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# ECU professor aids Kazakhstan in radiation

*Experts developed plan to find orphan sources*

**KRISTIN DAY**  
ASSISTANT NEWS EDITOR

An ECU professor who regularly works with a U.N. agency traveled to Kazakhstan where he spent eight days with two other experts to assess concerns over lost radiation in the former Soviet country.

Daniel D. Sprau, radiation expert and associate professor for the Environmental Health Sciences and Safety Program, has been a consultant to the United Nations' International Atomic Energy Agency for about 10 years.

Sprau said the IAEA is located in Vienna, Austria and employs thousands of people who work with problems concerning atomic energy such as radiation, weapons of mass destruction and nuclear power.

According to the IAEA's radioactive source security presentation, in October 2003 there were 137 member states. Countries become IAEA members and can request help with problems concerning atomic energy.

"They had a request from Kazakhstan ... which is part of the former Soviet Union, for representatives to come in

and help them establish a strategy for finding what they call 'orphaned sources,'" said Sprau.

Sprau said orphan sources are radioactive materials which have no control over them. These sources were previously used in either medicine or industry.

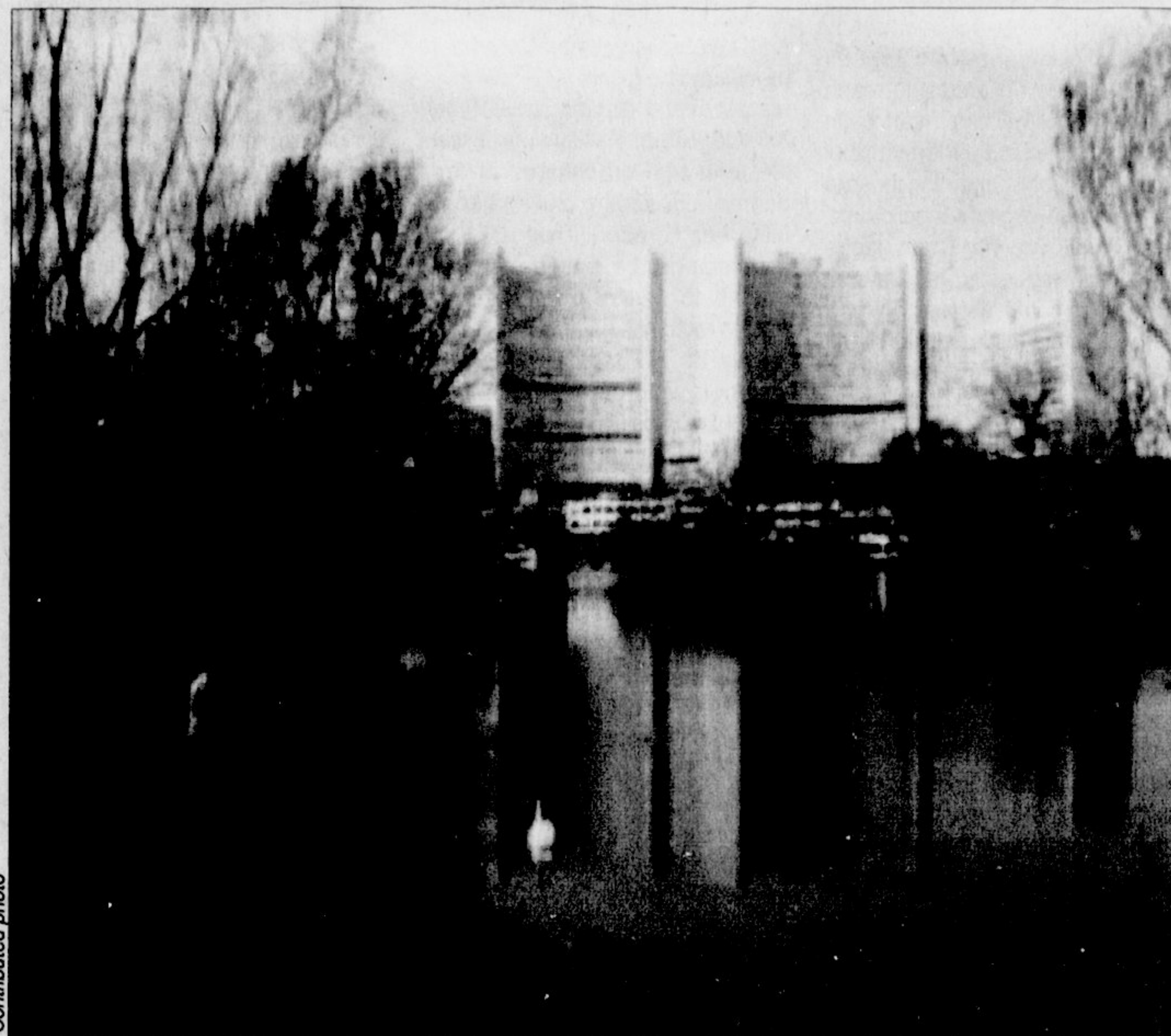
Such problems arise in some countries because they have not yet been able to develop a successful program. After the fall of the Soviet Union, Kazakhstan became an independent country that had to start from the beginning in creating a new government infrastructure.

Sprau and two other radiation experts went to Kazakhstan to develop a strategy in finding and controlling orphan sources and to report their findings back to the IAEA.

"We met with people from the customs agency, the international atomic energy ... their environmental protection agency [and] their research institute to see what they needed in order to develop a strategy and then implement the strategy," Sprau said.

Sprau said there are significant amounts of radioactive sources and Kazakhstan must either find a use for it or dispose of it. The three radiation experts gave Kazakhstan leaders a copy of their report before they turned it into the IAEA.

Sprau said much of the project involves writing procedures and providing funding for monitoring equipment. This equipment includes radiation detectors



The International Atomic Energy Agency, where Sprau works, is located in Vienna, Austria.

which Kazakhstan now implements at its borders to make sure no dangerous materials are going in or out of the country.

Sprau said international projects like this one take a long time to progress, so it may be

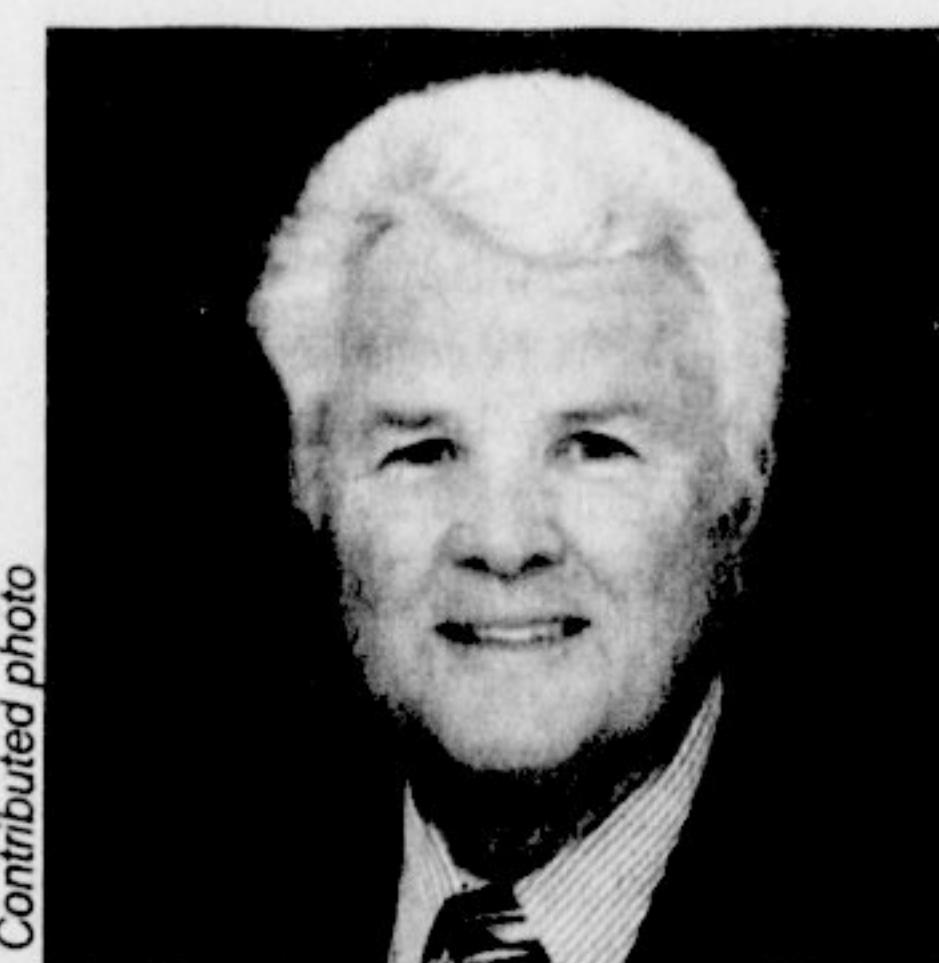
some time before their plan is put to use, but Kazakhstan has already developed some new agencies in order to begin solving their problem.

"Part of the [government] infrastructure is controlling

radiation sources, so they now have essentially an atomic energy agency and they have a licensing and registration procedure, but they haven't found all the sources," Sprau said.

see **RADIATION** page A2

# Shelton thrives in old position



**SHELTON**  
Vice chancellor says Ballard's administration is off to a good start

**KRISTIN DAY**  
ASSISTANT NEWS EDITOR

Former Interim Chancellor William Shelton, back in his old position, reflected on the first semester under a new administration, which has proven to be a successful one and spoke on his current and former positions.

Shelton, vice chancellor for the Division of University Advancement, said the year has gone well and there seems to be a sense of stability.

"Even though there have been a number of personnel

see **SHELTON** page A3

# Campus to host community forums on international affairs

*Eight forums scheduled to discuss variety of issues*

**JONATHAN CROCKER**  
STAFF WRITER

With the beginning of a new semester, new busy schedules, new classes and a pile of new assignments, other things are also arising from ECU.

Starting Jan. 22 and running until March 12, ECU's Political Science Department will be hosting a range of eight international forums open to the community.

"The Great Decisions Program is sponsored by the Foreign Policy Association, they have been doing this now for about 50 years. These groups meet all over the country," said Rick Kilroy, from the department of political science.

"These forums are meant to be community outreach programs on topics related to international relations, foreign policy and national security."

Some of the speakers attending these events will be a mix of ECU faculty, faculty from other institutions, business and government members and the state department.

The program begins on Jan. 22 with professor Richard Ericson speaking on the topic of Russia.

Attending these forums allows the participants to learn about international affairs as well as viewing cultural books, artifacts, videos and even tasting foreign food.

Ballots will be passed out toward the end of the program, allowing participants to answer a few questions which will then be taken by the ECU Foreign Policy Association. They will then be turned in, along with others across the nation, to the secretary of state to form a public opinion about foreign policy.

The forums are free to students and faculty from ECU and other institutions and informative books cost \$15. The general public must pay \$49 to attend these forums and the book is included within the price of admission.

Faculty can benefit from the forums in various ways.

"Teachers who attend these programs may receive continued education credit," Kilroy said.

Chase Crocker, junior physical education major, said he thinks the forums are a great asset offered to the community and its students.

"On first hearing of these forums being offered, I believe that I would like to participate to further my knowledge of foreign policy and affairs," said Crocker.

This writer can be contacted at [news@theeastcarolinian.com](mailto:news@theeastcarolinian.com).

## International Affairs

The programs begin on Jan. 22 and run eight consecutive Saturdays. The program consists of a series of lectures by academic and professional experts on the Middle East, Russia, Intelligence Reform, Overseas Job Outsourcing, Global Water Issues, Sudan and the Darfur, Global Poverty and China.

Each session will be held from 10 a.m. - 12 p.m. at the Rivers West Building Auditorium.

Full-time students and teachers can attend for free and purchase the book for \$15. The fee is \$49 for all eight sessions, textbook and refreshments included.

Additional program information and how to register are available at [ecu.edu/cs-acad/cpe/great\\_decisions.cfm](http://ecu.edu/cs-acad/cpe/great_decisions.cfm).

The program contact is Rick Kilroy at 328-2349, [kilroyr@mail.ecu.edu](mailto:kilroyr@mail.ecu.edu).

# Fraternity collects donations, benefits tsunami victims



Beta Theta Pi fraternity is holding a drive this week collecting donations from students and faculty to raise money for tsunami victims. The proceeds go to the American Red Cross Disaster Relief Fund designated for tsunami victims. This is one of several attempts by student organizations to collect donations for this cause. Their goal is to raise \$500.



The Greenway Master Plan will expand the current greenway system of Greenville.

# Organization to expand greenway system

*Project would benefit Greenville residents*

**SUMMER MARTIN**  
STAFF WRITER

The Friends of Greenville Greenways are in the process of expanding the current system of greenways throughout Greenville in accordance with the City of Greenville's Greenway Master Plan.

The proposed extensions FROGGS will contribute to constructing run along the Tar River from Town Commons to Beech Street, link up with the existing Green Mill Run greenway and

extend the path behind the Dowdy-Ficklen Stadium across Charles Boulevard and through the woods near Pirate's Cove to Evans Street. After a sidewalk and bike lane are constructed along the east side of Evans Street, a 7.5 mile paved loop will exist for students and Greenville residents use.

The group's initial project is a five-year plan and will cost approximately \$1.5 million. FROGGS has generated some ideas to promote fundraising as soon as the group achieves nonprofit status. The plan is for the City of Greenville to link with a greenways plan for Pitt County, which ECU lecturer Alan Burne is currently devel-

oping with a group of students.

Several service-learning students from Kelli Munn's senior-level communication class were assigned to design a power point presentation and a brochure to be used as promotional materials for FROGGS. These promotional materials were displayed at meetings the organization held for all members to see and comment on.

The brochure, power point presentation and video showed maps and photographs of the current trails, gave the audience an idea of the benefits of having a larger Greenway system and informed

see **GREENWAY** page A2

# New position created to oversee diversity issues among students

*Chancellor assistant to aid intercultural relations*

**AMBER PAYNE**  
STAFF WRITER

ECU is in the process of developing a new position of an assistant to the chancellor, to advocate the diversity of student life among the faculty, students, administration and staff.

The assistant will work directly with the chancellor, reporting to him as well as representing him on various committees when appropriate. He will also lead the Chancellor's Community Advisory Committee and work with the International House to promote student exchange programs by

increasing the number of students traveling to and from ECU in exchange programs.

Duties the position will take on include forming a diversity plan for ECU to implement, working with the students and faculty to ensure equal representation among students of all ethnicities, working with deans and faculty to start a supportive program to deal with issues of diversity in the classroom and using the liberal arts program to promote multicultural ethnicities through arts, dance, shows and exhibits.

The diversity plan is set up to motivate everyone on campus to get involved with spreading awareness, knowledge and consideration for other ethnicities.

"We do not have enough

cultural diversity and awareness among our faculty and staff," said Garrie Moore, vice chancellor for Diversity of Student Life.

"That is why myself, the chancellor and others have worked diligently to start a new committee that will build relations and work on the various subjective cultural issues."

Moore said three or four individuals would be hired to work under the assistant. He hopes to have these positions filled by March.

The Equal Employment Opportunity Office and Human Resources Office have worked with most of the diversification efforts that take place on campus. Moore said

see **DIVERSITY** page A5



## Campus News

### Apartment Fair

Adult Commuter Student Services, is sponsoring the ECU Apartment Fair Jan. 18 from 10 a.m. - 2 p.m. in the MSC Great Rooms. More than 100 apartment complexes from Greenville will send representatives who will provide information on their complex. Come and find the place that's right for you.

### Delta Week

As part of Delta Sigma Theta Sorority's Delta Week, "Cake on the Yard," a Delta tribute and trivia will be held Jan. 13 in 3009 Bate from 7 - 8:30 p.m. There will also be a party at Club Fuzion.

### Fraternity Rush

IFC fraternities are having rush next week seeking ECU men of all class ranks to see their organizations. Contact the Greek Life Office at 328-4235 for details.

### Lacrosse

The ECU Men's Club Lacrosse Team will have a mandatory meeting for all who want to play this spring Jan. 13 at 7 p.m. in 202 SRC. If you cannot attend and are still interested, please contact either Jamie Montgomery at 443-253-4009 or Tim Connolly at 410-294-9913. You can also e-mail at eculax@earthlink.net.

