

begins

Program targets those with medical interest

DEVON WHITE STAFF WRITER

The East Carolina University School of Medicine will offer 125 area residents the opportunity to experience medical school through a series of classes in February and March.

This mini-medical school program is geared toward adults who have a strong desire to learn more about medicine and medical education. The residents must be willing to commit 15 hours over a period of six weeks. The program began Monday, Feb. 22 and will go through March 29.

It will feature 17 medical school faculty members who will present their area of expertise in exciting and interactive lectures. Each class will be

Cold weather, rain did not deter students from unifying

AMY SHERDIN NEWSEDITOR

Cold weather and light rain did not deter almost 200 supporters from meeting in the middle of campus Thursday night in honor of Sexual Assault Awareness Week.

A "Take Back the Night" rally was held at subject the Cupola where students and faculty lit others."

candles and marched through campus chanting phrases such as "Yes means yes, no means no, whatever we wear, wherever we go," and "Men and women unite, take back the night!"

"I think it's wonderful to see this many people show on a rainy night to show their support," said Jaime Thorsby, member of the sexual support committee.

"I'm so glad I attended the vigil," said Lori Mobley, member of Alpha XI Delta sorority. "Seeing all these people come together in the cold rain, and taking a stand on such a serious subject, I actually felt a kind of bond with the "Despite the rain and cold weather the outcomes of the Take Back the Night rally was numerous. The participation of the fraternities showed greek unity," said Kristen McKeitnan philanthropy chairman of Alpha Delta Pi, "Nice that everyone as a whole could come together for such an important."

"It was great to see that some fellow male students took the time to

attend," said Genetta Tucker, also a member of Alpha XI Delta. "But it would have been fabulous to see more male support, since this problem

involves men as well as women." The 200 supporters marched down to the



Sigma Phi Epsilon and Sigma Sigma Sigma were two of many campus organizations that participated in Sexual Assault Awareness Week events. PHOTO BY MICHAEL SMITH

SEE STUDENTS PAGE 2

Maritime

History award given

Catherine Fach recipient of new scholarship

> TERRA STEINBEISER STAFF WRITER

Pirates take down Wake Forest, then sweep Ohio in three

"We've designed this as an adventure for people who are curious about the academic and professional experiences involved

in medical education,"

Dr. Ann Jobe, Senior Associate Dean of the Medical School

from 6:30 - 9 p.m. in the Brody Auditorium. The ECU School of Medicine is making this opportunity available to the public for free thanks to Pfizer, Inc., a research based pharmaceutical company in New York City.

"We've designed this as an adventure for people who are curious about the academic and professional experiences involved in medical education," said Dr. Ann Jobe, senior associate dean of the medical school.

The curriculum will be presented within a broader framework that emphasizes the school mission, the disease and health conditions in North Carolina. Additionally, the class will highlight the growing focus on wellness and prevention and the role of research in continuous health care improvement. The six topics that will be covered in the classes are the following: Becoming a Physician, A



The Pirates Baseball team eagerly awaits the final out in a 3-2 victory over Wake Forest Saturday. PHOTO BY MARC CRIPPEN

Baseball puts on a hitting extravaganza with 36 runs in three games "We did a good job versus Wake Forest. It was a big win to put behind us," said Keith Leclair, ECU's head coach.

In Saturday's first game, Foye Minton, the man who threw ECU's first no hitter in 10 years versus NC State, started and threw seven innings striking out seven while giving up only five hits and five runs. Catherine Fach is the first recipient of a new scholarship for graduate students in Maritime History and Nautical Archaeology.

The award was established last year by Matthew and Barbara Landers of Greenville who funded the scholarship because of their interest and involvement in naval history. Matthew Landers became interested in the ECU Department of Maritime History last year while using the manuscripts division to write his naval war story, Gunner's Mate. During World War II Barbara Landers also participated as a radio operator for the Navy and worked with the WAVES, which was a war-time women's naval organization.

"The scholarship is awarded based on grades, performance in school and the total student activity in maritime studies," said Dr. Timothy Runyan, director of the Department of Maritime History. "A committee made up of professors in the History Graduate Department sits down and decides who is the most qualified based on all of that."

"Since this is a new award, there weren't really a lot of applicants," said Dr. Anthony Papalas, director of grad-

SEE ECU MED PAGE 2

PAUL KAPLAN SENIOR WRITER

After a 3-2 victory over Wake Forest, the 22nd best team in the

nation, the Pirates came home to sweep the Ohio Bobcats

last weekend in a three game series.

and five runs.

Ohio scored first in the second inning and again in the fourth. That is until the bottom of the fourth inning, when with two outs the sun finally broke through the clouds and uate studies and committee member. "However, we expect that when word gets out about it, it will become a very competitive scholarship."

SEE BASEBALL PAGE 8

Leadership Awards Program arranged to honor incoming freshmen

Sam's Club of Greenville gives \$2000

> TERRA STEINBEISER STAFF WRITER

A \$2000 gift from the Sam's Club of Greenville will support the new Walter and Marie Williams

Leadership Awards Program designed to honor incoming ECU freshmen who have demonstrated outstanding leadership skills. The recently established schol-

arship fund will provide up to twenty \$1000 scholarships to freshmen in recognition of leadership and community involvement while in high school.

Recipients will be chosen from the senior classes of 25 selected high schools in Eastern North

Carolina this spring to receive the award for fall semester. As part of the scholarship program, winners will participate in special classes, retreats and outdoor experiences to further develop their leadership skills while at ECU.

"Students will also participate in the Student Government Association or another approved student governance organization, as well as maintain a learning journal and complete a community service "Students will also participate in the

Student Government Association or

another approved student

government organization."

James Sturm Student Leadership Program Director project," said James Sturm of the ECU Student Leadership Program. Walter and Marie Williams of Greenville,

both graduates of ECU,

established the program

with an endowment of

scholarship as a way to

award those students

"We started this

\$25,000.

who have leadership abilities, but often get overlooked for other scholarships because they don't have a perfect GPA," said Walter Williams, founder, owner and CEO of the Trade Oil Company, as well as a member of the ECU Board of Trustees.

"We hope that these gifts will inspire others to contribute to this program so that we can keep it going," Sturm said.

N.C. ARMY RETIREES NOW MAY NOT RECEIVE FULL MILITARY BURIALS

FORT BRAGG, N.C. (AP) — Changing policies at this post mean many Army retirees in North Carolina may get something less than they expected when they are finally laid to rest.

Under Fort Bragg's funeral honors policy that went into effect last year, chances are slim that Army retirees will receive full military

sainthood

Mother

Teresa joins

CALCUTTA, India (AP) Pope John Paul II has waived the mandatory wait of five years after death to begin the process of eventual sainthood for Mother Teresa, sparking hopes that the nun who dedicated her life to the destitute of Calcutta will be declared a saint soon, the archbishop of Calcutta said Sunday.

Archbishop Henry D'Souza told The Associated Press he had The 200 supporters marched down to the chemistry building, around Wright Circle, onto Fifth Street turning back on campus between Garrett and Fletcher halls. The march ended in front of Mendenhall, where supporters received thanks from those who put the march together.

Students

continued from page

news

"I would like to thank the many offices of the division of student life for their financial contributions, without which this week wouldn't have been possible," said Dr. Valerie Kisler, of the Center of Counseling and Student Development. "I would also like to thank the many volunteers and student workers and staff who donated so much of their time and effort to make this week a success." Medical Metamorphosis; Medical Communication, Doctor Talk; Diabetes and Obesity, Beyond the Candy Bar; Stroke, Why Does Gray Matter?; Cancer, Chaos in the Cell; and Cardiovascular Disease, The Heart of the Matter. "We see it as a way for us to connect to the community and explain what we are all about," Jobe said. "We want the community to understand what we do and learn how they can better their health."

The East Carolinian

TOPICS OF MINI-MED

SCHOOL CLASSES

ECU MED

continued from page

- Becoming A Physician: A Medical Metamorphosis In this class residents will learn about the history, traditions, and mission of the medical school. They will also be introduced to the cardiac component of a physical exam with several hands-on sessions demonstrating the use of instruments in the examination.

-Medical Communication: Doctor Talk

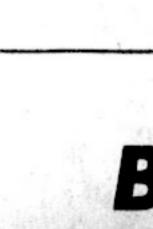
Students will learn about how medical students are taught to communicate with their patients in this class. They will learn about the components of a medical interview as well as observe a stimulated dialogue between a doctor and a patient. Also they will learn the importance of the doctor-patient relationship and the trust and communication on which it is based. In small groups they will review an ethical case study involving the professional standards a doctor should adhere to in order to provide quality care to the patient.

Who said

Tuesday, Mar

a meal fo

Beginning We at the First Pe join us for a ti .5:45PM we w college stude Edge Youth C We're located Overton's Spo Don't have a



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burial honors if they live more than 100 miles from the post.

TROUBLES PLAGUE SOUTH CAROLINA'S ONLY BLACK-OWNED BANK

COLUMBIA, S.C. (AP) — South Carolina's only black-owned bank, Victory State Bank, is struggling under losses of nearly \$1.3 million the past two years.

The bank, whose building is for sale, posted losses of \$798,883 in 1998 after losing \$499,000 in 1997.



TOBACCO INDUSTRY TO BEGIN ITS DEFENSE IN SMOKERS' LAWSUIT

MIAMI (AP) — After nearly two months without a live witness and a 2 1/2-week break for the jury while attorneys argued over thousands of documents, the tobacco industry is set to defend itself in a landmark smoking case.

MOTHER FIRED, DENIED JOBLESS BENEFITS AFTER DELIVERY

received a letter from the Vatican's Congregation for the Causes of the Saints on Dec. 12 announcing the waiver, but had not publicized it. In Rome, the Vatican confirmed the dispensation from the pope,

"The demand was so great and insistent that the Holy

Father thought to go ahead"

with the dispensation,

Rev. Ciro Benedettiniz, Vatican Spokesman

who had one point had indicated that the five-year-rule would hold, even for the internationally beloved Mother Teresa.

"The demand was so great and insistent that the Holy Father thought to go ahead" with the dispensation, said a Vatican spokesman, the Rev. Ciro Benedettini.

Now Calcutta's archbishop can

A challenge was given by Thorsby to all the students to speak out against the violent crime of sexual assault.

"We have to make everyone aware of this problem," she said. "The violence will not stop, if we let this go on as a part of our everyday life."

"I'm not asking everyone to go out and make speeches like I'm doing here, but it's the little things like when you stop a friend from going somewhere they don't need to be

going, or when you tell someone just to be careful," Thorsby said.

"It's really important to get involved," Dr. Kisler added, "and doing the things to take care of each other to make our campus a safer and healthier environment is a good start."

For more information on how to get involved, contact the Center for Counseling and Student Development at 328-6661, or stop by the offices at 316 Wright building.

-Diabetes and Obesity: Beyond the Candy Bar

In this class residents will gain an appreciation for the chemistry of life from the perspective of an increasingly prevalent disease- diabetes. The close relationship between diabetes and obesity will also be discussed. Participants will also have the opportunity to check their blood sugar and measure their body fat during the class.

-Stroke: Why Does Gray Matter?

A brief overview of the brain's organization will be discussed during this class. Students will watch a video to see the effects of a stroke on a retired physician. Also they will learn how a rehabilitation program is designed to reduce the impact of a stroke.

-Cancer: Chaos in the Cell

This class will introduce the students to the normal structure and function of human cells and discuss why and how good cells can sometimes go bad and become cancerous. Also they will learn about the different approaches to the treatment of cancer.

-Cardiovascular Disease: The Heart of the Matter The heart's role in human health and disease is the subject of this class. Student will gain an understanding of normal cardiovascular anatomy, the common diseases that afflict the heart and how they are detected.



KING O





Pleas

NORTON, Va. (AP) — Marilyn Crain lets out a nervous chuckle when pondering the tough times she and her infant have been through since Steven was born three months early, weighing just 28 ounces.

Steven was born prematurely after Mrs. Crain came down with a severe infection while working as a nursing aide at St. Mary's Hospital in Norton. He is brain damaged, blind, deaf and requires constant medical attention.

While Mrs. Crain was at home caring for Steven, the hospital fired her and blocked her claim for unemployment benefits. Medicaid then stopped paying for Steven's home-health care, and the medical bills have reached \$25,000.



EARTHQUAKE RATTLES NORTHERN JAPAN; NO REPORTS begin the process of gathering information and testimony at the diocesan level about Mother Teresa, the first step toward possible beatification and sainthood.

"The supreme pontiff has hereby granted the dispensation from the norm so that a petition to start the cause of beatification and canonization of the servant of God, Teresa, the foundress of the Congregation of the Missionary Sisters and Brothers of Charity, could be initiated before the fiveyear period of her death," a letter said.

This is the first time in recent memory that such an exception has been made, the archbishop said.

"It is an important step forward, an important testimony to the sanctity of Mother Teresa. The Holy Father would not have given this dispensation has he not received such requests from all over the world," the archbishop said.

Beatification requires the confirmation of a miracle. After beatification, research on a second miracle, needed for canonization, can begin.

Already two miracles have been attributed to Mother Teresa and have been sent to the Vatican for verification, the archbishop said. One of these miracles reportedly happened in the United States where a Frenchwoman broke several ribs in a car accident, but her injuries miraculously healed when she wore a Mother Teresa medallion around her neck. Another miracle reported was that of a Palestinian girl suffering from cancer who was cured after Mother Teresa appeared in her dreams and said, "Child, you are cured." Archbishop D'Souza said he would send a petition to the pope to begin the canonization process for Mother Teresa in two or three months time. He said he hoped the Catholic nun would be declared a saint in 2000, when the Vatican celebrates the start of the third millennium of Christianity.

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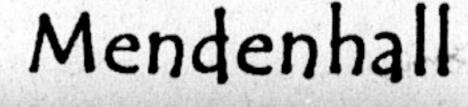
OF DAMAGE

TOKYO (AP) — A moderate earthquake with a preliminary magnitude of 4.1 struck the northwestern coast of Japan on Sunday, but no damage was reported.

The quake hit near the port of Sakata in Yamagata prefecture, about 250 miles north of Tokyo, the Meteorological Agency reported.

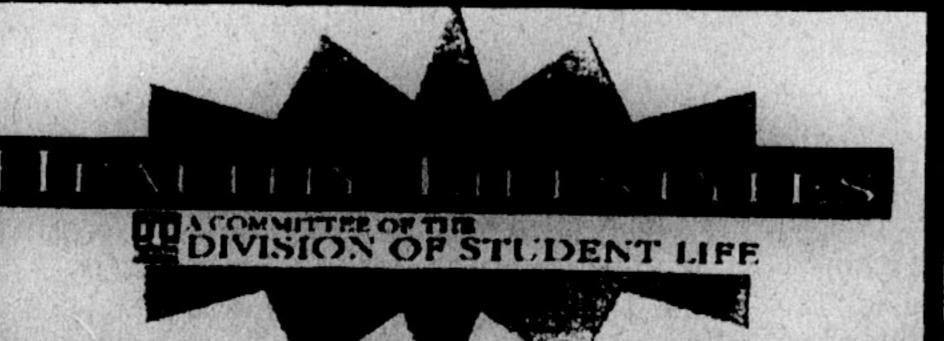
HITLER'S `MEIN KAMPF' PUBLISHED AGAIN DESPITE BAN

BUDAPEST, Hungary (AP) — The publisher of a Hungarian-language version of Adolf Hitler's autobiography "Mein Kampf" said Sunday he is defying a court ban on its publication to defend it against "slanders."

