

Speaker says alcohol harm likely reversible

BY SHANNON CONNELL
STAFF WRITER

A University researcher warned members of the campus community about the detrimental effects of alcohol on the brain — but highlighted the possibility of rectifying the damage — during a seminar Monday.

Fulton Crews, director of the Bowles Center for Alcohol Studies, discussed the effects of alcohol on the adult brain with about 30 graduate students, faculty and staff members.

Crews' remarks were based partly on a study that suggests alcoholism can lead to permanent brain damage that affects relearn-

ing processes. Crews, who is chairman of the extramural advisory board of the National Institute of Alcohol Abuse and Alcoholism — the foremost source of alcohol-related research in the country — also stressed the importance of warning friends that binge drinking can lead to alcoholism later in life.

"Moderation is key," he said after the discussion.

During the seminar, titled "Neurodegeneration and Regeneration in the Adult Brain: What Can We Learn from Alcoholism?" Crews discussed a number of studies conducted at the Bowles Center that focus on neu-



Bowles Center director Fulton Crews spoke to the campus on the damaging side effects of alcohol use.

rogenesis — the process by which the brain forms new neurons and cells.

"Cycles of alcoholic drinking cause a ramp up in inflammatory episodes," he said.

This inflammation permanently alters the brain and potentially can damage one's ability to relearn. And the combination of binge

drinking, the increase of inflammation and the decrease of neurogenesis eventually can lead to addiction, he said.

Alcohol also blunts the development of new adult neurons that are smaller in length and size when compared to their alcohol-free counterparts.

The effects of addiction were demonstrated in a study involving "binge rats" making their way through the Morris water maze — a circular-shaped structure six feet in diameter with a single platform.

Initially, both rats, one of which was exposed to alcohol, were able to find the platform amidst the water.

"If you drink more heavily as an adolescent, the chances increase for becoming an alcoholic."

FULTON CREWS, DIRECTOR OF THE BOWLES CENTER FOR ALCOHOLIC STUDIES

However, when the platform was moved, the rat that consumed alcohol was unable to locate it — showing the inability to practice important relearning processes, Crews said.

Regeneration of neural cells is possible if abstinence is practiced. If there is no consumption of alcohol for even two weeks, a burst of neurogenesis occurs, causing rapid

cell growth, he said. Adolescent rats in particular are very sensitive to alcohol, he said, and the same holds true for people.

"If you drink more heavily as an adolescent, the chances increase for becoming an alcoholic."

Contact the University Editor at udesk@unc.edu.

To Place a Line Classified Ad

Call 962-0252 • Fax 962-1609
or email classifieds@unc.edu

DTH office is open Mon-Fri 8:30am-5:00pm

UNC One Card, Cash, Checks, Mastercard,
Visa & American Express accepted

Line Classified Ad Rates

Not-For-Profit
25 Words, 5 Days \$13.75
Extra words are 25¢ each/per day
Add \$2.75 for each additional day

Commercial: For-Profit
25 Words, 5 Days \$33.75
Extra words are 25¢ each/per day
Add \$6.75 for each additional day

Ad Enhancers:

Box your ad: \$1.00/day
50¢ per word, per day
10pt: \$1 per line/day 12pt: \$1.50 per line/day 14pt: \$2 per line/day

Deadlines:

Line Classified Ads
Noon, 1 business day prior to publication
Display Classified Ads
3pm, 2 business days prior to publication

Display Classified Rates: Call 962-1163 or visit www.dailytarheel.com and click on "advertise"

BR = Bedroom • BA = Bath • sq/ft = square feet • mo = month • hr = hour • wk = week • W/D = washer/dryer • OBO = or best offer • A/C = air conditioning • M/F = male/female • w/ = with • LR = living room

Classified Advertising

The Daily Tar Heel

The Daily Tar Heel

Announcements

NOTICE TO ALL DTH CLASSIFIED CUSTOMERS: Please read your ad the first day it runs to check for any errors. Call us by NOON & we'll change it for the next paper. We are responsible for first run errors only! We will stop your ad any time, but no refunds or credits for stopped ads will be provided. Deadlines are NOON one business day prior to publication for classified ads. We publish each day classes are in session. A university holiday is a DTH holiday (i.e. this affects deadlines). We reserve the right to reject, edit or reclassify any ad deemed inappropriate, obscene, illegal or otherwise objectionable. Acceptance of ad copy or prepayment does not imply agreement to publish an ad. No advertising for housing or employment in accordance with federal law can discriminate on a basis of sex, race, creed, color, religion, national origin, handicap, marital status.