**MLK Holiday Cultural Program**  
Tenor Darryl Taylor will perform *American Giants: Paul Laurence Dunbar and Langston Hughes* Monday, Jan. 17 in the Fletcher Recital Hall at 7 p.m. The event is free and open to the public. For more information, please contact David Dennard at 328-4364, or the Ledonia Wright Cultural Center at 328-1680.

### MLK Holiday March

This annual candlelight vigil and march in honor of Martin Luther King, Jr. will be held Monday, Jan. 17 at 5:30 p.m. The march will begin at College Hill. For details contact David Dennard at 328-4364.

### Community Unity Breakfast

The Greenville-Pitt County Chamber of Commerce, the Office of the Mayor and the City of Greenville will host this annual event at the J.H. Rose High School Auditorium Jan. 17 at 7:30 a.m. This is an event to celebrate and recognize the diversity and unity of the Greenville community. Attorney and motivational counselor, Earl T. Brown, will be speaking. Brown is also a volunteer mediator for the Eastern Carolina Mediation Center. For more information, please call 752-4101.

### Club Baseball

Club baseball tryouts will be from Jan. 12 - 15 from 3:45 p.m. until sunset and Jan. 16 from 1 - 5 p.m. at J. H. Rose High School. A van will be at the bottom of College Hill at 3:15 p.m. for those who do not have any means of transportation. If you have a schedule conflict, please send an e-mail to clubbaseball@mail.ecu.edu. For more information visit [ecu.edu/org/clubbaseball](http://ecu.edu/org/clubbaseball).

### Faculty Recital

The School of Music will be hosting a faculty recital at A.J. Fletcher Music Hall Jan. 20 at 7 p.m. For more information, call 328-6851.

### Physicians Shadowing Program

Students still have a chance to participate in a five-week session to shadow in areas of medicine with the Primary Care Physicians Shadowing Program. Approximately 20 students will participate in the program. Students must have at least a 3.3 GPA and be a sophomore or junior. For details contact Karen Floyd at 328-2645 or [floydk@ecu.edu](mailto:floydk@ecu.edu).

### Commuter Breakfast

Student Professional Development is hosting the Good Morning Commuter Breakfast Jan. 20 from 8:30 - 11:30 a.m. at the lower level in MSC. Bruce Maxwell, associate director of SPD, will be available to talk about career services provided by SPD.

Want your event printed in *TEC*? Please send your announcement along with the date, time, location and contact information to [assistantnewseditor@theeastcarolinian.com](mailto:assistantnewseditor@theeastcarolinian.com).

## News Briefs

### Local

#### Judge orders hearing about NC high schools

RALEIGH, NC - The judge who has overseen a decade-long lawsuit over the state's obligation to teach all students well will hold hearings in March about the poor performance of some high schools, including those in North Carolina's largest school district. Wake County Superior Court Judge Howard Manning Jr. said Tuesday that the hearings could last as long as a week. He wants explanations about why some high schools, particularly those in the Charlotte-Mecklenburg system, perform relatively poorly. He also said he wants potential solutions and how much they would cost. Manning called the poorly performing schools "academically dead," citing a list from the state Department of Public Instruction that showed fewer than 60 percent of students at 48 schools around the state performing at grade level. "There are 800 or 1,000 students at each school," he said, "And you've got the bulk of them who are going out of there completely uneducated and completely unable to get a job. So we can't wait any longer to deal with that." Manning wrote in a November memo that CMS high schools have some of the state's lowest test scores even though they spend a relatively high amount per student compared with other school systems. "Your crowd in Mecklenburg better start figuring out some way to get that thing straight," Manning told a lawyer for Charlotte-Mecklenburg schools. CMS Superintendent James Pughley said Tuesday he would be "circling the wagons with staff" to put together information Manning wants.

#### Accused hostage-taker said to have mental illness

SMITHFIELD, NC - The woman accused of taking three hostages at the Caterpillar plant in Clayton on Nov. 2, has told doctors she hosts 18 personalities, according to a report from a state mental hospital.

The report from Dorothea Dix Hospital in Raleigh detailed Pam Arizona's 30-year struggle with mental illness, including suicide attempts and involuntary commitments to psychiatric hospitals. Mental health experts at Dix found Arizona, 55, of Raleigh competent to stand trial on charges of first-degree kidnapping and making a false bomb report. They said she understands the legal system and is able to assist in her defense. But they said she has a mental illness known as borderline personality disorder, which involves unstable relationships, self-image and behavior. They gave directions to Johnston County jailers and her attorney on how to manage her occasional volatile episodes and depression. The Dix doctors noted that in the past, other experts have diagnosed her with dissociative identity disorder, which is associated with multiple personalities. However, the Dix doctors said that although they could not rule out that diagnosis, they thought the other doctors had misinterpreted her behavior. They agreed she needed further evaluation.

### National

#### More reports of lasers

**being shot into airplane cockpits**  
WASHINGTON - The FBI is investigating at least a dozen cases of lasers being beamed into aircraft cockpits since Christmas. The lasers can temporarily blind pilots. A cluster of incidents received wide attention between Christmas and New Year's Day, and the FBI says at least four more have occurred in the past week. Authorities have continued to rule out terrorism. Transportation Secretary Norman Mineta was briefing reporters Wednesday about the issue at the Federal Aviation Administration's aeronautical research center in Oklahoma City. Mineta was expected to announce new measures for alerting pilots and

preparing them to react when lasers are shined at their aircraft. He was also expected to outline ways to notify law enforcement investigators more quickly. Last week, a pilot told law enforcement officials that a green light appeared on the nose of his aircraft as it was taking off from the Burbank, Calif., airport. "To our knowledge there was no danger to the aircraft," said Cathy Viray, spokeswoman for the FBI in Los Angeles.

Last weekend, two pilots near Washington Dulles International Airport reported lasers beamed at them, according to FBI spokeswoman Debra Weierman.

The first incident occurred Saturday and involved a helicopter from the Fairfax County (Va.) Police Department - the other happened Sunday to a US Airways Express flight.

#### Tennessee man facing

#### charges in rampage at garage

JACKSON, Tenn. - A man was being held Wednesday after a bloody rampage at a state maintenance garage. The man's estranged wife and two others were killed, and two others were wounded. Homicide and attempted homicide charges were expected to be filed against David Jordan, 40, police said. According to police, Jordan - armed with an assault rifle, a 12-gauge pump shotgun, a 9 mm semiautomatic pistol and a .45-caliber semiautomatic pistol - walked into the Department of Transportation garage Tuesday and opened fire on his wife, department employee Donna Renee Jordan, 31. She died at the scene. Walking back outside, he then shot David Gordon, an employee of HCL Delivery Services who was dropping off a package, and Jerry Wayne Hopper, a Forestry Department employee who was having work done on his state vehicle, police said. The garage is used for maintenance on state vehicles. Gordon and Hopper both died at Jackson-Madison County General Hospital.

Two other men - Transportation Department employees Larry Taylor, 54, and James Goff, 53 - were wounded, authorities said. Both were listed in stable condition Wednesday at the hospital.

Police did not give a motive for the bloodshed. Jordan was arrested a short time later, not far from the maintenance garage, after officers followed him.

### World

#### Afghan president says amnesty for drug traffickers 'not a bad idea'

KABUL, Afghanistan - President Hamid Karzai said an amnesty for former drug smugglers was "not a bad idea" if it could help eliminate Afghanistan's booming narcotics industry, but he suggested Wednesday it was far from becoming government policy.

Under pressure from the United States and Europe, Karzai has called for a "holy war" against Afghanistan's drug business, the world's largest, and made it a priority for the five-year term he won in landmark September elections. "It's not a bad idea to take people away from criminal activity," Karzai said. "But anything like that has to be done with very careful thought, with very careful guarantees, with absolute surety that this is going to discourage trafficking." Afghan poppy cultivation jumped an estimated two-thirds last year and supplied 87 percent of the world's opium, the raw material for most of the heroin sold to young addicts in areas such as Western Europe and Russia. The U.N. valued the trade at \$2.8 billion, or more than 60 percent of Afghanistan's 2003 gross domestic product, and warned that the country was turning into a "narco-state."

Two Afghan ministers told The Associated Press last week they were weighing whether to offer traffickers amnesty from prosecution if they help stop the cultivation of opium poppies and invest their wealth in reconstruction. Some officials say such a program

might be effective after a U.S.-sponsored crackdown on smugglers, refiners and corrupt officials expected in the next few months. Plans also are being made to destroy poppy fields and help farmers grow licit crops.

#### Iraqi insurgents seem worried bin Laden will hijack their cause

CAIRO, Egypt - Osama bin Laden has vowed to turn Iraq into the front line of his war against the United States, but Iraqi insurgents seem worried that he's out to hijack their rebellion.

At times, the Iraqis and foreign Muslim militants seem to be competing. Media reports and Web statements have speculated that a Saudi carried out the Dec. 21 suicide bombing of a U.S. mess tent in the northern Iraqi city of Mosul that killed 22 people. But Ansar al-Sunnah, the homegrown group that took responsibility for that deadliest of attacks on a U.S. target in Iraq, named the bomber as Abu Omar al-Mosul, a nom de guerre that pointedly claims him as an Iraqi. Earlier this month, a posting on Ansar al-Sunnah's Web site told foreign militants to stop coming. The group, which defines itself as both nationalist and Islamic, said it needed money, not more recruits.

"We have concrete information that a sharp division is now broiling between Iraqis waging a nationalist war and foreign Arabs spurred by militant Islam," said Mouwafak al-Rubaie, the Iraqi government's national security adviser. "They are more divided than ever."

Al-Rubaie said one reason was the perception among Iraqis that Abu Musab al-Zarqawi, the Jordanian militant whom bin Laden endorsed as his deputy in Iraq, was of little help during the American onslaught on the Iraqi insurgent hotbed of Fallujah in November.

"Al-Zarqawi and his group fled Fallujah and let the Iraqis face the attack alone," al-Rubaie said in a telephone interview.

Some Iraqis may have drawn parallels between the debacle in Fallujah and what happened to Afghanistan after it became bin Laden's headquarters.

### Radiation from page A1

Sprau said the program is not aimed toward nuclear weapons, but if they did not find and use or get rid of the radioactive material, people could steal it and use it for dirty bombs and other terrorist acts. People could get hurt by exposure. Sprau said people can become overexposed to radiation and not know it because the effects cannot be seen or felt immediately.

According to IAEA's presentation, exposed persons can suffer social as well as psychological problems. They can experience anger, fear, insomnia, nightmares and depression.

During his time in Vienna, Sprau usually performs consulting work that includes writing technical documents for a few weeks. He knew some people in the program from trips to Vienna and was asked to work in the field.

This was Sprau's first project out in the field, but he does not expect it to be his last. He said the same kind of project is developing for Indonesia.

Overall, Sprau feels the experience was beneficial.

"It was interesting and I think it was valuable. [We] have to find these sources to make sure they don't harm people and they don't fall into the wrong hands," Sprau said.

Sprau said programs like the project in Kazakhstan are funded by the U.S. government because leaders don't want problems such as stolen radiation coming to America. He said in the United States, problems like orphan sources do not arise because there is a strict program concerning radiation and the materials are well-controlled.

When Sprau is called away to Vienna, he said he usually gives exams to his class and then has somebody else take over teaching responsibilities. Sometimes someone from Vienna will teach through the global classroom.

The Environmental Health Sciences and Safety Program which Sprau works for at ECU is under the department of health education and promotion. They work with subjects in environmental health such as food safety, wastewater, air pollution, disease vector control, mosquitoes and rodents.

This writer can be contacted at [news@theeastcarolinian.com](mailto:news@theeastcarolinian.com).

### Greenway from page A1

members of the Greenville community how they can help the project to be a success.

"We want the people of the community to know this project is not just for ECU students, but for the community as a whole," said Vince Bellis, retired biology professor.

The greenways will provide a safer place for all Greenville residents to walk, ride bikes and enjoy the outdoors. It will also protect wildlife habitats and other open spaces, provide stream restoration and offer a healthy place to get some exercise.

In 1991 the city constructed its first greenway, Green Mill Run and attempted to create a larger greenway system, but the proposal did not succeed for lack of prioritization and funding. This year and in the future, FROGGS is making an effort to gain wide support and funding from the

entire Greenville community to make the project a success.

When the organization receives nonprofit status, which would most likely be in February or March, it will officially be able to collect donations. At this time its members and a new group of volunteer students will begin presenting its vision at various Greenville community clubs and organizations such as the Kiwanis Club and the Rotary Club, displaying the student-produced power point presentation and film to gain a spotlight for the project and solicit funding for actual greenway construction.

FROGGS has already been given some donations, including a \$500 grant from the local nonprofit organization, uptown Greenville, which is currently

see GREENWAY page A5

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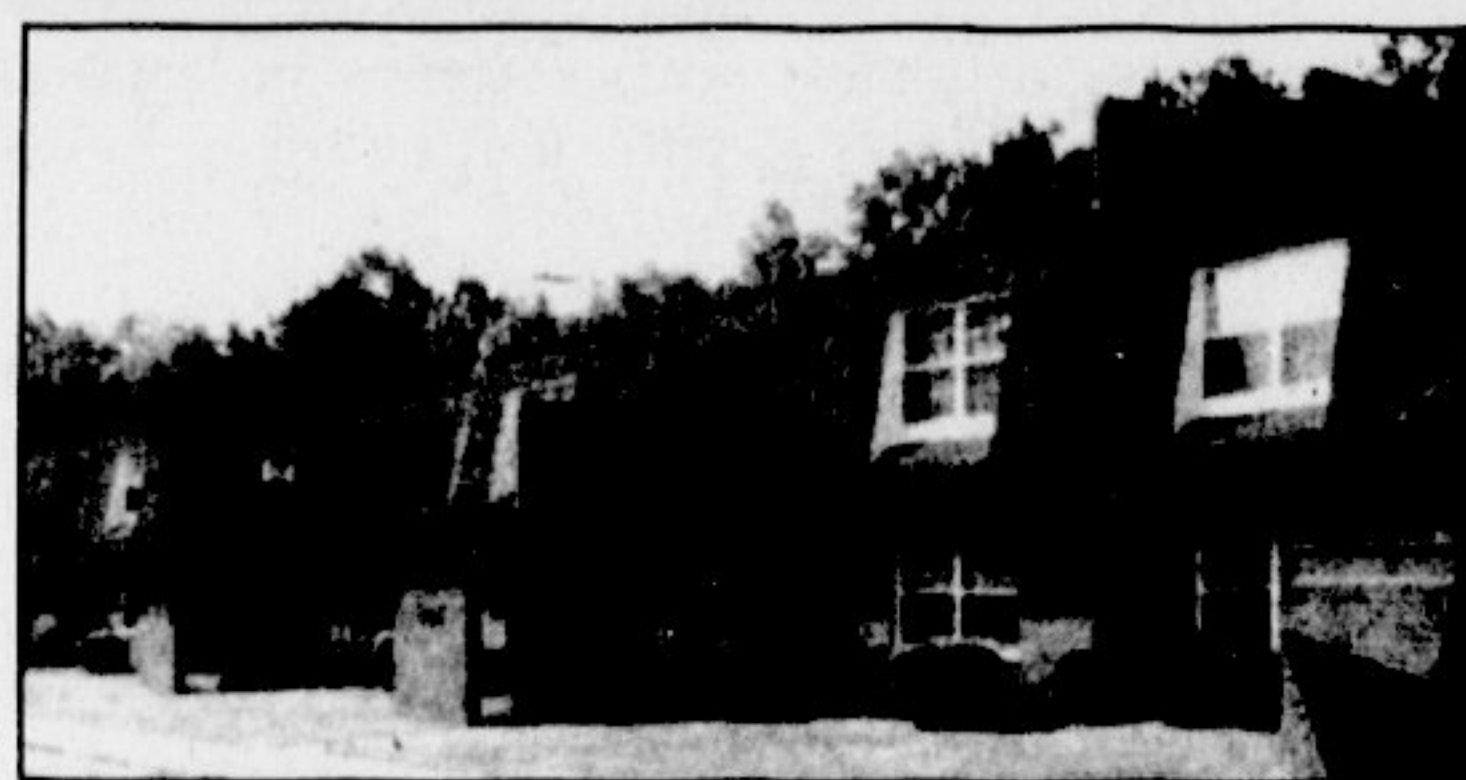
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## Shelton from page A1

changes, you just sense that there is a core within the institution," said Shelton.

