New Miss A&T distinguishes herself from others

By SEVILLA TARRON
By News Writer

"campaign with integrity and everything I have." 
A twenty-two year old senior, electrical engineering major and native of Greensboro, N.C., Joeletta Patrick is now the new Miss North Carolina A&T State University. She is the daughter of Marilyn and Joel Patrick and is the daughter of another woman who she acknowledges as giving her the same inspiration as her natural birth parents, step-mother Marva Patrick.

Patrick said she is excited about holding the position of Miss A&T. After asking Joeletta how does she feel about gaining the crown, she said that a lot of people have asked that question. But, she said: "Basically, I feel the same." She said that having this position does not make or break her in any way, and holding this position has not made and will not make her change her personaliy.

Her plans as far as being Miss A&T are to work on voter registration, community outreach and campus beautification. She said that with the idea of voter registration and community outreach, she feels that if help is available, why go solo.

Patrick also mentioned campus beautification. She said that she has spoken with the former Miss A&T State University, Taiwan Barkesdale, who is also interested in the idea for campus beautification. In conjunction with Barkesdale’s ideas, Patrick wants to begin with the student body present and setup a campus clean-up day.

"I'm not like everybody, I am somebody...
I am Joeletta, treat me that way."

--Joeletta Patrick,
Miss A&T 1996-1997

Warmer weather brings weight loss worries, woes

By MICHAEL J. ROCKON
State Writer

By now, most college students are fully aware of the dreaded "college ten," the ten or more pounds gained by students when they leave home and go to college. Now that we are acquainted with the unwelcomed weight gain, many students are wondering how they can lose the pounds they have packed on since the warm weather months are upon us.

The most effective ways to lose weight seem to be the most simple ones, but may be the most difficult.

First, if you are serious about losing weight, you must cut down on intake of fatty foods and high caloric meals. Since the fat that is found in food is what essentially makes us "fat," an excess of this will be stored in our bodies.

Far becomes the "love handles" and the "spare tires." This fat, once it has settled, is very hard to lose. Experts say that the average person should not consume more than 65 grams of fat in one day.

Experts also say that even though the reduction of fatty foods and calories is good, that by itself is not enough. Some type of aerobic exercise must be incorporated into your daily routine to achieve weight loss. The aerobic activity in simple terms, causes the body to "spend" the fat and calories that have been consumed during the day and starts to "burn" stored fat.

Try to eliminate eating at fast food restaurants. The cuisine served usually contains more fat than if you cook yourself. At home, you can regulate what ingredients are added to you can know exactly how much fat is being consumed.

Even though chicken is widely regarded as a healthy dish, some fried chicken dinners bought at local fast food chains may have almost a whole day's worth of fat. Try to substitute the Super Burgers with turkey sandwiches and replace French fries with salads, with out creamy dressings or condiments. Put down the five lb. bag of pork chop flavored potato chips and pick up the fat-free crackers. Substitute water for high calorie sodas as your beverage.

With your exercise regimen, make like the sneaker company and "just do it." Access simple as walking to and from class, instead of driving, will be beneficial. Start off with simple exercises such as this and gradually increase your activity. Many people are joining various gyms and health clubs, but you can get a solid workout by running around the track or inventing your own track running around

See Weight loss, page 3

INvANE THIS ISSUE:
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Are SAT scores an adequate indicator of a student's achievement? page 3
Tay dishes out more advice in this issue! page 6
Coach Hayes speaks on football and A&T, page 4
University programs designed, strive to keep freshman

BY PURDY BLAKE
Stanton Writer

Campus tours, orientation sessions and peer advisors help in introducing freshmen to the college campus. Not only is it North Carolina A&T's goal to make the transition from high school to college easier for freshmen but to retain them also. The number of freshmen enrolled is 2223. Out of that number, only 75 percent return to become sophomores the following year. There are two programs in place that assist freshmen in the unfamiliar collegiate atmosphere.

The Office of Freshman Adm inistration and Learning Assistance Center provides help for undecided students and has special programs to guide students through the first year of college work. The major function of the advisors is to monitor closely the progress of their students while stressing to them the importance of accepting responsibility. The center provides:

• Touring through the Supplemental Instruction program in the high risk courses of chemistry and mathematics.
• The peer advising leadership program which recruits upper level students to serve as peer advisors for incoming freshmen.
• An academic intervention program which is designed to help students who encounter academic difficulty early in their college experience.
• A University Survival course which is required of all freshmen who are undecided about a major. It is designed to help students develop academic skills, acquire knowledge of academic policy and procedure and campus awareness. A special feature of this course is the Positive Images Lecture Series which provides motivational speakers and exceptional students to speak to freshmen about various careers and majors.
• A student academic assessment center that helps students stay on track at the freshman level.