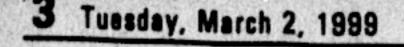


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1510 Bridle Circle

February 26

news

Assault on 1:21 pm Female/Communicating Threats/Resist, Delay and Obstruct/Intoxicated & Disruptive - Gary Franklin Honeycutt, non-student, DOB 5/29/66, of 2115 SE Boulevard, Clinton, NC was taken into custody of Fourth Street after being seen assaulting a female near one of the Reade Street bus stops. Mr. Honeycutt was very intoxicated and combative with officers.

2:29Assault on pm Threats/Domestic Female/Communicating Violence Order — An Aramark employee stated that her former boyfriend entered The Galley and physically assaulted her. The victim obtained a domestic violence order, but did not press criminal charges.



9:30 pm — Simple Assault — Officers responded to Greene Hall reference a fight in progress. Upon arrival, two residents of Greene Hall reported they were assaulted by a resident of Clement Hall and a non-student. The suspects had left the area prior to officers' arrival. The two victims were transported to the Magistrates Office where they secured two warrants for simple assault on Belinda Newkirk. At 11:30 pm, Belinda Newkirk of 1018 Clement Hall was arrested at the police department.

12:36 am — Hit & Run/Driving While Impaired/Driving While License Revoked-Victor Rincones, non-student, DOB 8/5/78, of Cherry Point, NC was arrested at Fourth and arrested for driving while impaired and posses-Reade Streets after an officer observed him run into a steel post in the Fifth and Reade Street parking lot and leave the scene of an accident.

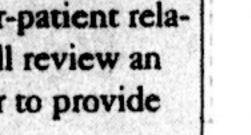
February 28

The East Carolini

12:13 am - Possession of Drug Paraphernalia — A resident of Aycock Hall was issued a campus appearance ticket after a consent search of his room yielded items of drug paraphernalia.

5:09 pm — Larceny — An Aramark employee reported the larceny of his coat and cellular telephone from Wright Auditorium.

While Driving 12:14 am ----Impaired/Possession of Drug Paraphernalia ----James Clifford Parker, non-student, DOB 2/1/74, of 5285 Rountree Road, Ayden, NC was sion of drug paraphernalia. An officer observed him run the red light at Third and Reade Streets.



East Carolinian

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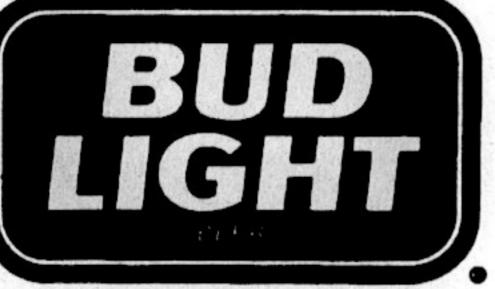
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DO YOU NEED CASH FOR SPRING BREAK?

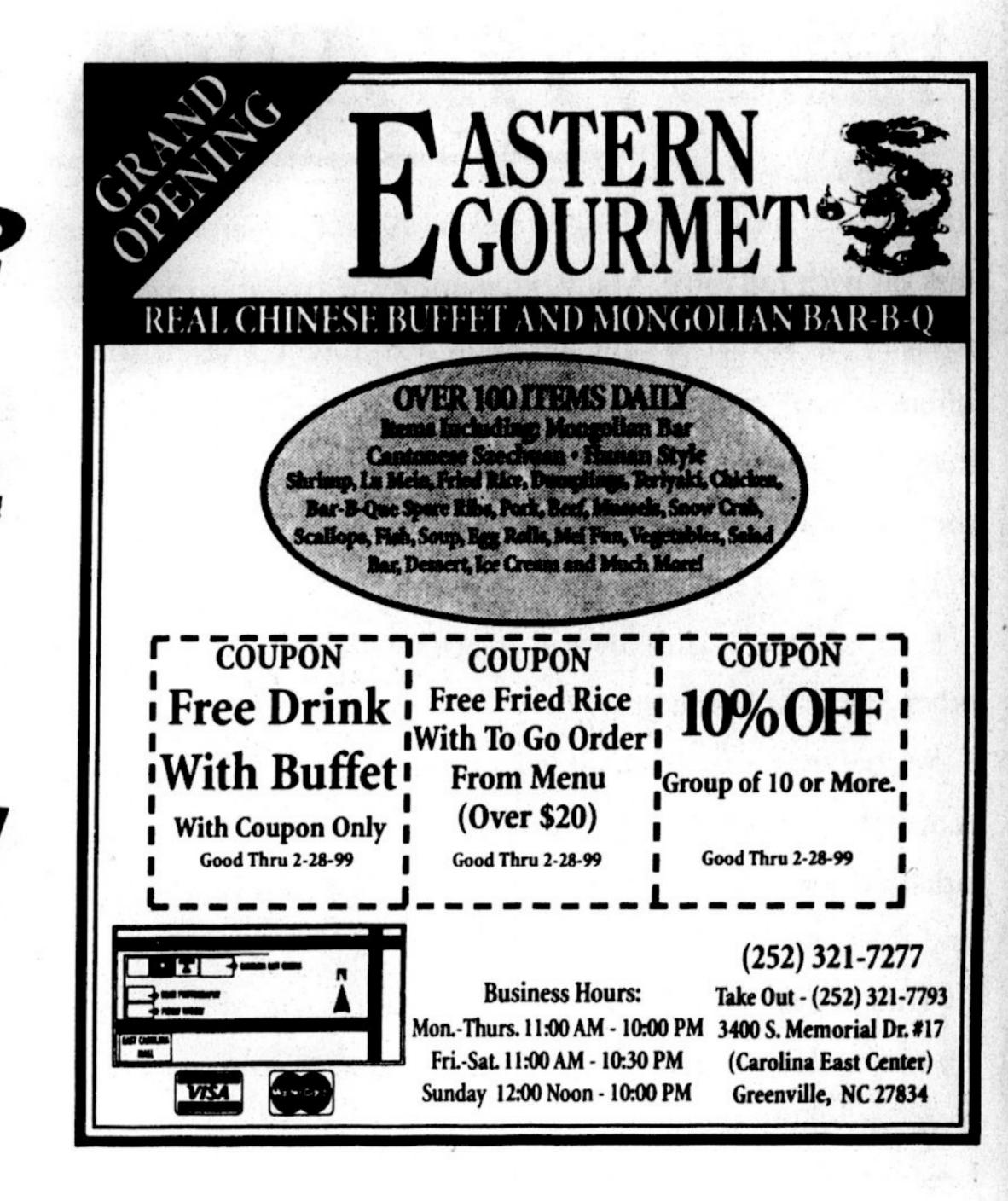






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ODINION

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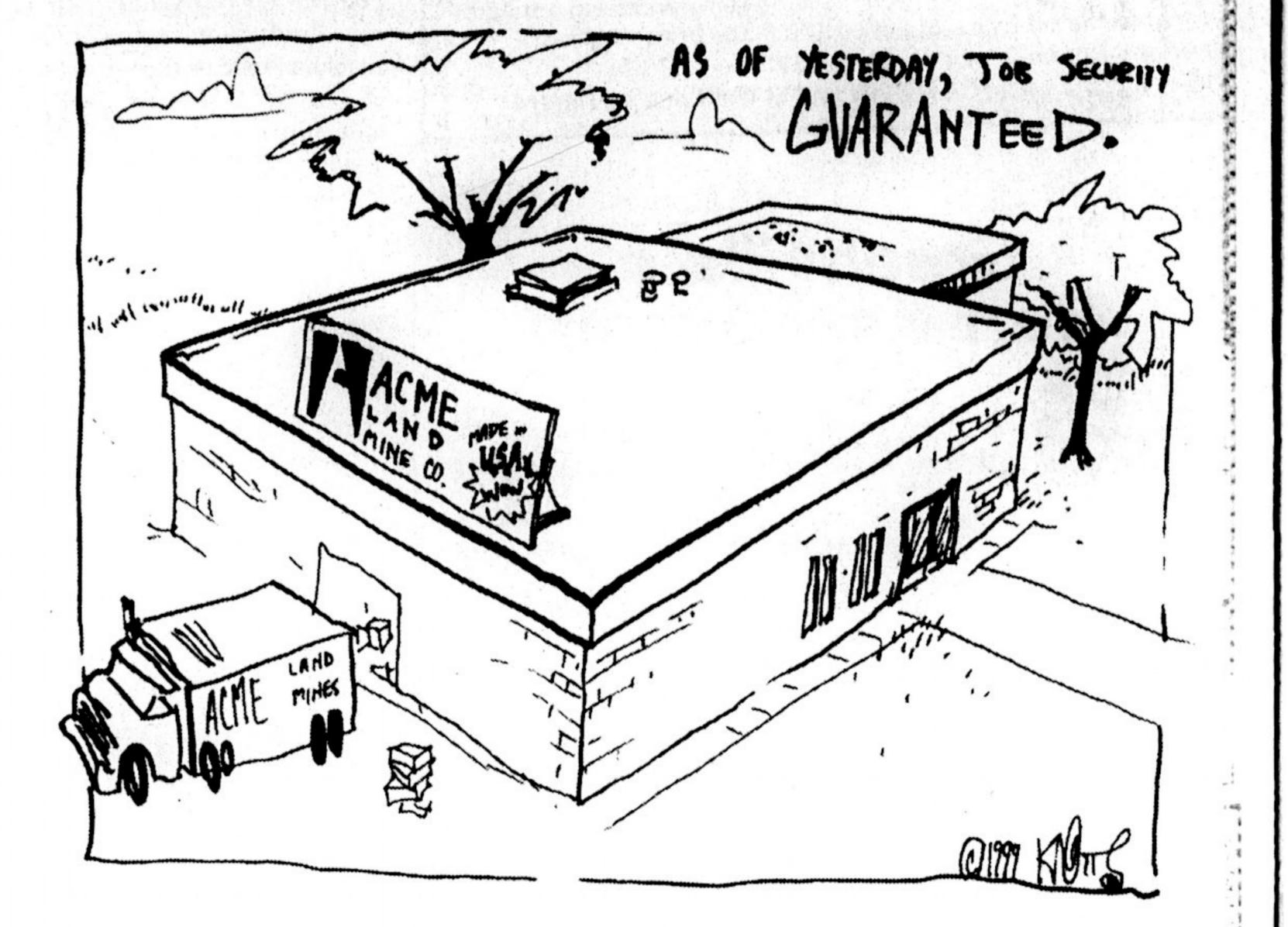
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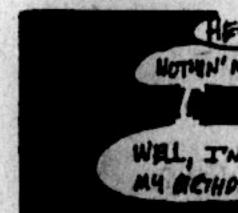
Serving the ECU community since 1925, the East Carolinian publishes 11,000 copies every Tuesday and Thursday. The lead editorial in each edition is the opinion of the majority of the Editorial Board and is written in turn by Editorial Board members . The East Carolinian welcomes letters to the editor, limited to 250 words, which may be edited for decency or brevity. The East Carolinian reserves the right to edit or reject letters for publication. All letters must be signed. Letters should be addressed to: Opinion editor , The East Carolinian, Student Publications Building, ECU, Greenville, 27858-4353. For information, call 252 328 6366



5 Tuesday, March

The East Carolinian

Four Seats







Last week, we acknowledged Sexual Assault Awareness Week and the university took this task on with full force. Many programs were available to educate both men and women on the severity of sexual assault and how to protect oneself; there was also an abundance of informational pamphlets and brochures stacked on a table in front of the Wright Place and many banners were raised high on the mall area and in front of many Greek houses declaring their support.

But where are they now?

Treader, March 2, 1999

Sure, a week was delegated to acknowledge sexual assault awareness, but what about the other 358 days in the year?

We believe sexual assault is an ongoing issue people must be conscious of on a daily basis. A week of pamphlets and a panel of experts is not going to put much of a dent in the situation. We shouldn't be gung-ho about learning more and participating in campus activities and then cast it all aside at the week's end.

True, we are taking a step in the right direction with our programs, but we definitely should do more. It's not enough to bring sexual assault up in a show of political correctness once a year or when someone becomes a victim. We should be aware at all times and take precautionary measures to keep ourselves safe.

For example; travel to and from the downtown bars in groups, carry mace, take a selfdefense class and be careful about who you are around when you are drinking. Never walk around campus at night alone. Call a friend or the Shuttle Service to pick you up from night classes.



Life on Tues



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UNIVE

OPINION Columnist

Marvelle Dr Privacy issues affect students too Sullivan



using the Internet and avoid cordless and cellular phones to prevent falling victim is slightly paranoid and illogical, but conveying you innermost thoughts via email and phone conversations is not the brightest idea either.

Not

levels, it still observed 15 nonetheless. Universities display grades under social security numbers to protect students privacy. Even the judicial system goes to lengths to protect privacy by requiring warrants for phone tapping and investigative searches. These measures are taken for a reason; entities like universities realize that recognize and knowledge is This power. contention sounds dramatic, but it rings very true. No one wants their life accessible to everyone and their brother. Even if the information pertaining to your life is trivial, it is still yours. The extent of control you have determines the extent of your personal stability, hence the essential reasoning behind the right to privacy. With this in mind, you have to that technological be aware while advances, providing conveniences, also provide a risk for invasion and abuse ot information. Email is frequently the object of tampering by people who are just meagerly adept with computers. There are also people who sit around with scanners solely to eavesdrop on conversations held on cordless and cellular phones. While those who do tamper obviously have issues far beyond not having a life, that is a moot point if you are the victim of their pathetic behavior. This stuff does happen, folks. It sounds comical,

but there are a lot of people in Greenville that feed off other people's business.

How can the average person prevent this? Besides becoming a total eccentric recluse, there isn't much you can do. Awareness that these things do in fact occur is the first step. Admitting a problem isthe first step for perpetrators of such things. Not using the Internet and avoid cordless and cellular phones to prevent falling victim is slightly paranoid and illogical, but conveying you innermost thoughts via email and phone conversations is not the brightest idea either. Privacy is fast becoming a greater concern in areas that prove to be far more important and far less mundane than college students daily lives. Many business and corporations are embroiled in legal battles regarding both insider and outsider tampering. Laws that address privacy, especially but not exclusively, because of the Internet and approaching major attention because of the abuse that is occurring. In college, we tend to have this false sense of security. The operative word here is "false." The sooner this is accepted, the better. If you know someone hacking email or using the scanner for phone conversation, be responsible and tell them to stop the madness!