He said from a financial standpoint the administration has been successful this year in supporting faculty and staff by making compensation adjustments.

Among the administration's strengths, Shelton said it has the ability to establish a balance between the old and the new ways at ECU.

"I think you have a combination of fresh ideas on the one hand and yet, a reserve of history about the institution," Shelton said.

He said the only problem this administration has encountered is due to circumstances in which they entered into. Several positions remain at interim status and a variety of searches are underway. He said it will be a matter of time of finding and selecting the appropriate people.

Shelton said during his time as chancellor, his job was to address relevant issues at that time whether it was getting through management flexibility training, redirecting resources or realigning personnel. He continued to work with strategic planning that had already begun but left it up to Ballard to choose the final design.

Shelton said while serving as interim chancellor, he also held the position of vice chancellor with University Advancement. He said he could not have done this without the

help of the staff.

"The staff at university advancement accepted the situation. I cannot say enough about how the staff just kept on rolling... [they] did a great job fulfilling their responsibilities," Shelton said.

Shelton has spent the last semester working solely for his department, which handles such things as financing, development, marketing, news and information and some special projects. He feels this semester they have the essential elements of a strong advancement program.

"Our division is one that can deliver and I am proud of that fact," Shelton said.

Working as chancellor last year has affected his work for the department both negatively and positively.

"The downside is I'm a year behind in doing what I planned," Shelton said.

"On the other side, during that year, I met more people and got to understand the university in an unbelievable way."

When he left his presidential position at Michigan University, he decided that aspect of his life was over. He said jobs like that are difficult because it requires a person to be on duty all day, every day.

Now that he has returned to his vice chancellor position, Shelton said he is most proud

of the unexpected opportunity given to him the year before.

"[I am proud] that first of all, President Broad had the confidence to put me in that role. Secondly, the community of ECU accepted me... and the faculty, staff and students accepted me," Shelton said.

Shelton said Ballard has been successful in taking over the position of chancellor and has made ECU capable of looking forward to the future.

"We have gone through a period of transition and we're emerging from that period of transition... it's not so much having to look back, but now we can focus on looking forward," Shelton said.

Shelton said he thinks ECU is headed toward understanding itself as an institution more clearly and is emerging as a different place.

"We're moving from that small, normal school to that university that focuses equally on research, teaching and service. We're literally emerging into what I call a 'modern university,'" Shelton said.

With the developments of the new administration, Shelton sees a promising future for ECU.

"I am still very optimistic that we will be able to achieve our goals over the next few years," Shelton said.

This writer can be contacted at [news@theeastcarolinian.com](mailto:news@theeastcarolinian.com).

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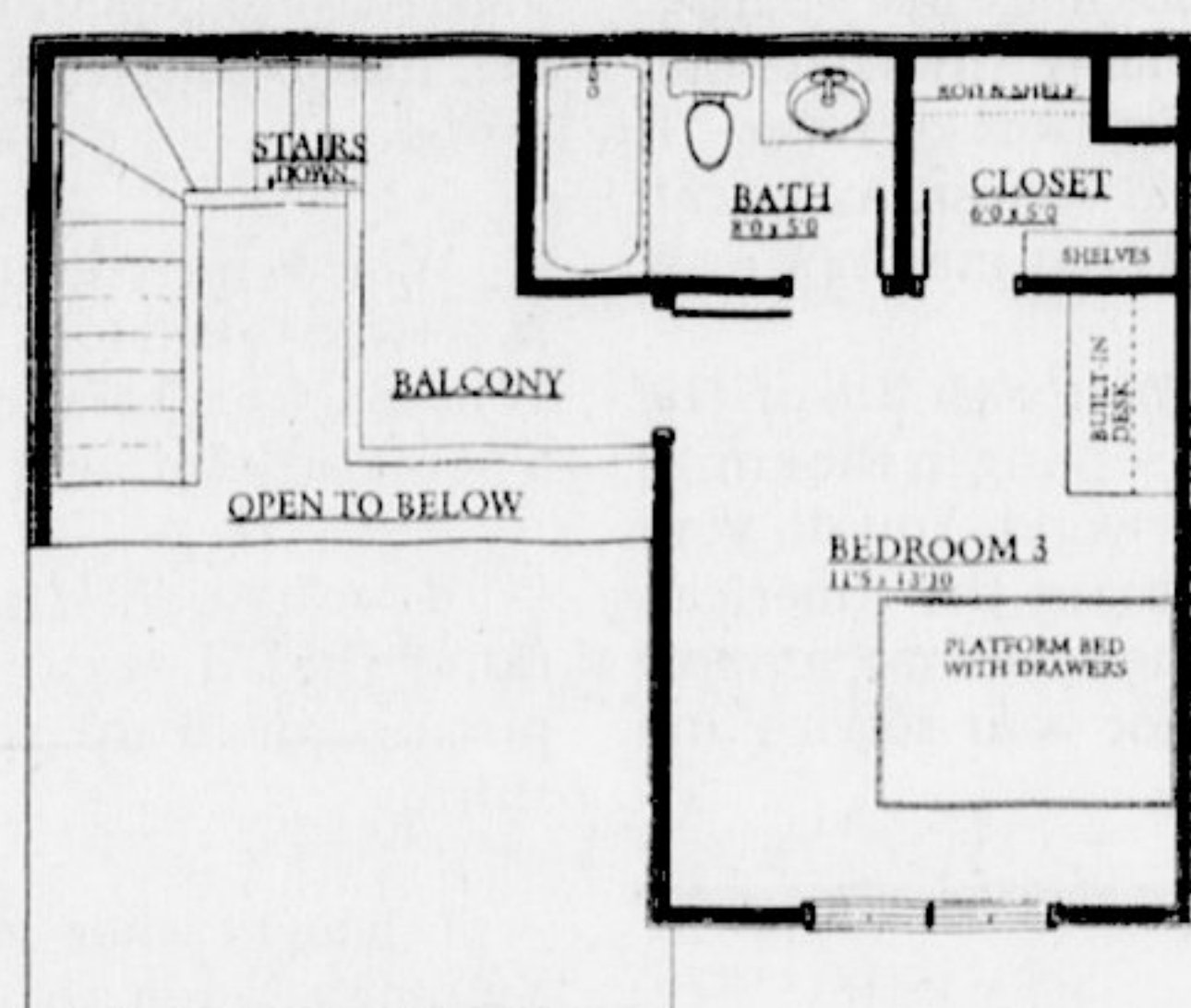
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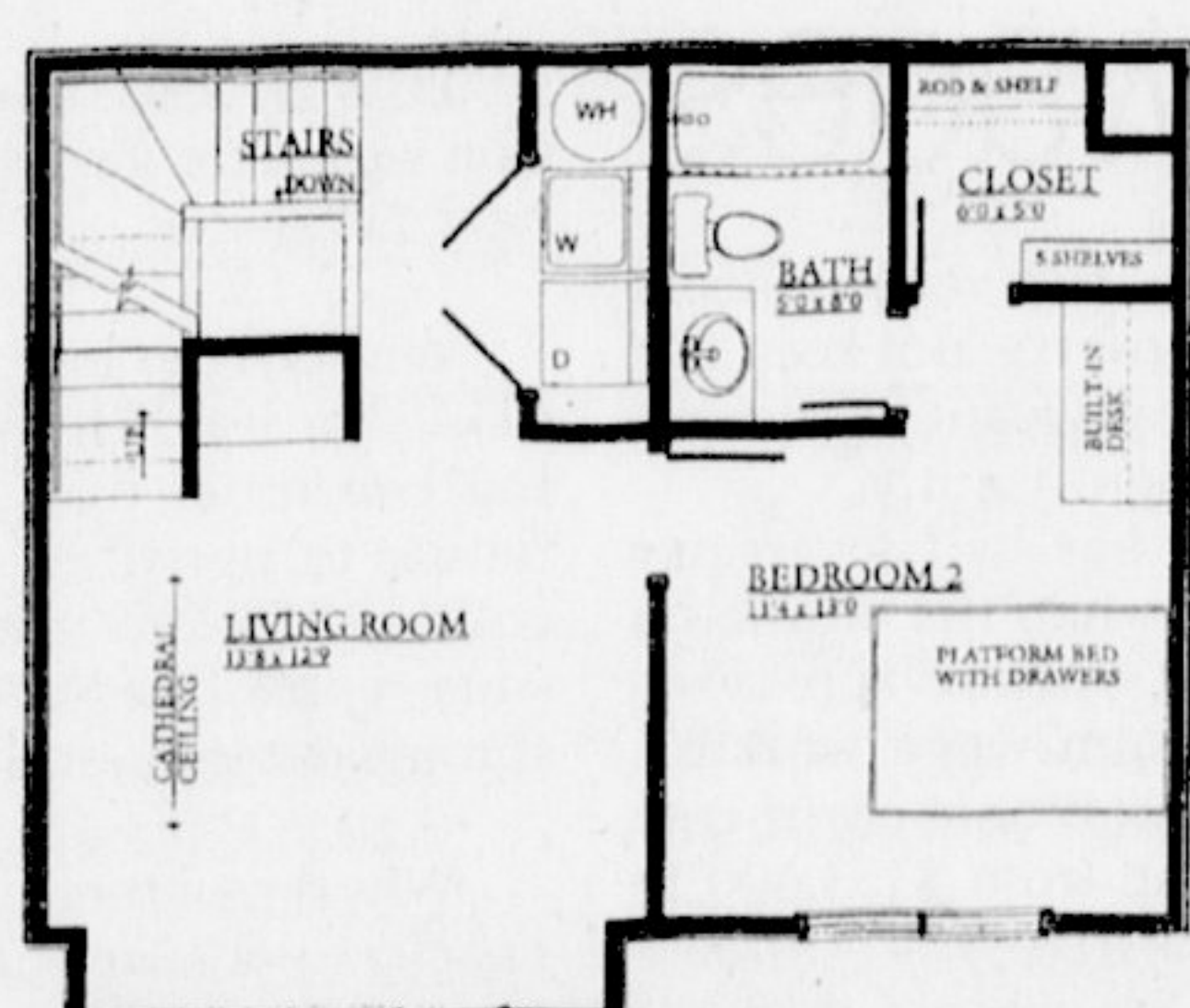
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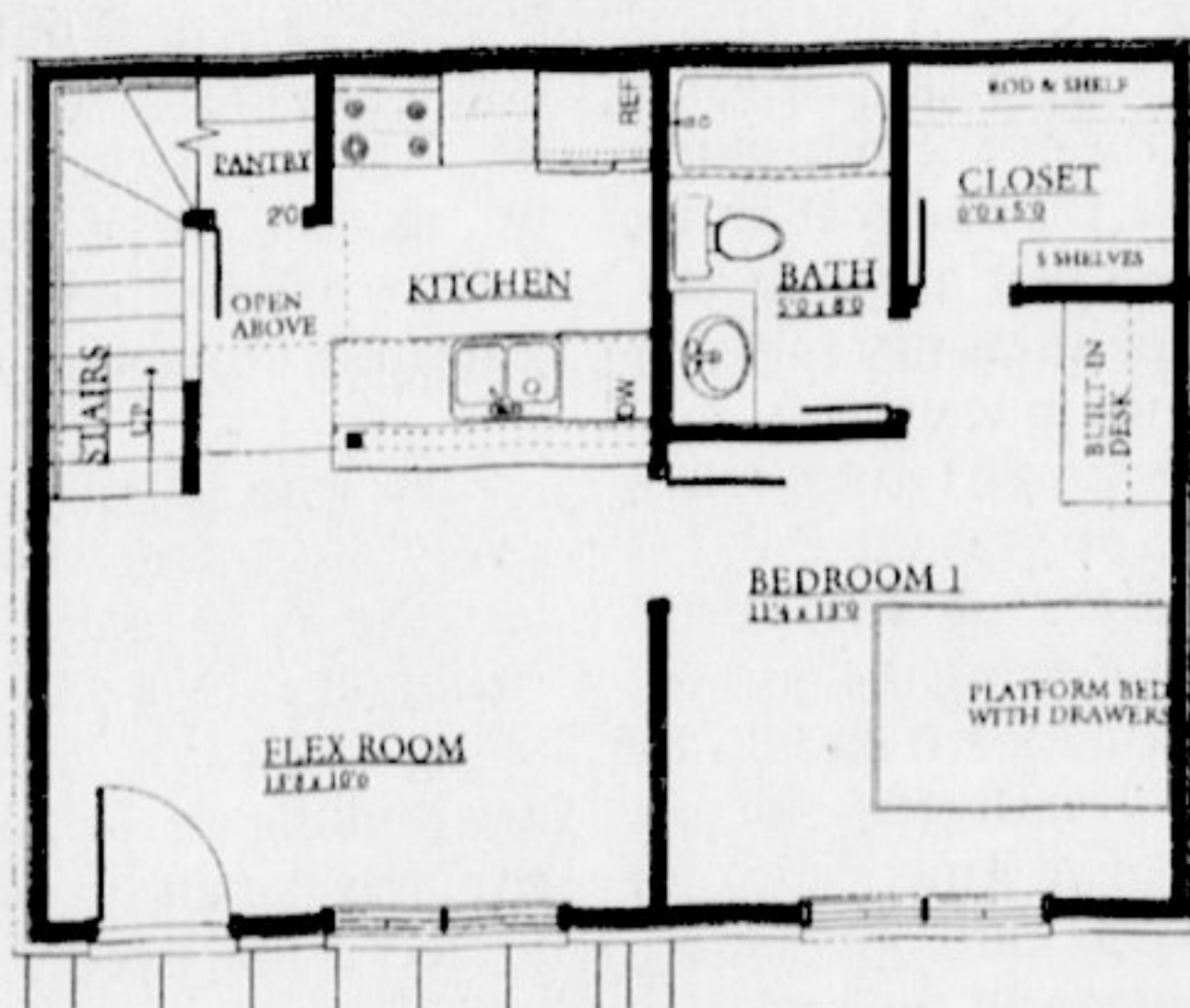
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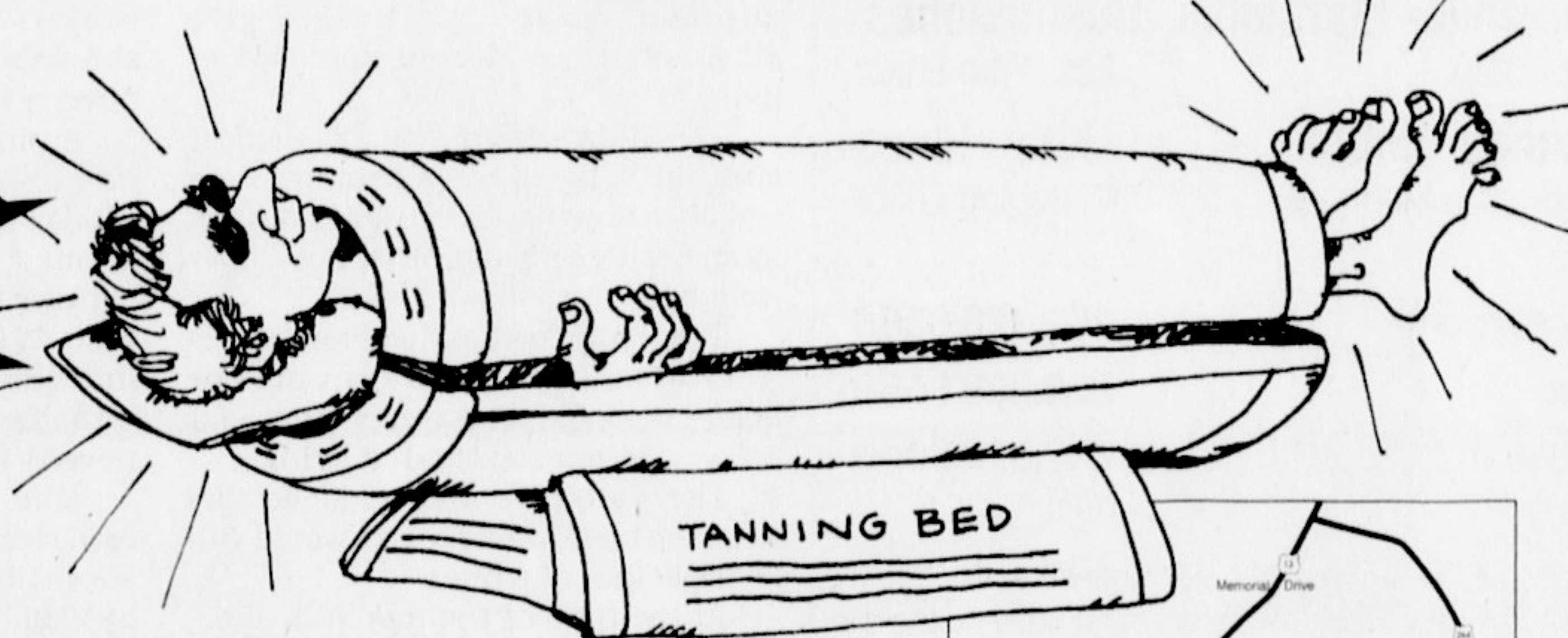