\$600 GROUP FUNDRAISER BONUS
4 hours of your group's time PLUS our free (yes, free!) fundraising programs EQUALS \$1,000 - \$3,000 in earnings for your group. Call TODAY for up to \$600 in bonuses when you schedule your fundraiser with CampusFundraiser. Contact CampusFundraiser, 888-923-3238, or visit www.campusfundraiser.com.

RAINBOW SOCCER COACHES WANTED! Volunteer coaches needed for youth teams ages 3-13. Practices Monday/Wednesday or Tuesday/Thursday, 4:15-5:15pm. All big, small, happy, tall, large-hearted, willing, fun-loving people qualify. Call 967-8797, 260-8797 for information. Brochures available at Campus Recreation Center, Woollen Gym. Register online at www.rainbowsooccer.org.

Help Wanted
PRODUCT QUALITY SPECIALIST for software training firm. Test new course materials and software tools. Entry-level position, part-time or full-time. Send resume to jobs@islandtraining.com, or fax 919-401-8434.

PHOTOGRAPHERS WANTED
Fun, high-energy late-nighting event. Flexible part-time jobs. Must be outgoing and dependable with reliable transportation. No experience necessary. Training provided. Pay based on performance, minimum \$8/hour. Call Tonya at 919-967-9576.

ARS SERVICE EXPRESS Seeking part-time person to gather information & schedule sales appointments. Pays \$10/hr. Please come by 5200 Old Chapel Hill, Durham, NC 27707 to fill out application. No experience necessary. Must have own transportation.

JOIN OUR TEAM! Cafe Carolina and Bakery. Excellent wages, flexible schedules, benefits, no late nights. Apply in person. Meadowmont Village. Advancement opportunities available. EOE.

Orange United Methodist Church AfterSchool has opening for part-time counselor. Hours: 12:15 per week, weekday afternoons, academic year. Pay \$9-10 per hour, experience with children in grades K-5. Must have own car, be 21, and able to obtain a CDL. Resume/cover letter to: Robert Luther King Blvd, Chapel Hill, NC 27514. No calls.

YARDWORK
Energetic, undegrad needed. Adjacent to campus, pick-up truck desirable. \$8-11/hour. brodrey@teslaage.com.

LOOKING FOR A part-time job? Excellent opportunity to gain hands-on experience for someone thinking about or majoring in nursing, pre-med, physical therapy, occupational therapy, or other medical disciplines, but not required. Can train. Pay \$9-14/hour. Call for information, 932-1314.

Help Wanted

PART-TIME LEASING CONSULTANT needed for Sterling Brook Apartments. 16 hours/week. Please contact, 919-966-1252.

THE PRESERVE at Jordan Lake Golf Club is seeking individuals to work in the snack bar/beverage cart. Restaurant experience preferred. Call 919-542-5501.

PART-TIME: YARNELL-HOFFER EQUIPMENT/PARTY RENTAL STORE needs self-motivated counter sales help. Neat appearance, good phone etiquette. WEEKEND WORK REQUIRED. Huge discounts for personal use! Great pay! See yarnelloffer.com or call Butch at 942-3500, Chapel Hill.

WANTED: PART-TIME lawn service helper needed, 2-3 afternoons/week. 1-5pm. Experience with lawn equipment, valid NCDL, excellent driving record, reliable. Email kgunter@ncrr.com (subject line: lawn helper). Please attach resume.

WEST DURHAM VETERINARY HOSPITAL seeking part-time kennel/front desk help. Must be available weekends and holidays. Apply in person at 3301 Old Chapel Hill Road.

NOW HIRING positive, enthusiastic people to fill range of service positions for Chapel Hill Country Club. No experience required. Competitive wages. Flexible schedules. Free meals. Limited golf and tennis privileges. Call 967-8201 for directions.