There are organizations both on and off campus that have staff on hand and information if you have been sexually assaulted or if you are looking for more information. Laura Sweet, ECU's sexual assault victim's advocate is available to guide victims through the legal, medical and counseling processes. The Mental Health and Counseling Centers are also here to assist students if they or someone they know have been sexually assaulted. Help from the Real Crisis Intervention Inc. is also available at 758-4357.

LETTER to the Editor

Campus race relations need attention

After following the stories written African-American the about experience at ECU, I must say, emphatically that am disappointed and appalled by the way the university has dealt with the issue.

It is obvious that there is indeed a need to address equity and sensitivity issues as they relate to black students, faculty and staff. The statements made by myself and other black students about the indifference they felt by some black students here at ECU opened a door for dialogue that the university surprisingly chose not to venture through. Rather than attempting to quell the seemingly inflammatory criticism of ECU by Mr. Na'im Akbar, university officials should have engaged in

conversations with students to ascertain a greater understanding of why they felt the way they did about the campus climate. The fact that discussions on how to improve the condition of black students on this campus as well as opening dialogue on how the general welfare of minority students fits into the university's plans for expansion during the new millennium were not initiated by university officials disturbed me.

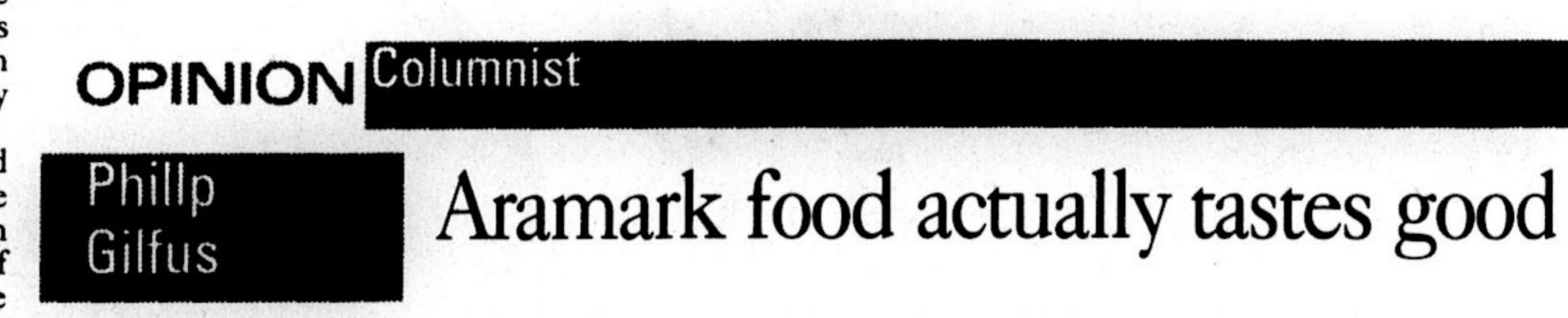
The lack of a proactive approach

reflective the national ot population, but once black students enroll, they are treated like secondclass citizens that lack the intellectual capacity to express themselves articulately and broach issues of concern to our community with depth and clarity.

am equally offended and appalled at the notion that someone may be rejected for service as an orientation assistant because of their personal opinion such as the case with Akbar.

The issue of privacy is not a prominent concern for most college students. There are a plethora of more important things to worry about, right? This may be true to some degree, but people's privacy is often violated without their ever becoming aware of it. While this may not seem like a major violation, control over your personal information, words and thoughts is never truly valued until that control is in the hands of another individual.

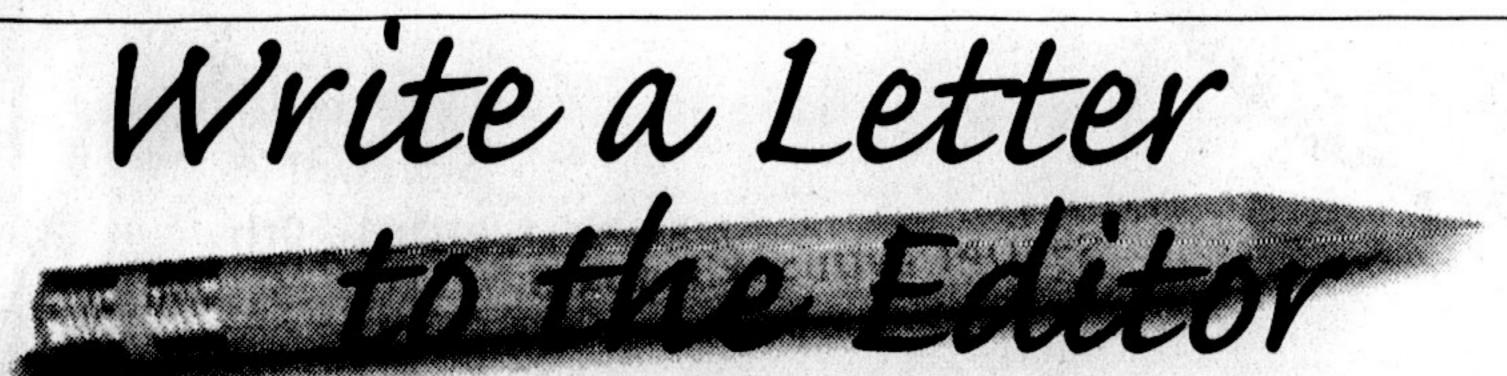
Privacy is regarded as your personal right. While this right is vague and contested on many



to this issue gave me the impression that minority students, particularly black students, are not high on the priority list! It also suggested that the university is just nation. interested in getting black students to bathe in the praise for achieving black student demographic

It is time for people to remove their blindfolds and deal openly with the state of race relations on this campus and others across the

Adrian Cox ECU student



Got something to say? Need somewhere to say it? Bring your letter to the eastcarolinian located on the 2nd floor of The Student Publications Building or drop a line www.editor@studentmedia.ecu.edu

Now I know that everyone and their freshman brother has some complaint against Aramark and its apparent culinary tyranny, but I gave the food and service high marks.

Well, there I was, innocently eating my veggie burger (motto: "Don't ask what's in it, and we won't tell you") at Todd "We've got more seats than Mendenhall" Dining Hall, when a purple piece of paper was suddenly flung at my face by a Dining Services employee. At first I thought I was being attacked, perhaps months and months of cleaning up after the killer ice machines had taken their toll. But as it turned out, I was being handed the Official "Write On" Dining Services Survey Form.

Now I know that everyone and their freshman brother has some

complaint against Aramark and its apparent culinary tyranny, but I gave the food and service high marks. Oh sure, the salad is about as fresh and new as a Macintosh, and everyone gets to play the lottery when getting a piece of cake: Will it be stale today? Who knows?! And by the way, I would just like to point out that apparently frosting has an indefinite shelf life, while the actually cake-part lasts for about two hours, eastern time. Some sort of weird food physics.

But besides all those little factors that make eating on campus the experience it is (today we're having chicken noodle soup, hey, those look like the same spaghetti noodles from yesterday, and the week before), it still isn't all that bad.

And what are students complaining about anyway? I'm sorry we couldn't get your mom to come in and cook a homemade dinner for you but she was-no, wait, have to restrain myself from making a "mom" joke. But considering the \$980, for an average 14-meal plan, that we pay, we're getting a lot in return, from a

clean eating area to the occasional Tony the Tiger appearance.

I'm not saying that campus dining is perfect. I mean we can't even get real ice cream all the time (and for those of you who say that it's winter and we don't need ice cream, you've never been embraced by the sweet, forgiving taste of chocolate-mmm, chocolate, drool). But Dining Services does provide good food. Why the pizza at Todd tastes different from the pizza at the Galley, I don't know.

But just think of it all: the waffles, grilled cheese, Lucky Charms, omelettes, heavenly syrupy chocolate milk, ravioli and the list goes on. And I've heard rumors that they serve some sort of meat entrees. I suppose those aren't too bad either. I guess premium night tickets are wasted on me.

So the next time you go to Todd, Mendenhall, the Galley (I recommend the cheesesticks or breadsticks), or the Spot know that you aren't being poisoned by the evil, maniacal Aramark. Everyone knows it's Pepsi.

COMICS

5 Tuesday, March 2, 1999

e East Carolinian

ECURITY

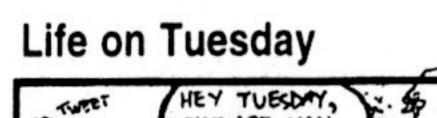
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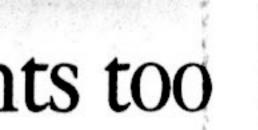
Mike Litwin Four Seats Left **Everyday Life Jason Latour** HEY VINCE WHATS UP? I'VE , UH I'VE GOT YOUR ERYDAY WAYS TO TELL YOU'RE GETTING OLDER 17. YOU START BORROWING WELL I DID'NT OAKTLY BUY IT RESENT ... UM, BANT NECE! I GOT IT AT BLOCK BEESTER VIDEO! NOTHIN' MUCH. YOUR PARENTS'CD'S. WHAT ARE YOU ACTUALLY WONDER IF YEAH THATS IT! BUT IT'S A 5 NICHT RENTAL AND DOING TONICHT! YOU'RE GETTING ENOUGH FIBER WWW! A COPY OF CILLICANS THE LAST TWO MENTS ARE ALL WAL, I'M GOING OUT FOR MY ACTHORY. YOURS MY MAN! HAPPY BIRTHDAY BIG FELLA! SLAND : "THE RECKONING" ON VAS! YOU DID'NT HAVE TO BUY ITS 40 ME THIS! BIRTHDAY YOU FORLOT? NO!NO COULSE NO ARE, HOU SHOULNP (23) OL BUDDY PHRASE "DAMN KIDS 6. YOUR PARENTS START BELOMES PART OF YOUR DAILY VOCABULARY. 8. SLEEPING BECOMES A HOBBY. BOKKOWING YOUK LDS. SO HAS YOUR TASTE START PREFERRI CLINA Z VH1 OVER MTV. IN CLOTHING. 3:314 21114