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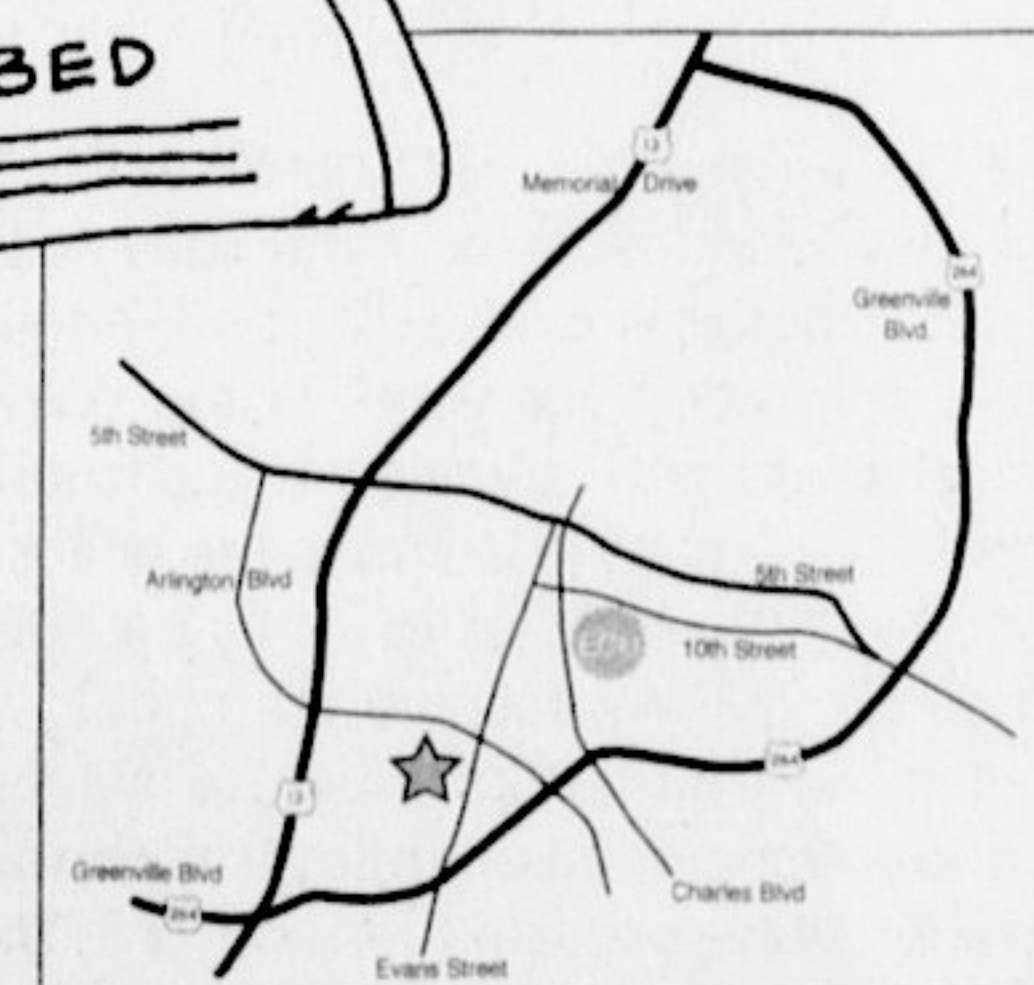
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## Our View

'TEC' remembers Martin Luther King Jr.

Classes will be cancelled Monday and many will not have to report to work in honor of civil rights activist Martin Luther King Jr. *TEC* would like to take this time to print the inspirational words of this remarkable man in his "I Have a Dream" speech delivered on the steps at the Lincoln Memorial in Washington, D.C. on Aug. 28, 1963:

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.' I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at a table of brotherhood. I have a dream that one day even the state of Mississippi, a desert state, sweltering with the heat of injustice and oppression, will be transformed into an oasis of freedom and justice. I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream today.

"This will be the day when all of God's children will be able to sing with a new meaning, 'My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring.' And if America is to be a great nation, this must become true. So let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania! Let freedom ring from the snowcapped Rockies of Colorado! Let freedom ring from the curvaceous peaks of California! But not only that; let freedom ring from Stone Mountain of Georgia! Let freedom ring from Lookout Mountain of Tennessee! Let freedom ring from every hill and every molehill of Mississippi. From every mountainside, let freedom ring.

"When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!'"

## Our Staff

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Newsroom 252.328.6366  
Fax 252.328.6558  
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Serving ECU since 1925, *TEC* prints 9,000 copies every Tuesday, Wednesday and Thursday during the regular academic year and 5,000 on Wednesdays during the summer. "Our View" is the opinion of the editorial board and is written by editorial board members. *TEC* welcomes letters to the editor which are limited to 250 words (which may be edited for decency or brevity). We reserve the right to edit or reject letters and all letters must be signed and include a telephone number. Letters may be sent via e-mail to editor@theeastcarolinian.com or to The East Carolinian, Student Publications Building, Greenville, NC 27858-4353. Call 252-328-6366 for more information. One copy of *TEC* is free, each additional copy is \$1.

## OBESITY IN KIDS IS NOW EPIDEMIC IN U.S.



## Opinion Columnist

### The true meaning of democracy

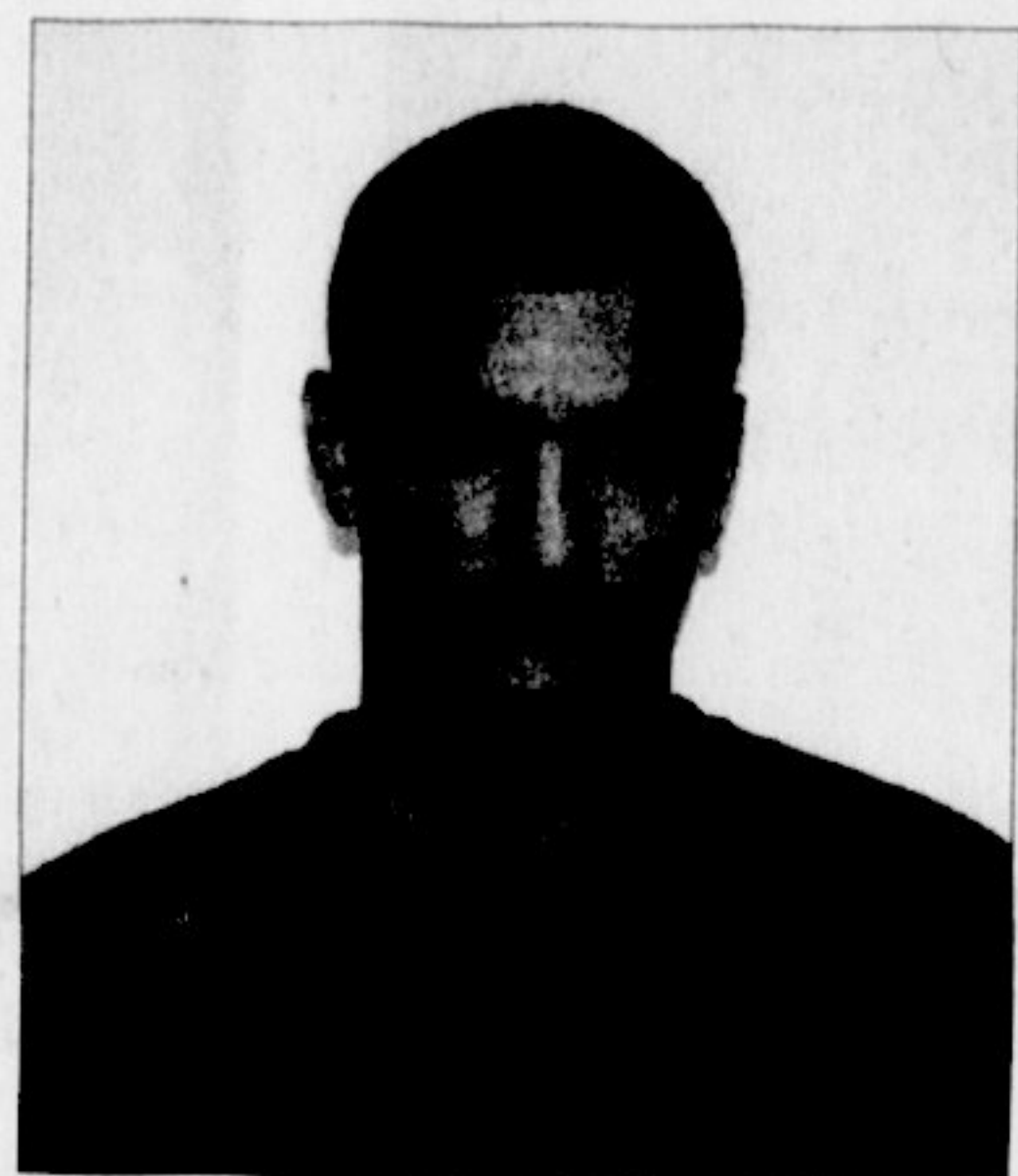
... How to tell the difference

PETER KALAJIAN  
STAFF WRITER

Since the invasion of Iraq in the spring of 2003, a certain question has vexed me terribly, forcing me to re-evaluate the very nature of America and our ongoing attempts to democratize the world: At what point do the upcoming Iraqi national elections officially become legitimate?

With large portions of the Iraqi population beyond the pale of Allied military control and pre-election terror attacks on the rise, the United States and her touted "coalition of the willing" must exercise extreme caution in their control over the Iraqi election process. A synchronized national offensive from the various terrorist organizations toiling to destabilize the election could cost hundreds or thousands of American lives, not to mention the innocent Iraqi civilians who are invariably caught in the crossfire.

After a happy New Year's break from the old presidential responsibilities, George W. Bush is returning to his foxhole in the Oval Office with some very serious business to attend to. Every effort is being made by right-wing media outlets like Fox News to



blur the American public's view of Iraq and re-focus those attentions on issues like social security and rewriting the tax code.

Contrary to popular opinion and Republican propaganda campaigns, things are not all right in Iraq. Being a police officer in a large Iraqi city has been that nation's most dangerous occupation. Widespread fears, confirmed by press releases from top Pentagon officials, of an insurgent offensive surrounding the elections are being felt all over the nation. A large and enthusiastic turnout on Election Day, hopefully free from car bombings and suicide attacks, will either be the saving grace or the final hurrah for the Bush administration's War on Terror.

Success in Iraq means everything,

now that the snowball has commenced its roll down the mountain, but the very act of interfering with the election process on the part of the Americans could de-legitimize the entire endeavor, in the eyes of Iraq and the world. If only 30 percent of the eligible Sunni voters turn out to cast their votes for Iraq's future, the election itself will be compromised. The overall percentage of the entire population could participate, but that would still silence the Sunni voice within the emerging government.

The point is if the Iraqi government, combined with the American force, is unable to provide adequate security for the scheduled elections, the future of the American occupation will be at a crossroads. If the country cannot be brought under some semblance of law and order and competent bodies put in place within Iraqi society to administer those changes, the Iraqi government will continue to look more like a puppet regime than a viable international institution with any sort of future. It is an awful shame to lose American soldiers in a fight that may not even be winnable.

Happy New Year's to all of the American citizens serving in the armed forces around the world. You do your jobs and I am certain the American people will do their best to support you. Thank you for your service and sacrifice.

## Pirate Rant

Why the heck are you required to have a driver's license to take driver's education?

New SAT analogy: Monica Lewinsky is to Bill Clinton as Tony Blair is to President Bush.

Would this NC weather please make up its mind?

Why is James Pinkney not enrolled this semester?

Toby Keith is such a character. This guy has a fan base of people who border on being uncouth. I consider myself patriotic and proud to be an American, but do we need songs like "Beating Saddam With My Shotgun" and "Running Over Osama On my John Deere" to feel patriotic?

Who thinks it is a good idea to spend thousands of dollars on a bag and body drop and then proceed to drag his or her car down the road?

Generally, a professor only needs to say something seven times for it to sink in. That eighth time is overkill.

If they charge students a fortune for textbooks, professors should use them every once in a while.

Everyone in Greenville knows ECU students stay out late. Why aren't there more fast food joints open late?

I am so sick of Greenville traffic. I wish there wasn't 50 stop-lights on my way to the mall.

Parking is a major issue for everyone at ECU. Every spot that's not in a zone is a 30 minute meter. How many of us are going somewhere for only half an hour?

Here's an idea, get off of your cell phone and drive. I have somewhere to go, even if you don't.

Why does my professor always fuss at the class for making noise, then turn around and ask a question and get frustrated when no one wants to make a noise to answer?

Students need to learn that the right side is the proper way to walk on the sidewalk.

Adding a new dining hall isn't going to satisfy my cravings. However, opening up a Taco Bell and Bojangles' on campus would.

Why do men decide at 2 a.m. they want to call for a booty call? You need to call ahead and make a booty appointment.

If you have chest hair, women don't find it sexy when it is poking out of the top of your shirt.

I thought when you became a junior or senior, there would be less attendance policies. Apparently not.

ECU has a rich football tradition, except for the four years I'm here. Lucky me.

Why do cops love to give out tickets for seat belt fines, speeding two miles over the limit, failure to signal, etc. near the college? I'm sure there are far worse crimes they could pursue throughout the rest of the city.

Why do southern students at ECU hate northern students? The war is over, in case you haven't noticed. Embrace the fact that we came down here to experience a different type of lifestyle and we're still living down here because we like the south. Don't tell us to go back home. We're helping to bring money into your state, don't forget.

I'm glad Flanagan is finally complete. After two years of looking at an empty building surrounded by a wire fence and being stared at by men twice my age working on the construction site I was starting to wonder if the project would ever be complete.

Editor's Note: The Pirate Rant is an anonymous way for students and staff in the ECU community to voice their opinions. Submissions can be submitted anonymously online at www.theeastcarolinian.com, or e-mailed to editor@theeastcarolinian.com. The editor reserves the right to edit opinions for content and brevity.

## In My Opinion

### King's dream included decent wages

(KRT) — Did you know that raising the minimum wage was a demand of the March on Washington for Jobs and Freedom where the Rev. Martin Luther King Jr. gave his "I Have a Dream" speech?

King, A. Philip Randolph of the Brotherhood of Sleeping Car Porters and other leaders of the 1963 March on Washington demanded "a national minimum-wage act that will give all Americans a decent standard of living."

They didn't dream that four decades later, the value of the minimum wage would go down as the cost of housing, food, health care and other necessities went up.

They didn't dream that four decades later, 36 million Americans would be below the official poverty line — far below a decent standard of living.

They didn't dream that four decades later, the black poverty rate would still be triple that of whites.

At the time of the march in 1963, the minimum wage was \$7.80 an hour, adjusting for inflation in 2004 dollars. Today's minimum wage is far lower — just \$5.15 an hour.

In "Where Do We Go From Here?" King wrote, "There is nothing but a lack of social vision to prevent us from paying an adequate wage to every American citizen whether he be a hospital worker, laundry worker, maid or day laborer."

The minimum wage reached its peak value in 1968, the year King was assassinated.

Today's \$5.15 minimum wage is 41 percent less than 1968's inflation-adjusted minimum wage of \$8.78.

Full-time, year-round minimum wage workers made \$18,262 in 1968, adjusting for inflation. Today's full-time minimum wage workers make just \$10,712 a year.

The minimum wage sets the wage floor. As the floor sinks, millions of workers find themselves with wages above the minimum, but not above the poverty level.

Business Week observed last year in a cover story on the working poor, "Today more than 28 million people, about a quarter of the workforce between the ages of 18 and 64, earn less than \$9.04 an hour, which translates into a full-time salary of \$18,800 a year — the income that marks the federal poverty line for a family of four."