Another program offered to freshmen and all students is Counseling Services. During the fall and spring semesters, the counseling services periodically host seminars essential for academic and career advisement. Robert Wilson, Director of Counseling Services, elaborated on some programs they have during the year. "We have a series of personal growth programs. we are the sponsor throughout the year. The most beneficial to freshmen students are the "Skills for Career Success," "Campus Careers" and "Relationships" seminars. These programs help to achieve skills that are necessary for university survival."

The reason freshmen drop out is a problem that has long concerned school administrators. Harold Martin, Vice Chancellor for Academic Affairs, gives some reasons why freshmen leave during their first year. "The most significant reason freshmen drop out is because they came here because their parents or guardians wanted them to come to college. They weren't serious about college. Another reason has to do with finances. They don't' know where their tuition will come from the next semester. A lack of focus is a third reason. They don't manage their time wisely and get caught up in the social activities."

With the aid of the freshmen Adm inistration Center, Counseling Services and tutorial programs, A&T believes it is on the right path to retaining a larger percentage of first-year students.

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Science discovers breakthrough in flu treatment

Staff Reports

HOUSTON—Flu vaccinations of the future could be more effective and less costly, and they could be administered not by a shot but through nose drops or sprays.

These possibilities are all part of the mixed scientist's work to create influenza vaccines that, like the successful polio vaccine, are made from weakened live viruses.

"The hope is that live attenuated, or weakened, flu vaccines will provide immunity to a wider variety of flu strains," said Dr. Wendy Keitel of the Vaccine and Treatment Evaluation Unit at Houston's Baylor College of Medicine. "There is also the possibility that such vaccines might also provide protection that lasts longer than one season."

Tests with live attenuated vaccines at Baylor and other sites point to their being at least as effective as the currently used killed-virus vaccines, and there is reason to believe they will be even more effective, particularly in young children.

Keitel and colleagues are also testing ways to deliver flu vaccine into the body through nose drops or sprays.

A major advantage of the non-delivered vaccine, Keitel said, is that it stimulates an immune response in the respiratory system, the actual site of influenza infection. Because of this, such a vaccine might be more effective in reducing transmission of the infection, especially if administered to children, often the primary transmitters of influenza.

This research is being conducted in cooperation with the National Institutes of Health and the pharmaceutical company Aviron. Efficacy trials of the live attenuated vaccine are planned for the fall of 1996.

Also, the Baylor Influenza Research Center's Dr. W. Paul Glezen is planning to investigate the possibility that better control of the disease in the young children can be a significant step in dampening the annual epidemic spread of influenza.
Prep test evaluates, not determines, achievement

By Perry Blake Staff Writer

Remember waking up on Saturday morning or some other day to take the Scholastic Aptitude Test, better known as the SAT? All the time before taking the test little thoughts come to your mind reminding you of the importance of a good score, especially when a lot of teachers and prep sessions kept reinforcing the need for a good score in order to be accepted into the school of your choice.

According to the College Board, the purpose of the SAT is to assist admissions offices in evaluating applications for admission to college.

Studies have shown that the use of the high school record combined with SAT scores is more accurate in forecasting college freshman grades than the use of the high school record of that alone. The SAT is designed to measure mental and mathematical reasoning abilities important for academic performance in college. Obviously, the test is not designed to measure motivation, creativity or other abilities or characteristics that may contribute to successful performance.

Sahnia Hobson, a freshman at A&T agreed with this blind side to the SAT. "I guess it should be important, but it doesn’t tell you how much you’ve accomplished.”

In taking these things into consideration, how much emphasis is placed on the SAT scores when determining admission into a college?

Admissions officers from local colleges and universities generally look closely at the score, but do not rely totally on it as an indicator of a student’s ability. "Three of four years in high school should prove to be a better record than some test that was taken on a Saturday morning," says John Rau, Assistant Director of Admissions at UNCG.

"The SAT is a strong measuring stick, but it is not the total package." --Alan Hooker, associate director of admissions at A&T.

Josefa Betha, admissions officer at Bennett College, says that the SAT is equally weighed with the high school transcript. "It is equal. It’s not like it’s more important, but high school performance is looked at.”

Alan Hooker, associate director of admissions at A&T, says the test is used, but it isn’t the total package. "The SAT is a strong measuring stick, but it is not the total package. GPA weights just as heavy as the SAT. The most important things that we look at is high school course selection. We look to see of Algebra I and II and three sciences were taken along with the usual college prep course. Without one of those that would knock them out.