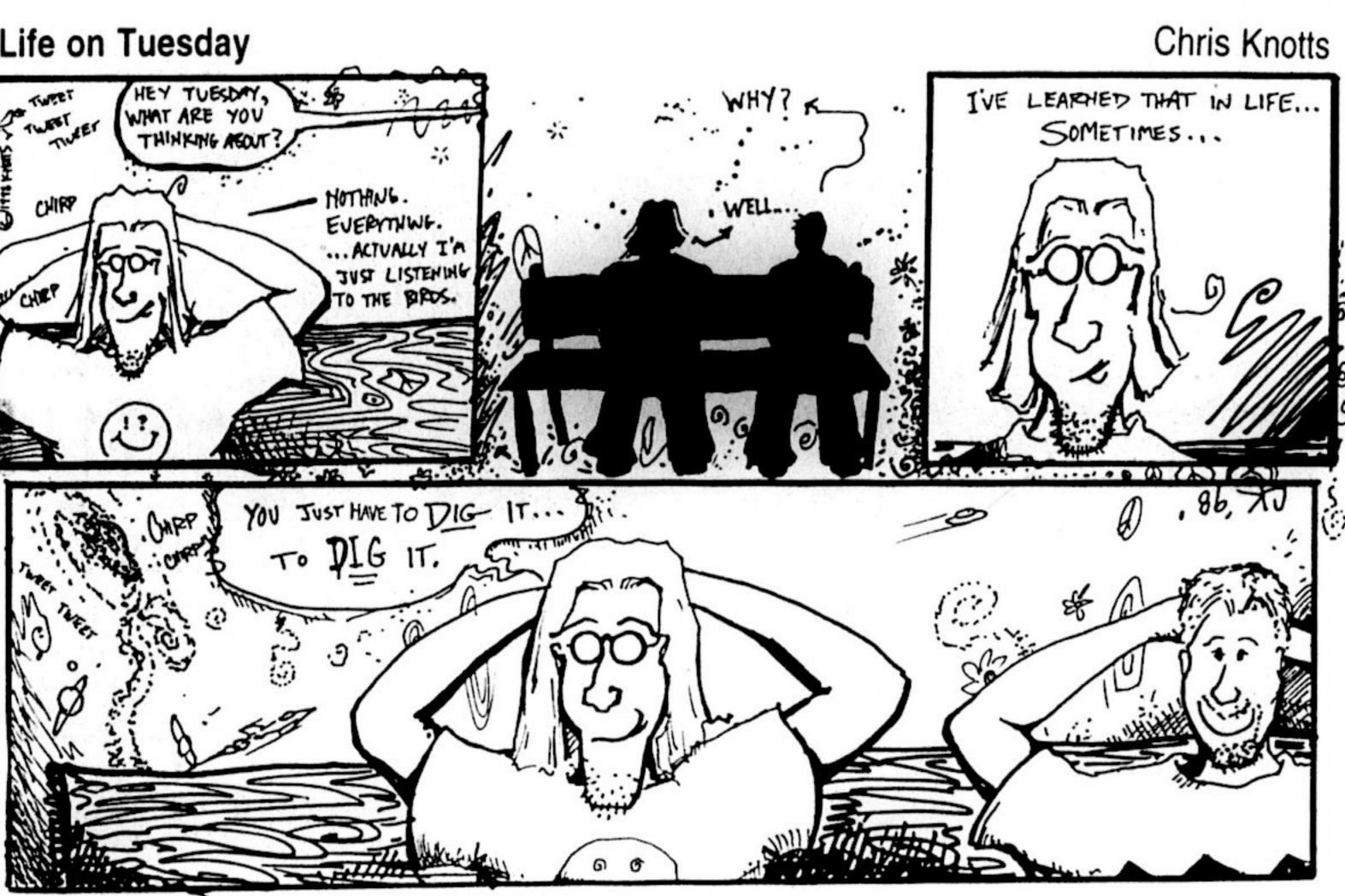
The East Carolinian

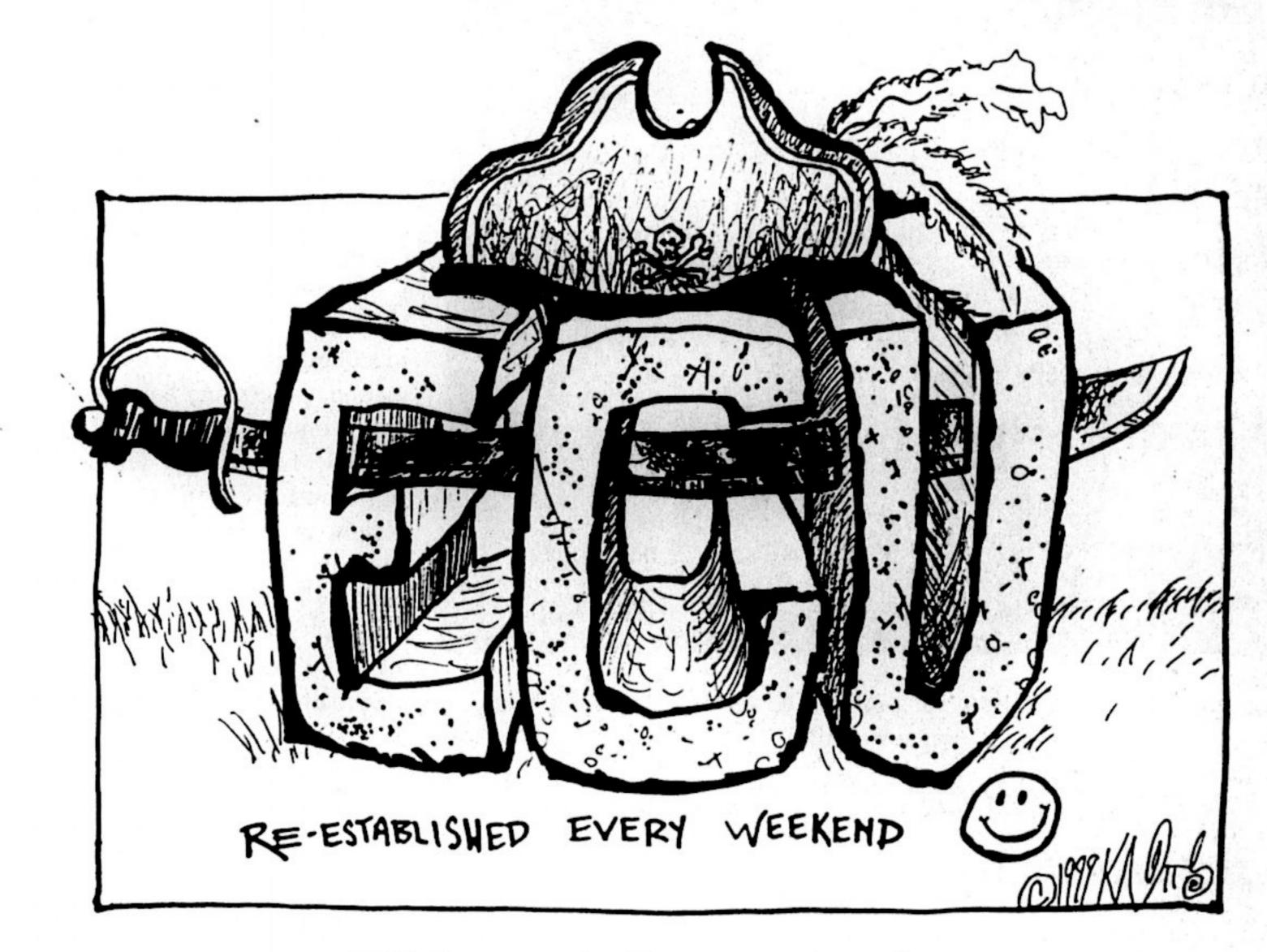




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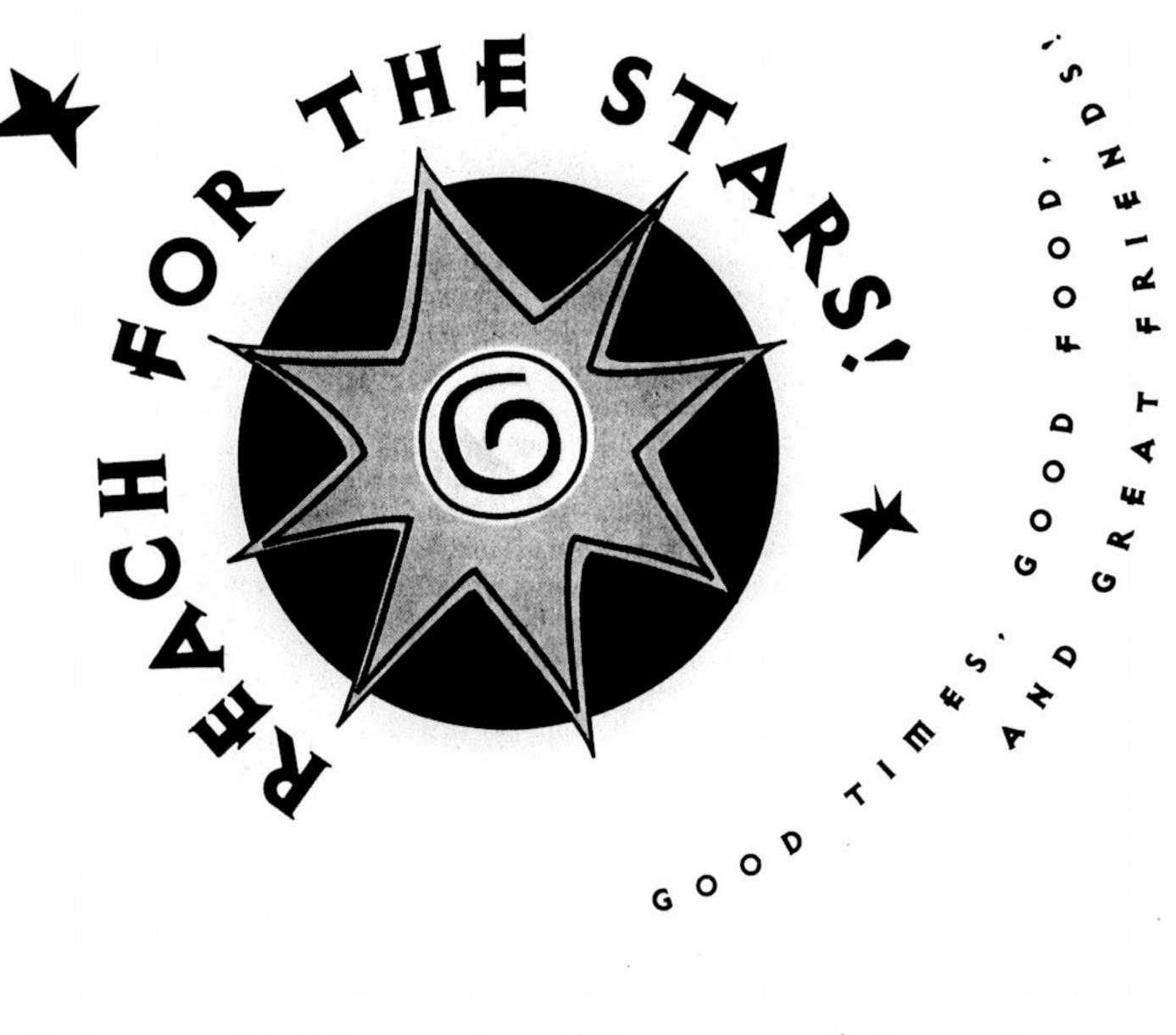


TEC Crossword will return next week.

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d to have this ecurity. The s "false." The ed, the better. one hacking scanner for be responsible the madness!

Why move light years away?



Please cut out for yourself or give this to a friend who is LOOKING FOR A MAJOR?

March 8-12 Departmental Career Education Forums-East Carolina University

Goals: 1. To help gain information to choose your major 2. To learn more about your major and related careers Departments are scheduling time at tables or presentations for you! Unit: Accounting Aerospace Studies Anthropology Biology Broadcasting Chemistry Dept-Flanagan Clinical Lab. Science Comm. Sciences & Disorders Decision Sci.(Operations Mgt) Table: 3/8-3/12 GCB 2201 English

Exercise and Sports Sciences Foreign Languages Geology Health Education Health Information Mgt

Tables/Presentation at Dept. Offices unless specified: Presentation: 3PM, 3/11 GCB 1017 Presentation (F22 Simul.): 10-1PM, 3/10 Wright A307 Table: 9-12Noon, 3/9 Brewster A215 Table: 1-4PM, 3/10 Howell N108 Presentation: 3-4PM, 3/8 Joyner East 221 Table: contact Dept. Office, Flanagan 205 Table: 3-5PM, 3/8-3/11 Belk Bldg. 308B Table: 3-5PM, 3/8 & 3/9 Belk Annex 107 Presentation: 2-3PM, 3/9 & 3/11 GCB 1023 Presentation: 3:30PM, 3/9 GCB2019 Posters all week in Minges Coliseum Lobby Table: Contact Dept. Office, 3rd Floor GCB Presentations: Check with Dept. Office Discussing Careers in Hlth 1000 classes Table: 1-3PM, 3/10 Belk Building 308C Table: 11-1PM, 3/9 & 3/11 Table: 9-4:00PM, 3/8 Lobby-students Presentation: 6:30PM, 3/8 Fletcher 105 Performance: 8PM, 3/8 Fletcher Recital Hall Table: Contact Dept. Office, Brewster A330 Presentation: 3/12, 3-5PM Belk Annex 6 Table: 8-10 & 12-3 3/8,10,12; 10-12 & 1-3 3/9,11 Presentation: 10-11AM, 3/10 Check Dept. Office Table: 8:30-4PM, 3/8 Brewster A125 Presentation: 2:30PM, 3/8 Brewster C105 Table: 12-3PM, 3/8 & 10-12Noon, 3/9 Rawl 112 Posters all week at Rec. Ctr, Allied Hlth

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you go to the Galley (I esesticks or ot know that oned by the c. Everyone Put yourself at the center of the campus living universe.

- Second Chance Campus Living Sign-Up, March 22–26, D 0
 - Ground Floor, Jones Residence Hall

" NG

Participants in second chance campus living sign-up also become eligible to win in the 0 1 1999-2000 REACH FOR THE STARS Campus Living С Sweepstakes.

Ì Campus living—it's stellar! υ * * *

SIGN-UP

UNIVERSITY HOUSING AND CAMPUS DINING SERVICES . TELEPHONE: ECU-HOME; ECU-FOOD U.P. 99-140

School of Music

Philosophy Physician Asst. Studies Planning, Rawl Annex 139

Political Science

Psychology

Recreation and Leisure Studies Center for Counseling & Student Dev.316 Wright, Thurs. 3:30 help Choosing a Major! Cooperative Education -2028 GCB- 3/8 2-3PM help for career-related jobs while in school Career Services-701 East Fifth Street, Exploring Careers Programs-4PM Weds.- Room 103 More information at www.ecu.edu/coop/events.htm M. Inmadanakan wakal

Students prepare for Spring Break '99 at Rec Center



prefer cycling to more traditional workouts."

If you need more individual attention, the SRC is offering a discount on personal training. Four sessions with a trainer, which can usually cost \$64, are being offered now for only \$50. This is an especially good way for beginners to get comfortable with the equipment and learn exercises targeted to their specific needs.

Proceeds go to Lung Association

PHILLIP GILFUS STAFF WRITER

Greenville.

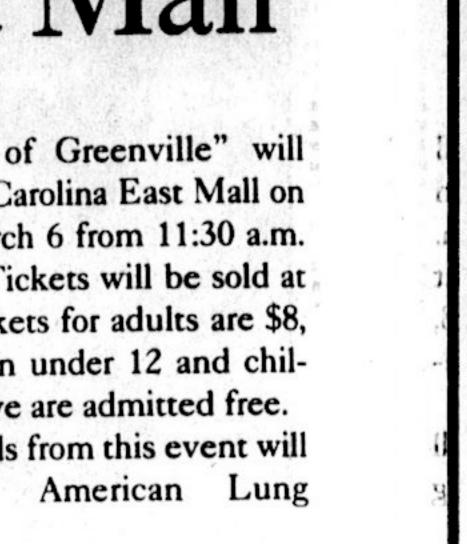
chicken and rice soup," said Bernie Gilchrist, manager of Chico's. "We've been with [the Taste of Greenville] since day one."

In keeping with the "Swing into Spring" theme, the Wesley Foundation, the on-campus United Methodist assembly, will be providing swing dance demonstra-

said

"A Taste of Greenville" will take place at Carolina East Mall on Saturday, March 6 from 11:30 a.m. to 2:00 p.m. Tickets will be sold at the door. Tickets for adults are \$8, \$4 for children under 12 and children under five are admitted free. All proceeds from this event will benefit the American Lung

The East Carolinian



"Taste of Greenville" returns to Carolina East Mall

6 Tuesday, March 2, 1999

features

U SCHOC Maste Full-ti Prepares

7 Tuesday, Ma

Freshman, Tom Warmuth, works out upper body for those shirtless days at beach. PHOTO BY MICHAEL SMITH

On campus services assist students in gain

BROOKE POTTS

Hitting the gym is a great way to start a fitness program, but it is by no means the only step to take. A be must diet healthy followed in order to see lasting results. Working out with too little calorie intake will exhaust your body, leaving you feeling tired and weak. Consuming too many calories will negate those long hours at the gym.

"You should avoid extremes in both areas," Brown said . "The key to looking great is to combine moderation, variety and balance in both your workout and your diet."

ECU has several resources on nutrition and cutting calories to lose weight in a healthy way. Student Health Services has counselors such as Laura Hartung, the ECU campus nutritionist, on hand to design diet and exercise programs and to assess how much weight can safely be lost. Students should set up an appointment to learn which methods are going to work best for them.

"Student Health offers basic nutrition advice and physical assessment," said Heather Zophy, a health educator at SHS. "Height, Get ready to chow down because a tions.

"There will be five to six coufestival of food is coming soon to ples, all ECU students except for "A Taste of myself, who will be giving the Greenville," which is returning for demonstration," its 10th year, promises not only to Wilkinson, the campus United be a community celebration, but Methodist minister. "We will be will also raise money for the

American Lung Association (ALA) of North Carolina, Eastern Area. This event, sponsored by Pepsi of Greenville, is entitled "Swing into Spring" and will be filled with

area businesses, music, and swing "We were approached by the ALA and decided to sponsor the event, since it is for such a good cause," said Charles Young, district manager of Pepsi of Greenville. Local restaurants will be providing a buffet-style setup of all your

favorite foods. "We'll be giving out samples of bagels, doughnuts and passing out fliers about our find-raising programs," said Dawn Nowack, bookkeeper at Krispy Kreme.

The businesses taking part in this community celebration include Applebee's, Bob's Pizza, Captain D's, Chico's, Denny's, Frito Lay, Greenville Country Club, The Ivy Room (Ramada), K&W Cafeteria, Krispy Kreme, Kroger, Outback Steakhouse, Papa John's, Pizza Hut, Ragazzi's, Red Lobster and

Association.

"All the funds will stay in the area and will go towards various programs, such as asthma programs, smoking cessation programs and Scott education," said Misty Crowe, event planner of the ALA.

CHEVROLET

Tenth annual fund raising event takes place at Carolina East Mall PHOTO BY MICHAEL SMITH

accompanied by the Carolina Beach Club Band. Though they are a beach band, they will be playing two swing songs for us."

Last year's festival raised approximately \$8,000.

"We hope to bring everyone together to have fun and to raise In

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Classes May 20, 1 August 18

For an app (910) 962-

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STAFF WRITER

It's that time of year again. Time to drag out the bathing suit, prance around in front of the mirror and realize that all the pizza and Budweiser you have been inhaling since Christmas has caught up with you in the form of a beer gut and flabby thighs. So what do you do to get in shape and get ready for the beach?

