy hands, and sweating
- Uncomfortable, tense, irritable feelings
- Worried, negative thoughts, apprehension, and guilt

All of these symptoms have certain things in common: your body and mind are either speeding up or constricting. Your muscles become tense and uncomfortable, your thoughts race or freeze up, your heart races, your breathing speeds up, and your emotions become agitated or numb. You then either push yourself even harder or you start to avoid certain situations.

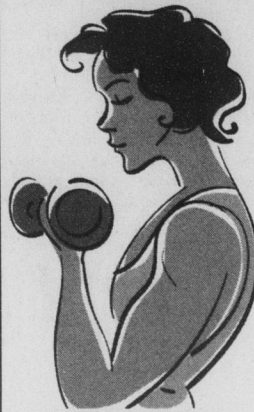
Student Health wants to highlight some possible ways of coping with exam anxiety:

- Make sure to prepare adequately (obtain tutoring if necessary).

- Devise a study schedule that paces your efforts and allows for breaks and planned relaxation periods.
- Focus on study efforts, not outcomes. Try not to keep anticipating what grade or score you will get and their future implications.
- Don't compare yourself to other students.
- Before an exam, practice a relaxation technique at home (try the CAPS Online Anxiety and Stress Management training session at http://www.unc.edu/depts/unc_caps/relaxaudio.htm)
- Notice your breathing. Take slow, deep breaths when you start to feel anxious.
- Have rough paper handy to jot a quick outline or checklist of points you want to cover.
- On longer written answers, be sure to have an introduction and conclusion. Take time to organize your answers to avoid presenting information in a random disarray.
- On true/false and multiple choice questions, always make a guess if there is no penalty for wrong answers instead of leaving questions blank.
- If your thoughts aren't clicking on one question, move on to a different question where you can be more productive.
- Spend more time on heavier-weighted questions.
- Use memory tricks (such as acronyms and illustrations) to help create links to remember key words and facts.
- For tips on dealing with perfectionistic behavior and expectations that cause excessive anxiety, go to http://www.unc.edu/depts/unc_caps/perfection.htm

Have a Safe and Happy Winter Break!

Power Crunches



Power Snack

the YOGURT pump

Downtown Chapel Hill
106 W. Franklin St.
(next to He's Not Here)

North Durham Northgate mall
(next to Carousel)

UNIVERSITY OF
CLEF HANGERS
NORTH CAROLINA

Old Well Sing
Friday, December 7th, 5pm

Come hear the Clefs sing your favorite Christmas carols as well as your requests!

Bring something or someone to keep you warm!

Exam Week Specials

EAT FOR FREE! Don't forget to sign up for your spring meal plan before December 14 for your chance to win a **FREE** meal plan!

Sign up on-line at www.dining.unc.edu

Whether hunger hits when studying **LATE NIGHT**,
you need a caffeine boost,

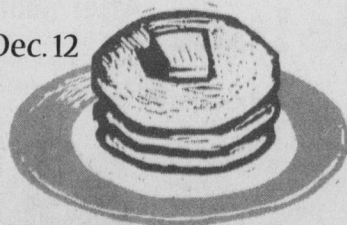
OR

you just need a break...



Enjoy **FREE COFFEE** at Union Station from
8:00pm-midnight ~ Monday, Dec. 10-Friday, Dec. 14

Take a **BREAK** and join us Wednesday, Dec. 12
for 'Midnight Breakfast' at Top of
Lenoir and Chase ~ 10:00pm-midnight



Hours

CDS is opening early and closing late to fit your exam schedule:

Top of Lenoir and Mainstreet locations will open at 7:00am.

We haven't forgotten Saturday exams - on December 15 Chase and Top of Lenoir will serve **Breakfast** from 7:00am-10:00am, and **Lunch** from 10:00am-1:30pm.

Top of Lenoir will also be open for dinner until 7:30pm

For a full schedule of Exam hours, stop by any CDS location.

carolina
DINING SERVICES

Need a last
minute gift?

- * **Coolers** stuffed with snacks and goodies are perfect for exam breaks and long trips home. Available at South Campus Mini Mart.
- * **Java City Gift Baskets** make great presents, for teachers, friends, or family. Pick one up at Ram Café.
- * Buy a pre-decorated **Mini-Tree** or **Mug** to add holiday cheer to your room, or give one to a friend. Available while supplies last on Mainstreet.

And you can use your
FLEX & EXPENSE to purchase!



SUBWAY



Java City

Good Luck on Exams!