Last year SAT scores were the highest in nearly a decade. The credits for the hikes should go to the 1995 sat's user-friendly makeover.

The test now has fewer questions, yet students get 15 minutes for each math and verbal sec-


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ON THE YARD

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66 By Any Means Necessary!

Congratulations to Alpha Mu Chapter of Delta Sigma Theta Sorority, Incorporated, Spring 1996!

Can we get 'em back, the good 'ol days?

A&T’s campus

Weight loss is also helpful. By lifting a lot of weights, you can induce muscle mass gain, and lifting less weight and doing more reps (times the weight is lifted) will tone the muscles more than making them larger.

Losing weight may not necessarily be easy, but if you are serious about shedding excessive baggage, it can be done. Just remember to start off slow and gradually increase your exercise routine. As a matter of fact, if you start right now, you can be looking and feeling great by the beginning of summertime.

Three old photographs really show that Aggies have always been top class!
Coach Hayes likes calling A&T home

By Ken Gustave
Staff Writer

"I have a good place at A&T and I am looking forward to new challenges," said William Hayes, coach of the North Carolina A&T State University football team. Challenges are important to coach William "Bill" Hayes. The 1965 graduate of North Carolina Central said he can rec

it with the best of Division I schools, and many feel that is his strongest point. "I have a great product to sell in A&T, and the academic program makes it easy to sell," said the neatly dressed Hayes. He always emphasizes that "A&T was built for you, and it is your mother. We do not have to do anything special to accommodate you."

Before coming to A&T, Hayes spent 12 years coaching the Winston-Salem Rams where he won seven Southern Division championships. Hayes' first college signee was Kermit Bront, coach of Winston-Salem State. Bront led Winston-Salem to their first play-off appearance.

Hayes was the first black college coach to win a Division I playoff game. One of the biggest rivalries is between A&T and Winston-Salem. Hayes looks forward to the matchup between the two schools because it gives him an opportunity to coach against his prody.

"It is a funny feeling to coach against him. I want to see him succeed, and it is never any fun to beat him and see a negative expression," said Hayes. Many players and coaches develop a close bond with Coach Hayes. Blount said: "I would not have made the feeling that I have received being around Coach Hayes. He has been instrumental in everything I've done as far as my family and football career."

Coach Joe Godette, A&T assist-

ant, said: "Coach Hayes gives me a lot of freedom to work and expects an honest day's work."

Equipment manager Theron Thomas added, "Coach Hayes is a great speaker and motivator. He knows how to get the kids ready to play."

Coach Hayes has all the skills to be-

come a politician with his smooth flowing an-

cedotes that he readily gives to the press. He

walks with his head up and shoulders back as if he were a general in the army. With his deep articulate voice and warm demeanor, Hayes can win over any re-

cipient. Confidence, not arrogance, describes Hayes. Even in most heated press confer-

ences, he seems to al-

ways出示himself in a strong role.

Hayes' office has many pictures of professional athletes he has coached like Donald Evans and Reggie White. Many trophies and awards line Hayes' office. The most noticeable is the Circle City Classic trophy still displayed in the center of his table as if he had won the trophy yesterday. As Hayes reclined in his chair, his eyes began to get larger as he began to reminisce on the highlights of his career. "The Classic was first class. It was amazing to hear and see hundreds of black people walking as we came out onto the field!" said Hayes laughing. The win at the Circle City Classic in the RCA Dome was indeed his largest win.

Hayes also had many low points in his career. "The loss at Homecoming to Howard in 1993 was one of the lowest

points in my career," said Hayes. He never looks losing very well. When he talked about the loss, he said: "This was like I died a thousand deaths, if somehow I could have submitted to God, I would have."

Hayes admits he cannot eat or sleep

or go to the bathroom when he loses. "With losing comes criticism more than anything," said Hayes. "I see how people's expressions change. I feel how the fans react in the stands. The criticism affects my family more than it affects me."

Hayes said with a wide smile: "I have the most devoted wife and family a coach could ever ask for. My wife molded my children. If we lose a game, dinner would be there, and my family would leave me alone."

Hayes never realized how much coaching affected his kids' lives until he heard him them arguing with a man in the stands because they did not like what the man was saying about him. Hayes told his two children: "Don't ever try to defend me." Hayes realizes that there are always going to be critics. "Coaching is a highs and lows, but what I try to do is remain on an even plane," said Hayes laughing, but not joking. In the off-season, one might find Hayes working in his flower beds or playing golf. Hayes said, "When I relax, I get nervous because I am so used to being ner-

vous."