Unfortunately, many students take the wrong approach. A couple of weeks of missing a meal here and there, popping diet pills or working out three times a day a month before Spring Break '99 are not going to solve your problem. In order to get in shape and look fabulous in that new bikini (or Speedo), it takes months of dedication and hard work.

Top 10 Destinations

. Cancun 2. Panama City Beach 3. South Padre 4. Daytona 5. Orlando 6. Bahamas 7. Myrtle Beach 8. New York City 9. Jamaica 10. London

people wait until the last minute and try to get into shape in a short amount of time or diet excessively to lose weight fast.

Around this time of year, Kari

Brown, assistant director of fitness

and instructional programs at the

Student Recreation Center, usually

notices an increase in the number

of students working out. Many

"Most people come and their primary goal is weight loss,"said Jen Mock, a fitness intern at the Rec Center. "[People] need to set realistic goals for themselves and know that they will not see immediate results."

"Going to extremes isn't worth it," Brown said. "Overall, you're not going to feel well and you'll lack energy and not sleep well. remember that you have a whole Injuries can occur form overuse, not eating well and overdoing it." Definitely not how you want to spend your week away from school.

She suggests a more moderate plan of action; one that can be followed year-round to keen you looking and teeling good all the time. Not only will you be in shape, but the physical activity will increase your self-esteem, energy confidence. The most and effective method of exercise is done between 30 minutes to one hour, five to six days a week. And if you are working out on your own, do not hesitate to ask any of the SRC staff for assistance.

"I usually go to the gym for cardio boxx classes twice a week for an hour," said junior Doralissa Griffin. "I always feel very energized after the workout. It definitely works out every muscle in my body." Also offered are classes for those who prefer a more structure d workout. On March 2 the SRC will launch its "Spring into Shape" program. This program, which runs to May 5, is for any RPM cycling class or aerobics class offered this semester. The drop-in pass is only five dollars for five classes, which is half the normal cost. Once a student completes the five sessions, prize drawings and other incentives will be offered to encourage participation. "The RPM cycling classes are a great way to get in shape. They are also a great calorie burn. You can set your own pace and really push yourself," Mock said. "Also,

men and those who feel they are

not coordinated enough for the

regular aerobics classes seem to

weight, cholesterol levels and blood pressure measurements are all important for overall health."

So before you decide to do something drastic like wear rubber suits to the gym and work out one hour three times a day to look better at spring break, consider the long-term consequences. All that "hard work" may end up with you putting your health and your week of fun in the sun at risk. Don't worry if you don't get that ideal body before this year's break. Just year to turn that spare tire into a six-pack for spring break 2000.

"It's never a bad time to start," Brown said.

speed up Route 15 at 55 mph, the billboard zooms past: sexy pose, woman wearing underwear - another racy Victoria's Secret ad? Nope. Ratings of dle, proudly showing off her age spring break spots and love handles. Call it art. alternatives by ing a photograph that 32-year-old students who shot of her mother, Margaret. But it's not hanging in a gallery, where

Swiss Chalet.

"Chico's will be serving three different-items: our enchilada suisa, puerco adobado, and our famous

Slogan reads, "Look

at you loving me"

LEWISBURG, Pa. (AP) - As cars

It's a 67-year-old woman in a gir-

Buckknell University is exhibit-

London resident Melanie Manchot

money," Crowe said. The dancers, who will be dressed in '40s-style outfits, will be doing aerials and other advanced swing dance techniques.

Granny models lingerie on highway billboard

> where every commuter, shopper and tourist can take a fleeting peek.

"It's an unexpected encounter," explained Mark Segal, 38, who helped with the project.

He's not kidding. Here is an older woman who would never make it as a Sports Illustrated swimsuit model or a Times Square waif. She's clearly proud. Her hands rest behind her head.

"Look at you loving me," reads the red-lettered slogan.

"She's an empowered person. She's not going to rise and fall on whether she looks good in underwear," says Stuart Horodner, director of Bucknell Art Gallery.

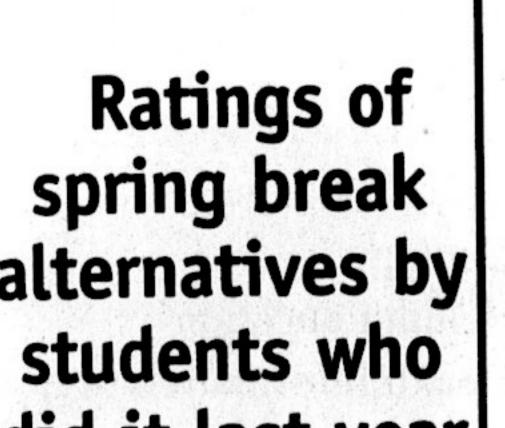
Ms. Manchot chose her mother because she wanted to photograph someone who was not the typical model. Together, they have com-

"What I wanted to do was work with someone who had fallen out of that group- simply because they were older," she said.

Not everyone agrees with the display.

"I'm a conservative person, so I probably won't like it," said JoAnne Campbell of Unityville, walking outside a nearby craft store to take a look. "Oh, I think that's unnecessary. We don't need things like that." "I don't consider it art," added Lorie Cero of Turbotville.

But the empowerment Margaret Manchot shows off touched some in this mostly conservative town of 5,500 people. "Oh, she looks just like me," Bucknell art history professor Christiane Andersson said when she first saw it. "Is she beautiful? Why do we think she is, or why do people not think she is? "



Spring Break Beach Alternatives:

> Road trip Camping Skiing Volunteering Working Home

source: www.studentadvantage.com/springbreak

did it last year

Volunteering

(on a scale of one to 10,10 is highest) overall rating: 9.2 daytime fun: 8.8 nightlife: 8.7 percent of students who would recommend this to others: 97

Going home overall rating: 4.3 daytime fun: 3.9 nightlife: 4.6 percent who would recommend this: 36

source: www.student advantage.com/ springbreak

only a few art lovers would see it. Instead, the artwork poses as advertising and looms over a highway

judge has history

of punishing jurors

PITTSBURGH (AP) - A juror who

overslept and showed up late for a

trial was jailed for nearly seven

hours by a judge with a history of

punishing jurors for their transgres-

McGregor ordered Michael

Shelbert jailed on Friday after

Shelbert showed up nearly an hour

late, forcing the rest of the panel to

Allegheny County Judge James

sions.

wait for him.

piled a series of mostly nude photographs, 60 in all.

Tardy juror serves jail time

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When asked to explain himself, ture. McGregor said Shelbert's reply was: "I slept in."

Shelbert, 30, of Pittsburgh was taken to the Allegheny County Jail, where he was processed and released by about 9 p.m. - about 6 1/2 hours after McGregor issued the order.

"Friday nights are always busy," said a jail guard who did not give his name.

McGregor said he only meant for Shelbert to spend time in a holding area at the courthouse, then come back to his courtroom within 15 minutes for a stern lec-

Instead, Shelbert now must appear in McGregor's courtroom at 9 a.m. Monday to hear the judge explain why he wanted him held. Court personnel told the judge that Shelbert, who was part of a jury hearing a drunken-driving case, had been late four days in a row.

He arrived two hours late for jury duty on Tuesday but was empaneled anyway.

McGregor said Shelbert's fellow jurors were "infuriated" by his tar-

SEE TARDY PAGE 7

7 Tuesday, March 2, 1999

Aall

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eenville" will a East Mall on rom 11:30 a.m. will be sold at r adults are \$8, er 12 and chiladmitted free. this event will erican Lung

SCHOOL OF BUSINESS Master of Science in Accountancy Full-time Program Prepares you for opportunities in: Public accounting Management consulting

Grandmother wins first runner-up for collegiate homecoming queen

features

ATHENS, Ala. (AP) - Kathryn Maples isn't your typical candidate for homecoming queen.

But that didn't stop the 55-yearold grandmother from winning first runner-up in the competition at Calhoun Community College. She was among 15 candidates seeking the title. "Surprise doesn't describe my reaction," she said. "More like shock."

Ms. Maples represented the Centurion Club, where she serves as president. She said she encountered some students at the college's Huntsville campus who were surprised that she was seeking the title, but said she feels myself." included in student life at the Decatur campus.

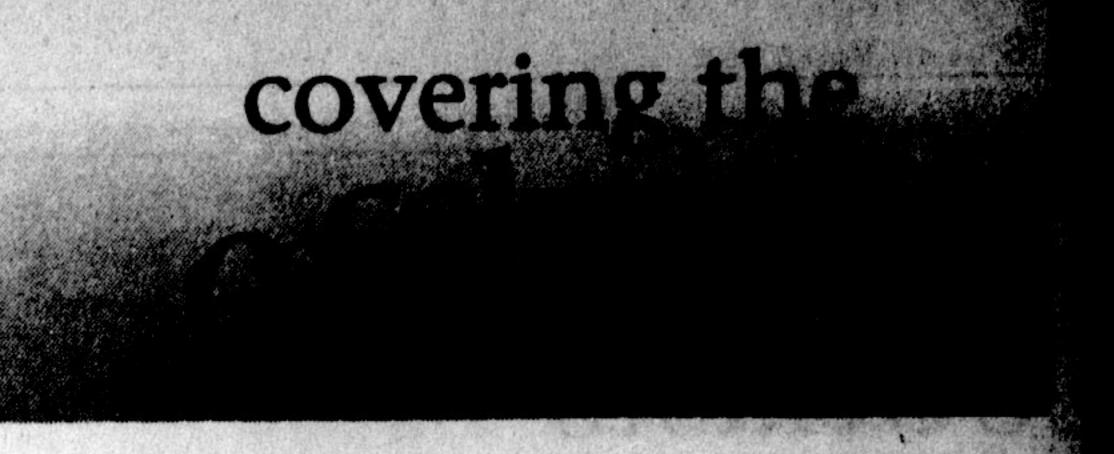
"And I really appreciate that," Ms. Maples said. "I realize I'm a nontraditional student, and it makes me feel good to always be included."

She enrolled at Calhoun after earning her high-school diploma at the

University of Alabama in Huntsville. "I quit school in the 10th grade to go

to work," she said. "Many people did that back then."

Ms. Maples said she chose Calhoun because her three daughters graduated from the University of North Alabama. "I finally wanted to be at a place where I could be



Mugger gets run for his money with victim

ROCHELLE PARK, New Jersey (AP) - A would-be mugger got a lot more than he bargained for outside a local supermarket when his victim refused to surrender her purse. So, he had to give it back.

The 36-year old woman, who police would not identify, was loading groceries into her station wagon on Tuesday when the man Robert jerked away her purse and dashed to a waiting car. His quick getaway was foiled when the angry victim refused to

budge from the path of his vehicle. The woman then grabbed a windshield wiper on the car and engaged the crook in a shouting match, police said.

The terse standoff ended when the thug dropped the purse out the car window and drove away.

"This certainly isn't what victims should be doing," police Capt.

vill stay in the owards various thma programs, programs and Misty Crowe, ALA.

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festival raised 00. bring everyone un and to raise Information systems

General business

Classes begin: May 20, 1999 for non-accounting undergraduates August 18. 1999 for accounting undergraduates

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Davidson. "It could have been a disaster. She was really lucky."

Candy bar survivor arrested on counts of marijuana possession

FORT COLLINS, Colo. (AP) The man who gained national attention last year by surviving four days in a blizzard on candy bars has pleaded guilty to a marijuana possession charge.

Christian George, 30, who now lives in California, was arrested at his Wellington home in January 1998 after he called 911 and



diness Friday, when they were supposed to resume deliberations that had begun the day before.

The jury ultimately was declared hopelessly deadlocked, and a mistrial was declared before

claimed he was Jesus Christ. Larimer County sheriff's deputies said they found several large marijuana plants growing under lights and about 15 firearms in his home. A charge of possession of marijuana with intent to distribute was dropped in George's plea agreement. George faces 18 months probation at his formal sentencing set

Shelbert was jailed.

In July 1997, McGregor had juror Rupert Pascoe of Dormont taken to the sheriff's holding cell after his conduct led to a mistrial in a drug case.

Fellow jurors said Pascoe violated the judge's instructions by conducting an experiment using binoculars to test police testimony about

for April 19.

In the week prior to his arrest, George had been negotiating an endorsement contract with the makers of Snickers candy bars. George, a snowmobiler who was lost in the Steamboat Springs wilderness for four days, claimed the candy bar kept him alive during his ordeal.

observing an alleged drug transaction. He also allegedly made derogatory comments about police testimony.

Pascoe was held for about 90 minutes and fined \$100. McGregor also removed his name from the roll of potential jurors for three years.



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bert now must gor's courtroom at o hear the judge anted him held. el told the judge ho was part of a drunken-driving ate four days in a

vo hours late for uesday but was Shelbert's fellow

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DY PAGE 7

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Tenth Street Cove



 More than half of ECU students drink alcohol twice a month or less.

 One-third of ECU students prefer to attend parties where alcohol is NOT served.

E A S T

UNIVERSIT

What's happening with your?

"Results of the spring 1997 Alcohol and Other Drug Use survey of ECU undergraduate students administered by the Division of Student Life.

8 Tuesday, March 2, 1999

ODU outlasts Pirates

Double OT finishes basketball season

ERIC COUCH

shone down on Harrington Field; the TOTIC DUDG woke up and started to min. the nuns. Two came off of a two by Nick Schnabel, and innings three more from the bat of senior Steve regular swing a and the ball h Salargo.

Tracy, freshman. "I was trying to do 'Situational Hitting'; I was trying to just get the run tional three runs in the best way possible," Salargo said. an RBI single by "I felt comfortable and just tried to two RBI single drive the ball."

Bakich. By the fifth inning the runs kept on





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9 Tuesday, Marc

The East Carolinian

SENIOR WRITER

The Pirate basketball season came to a close with a thrilling double overtime loss in the CAA tournament on Friday.

It took every second of regulation and two overtime sessions for the second seeded Old Dominion Monarchs to put away the Pirates Friday night. In a contest that ECU coach Joe Dooley called one of the greatest college games he has ever been around, the Pirates fell by a score of 65-62.

In the most dramatic game of the year for ECU, junior forward Neil Punt gave the Pirates a 62-61 lead with 22 seconds remaining in the second overtime. Following an ODU timeout, freshman point guard Brandon Hawkins was called for a reach-in foul with 5.7 seconds remaining. That sent the Monarchs' Michael guard Williams to the line where he connected for two free throws and a 63-62 ODU lead. Following the free-throws ODU stole the inbound pass and Andre McCullum dunked the basketball and any hopes for ECU advancing.

"Needless to say, we were very

thanks to freshman Chad Tracy's first career home run. Then later in the fifth not even an Ohio pitching change could hold back Brad Simons as he slammed a two run home run over the fence and into traffic on Charles Boulevard, boosting the Pirates lead by three runs.

Ohio fought back by scoring one in the sixth and two more in the seventh inning, which came off of a two run home run by Ryan Kyes. Ohio went on to rally again in the top of the eighth inning off of ECU's defense scoring three runs off of three hits.