PART-TIME, ATHLETIC, RTP (www.athleticcorp.com). Culture revolves in lab & greenhouse. Good basic biology lab skills, attention to detail, regular schedule. Either one person at 12-20 hours/week (minimum of 6 hours on 1 day during normal business hours), or 2 persons, each at 8-10 hours/week (minimum of 6 hours on 1 day during normal business hours). Car required. Excellent hourly pay. Please email resume with reference code X3 in subject line to careers@athleticcorp.com.

PSYCHOLOGY, SOCIOLOGY, HEALTH-CARE, or RELATED FIELDS. No experience necessary! Residential Services, Inc., located in Chapel Hill, has part-time/full-time openings. Work with individuals with developmental disabilities. \$10/hour. Information and applications at www.rsi-nc.org or call 942-7331 x121.

PART-TIME ASSISTANT TEACHERS education helpful and experience working with young children important. Energy, enthusiasm and dependability are required. Must be available to work M-F, 1-5pm or 3-6pm. Chapel Hill Day Care Center is an Equal Opportunity Employer. Email chcc@bellsouth.net or fax resume to 967-7529. License #68000135.

ARTIST MODEL \$15/hr. Local painter seeks female model. Weekend & evening hours. paul_e_wally@hotmail.com. 919-933-9868.

COMMERCIAL ART GALLERY now hiring part-time sales associate. Art history background preferred. Strong people skills. Computer proficiency. Apply in person Tuesday-Saturday 11am-5pm. Tidal Gallery: University Mall, Chapel Hill.

SPRING BREAK 2006. Travel with STS, America's #1 student tour operator. Jamaica, Cancun, Acapulco, Bahamas, Florida. Hiring campus reps. Call for discounts: 800-648-4849 or www.ststravel.com.

BARTENDERS WANTED! \$300/day potential. No experience necessary. Training provided. Call 1-800-965-6520 x105.

PILATES INSTRUCTOR needed at the Chapel Hill-Carboro YMCA for Monday night beginner level class. If you are interested please contact Evie at 919-942-5156 or evie@chcymca.org.

Help Wanted

RAINBOW SOCCER FIELD ASSISTANT wanted for Chapel Hill recreational league. Approximately 25 hours, weekday afternoons and Saturdays. Must be dependable, good with kids of all ages, organizational skills, dynamic attitude, and reliable transportation. Soccer coaching and refereeing experience preferred. Call 967-8797, 260-8797 ASAP.

DB SUTTON & CO. is seeking a part-time receptionist with experience. Personable demeanor, enthusiasm, & fashion conscious are necessary. No calls. Come by 406 West Franklin St. for an application.

BOOKKEEPER/ACCOUNTANT
Needed for small software company in downtown Chapel Hill. Quickbooks experience essential. Graduate work in accounting preferred. 512-18/hour. norman@teslaage.com.

PAID TO STUDY? Part-time night staff needed for female dorm, 11pm-7am for Aulden Academy, an all-girls' boarding school near Pittsboro, NC. \$9/hour. Send resume to smcgee@threeprings.com or fax to 919-837-5284. EOE.

CHAPEL HILL FAMILY seeks reliable, pleasant college student to provide afterschool family support for child transportation, errands, & light housekeeping. Good references & good driving record required. Must have own transportation. \$10/hour, approximately 15 hours/week. 490-9079 or 624-3046.

LOOKING FOR ATHLETIC males for private figure model work in studio. Part-time, fit your schedule. 919-260-2288.

VARSITY ALE HOUSE
NOW HIRING: Waitstaff, hosts, bartenders to work in a high-energy sports bar restaurant. Full-time/part-time, flexible hours. Please call to set up an interview. 489-5800.

PART-TIME TELECOMMUTE sales professional wanted for amusement park industry. Contact ja@90@hotmail.com for more information.

MODELS (FEMALES) wanted for artistic nude/implied photography project. Location: Durham. Web page: www.onemodelplace.com/photographer_list.cfm?ID=65046 or www.musecube.com/jj190. Email: jj@90@hotmail.com, 940-591-4981.

