

FEATURES

Fair to provide healthy array of programs

By Anna Meadows
Staff Writer

If you think fitness is defined by what you put in your mouth and how much you exercise, some folks on campus want you to think again.

This year's Health Fair, to be held in the Pit Thursday, will emphasize what coordinator Anne Hillman calls "the six dimensions of wellness" — the physical, emotional, intellectual, occupational, spiritual and social.

"We're trying to emphasize that all six are important, and we're trying to have those represented," said Hillman, a senior nutrition major from Lynchburg, Va.

Students and University employees can choose from 37 different activity tables at this year's fair. They can get a body fat assessment, have their cholesterol level checked for a \$6 fee or find out how to prevent injuries on campus, at work and at home, among other things. Employees can find out more about benefits and services they are entitled to.

The University Police will be handing out information and answering questions about campus safety. Planned Par-

enthood and Health Education from Student Health Service will provide information on contraception and on AIDS. The University Chaplain's Association also will give information about campus ministries and general information on spirituality.

New events this year are sample massages provided by the Wholistic Health Center and an aerobics demonstration.

The Health Fair is now in its fourth year. The fair is sponsored by the Wellness Resource Center, said Hillman, who is the center's program assistant. H.E.E.L.S. for Health, a health promotion service for University employees, and the Carolina Dining Service also are sponsoring the event.

"The Wellness Resource Center is a service just for students," Hillman said. "We're primarily funded by the Student Health Service and partially funded by the P.E. department." The resource center provides student consultations on issues involving student's health, such as nutrition, dieting, fitness assessments and stress management. Students can visit the center for individual counseling or request that a counselor present a program in the dorms.

"We're working with H.E.E.L.S. for Health because they're (the organization) for employees," Hillman said. H.E.E.L.S. stands for Helping Employees Enhance their Lifestyles. The program offers a wide range of fitness and educational services for individual employees and departments on campus.

The Carolina Dining Service has been working with the Wellness Resource Center to provide special nutrition-oriented programs and events every Tuesday evening, rotating weekly between Chase and Lenoir halls. The dining service will provide free refreshments for participants in the fair, Hillman said.

Chris Baumann, co-chair for the Student Environmental Action Coalition, which will be participating in the fair, said his organization agreed with the philosophy that wellness included many dimensions. SEAC, which is participating in the Health Fair for the first time this year, will emphasize how people's eating habits affect the environment, he said.

"For instance, a lot of red meat we eat is from Central America, and they have to clear-cut the land for the cattle," said Baumann, a junior from Wisconsin. "A cow uses up a lot of resources. It takes

away a lot from the land without putting much back."

How meat-processing plants are run affects workers and working conditions, which affects their physical and mental health, he said. "The plant at Hamlet is a good example."

People also should be concerned about pesticides and other chemicals that are used to grow food, he said. "They're detrimental to human health because they are passed to humans. (They) go down the food chain."

Hillman worked about 10 hours each week this semester to coordinate the groups and student volunteers. "Most of it was just modifying what was done last year," she said.

The fair will take place from 10 a.m. to 2 p.m. Thursday. In case of rain, the fair will be held in Great Hall.

A drawing for a mountain bike, provided by Colombo Yogurt, and many other prizes will be at 12:15 p.m.

For more information on the Health Fair, call the Wellness Resource Center at 962-WELL or Anne Hillman at 933-5242.

Rape

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ported the incident to police last month, Cousins said.

But the woman came forward last week and said she had changed her mind and wanted to press charges against Gilchrist, Cousins said.

Gilchrist was brought before the magistrate and placed under \$10,000 secured bond, according to the police report.

He was released into the custody of the person who posted the bond, the report states.

Birdsall

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Birdsall was a candidate for the position before Cell was appointed in 1984. His lack of administrative experience kept him from the position, he said.

"Since then, I've continued to learn," he said. "I enjoy learning how things work and facing new challenges."

Many who have worked with Birdsall say his ability to communicate well would enable him to perform well in the position.

"Stephen is a very open person," Cell said. "He is easy to approach and to talk to ... a good listener."

Birdsall has a thorough understanding and appreciation of the place the College of Arts and Sciences occupies within the University, Cell said.