But those Ohio runs did not go unanswered. ECU scored three runs in the seventh and three more in the eighth to win the first game of the series 14-8. Minton (2-1) took the win for the game and Chuck Lombardy (0-1) of Ohio took the loss.

The Pirates' Saturday afternoon offensive clinic ended after their second win of 14-8.

The second game was highlighted by a fire in the trees behind the center field wall set off allegedly by a fan's charcoal grill. The fire was extinguished by the always-punctual Greenville Fire Department.

On the other side of the fence the Pirates began their offensive assault with three in the first inning. But it was the second inning when the majority of

The Pirates were off the Bobcats for of more runs as they scored o the seventh from an RBI angle by Schnabel scoring James Molinari. Then one in the eighth from an RBI single by Kevin O'Sullivan scoring Genthrup who was on second after hitting a double as the Pirates took the win 15-5.

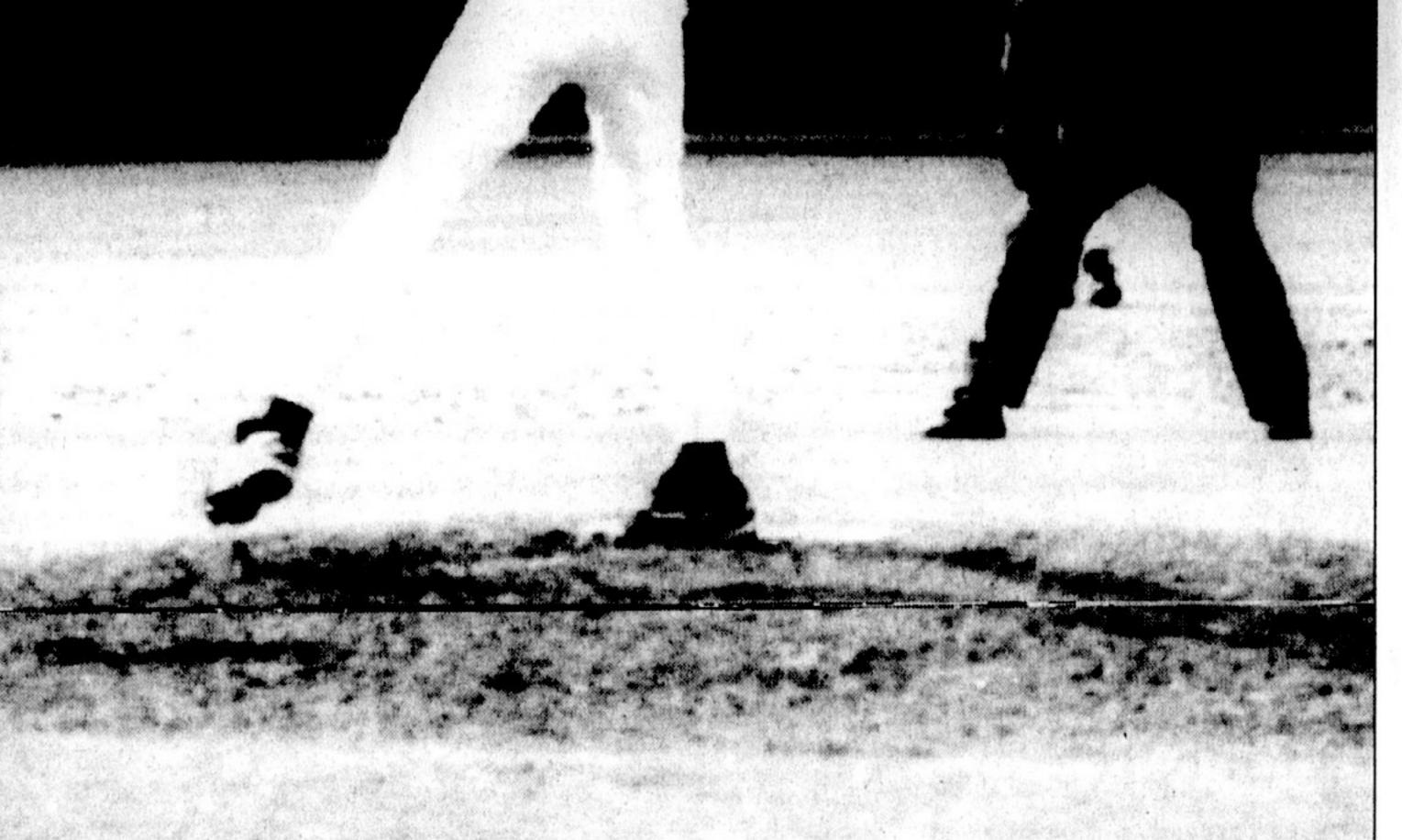
The Pintes

SDOPLS

"Today we came out and played well and got in a good rhythm swinging," LeClair said. "Travis [Thompson] did a really nice job today in the second game, and Foye [Minton] did a good job in the first game. It was a good day all over."

The Pirates' Sunday win did not come with the same force as Saturday's, but they did still manage to pull the "W" in the rainshortened seven inning game. The Pirates held the Bobcats scoreless until the fifth inning when Ohio's Jeff Rook sent his first of two home runs over the fence. ECU went on to increase their lead from one to four in the second inning with help from singles by Cliff Godwin and Molinari and Schnabel's RBI single.

ECU scored again in the third with help from Ohio Pitcher Denny McGee as he threw four walks in the inning.



On the mound for the Pirates: freshman pitcher Jason Mandryk secures the Pirate victory in Saturday's double-header wins over Chio University at Herrington Field. PHOTO BY MARC CRIPPEN

WEEKEND BASEBALL VICTORIES

-Thursday vs. Wake Forest. Pirates win 3-2. Winning Pirate pitcher: Brooks Jernigan (improves his record to 2-1).

-Saturday game one vs. Ohio. Pirates win 14-8. Winning Pirate Pitcher: Foye Minton (improves his record to 2-1).

> -Saturday game two vs. Ohio. Pirates win 15-5. Winning Pitcher: Travis Thompson (goes to 3-0).

lucky," said Jeff Capel, ODU head coach. "Very lucky to win. I don't know how you win games like that. It was just guts and determination on our part."

The entire game was full of excitement and numerous lead changes. The Pirates came out quick on a 12-0 run to start the game. The Monarchs crawled back and fans saw a second half which featured 11 lead changes. The Pirates came from four points down to send the game into its first overtime and five points down to send it to double-OT.

"We played hard through the whole game," said David Taylor, Pirate forward. "Old Dominion stepped up and made some plays to give themselves a chance to win.'

Evaldas Jocys continued his usual scoring ways and tied his career high on Friday night. Jocys would finish with a double-double of 22 points and a career best of 13 rebounds.

Neil Punt had another good night on the boards by grabbing 13 rebounds and adding eight points. Junior guard Garrett Blackwelder would also contribute 14 points to add to the box score and improve from a cold night last weekend against UNCW.

the damage occurred. The Pirates batted around with singles from Jason Howard and Kevin O'Sullivan, and a three RBI double off the bat of Schnabel followed by a pair of two RBI

~ 5

Clayton

Runners earn mixed

results at big meets

STEPHEN SCHRAMM

SENIOR WRITER

The ECU men's and women's

track teams headed to two of the

country's biggest meets this week-

the USA Track and Field

Championships, while the women

made a trip up to Boston to com-

pete at the ECAC Indoor

The men traveled to Atlanta for

goes

Unfortunately, the Pirates were only able to score one run off of an RBI fielders choice hit by Godwin. Then, in the bottom of the fifth, the Pirates managed to score two more off

Tournament, where they are scheduled to take on Georgia. Ohio State and Miami."

of a two REL single by

Molinare, Bill Chiefman soulk the

win for the this and Denoy

home tomorrow afternoon

against Elon College at 3 p.m.

Then next weekend they will

compete at the Miami

The Piraces next will be at

McGee cook the loss

-Sunday game vs. Ohio. Ended short in 7 innings due to rain. ECU won 7-3. Bill Outlaw took the win (making him 1-0).

Source: ECU Sports Information Department

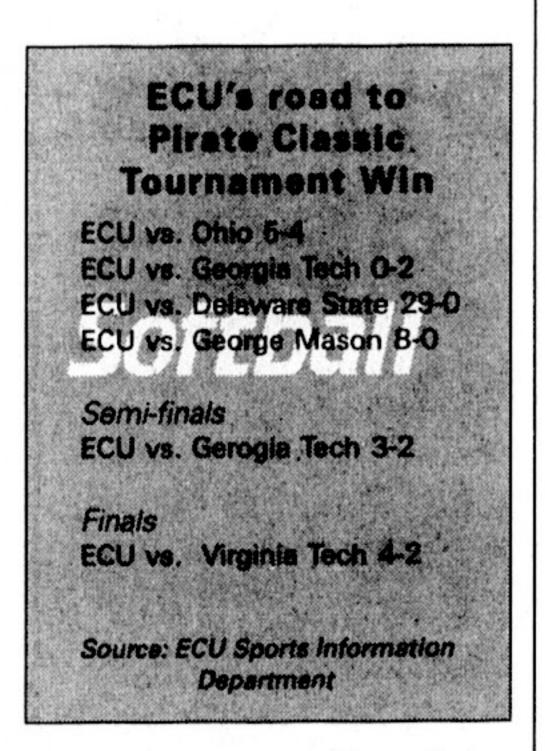
Men's Tennis suffers Softball team wins second loss of season home tournament

Pirate Classic Title for promising season start

> JEAN V. WHARTON STAFF WRITER

This weekend could be the start of a great season for ECU softball. The team captured first place of the Pirate Classic Tournament on home turf by beating Ohio, Delaware State, George Mason, Virginia Tech and Georgia Tech for the title.

The series began on Friday morning as ECU took on Ohio.



ECU could not finish off the Yellow Jackets quite as easy. The Pirates failed to hit until the sixth inning. Singles by juniors Amy Hooks and Angela Manzo could not do it for the team. Georgia Tech pitcher Mimi Utt notched a two-hit shutout defeating the Pirates 2-0.

Top players missed at Myrtle Beach

> MORGAN HEFNER STAFF WRITER

The ECU men's tennis team lost two bouts on Saturday at Myrtle Beach; one to Coastal Carolina and one to sickness.

The Pirates found themselves matched up against a formidable Coastal team and were without three of their starting players. No. 1 Roope Kalajo, Derek Slate and Stephan Siebenbrunner were unable to compete due to injury and sickness. These losses trickled down to the other players and became an opponent which the Pirates could not conquer.

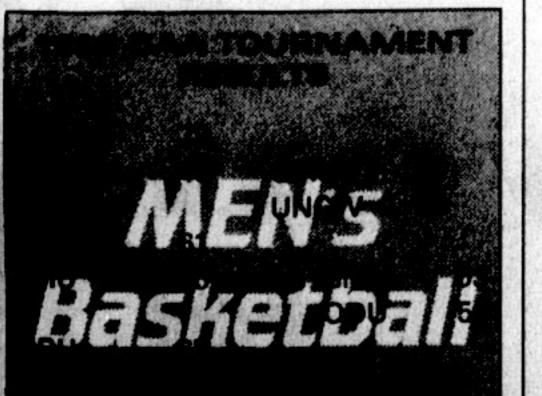
Michael Huez at the No. 4 spot. The match came down to one crucial doubles competition to decide the fate of the Pirates, who had fought all day to overcome adversity. After dropping three of the six singles matches, the Pirates had to turn to their doubles team for any hopes of a win. But this was not as easy as it was earlier in the season. Some of their best doubles players were out, which threw off the chemistry of the teams that did

The deciding match came down to the Pirate newcomers team of Huez and Dustin Hall. With a win here, the Pirates would have clinched the victory without some of their best players. Huez and Hall fought their opponents to the bitter end. After a tie break was forced, both teams knew that every point would be extremely important. But some of the balls did not bounce in favor of the Pirates and they succumbed after the tie break, thus losing the match to Coastal Carolina. The Pirates are hungry and their pride is hurt going into their next match today when they face the Richmond Spiders at home at 2:30 p.m. The Spiders are hoping not to get caught in their own web because Slate and Kalajo are expected back in the line-up. A question mark is hovering over Stephan Siebenbrunner who is nursing a sore shoulder.

Coach Dooley had many good things to say about both teams after the game.

"They did some things which enabled them to win," Dooley said. "I wouldn't have considered us lucky to win and I don't consider them lucky.

"I thought it was one of the best college basketball game I've ever been around. Both teams showed a lot of character. I am really proud of our guys' effort."



Championships.

end.

The Pirate men sent only their talented 4x400 squad to the meet in Atlanta. The team was looking to protect its top 10 national ranking and cement a spot in the NCAA Indoor Championship meet in March. The team of James Alexander, Darrick Ingram, Lawrence Ward and Damon Davis has proven this season that it was among the nation's most talented. However, trouble was lurking and it began on the first leg.

"James did not come out fast enough," said Bill Carson, ECU's head men's track coach. "He was thinking 'I don't want to come out too fast and run out of gas.' So he did not come out at all."

After the second turn of the two laps, ECU was last. The remaining runners managed to get ECU into contention and the Pirates finished third.

"The last two legs were good," Carson said. "I think we can learn

SEE TRACK PAGE 9

The action started as Lady Pirate senior Sara Colea notched a home run in the bottom of the second. The next run was held off until the

"People really stepped up

when they had to,"

Isonette Polonius Senior Softball Player

fourth inning, and then two runs in the fifth pushed the Pirates to a 4-2 led over Ohio.

Junior pitcher Denise Reagan threw a four-hit shutout.

"The team hit really well; that helped," Reagan said.

Junior Ameka McDougald sealed the deal with a game winning fifth run to finish the game 5-4 as the Pirates moved on to play Georgia Tech.

"I struggled a bit, but really wanted to win," McDougald said.

The Lady Pirates shook off the loss and jumped back into action Saturday morning as they took on Delaware State. ECU dominated play in five innings scoring a 29-0 win. Sophomore pitcher Lisa Paganini threw her first win of the season with a shutout. Senior Isonette Polonius went 3-5 from the plate with four RBI.

"People really stepped up when they had to," Polonius said. "It's great to win."

Later in the day, ECU took on George Mason for single elimination, and once again ECU was unstoppable as Reagan pitched a four-hit shutout.

Reagan got a little help from McDougald as she finished the day with a pair of doubles and

SEE SOFTBALL PAGE 9

"These losses hurt us a lot," said Oliver Thalen, when referring to the missing players.

Kenny Kirby reiterated by saying that the losses were "A big problem."

"With the players at the top being out, it pushes everyone else down," Kirby said.

Kirby stepped up, however, in the No. 1 position. He played a great match and found himself the victor in the end.