WEB PROGRAMMER NEEDED
Chapel Hill ad agency with diverse clients seeks talented web programmer. Must know CSS, PHP, ASP and HTML. 3-5 years experience. Salary commensurate with experience. Benefits include health insurance and IRA. Must be professional, able to meet and work with clients and energetic. Please email jobs@revelagency.com or call Lauren at 932-9985.

APPLEBEE'S is now hiring for server/host positions in Chapel Hill and Durham locations. Apply in person between 2-4pm. Immediate interview with managers. 929-5102, 489-7775.

SPARTACUS
NOW HIRING: Waitstaff, hosts, bartenders to work in upscale restaurant. Full-time/part-time, flexible hours. Apply in person in front of new Super Target off I-550. 489-2848.

KESTON CARE is looking for outgoing males & females to work one-on-one with developmentally disabled children in Chapel Hill, Durham & Chatham County. Afternoons, evenings & weekend hours available, reliable transportation a must. CPR & first aid a plus. If interested in a hab tech position, please call Keston Care, M-F, 9am-4pm at 967-0507.

BARTENDERS NEEDED!!!
EARN \$20-35/hour. Job placement assistance is top priority. RALEIGH'S BARTENDING SCHOOL. Have fun! Make money! Meet people! Call now about our back to school student tuition special. 919-676-0774. www.rocktailmixer.com.

OUTBACK STEAKHOUSE now hiring servers, hosts and bussers. Minimum 3 shifts/week, minimum 1 year server experience. No experience necessary for hosting and bussing. Apply in person M-Th, 2pm-4pm. 3500 Mount Moriah Road, Durham. No phone calls please.

Internships

SALES & MARKETING INTERNSHIP. Gain valuable sales & marketing experience with local publishing company. Enhance your communication & organization skills working in a young professional environment. Work flexible schedule, no nights or weekends. Average \$11/hour. Call 968-0225 x938.

Tutoring

AFTERSCHOOL TUTOR/CHILDCARE needed for 9th grade students at our home between 4-6pm. Please email resume to me@fel.duke.edu.

Child Care

CHILD CARE NEEDED for afterschool care for 5 and 6-year-olds. Flexible hours. References and transportation preferred. Excellent pay. Please call Beth at 919-402-8153 or email at elaughon@ncrr.com.

NANNY POSITION for 3-month-old beginning November in our Southern Village home. OK to share job/hours. Non-smoking. References required. Contact allenjenw@ncrr.com.

AFTERSCHOOL CARE NEEDED M-F or MWF approximately 2:45-6pm. Duties include supervision of homework, driving, errands. No housework. Must have own reliable car, clean criminal and driving record, references, experience. Non-smoker. Opportunities for occasional evenings, weekends, extra hours. \$11/hour. Please call 490-4406 after 7pm.

RESPONSIBLE, FUN BABYSITTER wanted for 5-year-old girl and occasionally her 3-year-old brother in Chapel Hill. Hours are M-Th, 2:30-5pm. Responsibilities include driving to appointments. Must have reliable transportation, good driving record, and references. \$11/hour. Please call 967-7689.

AFTERSCHOOL CHILDCARE needed 3-7pm, M-F. Occasional overnight possible. Must love kids, quality car and sense of humor. 919-942-5500.

CHILD CARE NEEDED Monday and Wednesday, 11:45am-4pm. Must have car to pick up 2-year-old from preschool. \$10/hour. 933-3889.

BABYSITTER WANTED for occasional late afternoons, evenings, on as needed basis for adorable boy, age 4.5 years. Car, references required. 967-1553 or kmanning@mindspring.com.

WANTED: DRIVER for 11-year-old girl & 15-year-old boy in Chapel Hill. Tu-Th afternoons. Pick up from private school in Durham, then to swimming & soccer. 3-6:30pm. \$12/hour plus \$8/week for gas (\$50/40). Please call Kathy at 919-612-3682 (cell) or 919-419-8279 (home). References requested.

CHILD CARE NEEDED 3-6pm, 2-4 times/week, some early mornings. Must be available early Thursday morning and Thursday from 2:30-8pm. Chapel Hill area. Very nice kids. Will pay top dollar. 919-489-8796.