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"Outstanding Senior?" or do you know one?

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Letters to the Editor

Merger of two prestigious universities found 'disparaging and inflammatory'

Dear Members of the UNCG-Greensboro Board of Trustees,

The rumors of a proposed merger between UNCG-Greensboro and our North Carolina A&T State University are disparaging and inflammatory. I have heard the rumors for two years now, and it is time that a message be sent.

To all of those who seek the merger, to the infidels at UNCG-Greensboro who see to rob the children of the Civil Rights movement of their blood-stained history, I urge you to avoid the "proposed" merger. Do not rob the African American of the history which lives within A&T. Do not erase the priceless accomplishments made at the hands of those who were given less than their white counterparts and accomplished so very much.

Every time a minority has united with the so-called "majority," the minority loses its identity. I know it's hard to accept such words, but I'll damned if I'll let others tell you what you are. I will work day and night to preserve the history of A&T. The Alumni will never allow such a travesty of justice to occur.

I know you are afraid that the history of A&T will be erased, but I will work to make sure that history is not destroyed. I believe that the history of A&T will never be destroyed.

Every minority that unites with the majority is killed. We cannot allow the history of A&T to be erased.

We, of NCA&T are not slaves to currency and social prowess. Never will we bow our knees to this wretched one, who seeks to destroy a vital piece of history. I was not taught to be an insignificant follower. I just wasn't made that way. I will not allow you to put anything on me and I will not back down. You have no power over me. I will fight to keep our history alive.

I will give UNCG-Greensboro the respect that they deserve, but I will not bow to one but God. We are not in a deep sleep at A&T. We are wide awake to the plan of destruction aimed at Historically Black Colleges and Universities. The destruction plan is a result of the greatness achieved at our HBCUs. Now, the economic power seeks to erase the HBCU history by taking its unique aura for himself. He has taken our school colors. He has taken our phone lines. He has even taken some of our administration, but he will not take the history of North Carolina Agricultural and Technical State University.

Sincerely,

Reggie A. White

Abdul-Rauf's method of protest a burning issue

Dear Archie Clark,

In the spirit of constructive debate, I would like to rebut your editorial of March 27, "Is America land of the free or home of the slaves?"

Protest during the national anthem, in truth, is nothing new. It's not the act of protest itself but the manner and context which many Americans, black and white, object to. Recall the staid Black Power salute of the Olympic athletes in Mexico City in the summer of 1968.

(Mahmoud) Abdul-Rauf freely gave his words as a man, with his new Muslim signature, to abide by the rules of the NBA in exchange for a $34 million contract. He broke his word, and the NBA called on him.

-Joe Mitchell, computer science major

The black-gloved Olympic heroes were incomparable in vigilance! They stood, heads bowed, fists in the air, a strong and silent protest before the assembled press of the world. The actions were meant to divorce the protestor from their country, rather, they were sending a distress signal, a message that America needed help. That proud protest led to vast changes that, unfortunately, today's students are too young to appreciate. Things ARE better.

Mahmoud Abdul-Rauf, whom his PARENTS named Chris Jackson, chose another route. He would sit and scratch his crotch (privates?), yaw, read, stare fiercely at the cameras, anything to provoke anger. Nothing noble, nothing constructive, nothing creative.

In comparison, a narcissistic poseur.

Abdul-Rauf freely gave his word as a man, with his new Muslim signature, to abide by the rules of the NBA in exchange for a $34 million contract. He broke his word, and the NBA called on him. If his principles were so almighty high, he would have walked away from the money.

As for the teaching of nationalism and forced thinking that you fear, consider the Nation of Islam. The most horrible example of these tactics imaginable is the image of the eight-year-old son of Khalid Muhammed, NOI chief racist/nationalist, cheering his

We'd like to hear from you!

Mail us your opinions, comments (The A&T Register, Box E-25, N.C.A&T. Greensboro, N.C., 27411) or E-mail us at regist@aurora.ncat.edu

We reserve the right to edit for clarity and context.
Love for self must exist before love for anyone else

Families and friends are sometimes neglected when blindly in search of that potential significant other

Why do we sometimes push the loved one or potential loved one we have been searching so hard for away from us? The answer is quite simple - overkill. It happens often, but with a little will power, we can avoid or correct the damage we inadvertently cause to some of our best relationships.

