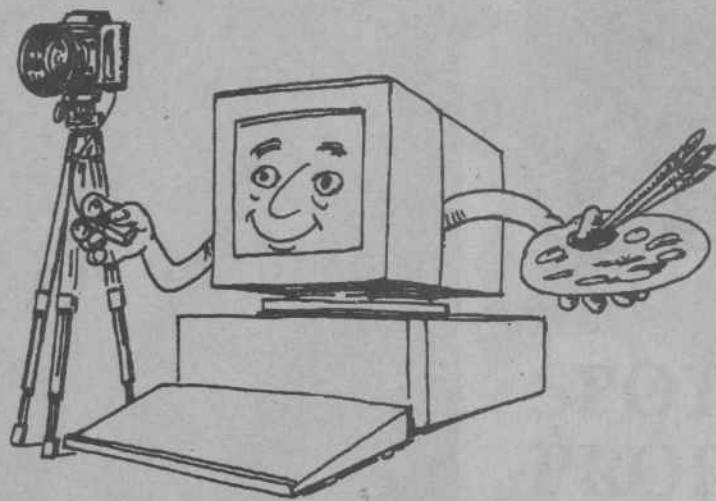


Computer courses offered in art, music, theatre



PHILIP BURT
Special to the Gamecock

At USC, computers are used creatively to make art.

Art can never be appreciated enough so people should pay attention to the arts as often as possible.

There are three realms of computer art courses available on campus. They are visual art, music and theater design.

The art is creative and so is using the computer to generate it. More artists are turning to the computer.

Robinson declares that we can always find interesting ways to make art. He said the computer is the most convenient way right now, but someday, we may turn to something else.

Computers provide more options from which to choose. Actually, there are websites that have three-dimensional images and animated motions. Also, they are in color.

Two of the programs that do this task for websites include Java and Macromedia.

"Stuff is changing so rapidly," Robinson said.

Dr. Reginald Bain is the professor of the "Introduction to Computer Music" course at USC.

"The main focus of the course is to help with computer skills in a creative way," Bain said. "Students compose and create music on the computer."

This course was inducted into the USC curriculum five years ago.

"It is the first course in music to have an introduction to the computer," Bain said.

"It is a course in music dealing with problems of music unlike any other music program. The student learns basic music functions that were once done by hand," he said.

Like Robinson, Bain states the importance of keeping up to date with the technology as it changes.

The course provides state-of-the-art equipment that enables the student to use synthesizers in order to create sounds. One can play any electronic instrument but cannot use it as an audio means.

One often starts from scratch and makes the music on the computer and then goes to the studio to sing the lyrics that they have created to accompany their music. A student can execute this by utilizing multi-tracking technology.

A concert where all the material will be done on the computer first will be April 8 at 7:30 p.m. It will probably take place in the Koger Center.

There is a website for more information. It is <http://www.music.sc.edu/vobain-Musc536>.

Jim Hunter is a professor at USC's Department of Theatre, Speech and Dance. He teaches a course called "Computer Assisted Design for the Theatre."

The computer is useful in theatre productions because one is able to see the outcome of a stage setup before it has actually gone through the trouble of being built.

"Accuracy is the big thing. Computers will help to solve problems before they come up," Hunter said.

There are two programs that work together in this process. They are MiniCad and MacLux Pro.

MiniCad provides accurate technical drafting and three dimensional art. MacLux Pro contributes lighting designs.

There also is a program that allows one to place a character into the scene and make it assume any form. Drawings can be sent through e-mail.

Movies have been influenced by the use of computer technology. One example is the recent movie *Toy Story*.

Frankenstein is an upcoming play that will be arriving at USC Sept. 19 and 20. If one attends, he or she can see the final result of using the computer and then constructing the play's stage. It should be interesting.

For more information, the website is <http://www.cla.sc.edu/thsp/index.html>.

Each field has its own art and computer class.

There is a vast horizon of opportunities for those who are creative, fond of arts or have no experience with art at all to integrate it with computer skills.

Chris Robinson is the professor of the "Introduction to Visual Computing" course at USC.

"The main objective of the course is to use computers to be creative in art," Robinson said.

Local yoga center teaches students relaxation techniques

ELIZABETH MEWHINEY
Special to the Gamecock

"I can't believe we already have so much work!"

"I'm never going to get this done on time!"

"I never have time to relax!"

Sound familiar? Classes have only been in session a few days, but students are already starting to feel the strain of the workload.

Run to the bookstore to get your class books, run to class, run back to the bookstore when you are informed you need more books for your classes. Students end up running everywhere, and there's no way to relax, right?

Wrong. Now, right near campus, there is a haven of relaxation for the overstressed student. It's the Yoga and Wellness Center of Columbia, and it's located at 2740 Devine St. at Maple.

The center is run by Nicki Musick, who was a student of a yoga master in a center in Phoenix, Ariz.

Musick, who also is a health practitioner, opened the center here for several reasons. She had been practicing yoga for many years and wanted to open a center to emphasize this practice.

She also wanted to open a "forum where people [would be able to hold] forums on wellness."