One out of three black workers earns less than \$9.04 an hour — barely above the value of the minimum wage of 1968.

Certainly, King didn't dream that four decades after the March on Washington, the U.S. Conference of Mayors would find in its annual "Hunger and Homelessness Survey" that 17 percent of the homeless were employed, as were 34 percent of adults requesting emergency food assistance.

The last minimum-wage increases in 1996-97 were followed by rising incomes and falling poverty and unemployment nationwide. We need another boost to the minimum wage, and the economy.



# Once Again It's On!

## Announcing the Spring 2005 ACUI All-Campus Tournaments

You could represent ECU at Regional Competitions in

Billiards

Spades

Chess

Bowling

Table Tennis



### Table Tennis

Tues. January 31, 6:00 p.m.  
MultiPurpose Room  
(Men & Women's  
Singles Divisions)



### 9-Ball

Mon January 24, 6:00 p.m.  
MSC Billiards Center  
(Men & Women's  
Singles Divisions)



### Spades

Fri. January 21, 6:00 p.m.  
MSC Social Room



### Bowling

Thurs. January 27, 6:00 p.m.  
Outer Limitz Bowling Center  
(Men & Women's  
Singles Divisions)



### Chess

Sat. January 22 10 a.m.-5 p.m.  
MSC Social Room

Tournament winners will be awarded trophies and the opportunity to represent ECU at regional competitions to be held at Virginia Tech University which is located in Blacksburg, VA the weekend of February 18-20, 2005. All expenses for the trip will be paid by Mendenhall Student Center.

There is a \$2.00 registration fee for each tournament. Registration forms are available at the MSC, Billiards Center & Outer Limitz Bowling Center located on the ground floor of Mendenhall Student Center. Call the Recreations Program Office at 328-4738 for more information.

## Greenway from page A2

spearheading the renovation of downtown Greenville, as well as a large banner with FROGGS' name and logo on it to advertise with flair at public events such as the River Festival and Freeboot Fridays.

"The banner looks wonderful and we are very grateful to have been given something so nice to put up at our display table," said Jill Twark, assistant professor in the foreign languages department, who has been the chair and central organizer of FROGGS since its inception this past August.

FROGGS now has approximately 87 members and supporters who frequently receive updates and e-mails from Twark. The organization is made up of people who enjoy the outdoors, biking and taking walks. They envision Greenville one day being filled with 120 miles of greenways, as foreseen in the official Greenway Master Plan.

One such member is 75-year-old Carroll Weber who recently returned from participating in a 700-mile bike ride on the East Coast Greenway, an interstate greenway project that will someday stretch from the Canadian border in Maine, all the way down to the tip of Key West, Florida.

Weber said he enjoys going on bike rides, especially when he gets to see nature unspoiled by human development. He coined a new slogan at the meeting to express what FROGGS is doing, which is to "grow the green in Greenville."

This writer can be contacted at news@theeastcarolinian.com.

## Diversity from page A1

the position would be a catalyst in combining elements from those groups with the new committee making the impact greater.

"This is something we as an institution have talked about for years and now the chancellor has given us the opportunity to start this organization. His previous experience in working with culturally diverse positions has prepared him for this new project," Moore said.

The fall 2003 fact book shows 11 percent of ECU's employees were of ethnic minorities including American Indian, Asian, African American and Hispanic.

ECU has the largest percentage of African American student enrollment in the UNC system with 18 percent.

Moore said new scholarships would possibly be provided from the diversity committee so students will have a chance to go overseas and interact in a new climate. Scholarships are offered to students with a GPA of at least 3.0 and tuition at the host school is the same as tuition at ECU.

"Students are not aware of the many study abroad programs our school has to offer. We hope our new diversity committee will change that," Moore said.

The International House, located on Ninth Street behind the SRC, has information for students about studying abroad for semesters or summer sessions.

Charles Lyons, director of International Affairs, said the

new ECU Diversity Committee would be a great asset to the university.

"ECU has a small percentage of students studying abroad compared to students at other schools, so we are not at the level we would like to be at with international study yet," said Lyons.

The University of North Carolina Exchange Program is set up to cater to students within the UNC system who want to travel abroad. Countries to visit include Australia, Germany, Spain, England, Thailand, France and Italy. In the summer of 2004, a group of ECU students visited and studied in Italy for three weeks.

Lea Farmer, a senior, went on the trip to Italy.

"Italy was the best time of my life," said Farmer.

"I made so many new friends and really grew as a person. It matured me and better prepared me for what would come in my future in the real world."

Lisa Field, a senior, went to Australia last spring semester.

"Traveling overseas and actually living in a new environment definitely broadened my horizons," said Field.

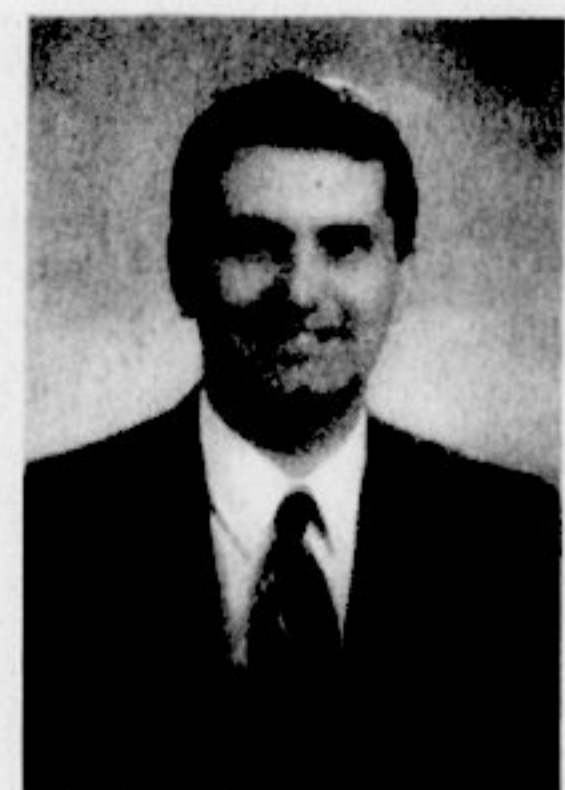
"I never imagined meeting so many people from all over the world. I would love to have the chance to go again."

UNC-Chapel Hill and NC State already have diversity institutions.

This writer can be contacted at news@theeastcarolinian.com.

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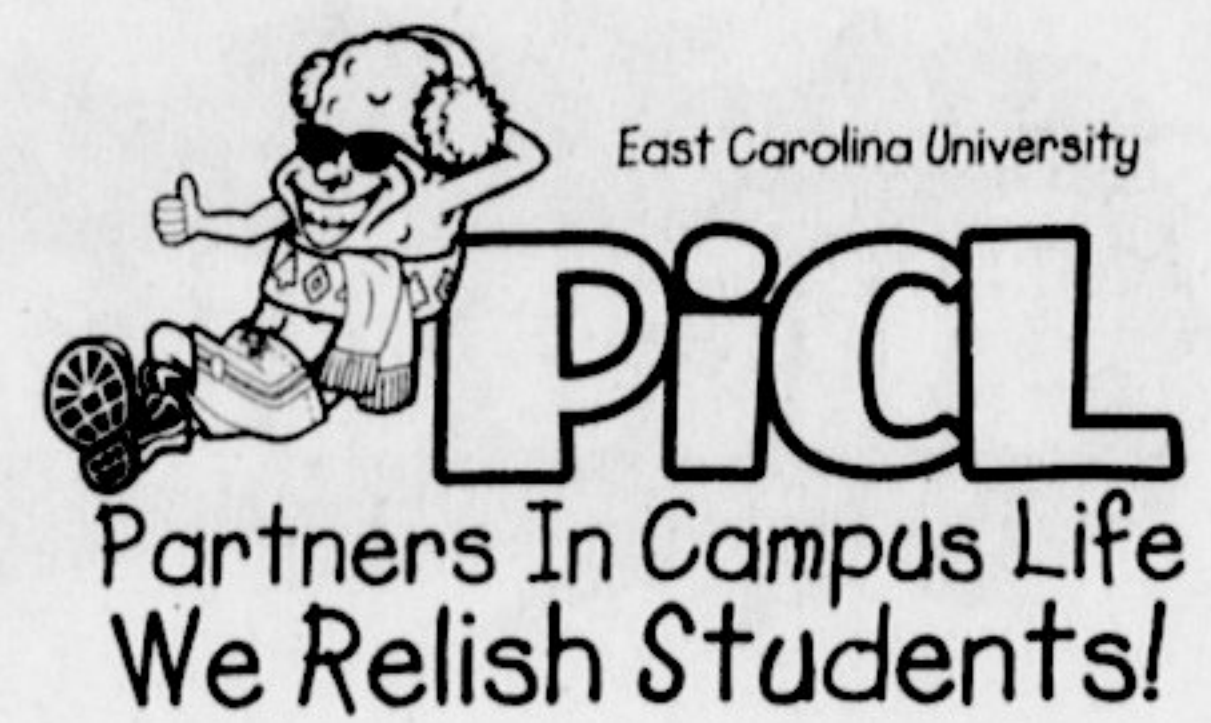
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**\*Prizes Will Only Be Awarded to ECU Students With A Valid OneCard**

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# CLASSIFIEDS

Page A7

THURSDAY January 13, 2005

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tuition assistance. Apply in person to Store Manager, Joan's Fashions, 423 S. Evans Street, Greenville (Uptown Greenville).

Do you need a good job? The ECU Telefund is hiring students to contact alumni and parents for the ECU Annual Fund. \$6.25/hour plus cash bonuses. Make your own schedule. If interested, visit our website at www.ecu.edu/telefund and click on JOBS.

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# Student Homecoming Chair

## Position Announcement

The Student Homecoming Committee is currently looking for a person to fill the 2005 position of Homecoming Chairperson.

- The applicant will be responsible for:
- working with the subcommittee
  - budget and process
  - homecoming
  - weekly Fall meetings

In addition, all applicants must:

- be in good standing at ECU
- have a cumulative GPA of 2.5
- be a sophomore or up

This is a paid student position. Applicants must include letter of interest and resume of related experience. Letters of interest must be submitted no later than January 20, 2005 to Paul Clifford, cliffordp@mail.ecu.edu

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Page B1

Announce

An annual march in honor of Martin Luther King Jr. will take place on Jan. 17 at 5:30 p.m.

Darryl Taylor of the Carolina Panthers will be the guest of honor at the annual Giants vs. Patriots game on Jan. 17 at 7 p.m. in ECU Hall. This event is free.

On Saturday, Jan. 17, the annual Aida-Opera takes place at the ECU Hall and tickets are \$6-\$9.

On Saturday, Jan. 17, the annual Shu Fang v. Chinese Pele are told that the dance and performance will be held at the ECU Hall and tickets are \$6-\$9.

The Equestrian interest meeting will be held at 8 at 7 p.m. in the ECU Hall.

Helpful

The start of the new year is a time to make new resolutions for diet, exercise, and mental health. In short, strive for a better life and good choices.

Recipes

**Sorbet Shakes**  
1 (12-oz.) can of milk  
1/2 tsp. Vanilla  
1 tsp. honey  
1/2 banana, mashed  
2 scoops of ice cream  
Whipped cream

In a bowl, mix the milk, vanilla, and honey. Freeze for 15 minutes. Remove from freezer and beat with a mixer. Add the banana and mix until smooth. Pour the remaining sorbet in the bowl and glass tumbler. Top with banana slices.

**Mexican Lasagna**  
3 Tbsp. extra virgin olive oil  
2 lbs. ground beef  
available in case  
2 Tbsp. chili powder  
2 tsp. ground cumin  
1/2 red onion, chopped  
1 (14-oz.) can of fire-roasted tomatoes  
1 cup medium cheddar cheese  
1 (15-oz.) can of drained beans  
1 cup frozen corn  
Salt  
8 (8 in.) squares of lasagna  
available in case  
2 1/2 cups of shredded cheese  
2 scallions, chopped

Preheat the oven to 350 degrees. Preheat a large skillet over high heat. Add the oil and beef. Cook until browned. Add the chili powder, cumin, and onion. Brown the beef. Add the tomatoes, corn, and beans. Simmer for 10 minutes. Heat the lasagna for 3 minutes. To your taste.

Coat a sheet of lasagna with the remaining sauce. Roll up the tortillas in the sauce. Build the lasagna with the cheese and beans. Bake for 15 minutes and bubbly.

Taken from foodtv.com



Announcements:

An annual candlelight vigil and march in honor of Martin Luther King Jr. will take place on Monday, Jan. 17 at 5:30 p.m. on College Hill.

Darryl Taylor will perform *American Giants: Paul Laurence Dunbar and Langston Hughes*, Jan. 17 at 7 p.m. in ECU's Fletcher Recital Hall. This event is free.

On Saturday, Jan. 22 at 8 p.m. see *Aida-Opera Verdi Europa*. This takes place at Wright Auditorium and tickets are \$10 - \$24.

On Saturday, Jan. 29 at 2 p.m., Qi Shu Fang will introduce you to *Chinese Peking Opera*. Their tales are told through a combination of martial arts, acrobatics, music, dance and mime. Tickets are \$6 - \$9.

The Equestrian Club will have an interest meeting on Tuesday Jan. 8 at 7 p.m. in 1010 Bate.

Helpful Hints:

The start of the year is the perfect time to make changes and develop new habits. Resolutions for diet, exercise and weight loss are running rampant, but a new look and a new attitude are also in order. In short, get back to basics - strive for good physical and mental health, good grooming and organization, a good attitude and good communication.

Recipes:

Sorbet Shakes

- 1 (12-oz.) can evaporated skim milk
- 1/2 tsp. Vanilla extract
- 1 tsp. honey
- 1/2 banana, ripe or overripe, mashed
- 2 scoops chocolate sorbet
- Whipped cream, for garnish

In a bowl add 1/4 cup of milk, cover and freeze for 15 to 20 minutes. Remove bowl from freezer and with a hand held beater mix for 2 to 3 minutes on high, after reaching soft peaks, add vanilla and honey and continue to mix until stiff. Set aside. Blend remaining milk, bananas and sorbet in blender and pour into a glass tumbler, top with a dollop of banana whipped cream.

Mexican Lasagna

- 3 Tbsp. extra-virgin olive oil
- 2 lbs. ground chicken breast, available in the packaged meats case
- 2 Tbsp. chili powder
- 2 tsp. ground cumin
- 1/2 red onion, chopped
- 1 (14-oz) can stewed tomatoes or fire-roasted chopped tomatoes
- 1 cup medium heat taco sauce
- 1 (15-oz.) can black beans, drained
- 1 cup frozen corn kernels
- Salt
- 8 (8 in.) spinach flour tortillas, available on dairy aisle of market
- 2 1/2 cups shredded Cheddar or shredded pepper jack
- 2 scallions, finely chopped

Preheat the oven to 425 degrees F. Preheat a large skillet over medium high heat. Add 2 tablespoons extra-virgin olive oil twice around the pan. Add chicken and season with chili powder, cumin, and red onion. Brown the meat, 5 minutes. Add stewed tomatoes or fire-roasted chopped tomatoes and taco sauce. Add black beans and corn. Heat the mixture through, 2 to 3 minutes then season with salt, to your taste.

Coat a shallow baking dish with remaining extra-virgin olive oil, about 1 tablespoon oil. Cut the tortillas in half or quarters to make them easy to layer with. Build lasagna in layers of meat and beans, then tortillas, then cheese. Repeat: meat, tortilla, cheese again. Bake lasagna 12 to 15 minutes until cheese is brown and bubbly.

Taken from the Food Network foodtv.com

# New Year's RESOLUTIONS



## Will you keep yours?

MEREDITH STEWART  
STAFF WRITER

The tradition of making a New Year's resolution has been going on for decades. The word resolution comes from "resolve," meaning to make up one's mind or decide firmly. On New Year's Day, millions of people make resolutions, but more than half know they will never keep them. Maybe it's because your peers always fail to carry theirs out or your life feels too cluttered. The end of the year is a time for clearing things out and starting with a new slate.

The top four things people resolve to do include - losing weight, stop procrastinating exercise more or spend less money on unnecessary things. While these are all notable resolutions, it is rare that many people stick with them. The majority of people get back into the routine or overeating, watching too much television and overspending.

"For the past two years I have made a resolution to get more in-shape, but each time I failed to make time for the gym," said Ashley Yopp, political science major.