CHILD CARE NEEDED 3-6pm, 2-4 times/week, some early mornings. Must be available early Thursday morning and Thursday from 2:30-8pm. Chapel Hill area. Very nice kids. Will pay top dollar. 919-489-8796.

ROLLING STONES: 2 premium tickets, Durham 10-08-05. \$799 or will consider trade for good Duke/UNC basketball tickets. John, 877-371-2729.

STALL FOR LEASE. Exceptional care facility, 2 miles to UNC. Awnings, AC cooling, highest quality feeds. 50 years experience, special needs. Busline. Event horse for lease. 919-929-5864, mkkille@ao.com.

For Rent

ALL REAL ESTATE AND RENTAL advertising in this newspaper is subject to the Federal Fair Housing Act of 1968 which makes it illegal to advertise "any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status, or national origin, or an intention to make any such preference, limitation, or discrimination." This newspaper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis in accordance with the law. To complain of discrimination, call the US Department of Housing and Urban Development housing discrimination hotline: 1-800-669-9777.

LARGE 2BR/1BA, walk-in closet, 2 miles to campus. W/D. \$700/month. Complimentary Bahamas vacation included with 1 year lease. 919-699-6990.

3-4BR/3BA house in Dogwood Acres. Pet friendly, students welcome, on busline. Wooded, one-acre lot. Section Eight housing recipients welcome. Rent negotiable. Call 859-533-0169 or 210-488-6221. kj1962@netzero.net.

SPACIOUS, QUIET 2BR/2BA, Woodcroft end-unit townhome available immediately! Fireplace, deck, walk-in closets, convenient to UNC. Duke RTP Airport. \$850/month. Call 608-1358.

SUBLEASE MY MASTER BEDROOM in Alta Springs Apartments. Will be available November 1. Please contact Katie at 919-260-5121.

RECENTLY UPDATED 2BR/2BA Finley Forest condo. All appliances included, tennis and pool included, minutes from UNC, large deck, \$850/month. Call Chris, 919-201-3075.

ROOM FOR RENT on second floor of my home. Very quiet, responsible non-smoker. 967-0558.

A 2BR newly-renovated house. Full BA, W/D, A/C. Near busline. No smoking/pets. \$900/month. 919-619-0192.

SUBLET FURNISHED BEDROOM: Now through December (flexible date), minutes to Weaver and campus (F busline), W/D, DSL, friendly community, \$310/month, utilities included. 967-9729.

LOVELY 3BR/2BA Carriage House
Nice safe neighborhood. Convenient to UNC and Duke. Hardwood floors, minutes to Weaver and campus with 2 closets. Vaulted living room with ceiling fan. Spacious kitchen with all appliances. W/D, central heat and AC. Includes water storage. \$1,130/month. Includes garage, garage and sewer. 933-0983, 451-8140.

For Rent

3-4BR/3BA house in Dogwood Acres. Pet friendly, students welcome, on busline. Wooded, one-acre lot. Section Eight housing recipients welcome. Rent negotiable. Call 859-533-0169 or 210-488-6221. kj1962@netzero.net.

SPACIOUS, QUIET 2BR/2BA, Woodcroft end-unit townhome available immediately! Fireplace, deck, walk-in closets, convenient to UNC. Duke RTP Airport. \$850/month. Call 608-1358.

SUBLEASE MY MASTER BEDROOM in Alta Springs Apartments. Will be available November 1. Please contact Katie at 919-260-5121.

RECENTLY UPDATED 2BR/2BA Finley Forest condo. All appliances included, tennis and pool included, minutes from UNC, large deck, \$850/month. Call Chris, 919-201-3075.

ROOM FOR RENT on second floor of my home. Very quiet, responsible non-smoker. 967-0558.

A 2BR newly-renovated house. Full BA, W/D, A/C. Near busline. No smoking/pets. \$900/month. 919-619-0192.

SUBLET FURNISHED BEDROOM: Now through December (flexible date), minutes to Weaver and campus (F busline), W/D, DSL, friendly community, \$310/month, utilities included. 967-9729.

LOVELY 3BR/2BA Carriage House
Nice safe neighborhood. Convenient to UNC and Duke. Hardwood floors, minutes to Weaver and campus with 2 closets. Vaulted living room with ceiling fan. Spacious kitchen with all appliances. W/D, central heat and AC. Includes water storage. \$1,130/month. Includes garage, garage and sewer. 933-0983, 451-8140.