During the time we are waiting for that special someone to come along, we are holding so many emotions inside. We are yearning to give love. Hoping someone will come so we can share what we have to offer. At the same time, we are also yearning to receive love as well. We are hoping someone will think enough of us to take time out for us even if it just for a moment. It is just the pleasure of knowing someone thought enough to care. That is where our happiness lies, the place where love is a two way street, rather than a dead end.

When that great opening in an otherwise closed escape is suddenly unveiled, a bundle of emotions is instantly released. We do not mean to let it all out at one time. It just happens. Finally, we have a chance to give love, to experience love, to receive love. That feeling creates such a euphoria, we sometimes get caught up in it. We become...

Poetry Corner

vine
drip, drop,
the rain just won't stop falling...
i feel naked. ask myself,
my heart keeps calling...
"where is my sunshine?"
"where is that lady of mine?"
i can feel a sadness crawling all over me,
like i'm a little tree, engulfed in this crushing vine.
my life rushing out my body,
leaving me gasping for air,
trying to grasp onto reality,
escaping the grips of despair.
sometimes, i'm so lonely,
that vine squashing my heart too tight,
feeling like i'm about to explode,
like i'm carrying a load of dynamite,
using all my energy to believe there's hope,
hoping i'll grow bigger and stronger
to break free before the dynamite ignites and blows,
trying to outgrow this vine around me,
can i do it?
can i escape the vine?
where is my sunshine? at least,
give me a sign.

sorrel

Toy's Advice Column

broad our mate with gifts, calls and other caring sentiments of love. Somehow, with
out realizing it, we smother our special mate, and do not give them a chance to reciprocate
the love or feeling they probably want to return. We are doing this even though we know
our mate know how we feel, we do not take the time to listen or absorb the actual feelings
they have shared for us. We need to be careful not to do so much that we push them away.

This is especially hard in the be
ginning because we tend to want to give so much of ourselves to reassure our potential
mate not to look for any further for love. It is okay and quite natural to feel this way. After all,
we want to keep this person all to our
selves before someone else comes to
our tries to move in on our territory.

However, this should be done in
moderation. We should not allow our inse
curities to become a bulwark on the high
way of love. Other times, just want to make sure they know how much we care. Believe me, they know. Give them a chance to show you. Here is a five point plan to resuscitate your love distribution system and still keep that relationship or potential rela
ationship alive.

1. Stop and give yourself some love.
On an occasion where you are about to call that person for the third time this week, although they have not even returned your first phone call, channel that energy in a good book you have not taken the time to read or a movie you always wanted to see. Pamper yourself. Sometimes we are so en
gulfed in giving love to others that we forget about ourselves.

2. Talk to your special someone. If you even suspect that you are giving too much, chances are you are doing just that. Tell your mate how you feel. Apologize and ask what you can do (or not do so much) that may cause that person to distance them
selves away from you. Communication is important. If that person really cares about you, you want to care for you as much as you want to care for them, they'll be honest, they will also try to work it out. If you do not get a positive response after talking about this problem or any problem, you do not need to be with that person anymore.

3. Spend some time with family. Do not forget there are other people in our lives who deserve just as much of our love as we are giving that special someone. We need to keep healthy relationships with our families, also. Write mom and dad, call your grand pare
tons or your favorite aunt and uncle. Tell them how much you care. Surprise your friends, sisters, cousins with a visit. They need our love, too.

4. Write your feelings down on paper. Sometimes we just want to give our mate things just to tell them how we feel.

Since they know this information already, start a journal. Devote your writing time strictly to that special someone. During the time you feel the urge to bombard them, take out a pen and paper and write your feelings down. Spell out every emotion. Let it all go. Not only will you feel better afterwards, but you have not pushed your mate or potential mate away. This also gives you a chance to be honest with yourself and evaluate your emotions. You will be surprised at what you have written in your journal months, or even years later whenever you decide to reread it.

5. Get involved and relocated. Sometimes we just have too much time on our hands. Channel that energy into an orga
nization you might be interested in. Invest in your favorite hobbies and talents. Other times we are thinking about that person too much when we need to be focused on our work. Snap out of it. Ask your Creator to help you work more diligently in your endeavors. It takes will power. You can do it...so put your mind to it.

So the next time you get the urge to smother that loved one, stop and give your self
some time to receive some love. Also take the time to give others your love. You would be surprised how much more love you can receive from your mate or potential mate. In this way, everyone stays happy and in love.

You get the love you have been looking for, and your mate gets a chance to share their love with you, something they have prob
ably been trying to do for while. Yes, it is actually possible, but only if you allow it to happen.

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