For some people, keeping a New Year's resolution is important for the first month or so, but eventually becomes insignificant as their

schedule begins to fill up.

"Last year I resolved to spend more time with my family before coming off to college, but as a senior in high school I had too many things on my mind," said Amanda O'Neil, freshman.

Perhaps the reasons behind not keeping a resolution is not the lack of will power, but maybe people are going about their change in the wrong way. If you try a resolution and are finding it very difficult to maintain, try the next step down. Instead of trying to lose 20 pounds, try only 10. Making your goals realistic is a great start to having a successful year.

The main reason people make resolutions is because they feel as if a change is needed in their life. It's the beginning of a new year and what better way to celebrate than becoming an improved person. Although for some people, recognizing and understanding your personal weaknesses is the most difficult part of all.

"I made a resolution to study more this semester," said Jonathan Ennis, freshman.

I'm sure there are many students who are attempting this same goal. Once you have committed to making a change you need to make a plan. Incorporate your resolution into your daily routine so you will be sure to stay on track. If you plan to

work out two hours everyday or never to eat carbohydrates again, you are setting yourself up for failure. And many people do fail because they don't have a plan when temptation comes along.

"I have already broke my resolution of not partying this semester," said a senior.

It's a matter of taking small steps and rewarding yourself that really helps keep your resolutions going all year long. Think positive. Tell yourself "I made it through a whole week." Instead of thinking, "this is too hard to manage."

"Last year I did something good for at least two people a week," said Lauren Stewart, psychology major.

It's very rare that someone donates their time to help others.

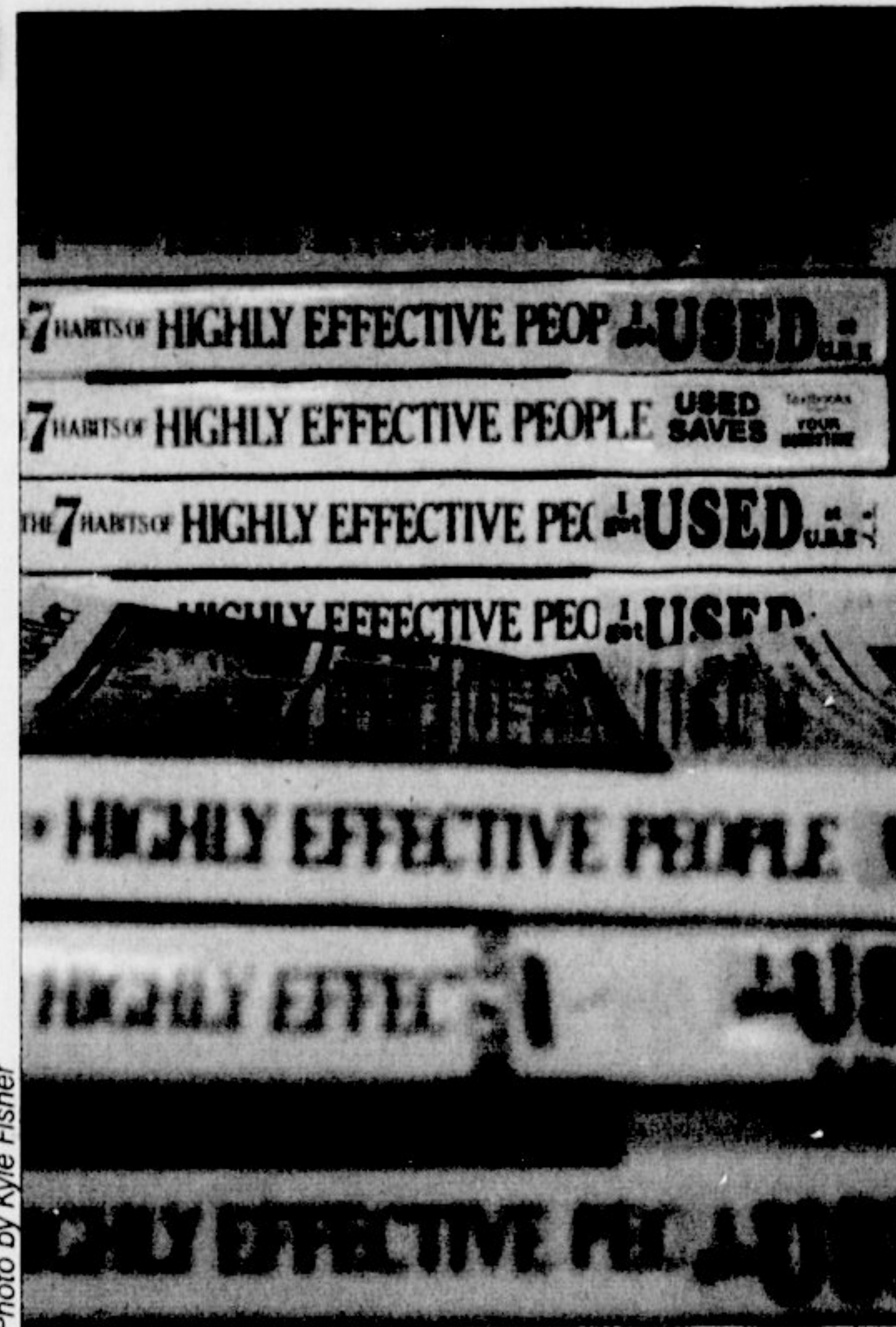
"It's a great feeling to know that I am helping others, even if it's just opening a door or smiling to brighten one's day. Sometimes the small things are what make a world of difference," Stewart said.

O'Neil hopes to do the same this year, despite her busy schedule and 18 credit hours she has this semester.

The best way to keep a New Year's resolution is to take it one day at a time, reward yourself and do not fall into temptation.

This writer can be contacted at features@theeastcarolinian.com.

## 'Seven Habits of Highly Effective People' at ECU



Stephen Covey has written guides for all ages.

### How to get back on track

AMANDA WINAR  
STAFF WRITER

The tennis shoes have been recovered from the dusty depths of your closet, the Oreos have been thrown out and you've just purchased the new abzenith2million that claims to give you six-pack abs in two weeks or less.

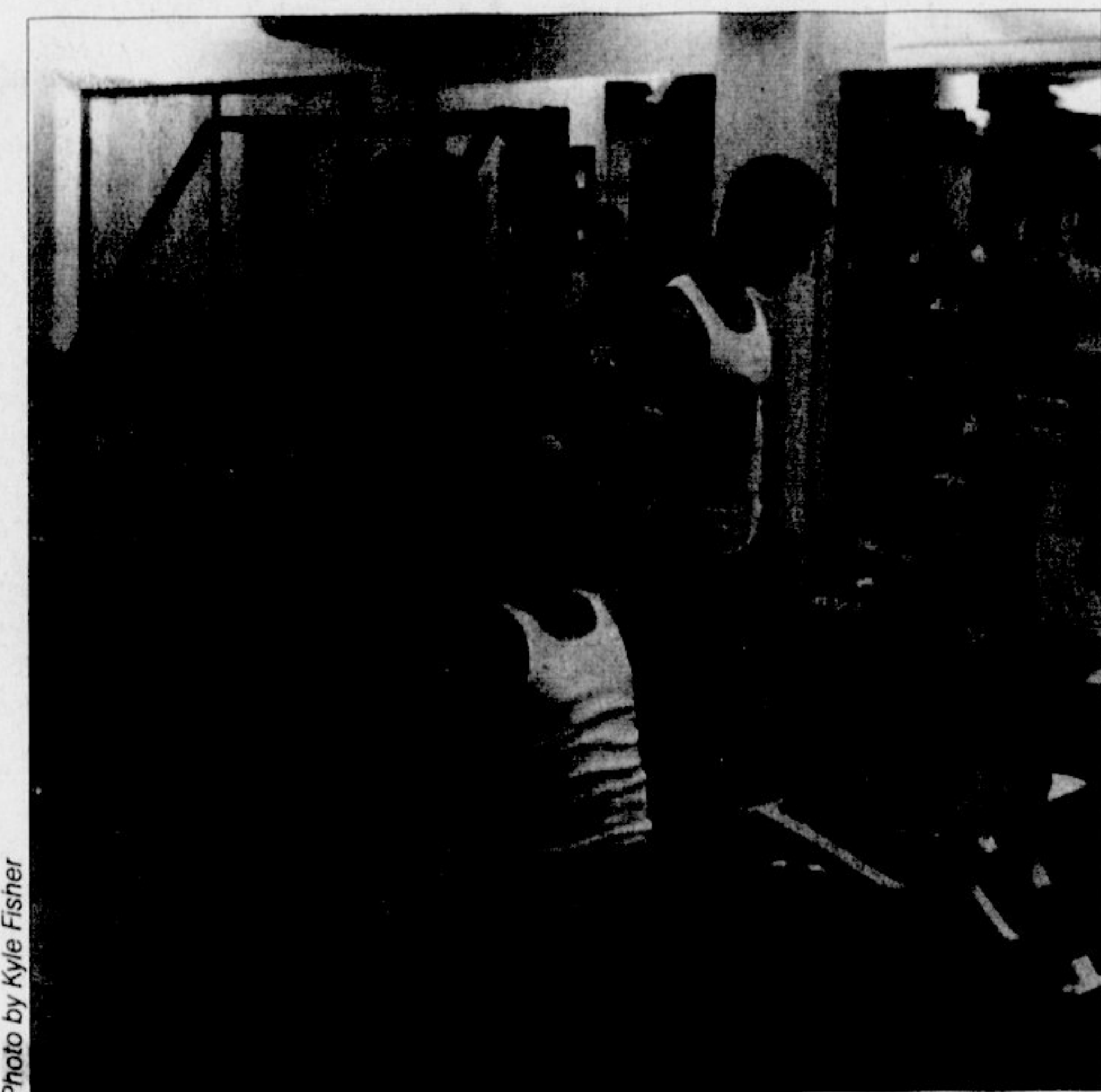
Typically, the New Year brings New Year's resolutions like this to lose weight and get in shape. Some people go a step further and make plans to get that new promotion at work or straight As in school, even save enough money for that new dream car. There are hundreds of ways to change ourselves and better our lives, yet many people never think to start the year out right by trying to actually change the people they are instead of the people they only appear to be.

The stubborn pounds of belly fat will make you unhappy in a bathing suit or while you're trying to squeeze into that 'not-so-little' black dress, but what about the other 355 days of the year? According to world-renowned author Stephen Covey, the change starts from within. Covey wrote a book titled, *The 7 Habits of Highly Effective People*, which focuses on creating a successful and ethically driven life through our use of knowledge, skill and desire. Covey explains in his book that, "Knowledge allows us to know what to do, skill gives us the ability to know how to do it and desire is the motivation to do it."

Covey said there are habits in our lives, which when put to use, can help us become happier and also more productive. A new year for many people means a fresh start to try something new or accomplish those hard sought-after goals.

Covey said when a person is ready to change something about themselves, his habits are a simple guideline. An example of this is Habit Two of Covey's

see HABITSpage B3



Use of the SRC is part of tuition costs for full-time students

## Helpful ways to get out of the post-holiday slump

### Hints to get their health back on track

JESSICA CRESON  
SENIOR WRITER

From Halloween with candy at a constant arms reach to New Year's that is the largest party holiday of the year, plus Thanksgiving and Christmas in between, staying in shape and healthy is the last thing on many peoples' minds.

Health includes many differ-

ent aspects of a person. Eating better and exercising are the most common things that tend to take a beating during the holiday season, but family issues and lack of sleep, which can be sources of stress, overall wellness that can increase chances of cold and flu and addictions are also some major affects.

The "New Year's Resolution" concept is one of the best ways for a person to address a problem and take action in order to fix it.

see SLUMP page B2

# Getting back into the swing of things

## New year, new semester, new start

CARMIN BLACK  
STAFF WRITER

With the holiday season and New Year's now behind us, the students here at ECU are having to "force themselves" to get back into the swing of things.

Many students asked have admitted to already missing vegging out on the couch watching television all day, taking vacations the parents fund and having home cooked meals prepared without question. But reality must set in sometime, we are college students, mom and dad are no longer at our side so we must, as tragic as it seems, go back to classes and even begin studying again.

Crystal Lewis, freshman elementary education major, was asked if she has found it easy to get back into the swing of school now that school is back in session. "Well honestly I haven't had the chance to have to re-establish my routine since classes haven't really started, I mean it may take some adjusting now that I can't just do whatever I want anymore, but for the most part I think it should be easy."

Maybe it would help if the staff at TEC provided a few help-

ful tips students can use to regain a sense of structure.

Experts say the most important thing about taking a long break from a career or from being a full time student is to make sure you begin each day at the same time. Doing this will allow your body's "internal clock" to be in a sense set on a certain schedule, making it easier to feel awake and energized when you rise.

Everyone has heard breakfast is the most important meal of the day and according to nutrition experts this couldn't be truer. Specialists say one third of your daily calorie intake should be consumed at breakfast, which will serve as the fuel needed to get your body going.

Make up your mind to set a day-to-day schedule, above and beyond the already established schedule of classes.

Keep a day planner and write down your daily events in order, this will insure that nothing is left undone. The key to keeping a set schedule is to make sure to stick with it for at least 14 days. It takes 14 days to form a habit, which in this case will be a good thing.

Take time for yourself. Yes, it's time to buckle down and hit the books with fire and fervor. And yes this is a great time to salvage your GPA from that class you bombed last semester, however we are young, life should be fun

and it's OK to have your cake and eat it too, sometimes.

Another great tip for getting back into the swing of school is to get to know your professors. They are human and they enjoy helping their students out whenever necessary.

By communicating with your teachers you will have an upper edge against the rest of the students who come to an occasional class here and there and remain virtually nameless. If you let them know your face and your name, they are more inclined to help you out in the long run if they see you care about your grade and value your time learning, as well as their time teaching.

All in all getting back may take a little work. It's never fun doing exactly what you don't want to do when you know you should. But on the bright side, you're here with your friends, you can now get away from the nags and complaints of siblings and parents and you can reward yourself not only with the sense of satisfaction that will come with your newly formed agenda, but since it is a new year - a new start, a new chance to reverse anything you wish you could have changed before you left last semester.

This writer can be contacted at features@theeastcarolinian.com.



## Slump from page B1

A New Year's resolution provides a fresh start and a good excuse for people to make a change.

"Over the break I got a lot of rest and good nights sleep, so for the New Year I want to try and get as much sleep as possible. I have felt so much better with a lot of rest," said Erica Carter, communication major.

One of the major things people need to learn to avoid is making excuses for not exercising or eating well. ECU students have no room for excuses with the nice gym provided for students to use, but the average person as well has many opportunities for exercise.

Walking at any moment possible makes more difference than we might realize. Walking to work, school, a friend's house or even riding a bike. If everything is too far to walk to, making an occasion with other people to walk or exercise is another way to motivate and promote health. Classes offered at a local gym can be something fun and beneficial to do with friends or family. If money becomes a problem with joining a gym, then walking or jogging is achievable by stepping right outside the front door.

"School drained me last semester, so I never went to the gym or had the time to exercise, but this semester I want to start out on the right foot by making the time to go to the gym or jogging," said Andrew Hill, geography major.

Eating healthy is an overall hard thing to do day in and day

out, but it is an area many need to work on.

According to health specialists, the psychological attachment to food can be just as strong as the physical attachment. This can become a huge problem for those who feel this need to eat when there are no physical signs of hunger. There can be a trigger that makes people feel like they have to eat even though they are not hungry, such as it being "lunch time," snacking while watching a movie or television and midnight snacks that are unnecessary.

If this is a problem, and in some ways almost everyone is guilty, then psychological hunger needs to be controlled. Physical hunger should be the only thing that tells us if we are hungry or not and if we only ate when the hunger pains came, excess eating would be avoided.

"This year I really want to stop eating fast food. Getting used to just stopping by Wendy's and McDonalds is such a horrible habit to get into. I am trying to make it fun to cook and be healthier by getting my friends involved so it can be fun," Carter said.

Going out to eat is another problem area, if done too often, for overeating. The proportions restaurants give are not what we need. It is way too much. Therefore, splitting a meal with a friend or family member is a great way to avoid overeating. Ordering a doggy bag at the beginning of a meal will allow better chance of taking a decent amount of the meal home instead of trying to finish as much as possible at one sitting.

Other ways to reduce fat intake when out to eat is to get reduced fat salad dressing on the side to prevent excess calories and fat. Substituting vegetables for fries is a good way to get away from junk food and get more nutrients and vitamins. Appetizers, most of the time are large enough to be an entrée, so for proportion control, order an appetizer as your meal.