CONDO FOR RENT Chapel Hill. On busline. 2BR/2BA, LR, dining, kitchen, porch, full bath. New range, dishwasher, microwave, refrigerator, new paint, carpeting, pergio type flooring, pool, tennis, laundry, parking. \$750/month. No pets, smoking, undergrads. Call 919-260-2066.

2BR/2.5BA KENSINGTON TRACE Apartments. New paint / carpet, swimming / tennis / basketball / extra parking. 1 busline, \$780/month, includes utilities. 919-656-0235.

2BR/1BA NEWLY remodeled Carboro townhome. Quiet area, W/D included. \$800/month. Grad/professional students only. Call Michael, 919-606-7039.

1BR/1BA APARTMENT in home. Quiet neighborhood near downtown/campus. Living/dining rooms, kitchen. Private entrance, patio. No smoking, pets. \$550/month, includes utilities. 929-4718.

VERY NICE, SPACIOUS 2BR/1BA DUPLEX
on wooded acre lot. Busline. Convenient to UNC. Same size bedrooms with walk-in closets. Living room w/ceiling fan. Optional hardwood floors. Kitchen w/all appliances & dishwasher. W/D hook-ups w/optional W/D. Central heating & AC. Storage & ample parking. \$700/mo. 933-0983, 451-8140.

CHARMING CHAPEL HILL PROPERTIES AVAILABLE IMMEDIATELY: Call 929-1188 or visit www.hilltopproperties.net. 2BR APARTMENTS really WALKING distance to Franklin. Parking & water included, hardwood floors, spacious rooms, only \$710/mo. plus specials & flexible lease! 1BR APARTMENT in beautiful historic home. Gigantic rooms, hardwood floors, central AC & W/D on site. Walking distance to Franklin on Glenburien. Rare find, \$790/mo.

MARRIED STUDENT HOUSING: A short drive gets you so much more for your money! Just 12 minutes south of campus off I-550! Your own private, quiet setting. A newly remodeled duplex with 2BR/1BA, all new appliances, all new flooring, wood burning fireplace, W/D, center island in kitchen, outside deck, all new paint & landscaping. All this for only \$650/mo. Call today, 967-0776 & let us give you details.

FOR RENT: 103-C Isley Street. 2BR/1BA. 10 minute walk from Franklin Street. \$595/month. Call Carlos at 908-392-6020.

HOUSE FOR RENT: 1923 Homestead Road. Split level, 4BR/2.5BA, walk to all three Chapel Hill schools. Sets on large shaded corner lot. Plenty of room for parking. \$1,150/month. 919-942-8005.

APARTMENT IN HISTORIC HOME: 405 Ramsom St. Excellent location very near campus. Top floor of historic home is 2BR/1BA apartment with full kitchen. Shared W/D. Extra large rooms with hardwood floors, dormer windows, large kitchen, good closet space. Extra nice setting. You need to see to appreciate. No undergrads please. Rent is \$1,200/month, available now. Call Cindy at 967-0776.

For Rent

2BR APARTMENT - SUBLET \$600. Merritt Mill Rd. Short walk down McCauley St. to campus. Plenty of parking, includes W/D. Call Arbor Realty 942-9937.

LIVE IN THE COUNTRY: A short drive to campus from 303 Homestead Rd. 2BR/1BA brick ranch house w/caport & yard with room for garden. Full kitchen w/dishwasher, hardwood floors, W/D. Just \$625/mo! Call Cindy at 967-0776. Cats welcome with pet fee.

2BR CONDO, 2 miles from campus, busline. Stone, refrigerator, W/D, dishwasher. \$675/month. 919-810-6972 or inspection@ncrr.com.

Rooms

ROOM IN PRIVATE home with private bath. Large closets, pleasant neighborhood. 3 minutes from UNC. 929-6879.

WALK TO UNC. Large unfurnished room in private home. No kitchen. Non-smoking. 1 year lease. \$275/month + utilities. Available November 1. 929-2249.

Roommates

CHRISTIAN FEMALE seeking housemate. Email