"He has a sound understanding of the importance of the college to the University and the importance of the balance of the mission of the college between undergraduate teaching and research."

Interim Provost William Little said experience made Birdsall the most qualified candidate for the position.

"He has a deep understanding of higher education, a tremendous amount of experience, integrity and ability," he said.

"He's been an outstanding faculty member and interim dean, and brings a great deal of knowledge to the post."

Degrees

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BOG Member Harold Webb said the BOG did not want to expand the graduate program at the expense of undergraduate programs.

"The whole idea was not to move into programs that would take as much money," he said.

Dawson said the BOG authorized the planning of a degree program in material science at UNC.

"I assume that within the next couple of months, the material science people will send us a proposal," he said.

Gilchrist owned Stadium Express-Headline Sports, formerly located at 306-CW Franklin St. in the old Fowler's Food Store building.

The business had been open at the location for two months, but newspapers have covered the store's windows since last week, when it went out of business.

Gilchrist took evening classes at the University in fall 1989, according to Martha Mills at the University Alumni Records office.

Rosalind Fuse-Hall, associate dean of the College of Arts and Sciences, said she had enjoyed a very good working relationship with Birdsall.

"He has a good ability to listen and to hear," she said. "He can be very supportive."

Birdsall said he tries to maintain an open relationship with faculty and students.

"I feel I try to communicate well with faculty, try to be open to communication with students, and staff as well," he said. "One thing I try to do is to be open."

He will continue to teach if chosen for the position, Birdsall said.

"I enjoy teaching, but if the demands of the job are such that I don't do justice to the students, then I'll have to rethink it."

John Florin, chairman of the geography department, said Birdsall had been a fine teacher and would stop teaching if his duties as dean forced him to lower his teaching standards.

"He has a true regard for both the University and the College of Arts and Sciences."

Slogan

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were waving the bumper stickers in the air after Catullo was found innocent, and Fox said he found a sticker under the windshield wiper of his car after the trial.

Catullo said he thought Fox didn't have any strong evidence and made an issue of the slogan "to influence the minds of the jury."

Athletic Director John Swofford said he thought the slogan should be changed because it was misrepresented during the trial.

"It can have a negative connotation to it, one which is quite negative, one which is not what the wrestling program is all about."

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Campus Calendar

WEDNESDAY
11 a.m. UCPPS Spring Job Fair will be held for graduating seniors and grad students in Great Hall until 3 p.m. Business dress and resumes recommended.
NOON: Seniors welcome Aggressive Pedestrians to play in the Pit. Senior Night Out is at Spanky's.
2 p.m. UCPPS Orientation. Basic information on how to use the office will be given in 306 Hanes.
4 p.m. Undergraduate Sociology Club welcomes Andrew Dohelstein to speak on careers and graduate school in social work in 151 Hamilton.
5 p.m. La Casa Espanola os invita a tomar tapas y charlar a la Cucina Rustica, University Square.
Asian Students Association will sponsor a multiculturalism lecture by Dr. Gerry Madrazo in the BCC.
UNC Vegetarian Society will hold a free feast in Gerrard until 7 p.m.
5:30 p.m. Lutheran Campus Ministry will have communion with a fellowship meal at 6:15 p.m.
7 p.m. UNC Pre-Law Club welcomes attorney Joe Webster to speak on pro bono work in 206 Union.
7:30 p.m. CGLA will offer free movies, "Vogueing the Message," "Lauri, Ingrid, and Rebecca" and "Khush," in the Union Film Auditorium.
8 p.m. UNC-Russia Exchange will meet in 208 Union.
ITEMS OF INTEREST
Delta Sigma Theta is offering a \$500 Women's Scholarship. For applications contact Sharyn, 933-5741, or Cassandra, 933-5274. Applications are due April 13.
Cellar Door Literary Magazine needs your prose, poetry, photo, music and graphic submissions by Friday for the spring edition. Submission forms available at the Union desk or 216A, Suite B.
Slugfest Softball Tournament to benefit Ronald McDonald House will be held April 3-5 on Carmichael fields. Call 929-8940 to register your team.

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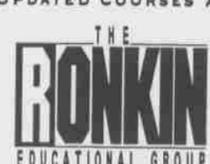


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