Three ways to definitely turn you around after the holidays, according to ediets.com, range from thinking positively to eating habits to exercising. It takes all three to be healthy.

If there has been weight gain over the holidays, try not to get negative attitudes toward yourself, rather turn it into positive energy that will give you a push to the gym and better eating habits.

Again, increasing fruits and veggies into your diet helps the craving of carbohydrates and they are more filling. There is a high fiber content in fruits and veggies that help control appetites. Also, fruits are an excellent substitute for desserts. The creativity of cooking and experimenting can offer many possibilities.

Last but not least, exercise. Walking when you can, going to parks or starting a new class at a gym will really make a difference in the way people feel the whole day. Exercise acts as a stress reliever, energy booster and the best way to get in shape.

This writer can be contacted at [features@theeastcarolinian.com](mailto:features@theeastcarolinian.com).

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## Habits from page B1

which is "Begin with the End in Mind," and Habit Four: "Put First Things First." Right now most of you are very motivated to change yourselves because it is a new year, but make sure to figure out exactly what your goals are and to prioritize. If you want to lose weight in time to fit into that awesome swimsuit for spring break, then make time in your schedule to go to the gym and write little notes or hang up beach pictures somewhere to constantly remind yourself. Sometimes it helps to find a friend with similar goals that will help you put things first.

Another habit of Covey's is to "Be Proactive" by starting the change from within. According to Covey, "highly effective people make the decision to improve their lives through the things that they can influence rather than by simply reacting to external forces."

In other words, if you have a goal, then first sit down and make a list of the reasons why you wish to improve yourself and then how you are going to achieve such a change. If you focus on changing little things in your life like fit-

ting that extra run into your schedule or doing something at home rather than going shopping (so you are guaranteed to save money), then improving yourself will not seem so much like a chore and more like improving your life.

Covey's "Habits" are based upon the theory that one can not only depend on others or be simply independent, but they should be interdependent. In other words, if you cooperate with the life and people around you, will be able to achieve something that can't be achieved independently.

So by putting things first from the start and really taking the time to explore the depth of your goals, you will be able to achieve your goals easier. So, grab a friend to be your supporter and this year you may just achieve those year resolutions of yours. Good luck. You can find copies of *7 Habits of Highly Effective People* by Stephen R. Covey at Barnes & Nobles and for used versions, check out amazon.com.

This writer can be contacted at [features@theeastcarolinian.com](mailto:features@theeastcarolinian.com).

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# Pirates' comeback falls just short

ECU trailed by as many as 20 in second half

TRENT WYNNE  
STAFF WRITER

With 15:58 remaining and the Pirates trailing 57-37, it looked as if once again ECU would not have enough to hang with one of the elites in the nation in the Cincinnati Bearcats. However, in a matter of minutes, the Pirates, riding high on the shoulders of Corey Rouse, would quickly change that thought, and reel off one of the most exciting runs ever put forth at Minges Coliseum.

The Pirates opened the game with a block from point guard, Japhet McNeil, which quickly turned into an emphatic Moussa Badiane slam, erupting the ever-present ECU fans.

The young Pirates did not seem phased by the Bearcats' gaudy 13-1 record and national ranking of 13, as they trailed by just one point heading into the under eight minute media timeout.

However, several turnovers and questionable calls later, ECU found themselves trailing by 14 going into the intermission.

"The turnovers in the first half really killed us because every time it happened they laid it up at the other end," said ECU Head Coach, Bill Herrión.

"We really challenged the team at halftime to come out and quit getting stepped on because in a league like this is you allow a team to do that, you will become exposed."

It took the Pirates the opening four minutes of the second half

before they heeded to Herrión's calling in the locker room. But when they did, Cincinnati and the 6,200 fans present at the game, knew the Pirates were for real and were ready to take on the challenge.

"We just kept playing, kept our heads up and tried hard to get stops on the defensive end and convert on the offensive end," Rouse said.

Rouse scored the Pirates' last eight points of the 12-0 run, capped off by an unthinkable three-point basket from the 6-foot, 8-inch forward, leading to a Bearcat 30-second timeout.

"We just started believing that we could win the game but we have to take that approach coming out of the locker room before the game starts," said sophomore guard Mike Cook on his team's efforts in the second half.

Cincy would stretch the lead back up to 15, only to see the Pirates cut it down to four with just under two minutes remaining. A few free throw misses later, however, ECU's incredible comeback would fall just short, losing to the Bearcats by the final of 84-78.

"We should have won the game," Cook said.

"If everybody just has that attitude that we should have beat the number 13 team in the country, then we will win a lot of games for the rest of the year."

Cook may have been right in saying the Pirates should have won. ECU out-rebounded the number one ranked rebounding team in Conference USA, 47-32 leading to 21 second-chance points. The Bearcats only had 12 second-chance points.

The Pirates also scored 46 points in the paint compared to



Corey Rouse helped spark a 12-0 run in the second half and also played a large role in outrebounding the Bearcats by 15.

Cincinnati's 30.

Also, Bearcat opponents have only averaged 60 points a game against the pesky defensive squad.

"We are playing pretty good basketball and I know that the losing is affecting a lot of the people in this area," Herrión said.

"We are just in a league where the margin for error is just microscopic but this team is improving."

Jason Maxiell lead the Bearcats in scoring, dropping a game high 24.

The Pirates found themselves with four guys in double figures, lead by Rouse's monster 21 point, 13 rebound performance. Cook went for 19 points while "Moose" added 14 and Mike Castro tallied 10.

ECU may not have come out on the winning end of this one, but the Pirates have continued to

show signs of improvement since the break, which is evident in the balanced scoring attack against the Bearcats last night.

Another key for the Pirates in the tough loss was the noise level and problems the crowd created for the opposition throughout the game.

Coach Herrión believes his team feeds off the energy of the fans and only hopes that they will

continue to come out in bigger numbers to support his Pirates.

"Come back Saturday and give us that energy this weekend against UAB," Herrión said.

The Pirates host the University of Alabama-Birmingham this Saturday at 1 p.m.

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## ECU swimming: no bark, just bite

Women earn No. 1 ranking in nation

BRENT WYNNE  
SENIOR STAFF WRITER

With all the recent turmoil surrounding ECU athletics, fueled by the firing of former head football coach John Thompson, and the recent decline of the ECU Men's Basketball Team, the Pirate Nation is looking wholeheartedly for a team to rally behind. The Pirate men's and women's swimming and diving squads just might be those teams.

As if satisfied with slipping under the proverbial radar, both the men's and women's team quietly snuck into the top 10 in the latest NCAA Division I Mid-Major poll. The women are topping the polls with one of the school's first ever national No. 1 rankings in any sport and the men are entering the top 10 at the No. 9 slot. The women are currently 5-1 in their dual team meets, with their only blemish coming from a three-point loss at the hands of a strong Duke squad. The men are a perfect six for six in dual teams, including victories over ranked opponents George Mason, James Madison, Davidson and George Washington.

So what's the secret to all the success?

"There is no secret," said Head Coach Rick Kobe.

"We've been doing it for decades. We just train really hard. If you buy in to hard training, then you are going to be successful. We have a tradition here and our kids know when they come into the pool area, it's time to



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work and get the job done."

Included in Kobe's strict training regimen for his team is 40-50,000 yards of swimming per week. While most ECU students enjoyed their final few days of Christmas break perhaps by relaxing on the couch, the Pirate swimmers and divers capitalized on the opportunity to better themselves for the second half of the season.

"We just came back from our training trip down in Florida where we trained for five hours a day," Kobe said.

"That, in essence, puts us at a completely higher training level."

The higher level that has now been achieved ensures when Kobe begins to rest his squads in three weeks to prepare them for

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That new level of training will come in handy as the Pirates face their toughest stretch of meets of the 2004-2005 season

in the coming weeks. The biggest of the remaining meets is the North Carolina dual team meet in Chapel Hill on Jan. 26. Sandwiched in between now and then are two ranked opponents in William & Mary (Saturday 1 p.m.) and the University of Maryland-Baltimore County, two consistently strong teams. The Pirates then end the regular season with a home meet against UNC-Wilmington.

ECU has a schedule like this year in and year out and it's not a forgiving one. However, all great coaches have a reason for scheduling opponents when they do and Kobe is no exception.

see SWIMMING page B5

## Hakim Warrick: Hands down best college player so far



WARRICK

(AP) — It's January, which can only mean a few things. Some new laws have taken effect, the Warriors already are out of the playoff race, and it's time to hand out some midseason awards.

**PLAYER OF THE YEAR:** Illinois and North Carolina have emerged as the two top teams in the country, but each has so many weapons there isn't just one marquee player. The top candidates are Syracuse's Hakim Warrick, Mississippi State's Lawrence Roberts, Boston College's Craig Smith, Arizona State's Ike Diogu and Marquette's Travis Diener. Roberts (19.8 points per game, 11.5 rebounds per game) is averaging a double-double, and the Bulldogs' only losses are to Syracuse and Arizona. Diogu also is going for double-figures in points (23.3) and rebounds (10.4). Smith (19.6 ppg, 8.7 rpg) makes things go for the undefeated Eagles, and Diener is second in Conference USA in scoring (20.9 ppg) and first in assists (6.6 apg). But the choice here is Warrick. The Orange is the class of the Big East and its only loss is to Oklahoma State. Warrick (19.4 ppg, 8.5 rpg) is the main reason why.

**COACH OF THE YEAR:** Boston College's Al Skinner is getting a lot of attention because the Eagles are considered a surprise. But don't forget that BC has four starters back from a team that went 24-10 last season and advanced to the second round of the NCAA Tournament. George Washington has been one of the season's biggest surprises, knocking off Michigan State and Maryland on its way to a national ranking. Karl Hobbs deserves a lot of the credit. Even St. Mary's coach Randy Bennett should receive some consideration for keeping the Gaels at a high level

even without two of their best players and making them even better at full strength. But our pick is Kansas' Bill Self. We all knew the Jayhawks would be good, but they've knocked off two top 10 teams during a nine-day span without injured All-American Wayne Simien.

**BIGGEST SURPRISE:** There haven't been many. The current national rankings have a lot of the same teams that were there in the preseason, albeit with a jumbled order. George Washington introduced itself to the nation by beating Michigan St. and Maryland on back-to-back days and has held its own since. Arkansas could be a threat in the SEC after getting off to a 13-2 start. New Mexico, not UNLV or Utah, has been the class of the Mountain West so far. But although it's lost its last two games, Iowa has been the biggest eye-opener this season. The Hawkeyes were picked to finish in the middle of the pack in the Big Ten but are 12-3 and have quality wins on their resume.

**BIGGEST DISAPPOINTMENT:** Memphis has become a punching bag for its under-achieving season, but it's hard to argue with the evidence. The Tigers began the season ranked 24th in the country and have four starters back from last year's NCAA Tournament team. But they are 8-7 and have losses to Mississippi and Louisiana Tech. They also don't have a quality win. It hasn't helped that star player Sean Banks has been in coach John Calipari's doghouse. Memphis is the firm choice for this category, with honorable mention to North Carolina State, Florida and Providence.

**MOST IMPROVED:** UConn's Marcus Williams has taken over the point guard duties and is among the nation's leaders in assists at 7.3 per game. Jawad Williams of North Carolina is tied for the team lead in scoring after spending much of the past two years in the shadow of Raymond Felton, Rashad McCants and Sean May. UCLA's Dijon Thompson has been carrying the Bruins on his back (17.5 ppg, 9.1 rpg) while the team's freshmen get their feet wet. But the biggest jump in level of play has come from Stanford's Dan Grunfeld. After averaging 3.4 points and 1.4 rebounds in a reserve role last season, Grunfeld is the Cardinal's leading scorer at 18.1 ppg. He's also the team's second-leading rebounder at 5.5 rpg.

## Thompson left football team in shambles

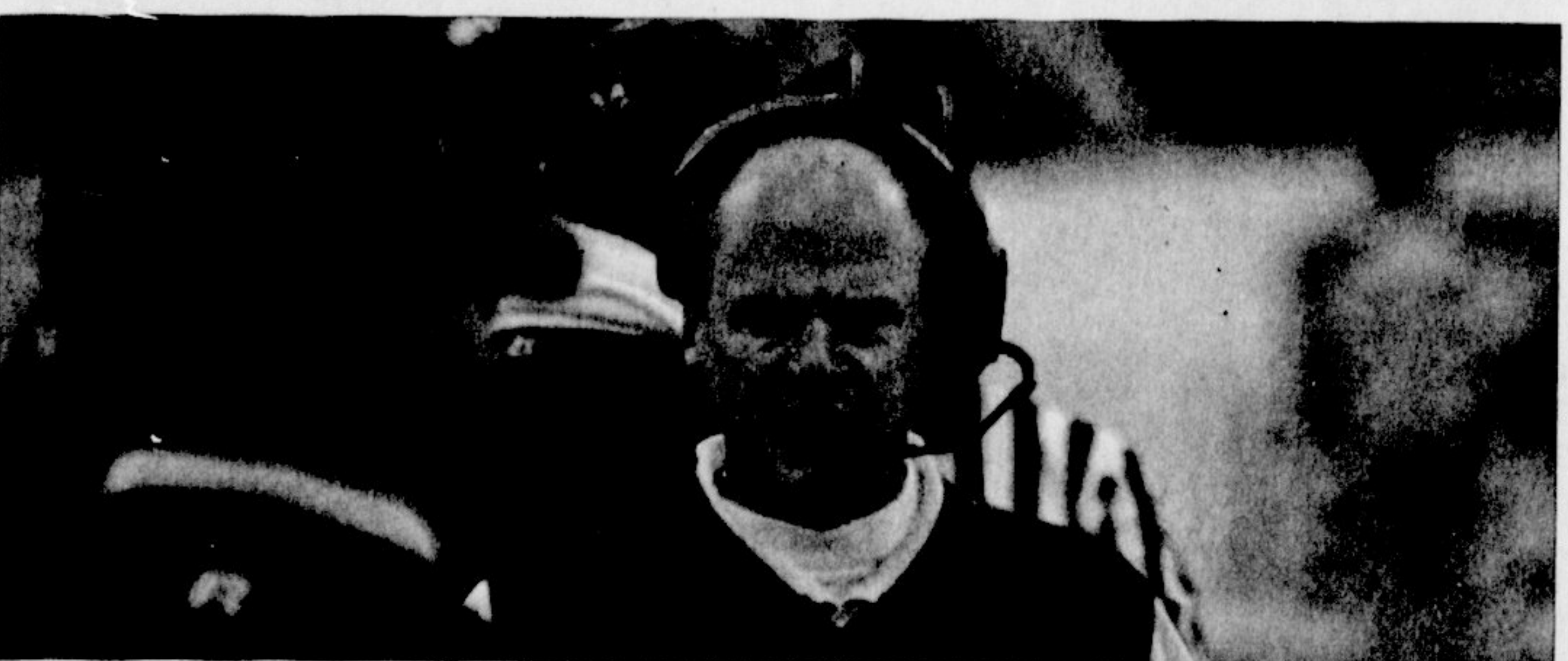
Holtz hopes to pick up pieces JT left behind

ERIC GILMORE  
STAFF WRITER

Unlike ECU's former head coach, Skip Holtz has spent years being the "decision-maker." He knows what has to be done to turn around a mediocre team. Pirate fans want the Skip Holtz flavor of "Holtz turnaround." In just five years, Holtz turned the University of Connecticut's team a full 180 degrees as they finished with 10 wins in 1998, their highest total ever.

Holtz has a steep hill to climb at ECU after the former coach decimated a program once proud with perennial wins and traditions.

John Thompson never won at ECU, compiling a 3-20 record in two short years ... or long, depending on which way you want to



John Thompson paces the sidelines during the last game of the season against NC State.

look at it. The lifelong assistant did more to ruin the program than just lose. He lost his team.

Twenty players in the past two seasons left the program for various reasons. Players are undoubtedly to blame for many of the dismissals. However, the coach is ultimately held account-

able for the program and the players who represent it.

Granted, Thompson inherited a team he didn't recruit. However, Thompson lost almost an entire recruiting class, including 14 of which saw significant playing time in his two-year tenure.