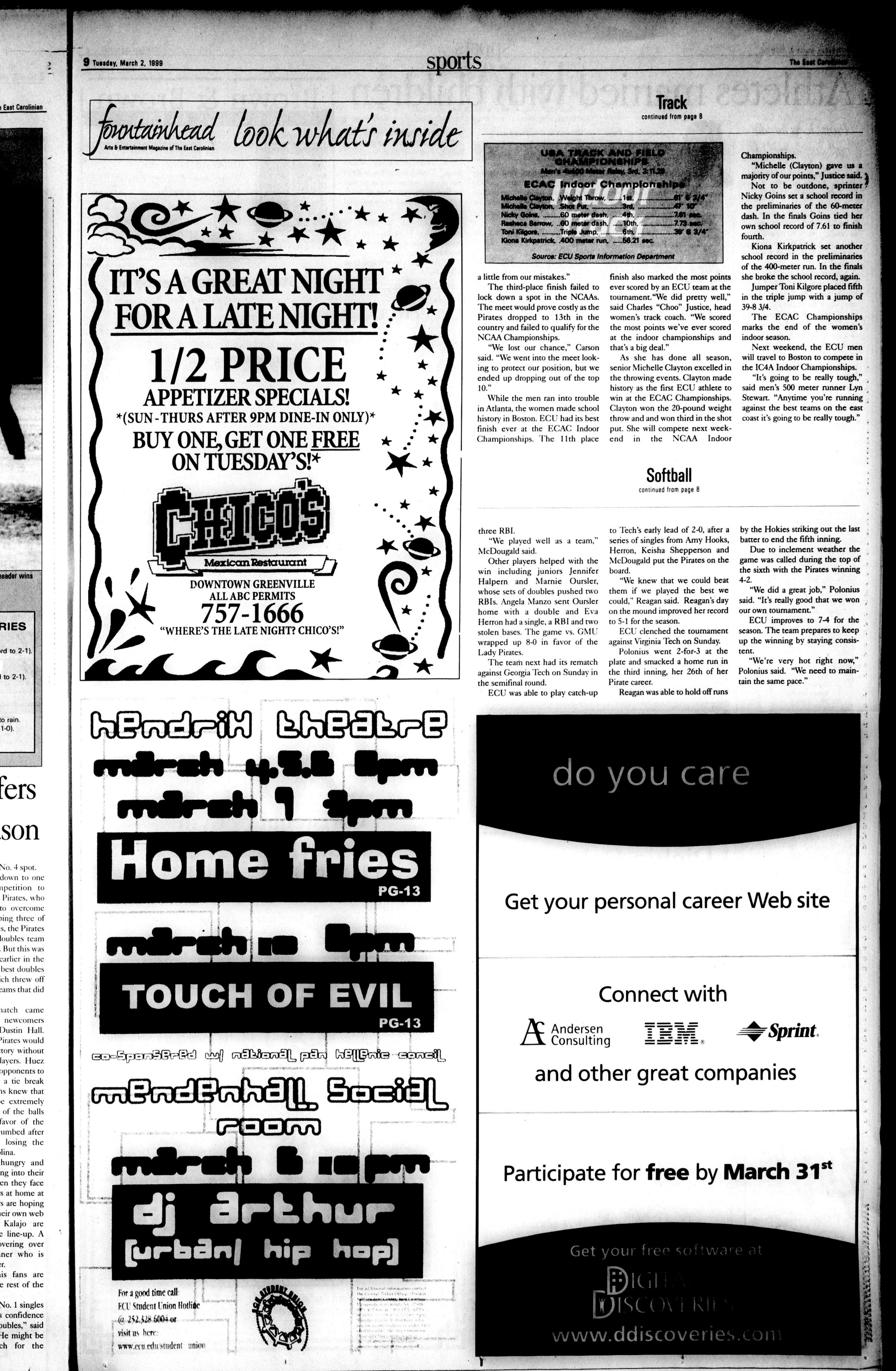
Oliver Thalen continued his winning streak in singles by stepping up to No. 2 in singles with a win.

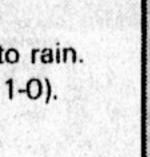
"I played the best match of the day," Thalen said.

His game came together and the nerves of jumping up in the line-up did not seem to deter him from his goal of victory. The other winner in singles was

Some ECU tennis fans are looking forward to the rest of the season.

"Kirby winning at No. 1 singles should really help his confidence in both singles and doubles," said John Shinn, junior. "He might be the player to watch for the Pirates.'





fers

son

No. 4 spot. down to one npetition to Pirates, who to overcome oing three of s, the Pirates loubles team But this was earlier in the best doubles ich threw off eams that did

natch came newcomers Dustin Hall. Pirates would tory without layers. Huez

opponents to a tie break is knew that e extremely of the balls favor of the umbed after losing the lina.

hungry and ng into their en they face s at home at s are hoping eir own web Kalajo are e line-up. A overing over ner who is

is fans are e rest of the

No. 1 singles s confidence oubles," said He might be ch for the

Athletes married with children Brown & Brown

Punt, Jocys handle ball and family life

Tuesday, March 2, 1999

TRACY HAIRR ASSISTANT SPORTS EDITOR

Being a college athlete means assuming several responsibilities such as practicing, traveling, studying and an overall desire to succeed.

Nevertheless, imagine also having to devote time to a family. Junior forwards Evaldas Jocys and Neil Punt of the Pirate basketball team are both familiar with this lifestyle. Jocys has been married for three years, and Punt has been married since August of last year. But regardless of their family affairs, they both manage to play ball. Neil and his wife, Karen, have a separate life off campus, one that includes their small five-week old son, Chase.



Evaldas Jocys **FILE PHOTO**



life. He and his wife, Jociene, are also raising a family with their three-

year old son named Zygimantas. According to Punt, his wife and Jurga Jociene are both housewives

money."

helps

ity allowed in the classroom. everything," Punt "The teachers are more said. "I play ball, lenient," Punt said. "They undergo to school and stand more." the

sports

bring in Juggling so much time among Punt commitments, these men certainly raise to have demonstrated admirable their son, but strength, though Punt refutes the admits about his idea that he's anything beyond wife that "she ordinary. does the most."

"I don't look at myself as a role Along with model, but some people may," Punt, Jocys leads his own off-court Punt said.

Punt may not necessarily be someone to mold your life by, but Jurga

he and Jocys have proven that though it's rare to be dedicated in so many areas, it's still possible.

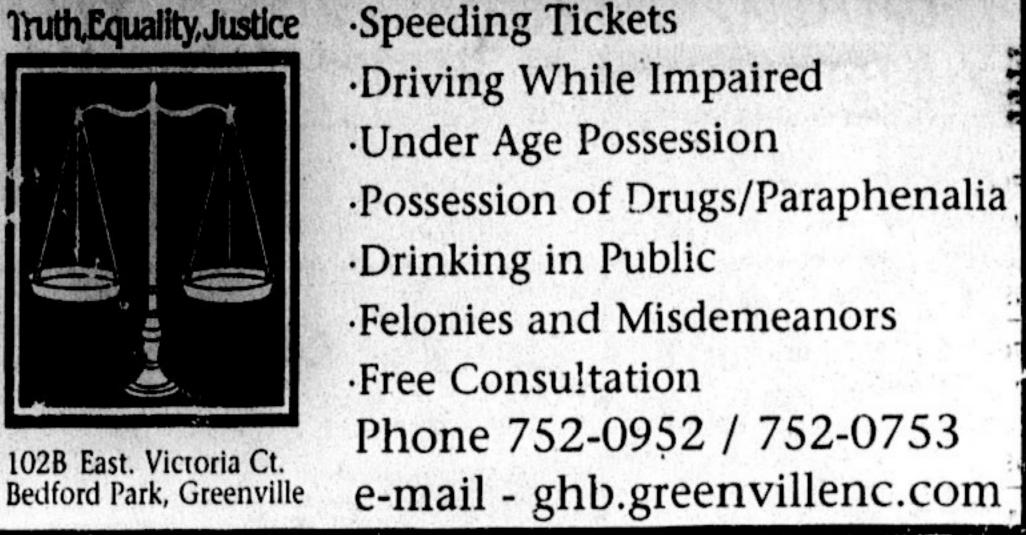
"I don't know how they do it," said Aaron Carrow, a senior Construction Management major.

years of coaching experience, Punt and Jocys have been successful in dealing with their situations.

"It could potentially hinder them," Dooley said. "But with all due respect to these two guys, they are mature enough to handle it." And due respect it is when considering the Pirate's last game Friday and the accounted 26 rebounds and 30 points, close to 50 percent of the Pirates, earned by Jocys and Punt.

Maybe every player ought to be married with children.



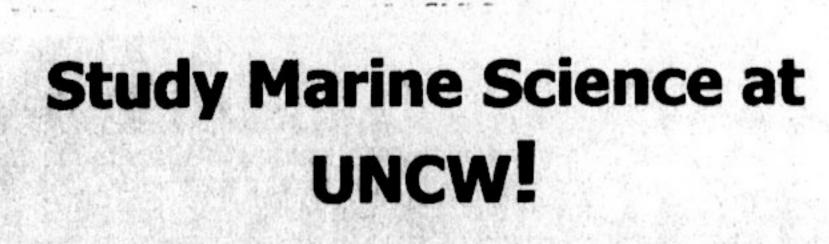


The East Carolinian

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"My wife pretty much does

whose main concerns are their sons. Although they're in charge of domestic duties, they make sure to show their Pirate support by attending the ECU home basket-

ball games. Not only do their spouses stand behind these men, but any pressure is also lessened by the flexibil-

"My sister has a family and one kid and it took her 11 years to finish college."

Head coach Joe Dooley has sensed no negative influence on these players or their basketball abilities from their families. Rather, he said, even though this is the first time he has dealt with this in his 11



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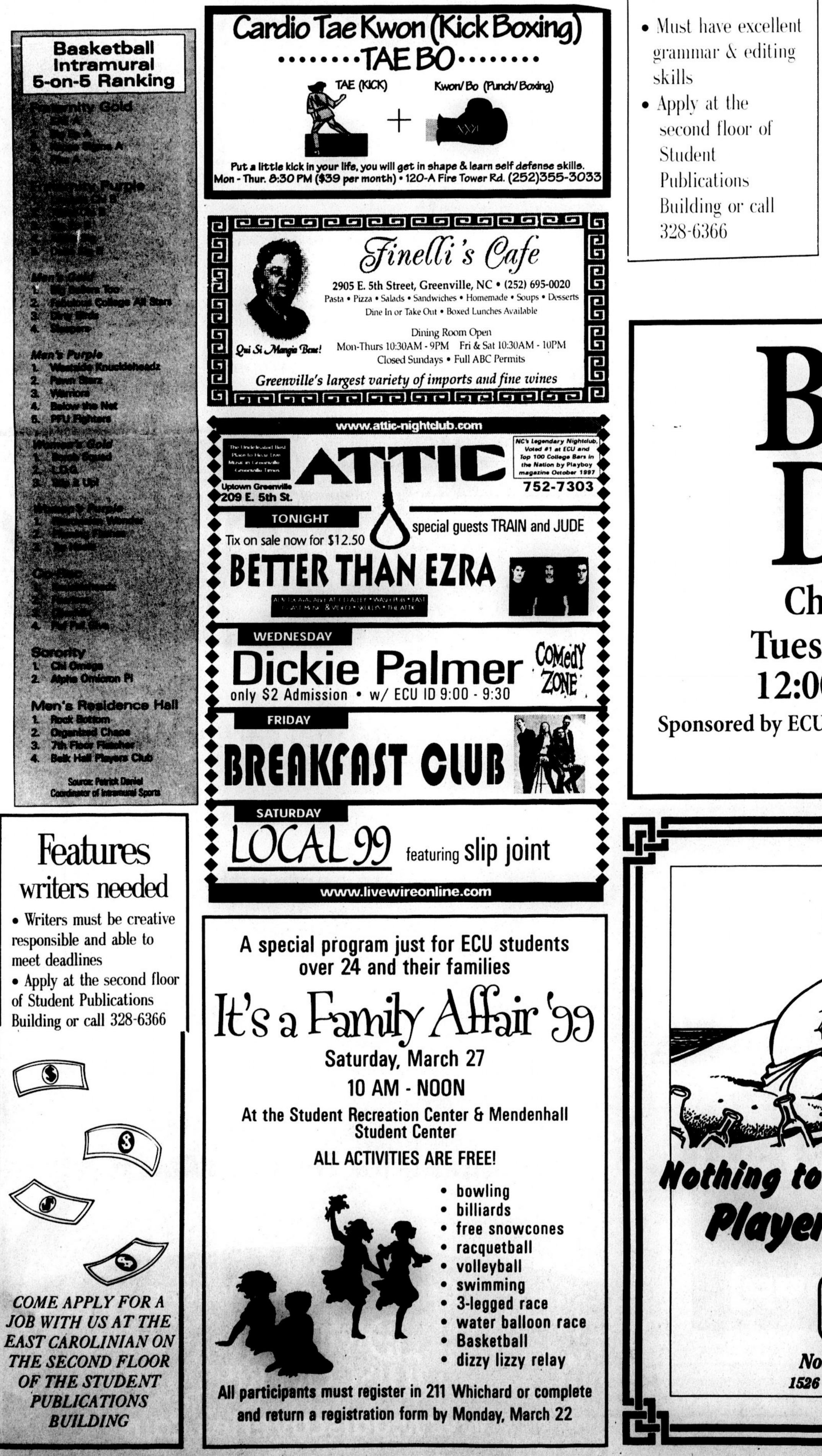
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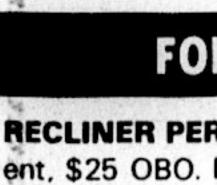
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1989 FORD Bronco II 4x4, new clutch and brakes, Sony stereo with 10- CD changer. Great student vehicle. Asking \$4000. Call 756-4410 for more info.

STUDY CRUNCH? Student desk, used, missing one drawer handle. pus, no pets please. Call 756-8444 \$75 with small office chair thrown in. Perfect for studying, possible price negotiation. 752-5899, leave message.

HELP WANTED

FREE PICTURES. Would you like to have special pictures to give to your family or boyfriend? I enjoy shooting pictures of young women for my portfolio. If you model for me, I will give you free pictures. Reputable amateur photographer. References available. Please send a note, phone number, and a picture (if available - it will be returned) to Paul Hronjak, 4413 Pinehurst Dr., Wilson, NC 27896-9001 or call (252)237-8218 or e-mail hronjak@simflex.com

EARN GOOD money and learn at the same time with an internship in the financial services industry. Fax your resume to Jeff Mahoney at 355-7980 or call 355-7700.

SPRING YOUTH Indoor Soccer Coaches. The Greenville Recreation & Parks Department is recruiting for 12 to 16 part-time youth soccer coaches for the spring youth indoor soccer program. Applicants must possess some knowledge of the soccer skills and have the ability and patience to work with youth. Applicants must be able to coach young people ages 5-18, in soccer fundamentals. Hours are from 3 until 7 p.m. with some night and weekend coaching. Flexible with hours according to class schedules and Spring Break week. This program will run from March 8 to early May. Salary rates start at \$5.15 per hour. For more information, please call Ben James, Michael Daly or Judd Crumpler at 329-4550 after 2 p.m.