She feels the center is able to offer its customer body, mind and spirit wellness. Musick said many people look to yoga to

increase their stamina or for stress management.

However, she feels the most important benefit of yoga is "acquainting you with your spirit within," which is the "prime motive of yoga."

Currently, the center offers two different types of yoga, but Musick hopes to add more styles in the future. Kripalu Yoga, a yoga that has 3 stages, focuses on breathing. It was developed by an Indian yoga master whose primary focus was on pranayama, which Musick defined as "the science of breathing for energy, health and spiritual awareness."

Kundalini Yoga is a yoga practice introduced to western culture in 1969. This yoga practice focuses on muscle relaxation through different postures.

Kundalini Yoga "helps you bring mind and body together, practice getting a grip, and work to overcome self limiting beliefs."

Musick said the center has quite a few college students, whose enthusiasm for the courses is "very inspiring."

Kundalini courses run for six weeks and are \$55 for adults and \$35 for students. A Kripalu Yoga course runs for eight weeks and costs \$60 for adults, while student rates for this course vary. Musick encourages students to escape from their stresses by trying both of these classes to see which one is right for them.

If students are not ready to make that kind of commitment, they also can try a drop-in class, which is taught by Musick.

She gives orientation classes about once every six weeks just to get people familiar with yoga and its concepts.

Musick said, "Everything in today's world is at a fast pace. This causes a lot of stress and pressure. Yoga is a tool to not only cope with this stress, but really to transfer [it] into positive energy."

The next time you're feeling overwhelmed by assignments, don't panic. Take a deep breath, take a break or just take a walk down to the Yoga and Wellness Center of Columbia.

Try taking this stress-busting tool for a test drive. And, who knows, maybe you'll become the world's first under-stressed college student.

Site of the Day



CONCERT CALENDAR

- **Mighty Mighty Bosstones**, 8 p.m., Sept. 10, The Ritz (Raleigh, NC)
- **The Nields w/ Michelle Malone**, TBA, Sept. 11, Cat's Cradle (Carboro, NC)
- **Sammy Hagar**, 8 p.m., Sept. 17, Township Auditorium
- **Albert Hill**, TBA, Sept. 18, Elbow Room
- **Fiona Apple**, 8 p.m., Oct. 10, Grady Cole Center (Charlotte, NC)
- **Elton John**, 8 p.m., Oct. 15, Carolina Coliseum

ETC. BRIEFS

Autumnfest 1997 returns for fifteenth year Sept. 12-13

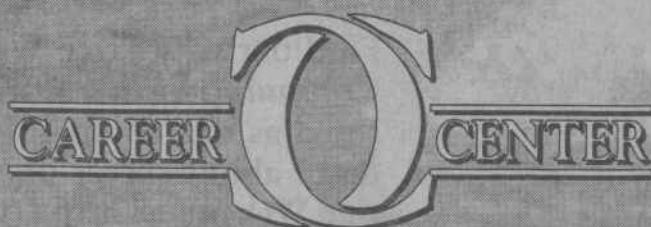
Autumnfest begins 6 p.m. Friday on the grounds of the Robert Mills House on Blanding St. The music stage will feature local bands Treehouse, Little Red Rocket and the Ultraviolet in a free concert. Saturday's festivities include tailgating at 2 p.m. for the USC-Georgia game. Watch the game on a wide-screen TV with food, drinks and contests.

Opera Carolina announces its 1997-98 season

Opera Carolina's 49th season is filled with drama, betrayal and passionate obsession, set to some of the most beautiful music ever composed. Season tickets to Rigoletto and two other operas are now on sale starting at \$36. To order tickets or receive a free brochure call 372-1000.

Don't Wipe Out...
Catch the Career Center Wave at
CAREER FAIR 97!
September 9, 11am-3pm

Who should attend: All students, all majors
Where: Russell House Ballroom
Why: Full-time internships and co-op positions



6th Floor, BA Building • Phone: 777-7280
<http://web.csd.sc.edu/career/> • Email: career@sc.edu

1997 CAREER FAIR PARTICIPANTS

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|---------------------------------------|--|--------------------------|---------------------------------|--------------------------------------|-----------------------|----------------------------|--------------------|
| Wal-Mart | Zurich American | Daufuskie Island | Greensboro Police | Lockheed Martin | UPS | USC | Wachovia |
| Aerotek | BellSouth Mobility | E & J Gallo Winery | Department | Lockwood Greene | New York Life | Reality.com | Strategic Data |
| Alabama Department of Transportation | Bi-Lo | Eckerd Family Youth | Greenville Sheriff's Department | Lowe's | NISE East | Rich's Lazarus | Systems |
| Albermarle Corporation | Black & Decker | Alternative | Haverty Furniture | MCI | Norwest Financial | Goldsmiths | Systems & Computer |
| Alltel, Amerada Hess | Blackbaud | Enterprise Computer | Hertz Equipment Rental | Medical University of South Carolina | Olde Discount Brokers | RJR Packaging | Technology |
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| | | | | | Radiant Systems | | Underwriters Lab |