HELP WANTED

classifieds

DRUMMER NEEDED for forming dark alternative band. Looking for someone that is motivated, creative, skilled, with good kit and attitude. For more information contact Lee at 328-7947.

POOL MANAGERS and lifeguards. Summer. Greenville, Goldsboro, Wilson, Rocky Mount, Atlantic Beach, Raleigh, Cary, Chapel Hill. LGT training offered. Call locally 321-1214.

PERSONALS

DEAR CHIEF Teresa Crocker (2/23/99)

Recognizing that Henry Peel/Associate Vice Chancellor of Academic Affairs "does not recognize the 'Forum' as the foundation of education" ... a matter central to addressing a life 'n death matter of a mental health/suicide crisis ... I Tom K. Drew as a representative of The Card Post & as a perspective student exploring the quality of education ... & response ability of ECU's education ... recognize the need to explore with others relevant to this matter (as addressed 2/2/99 in The East Carolinian's classified personal column). Have delivered written requests to thier offices with a footnote addressing that "there are a 180 some lives at stake". The urgency of these mat-

GREEK PERSONALS

MARIE, CONGRATULATIONS on your Delta Chi lavalier to Daniel. Love, your Zeta Tau Alpha sisters

BETH, CONGRATULATIONS on your engagement to Brett. We are so happy for you! Love, your Zeta Tau Alpha sisters

GOOD LUCK in your softball tournaments, Marnie. Love, your Chi Omega sisters.

CONGRATULATIONS, CHI Omega basketball team on your wins against Delta Zeta and Alpha Phi. Love, your sisters of Chi Omega

THANKS TO the rugby team for a great social! Can't wait to do it again! Love, Zeta Tau Alpha

AND DUM SMP

GAMMA BETA Phi will meet Thursday March 4th at 5 p.m. in the Social Room of Mendenhall Student Center

NICOTINE CESSATION (Part II): Monday 3:30-4:30. The Center for Counseling and Student Development is offering this workshop on Monday, March 8th. If you are interested in this workshop, please contact the Center at 328-6661.

EAST CAROLINA Communication Organization general meeting! Come out on Sunday, March 7 at 6 p.m. and find out how your committees are doing upcoming election info. Mendenhall Great Room. Be there!

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BEECH STREET Villas - Three bedroom, two bath apartments, close to campus, with laundry room, stove, refrigerator, and dishwasher. Call Wainright Property Management LLC 756-6209.

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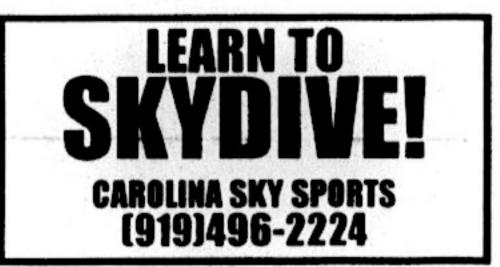
BEDROOM FURNITURE for sale! (Bed, mattress, two nightstands, two dressers and large mirror). \$750 or best offer. Call 355-1521. All furniture from Ikea.

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SUMMER POSITIONS available on the Outer Banks of North Carolina. Papa's Garden is hiring for summer and fall retail positions in Duck, Kill **Devil Hills and Hatteras. Interviews** will begin during spring break. Limited summer housing available. Send resume to POBox 743, Hatteras, NC 27943 or call 252-986-4040.

EASTERN CAROLINA'S finest adult entertainment is now hiring. Call for interview, Playmates, 252-747-7686.

GREEK PERSONALS

ters reflect the need to check direct-

ly with those concerned ... as soon

as possible ... & confirm thier wish to

respond ... & publish those respons-

es. Tom K. Drew

GOOD LUCK, Chi Omega basketball team, in your tournament. Love, your Chi Omega sisters

KELLY WORSLEY, congratulations on getting into graduate school. We will miss you. Love, your Chi Omega sisters

CONGRATULATIONS - Lauren Carrier, on your new position as Panhellenic homecoming chairperson. Love, your Alpha Xi Delta sisters and new members.

CONGRATULATIONS, CHI Omega basketball team on your wins last week against Alpha Omicron Pi and Alpha Delta Pi. Love, sisters of Chi Omega

PANHELLENIC WOULD like to congratulate the Rho Chis and alternates for Fall Rush 1999. Amber Reed, Jennifer Galloway, Megan Packard, Allison Ward, Noell Elingsworth, Thesesa Donovan, Krista Clagett, Laura Kreps, Kaki Winstead, Laurie Godfrey, Angela Greco, Becky Gunn, Kim Noucas, Emily Ische, Lindsay Cranston, Amy Flanagan, Jessica Dobbins, Roxane Paraschos, Brandy Nichol, Christy Lee, Casey Rushton, Wendy Melton, Sara Leahy, Beth Hall, Tori Johnson, Katie Mc-Cabe, Sage Hunihan, Ann Jennings, Lauren Verser, Darlene Frock, Robin Wilson, Amber Borum, and Ashton Anderson

CHI OMEGA would like to thank the brothers of Delta Chi for coming out last Thursday night and helping us support Sexual Assault Awareness Week.

THANKS, ALPHA Delta Pi sisters for all of your hard work and dedication this week at the Ronald McDonald House! Love, Kristen

LAMBDA CHI Alpha, thanks for another great social last Tuesday night. Love, the sisters of Alpha Delta Pi

ALPHA DELTA Pi would like to thank Tau Kappa Epsilon for the fun social last Thursday. Can't wait to get together again soon! Love, Alpha Delta Pi

ing a yard sale on March 6 from 7a.m. to 12p.m. at GUC Express on Greenville Boulevard. Proceeds will benefit Pitt County's Relay for Life.

WE'RE BACK! B-GLAD (Bisexuals Gays Lesbians and Allies for Diversity) is starting off the new year with a bang! We meet every Wednesday night @ 7:30 p.m. in room GC 3008. Come join the fun, meet new people and make a difference.

APPAREL MERCHANDISING Tex-

tile Organization members, please don't forget to bring your last payment for the Atlanta trip and your prize offers for the raffle fundraiser to our next meeting on March 4th. Thanks a lot!

CHOOSING A Major or a Career Workshop: Thursday 3:30-5PM. The Center for Counseling and Student Development is offering this workshop on Thursday, March 4th. If you are interested in this program, contact the center at 328-6661.

ATTENTION FACULTY & Staff!! Beginning next month, Exercise Wisely and Aqua Fitness are back at the SRC. Registration information is available maw at the Dept. of Recreational Services, 328-6387. Classes begin March 8.

TEST PREPARATION: Tuesday 3:30-4:30. The Center for Counseling and Student Development is offering this workshop on Tuesday, March 2nd and Monday, March 8th. If you are interested in this workshop, please contact the Center at 328-6661.

room, 1-1/2 bath townhouse. Fully furnished. Close to campus. \$235/month plus half utilities. Please call 321-7762 between hours of 10a.m.and 6p.m.

ROOMMATE NEEDED. Male/female. Available March 1st! Tar River Estates, in walking distance to campus. 2 bedrooms, 2 bathrooms, kitchen, and living room. Rent \$265/mo. +1/2 utilities. Ask for Chris at 752-1621 or leave message.

FEMALE ROOMMATE needed to share 2 bedroom apt. in Wilson Acres. Call 754-0755.

FEMALE ROOMMATE wanted to share 2 bedroom, 2 bathroom apartment 2 blocks from school. Rent \$255. Washer/dryer included, 1/2 cable, 1/2 utilities, 1/2 phone. Available at end of this semester. Make plans now. Call Emily, 329-0886.

M/F ROOMMATE needed to share spacious 2 bdrm. apartment on ECU bus route. \$200 plus 1/2 util. Call J.C. at 321-0130, leave message.

ROOMMATE WANTED ASAP. Dockside, 3 bedroom, \$250 month, 1/4 utilities, washer, dryer, dishwasher. Student preferred, great 757-8781

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HAM'S BREWHOUSE now hiring all positions. Do you like to make money? Do you like to have a good person Monday thru Saturday 10-

MAINTENANCE TECH. Maintenance of swimming pools. Part or full-time. Training provided beginning mid-March. Call 321-1214.

NEED SUMMER help at Hatteras Beach. Free housing. Need two males or females for retail seafood market. Bonus offered. Call 252-986-2215 or e-mail riskyb@interpath.com

\$7.00 PER hour plus \$150.00 per month housing allowance. Largest rental service on the Outer Banks of North Carolina. (Nags Head). Call Dona for application and housing info 800-662-2122.

OCEAN/BEACH RESCUE managers and lifeguards. Summer. Atlantic Beach. OR/LGT training offered. Call locally 321-1214.

HELP WANTED: Secretary - Tuesdays & Thursdays, full-time in the summer 8-5 M-F. Please send resume to 3481-A South Evans Street, Greenville, NC 27834.

LIFEGUARDS WANTED for summer employment at local neighborhood pool. Applicants must already

LAUREN CAUSEY, we wish you the best of luck with your internship in New York. We will miss you. Love, your Chi Omega sisters





We'd like you to get to know us better. We're very proud of our

unit, and look forward to telling you all about

OTHER

EXPRESSIONS MAGAZINE will be conducting a sexuality survey, so be on the lookout for a staff member with a red box.

SUBLEASE: 1 bedroom, 2 blocks from campus on Summit St. \$350/month. Pets okay with fee. If interested, call Stacey or Greg at 752-7967.

ANNOUNCEMENTS

HAVE YOU chosen your major? Do you know your career options? ECU Career Education Forums will be held March 8-12. Learn about possible majors and related careers. To find out more visit the web site http://www.ecu.edu/coop/events.htm. Look for our ad in the current issue (March 2nd) of the East Carolinian.



PASTOR JAMES D. Corbett of **Community Christian Church will be** hosting the Amazing Grace Program on Thursday, March 11 at 7 p.m. and every Thursday from March 11th through May 27 at the Community Christian Church, 1104 N. Memorial Drive, Greenville. For more info, please call 551-9143

LEARNED OPTIMISM: Wednesday March 3rd, 3:30-4:30p.m. Learn proven techniques to transform negative thoughts into more positive ways of thinking and reacting to setbacks. If you are interested in this workshop, please contact the Center for Counseling and Student Development at 328-6661.

FOOSBALL IS here again: anyone interested in participating in the intramural foosball tournament on March 3rd must sign up by 5p.m. March 2 in the main office at the Student Recreation Center. The tournament will be held at Mendenhall Student Center March 3 at 8p.m.

ASSERTIVENESS TRAINING: Tuesday 11a.m.-12noon.The Center



Spring - Break or Bust?

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A DECRETERY GLANCE AT WHAT'S HAPPENENG WERE THE PEVESSON OF STUDENT LEFT

Well, it's that time (thank goodness)-the only descent break we get during Spring semester. We have a whole entire week to do whatever our hearts desire, right?

photographers will be out and about to capture us, the statents, at our best. If you can bloodly yourself in any of our pictures, present yourself to NEC 100 (Stadent Londership) and point "you" out to the staff there. Revents will be on hand for your efforts, so keep a close eye on these pictures!

Well-this week can be a real break or bust, depending on how we spend our time.

Here is what I'm talking about:

Let's look at some of the things that we may encounter over the break. 1) Sleep: We can either do a lot of relaxing and get caught up on our sleep, or we can choose to stay up late and get even further behind than we are now. Also, remember that for those of us who will be traveling-traveling usually wears you out (aside from the sleep issue).

2) Work: Now some of us need some green in our wallet so, this may be a good time to get ahead in the money area. We can also work on school projects for our classes. Just remember this is our break, so "all work and no play" should NOT be the motto we follow this week.

3) Alcohol: Of course abstaining from use is certainly the healthiest thing to do. For those of us (who are of age, of course) who do choose to use, remember the first thing that a drink does is alter our judgment. This can cause us to engage in behaviors that we typically would not do, which could lead to consequences that we'll never get over. (We've all heard of the term "Beer Goggles"). When you do chose to drink, remember MODERATION is the key, and always have a designated driver.

4) Sunning: Lying out in the sun can be very relaxing. Just remember the consequences, though: sunburn/cancer....enough said. The safest time to be out in the sun is before 10:00 AM and after 3:00 PM.

5) Body Art: Many of us already have some type of body art (piercing, tattoo, etc.).. Spring Break always provides an outlet for this type of "accessorizing behavior". Be sure that if you do go this route that you are sober. Again, some of these things cannot be removed once they're on your body. Also, be sure to go to a place that is certified in body art. Check out the facility and make sure it is sanitary, too.

O.K.-Enough of the babbling...Just some food for thought. Enjoy your break and remain healthy!

Joe Student Learns His Lesson

Last year's Spring Break was a disaster! By the time it was over, all I had to remember Spring Break by was a Georgia speeding ticket, an infected tattoo of the name Traci (I still don't even remember who Traci is), a sunburn, and alcohol poisoning; not exactly the mementos you would want in your scrapbook. This year I have got to do something different!!

First, I have picked up some information on Safe Spring Break and it has some great tips to help me avoid some of last year's problems.

* Always keep someone at home advised of where you are staying and when you are traveling. Check in before and after the drive.

* Use sunscreen to avoid overexposure to harmful rays, especially during peak hours.

* Make sure you lock your hotel room door, even if you are just going down the hall.

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For many ECU students Spring Break means sun and fun in destinations South. But for others it's a time to catch their breath. Over 5,000 ECU students are considered "nontraditional." That means they are not the typical 18-22-year-old, single college student. Many non-traditional students have a family, job, or community responsibilities besides their academic course load or internship/practicum requirements. For these folks a week without class may mean an opportunity to spend some time with their spouse or children, catch up on housework, and save some gas money. As one non-traditional student says, "I'm hoping to have one afternoon where I can catch a nap and see a little bit of the Rosie O'Donnell Show." A trip to Cancun just doesn't fit into the picture. * Never let your drink leave your possession and don't accept drinks from strangers.

* Be socially and sexually responsible, and be a friend. Don't let your companions do something they may regret later.

* Drink in moderation, and never drink and drive.

If I had kept these things in mind last year, I could have avoided some major headaches!

This year my sister Joanne is doing something called Alternative Spring break. She and a group of ECU students are going to Atlanta to do community service projects for the week. This sounds like a great way to stay out of trouble and do something that can be fun and help others at the same time.

Is it possible that I am actually getting the hang of this "responsibility" thing?

Did You Know...

* In a study of women ages 55-69, those who consumed whole grains for at least three of their daily complex-carbohydrate servings were 30% less likely to die of a heart attack than those who averaged less than one serving of whole grains per day.

* Whole grains have more nutrients, including vitamin E and magnesium, and they contain more photochemicals that act as antioxidants. In addition they have more phytoestrogens, which are plant hormones that are thought to play a role in fighting off chronic diseases.

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Whatever Spring Break brings for you, may you return refreshed, happy, and healthy!

* To increase your whole-grain consumption, try making sandwiches with whole-grain bread and choosing whole-grain cereals for breakfast.

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than to see a cut short due crash," Lt. Wicker said. drunk drivers a ing too many o year, including

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