Now with James Pinkney and

Guy Whimper no longer enrolled at ECU, it proves Thompson's reign might not have been as rosy as he made it seem. Thompson often spoke of the positive, all but neglecting to acknowledge the truth. Maybe he should have

see THOMPSON page B5



## Thompson from page B4

explained why there was a mad exodus of talented football players.

Losing Pinkney and Whimper are big blows. Both have remote chances to rejoin the team in the future, but the scenario is not likely. It seems odd that Pinkney learned a complicated NFL-type playbook, but could not buckle down to stay in school. Head coaches are made aware of a player's grades periodically throughout each semester. Pinkney would have been on "academic warning" before the season even started so it should have been red-flagged.

Also leaving the program during last season were two key senior receivers. Damarcus Fox reportedly received a "cloudy" result on a second drug-test and was immediately dismissed. Fox attributed it to a disagreement with Thompson.

Edwin Rios, who started the first game, was dismissed after being "cut" from the team due to an injury. Rios comments, made in the Oct. 27, 2004 edition of the *Raleigh News & Observer* contradicted Thompson, who stated that the two parted mutually. Rios went on to say, "I wasn't Thompson's favorite player."

Iverick Harris, a promising recruit from Burlington got lost in the receiving shuffle. Harris, who saw limited action, mysteriously quit midseason. Tutu Moye, a starter at tight end three years ago didn't fit into Thompson's scheme and quit when moved to linebacker.

As school started, Josh Chilsom was deemed academically ineligible. Eric Terry left the team presumably for academic reasons. Ike Emodi entered the NFL supplemental draft because it was rumored he was struggling academically.

All three would have been probable starters in 2004.

Several recruits that were signed in February never made it to campus. Players like Josh Grier, Tony Richardson and Ted Riley ended up at junior colleges. Richie Santos, Quentin Cotton and Mike Williams were asked to sit out the 2004 season and begin when spring practice started in 2005.

Transfers also hurt the team. Sakeen Wright went back to his native New Jersey after starting in 2003 at the receiver slot. Paul Troth, debatably the biggest recruit ever for the Pirates never panned out and then transferred. Thompson decided not to start the incumbent quarterback in 2002, making way for plenty of quarterback struggles in 2003. Jared Brogren joined Troth at Liberty.

Antoine Nealy, Benard Sintim, Marques Woolford and

Kevin Fain disappeared into thin air. Nealy and Fain both started games in 2002.

John Thompson came to ECU as a player's coach. Even so, he chastised so many of his players to the point that the fans have to suffer.

Since arriving, Holtz has been what the doctor ordered. He has hired a seasoned and capable staff. He has spoken about winning his team over, hit the recruiting trail hard and promises a new, more physical attitude.

But in order to complete the familiar "Holtz turnaround" patented by his father Lou so many times, Holtz will have to play the cards he's been dealt. Unfortunately for him, it's someone else's fault that he does.

*This writer can be contacted at sports@theeastcarolinian.com.*

## Swimming from page B4

"We have some tough meets left and I always like to schedule the tougher meets in the second half, because it helps to prepare the kids for the championship meets that will come later," Kobe, the 23-year veteran said.

"William & Mary has an excellent program. Their head coach used to be my assistant coach and it's his first year with that program and he has done a good job with them, so that will be a good meet for both our teams. UMBC is ranked just ahead of our men's team, so that will be a tough test for them."

Chapel Hill is the most difficult meet on our schedule, so we have some really tough meets coming up. But that's just going to make us that much tougher, so when we go to the conference championship meet, we will have seen it all by then."

The C-USA championships begin Feb. 23, where the Pirates will look to continue their streak of never finishing worse than second on either side of the competition, an accomplishment that Kobe says is all about consistency from one event to the next.

"We always have three or four swimmers that are stand-outs, those who break records and things of the such," Kobe said.

"This year is no exception, with Josh Barthlow and Megan Pulaski, two dynamite freshmen

who have already set records and seniors Casey Cronin and Diane Parker. But sandwiched in between those four, are about 50 more outstanding kids, many of which are the best at certain events. You don't win the amount of meets and championships that we win or post streaks like our C-USA second or better streak without the consistency from top to bottom. The bottom line is we just have a ton of talent in all our events."

As far as predictions go for the C-USA championships, Kobe expects the men's meet to be a two team competition between the Pirates and TCU, while the women's side, according to Kobe, is very unpredictable.

"Six out of the seven women's teams are all about equal," Kobe said.

"You can have an awesome meet and still finish second to last. It's definitely going to be a dog-fight on both sides for that top spot."

Can you name the sport at ECU that has produced the most individual and team conference champions in the last quarter of a century? If you can't, keep thinking.

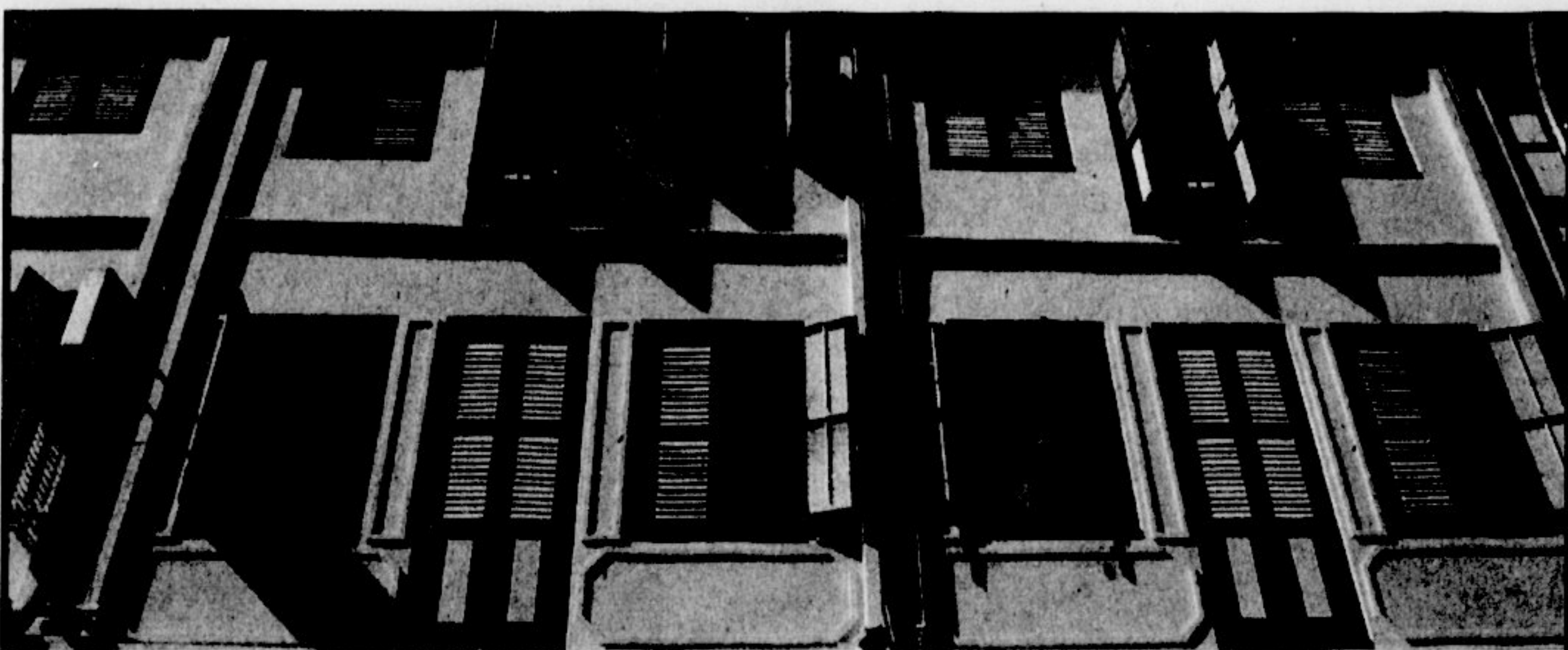
In the meantime, coach Kobe and the gang will quietly continue to win championships.

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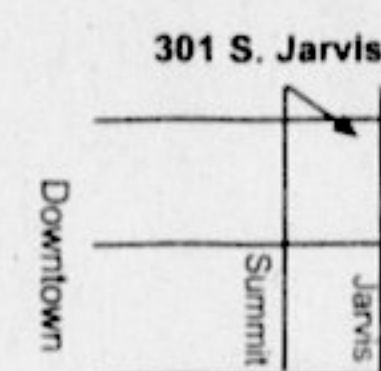
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Sunday - \$2.50 Pint Guinness, Bass, Newcastle, Black and Tan



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**BIGGEST SURPRISE:** There haven't been many. The current national rankings have a lot of the same teams that were there in the preseason, albeit with a jumbled order. George Washington introduced itself to the nation by beating Michigan St. and Maryland on back-to-back days and has held its own since. Arkansas could be a threat in the SEC after getting off to a 13-2 start. New Mexico, not UNLV or Utah, has been the class of the Mountain West so far. But although it's lost its last two games, Iowa has been the biggest eye-opener this season. The Hawkeyes were picked to finish in the middle of the pack in the Big Ten but are 12-3 and have quality wins on their resume.

**BIGGEST DISAPPOINTMENT:** Memphis has become a punching bag for its under-achieving season, but it's hard to argue with the evidence. The Tigers began the season ranked 24th in the country and have four starters back from last year's NCAA Tournament team. But they are 8-7 and have losses to Mississippi and Louisiana Tech. They also don't have a quality win. It hasn't helped that star player Sean Banks has been in coach John Calipari's doghouse. Memphis is the firm choice for this category, with honorable mention to North Carolina State, Florida and Providence.

**MOST IMPROVED:** UConn's Marcus Williams has taken over the point guard duties and is among the nation's leaders in assists at 7.3 per game. Jawad Williams of North Carolina is tied for the team lead in scoring after spending much of the past two years in the shadow of Raymond Felton, Rashad McCants and Sean May. UCLA's Dijon Thompson has been carrying the Bruins on his back (17.5 ppg, 9.1 rpg) while the team's freshmen get their feet wet. But the biggest jump in level of play has come from Stanford's Dan Grunfeld. After averaging 3.4 points and 1.4 rebounds in a reserve role last season, Grunfeld is the Cardinal's leading scorer at 18.1 ppg. He's also the team's second-leading rebounder at 5.5 rpg.

## Thompson left football team in shambles

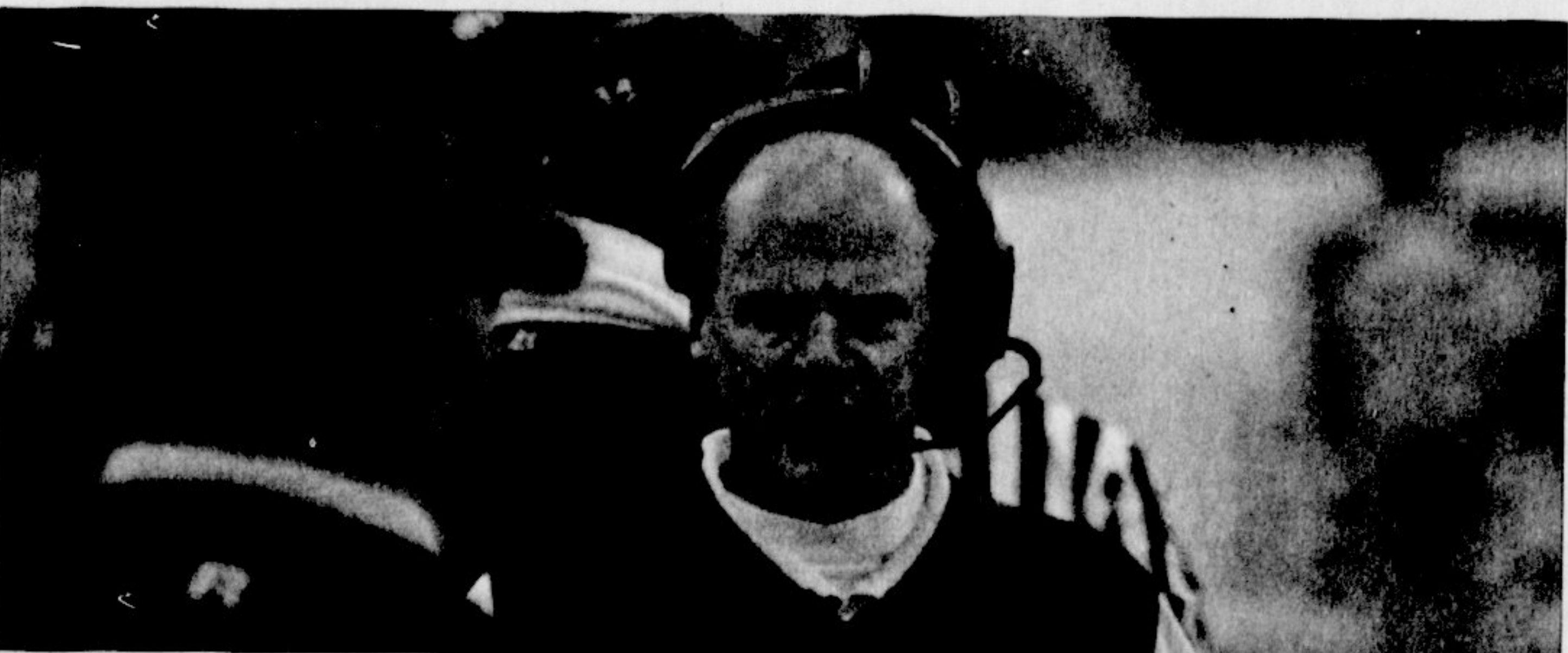
Holtz hopes to pick up pieces JT left behind

ERIC GILMORE  
STAFF WRITER

Unlike ECU's former head coach, Skip Holtz has spent years being the "decision-maker." He knows what has to be done to turn around a mediocre team. Pirate fans want the Skip Holtz flavor of "Holtz turnaround." In just five years, Holtz turned the University of Connecticut's team a full 180 degrees as they finished with 10 wins in 1998, their highest total ever.

Holtz has a steep hill to climb at ECU after the former coach decimated a program once proud with perennial wins and traditions.

John Thompson never won at ECU, compiling a 3-20 record in two short years... or long, depending on which way you want to



John Thompson paces the sidelines during the last game of the season against NC State.

look at it. The lifelong assistant did more to ruin the program than just lose. He lost his team.

Twenty players in the past two seasons left the program for various reasons. Players are undoubtedly to blame for many of the dismissals. However, the coach is ultimately held account-

able for the program and the players who represent it.

Granted, Thompson inherited a team he didn't recruit. However, Thompson lost almost an entire recruiting class, including 14 of which saw significant playing time in his two-year tenure.

Now with James Pinkney and

Guy Whimper no longer enrolled at ECU, it proves Thompson's reign might not have been as rosy as he made it seem. Thompson often spoke of the positive, all but neglecting to acknowledge the truth. Maybe he should have

see THOMPSON page B5



## Thompson from page B4

explained why there was a mad exodus of talented football players.

Losing Pinkney and Whimper are big blows. Both have remote chances to rejoin the team in the future, but the scenario is not likely. It seems odd that Pinkney learned a complicated NFL-type playbook, but could not buckle down to stay in school. Head coaches are made aware of a player's grades periodically throughout each semester. Pinkney would have been on "academic warning" before the season even started so it should have been red-flagged.

Also leaving the program during last season were two key senior receivers. Damarcus Fox reportedly received a "cloudy" result on a second drug-test and was immediately dismissed. Fox attributed it to a disagreement with Thompson.

Edwin Rios, who started the first game, was dismissed after being "cut" from the team due to an injury. Rios comments, made in the Oct. 27, 2004 edition of the *Raleigh News & Observer* contradicted Thompson, who stated that the two parted mutually. Rios went on to say, "I wasn't Thompson's favorite player."

Iverick Harris, a promising recruit from Burlington got lost in the receiving shuffle. Harris, who saw limited action, mysteriously quit midseason. Tutu Moye, a starter at tight end three years ago didn't fit into Thompson's scheme and quit when moved to linebacker.

As school started, Josh Chilsom was deemed academically ineligible. Eric Terry left the team presumably for academic reasons. Ike Emodi entered the NFL supplemental draft because it was rumored he was struggling aca-

demically. All three would have been probable starters in 2004.

Several recruits that were signed in February never made it to campus. Players like Josh Grier, Tony Richardson and Ted Riley ended up at junior colleges. Richie Santos, Quentin Cotton and Mike Williams were asked to sit out the 2004 season and begin when spring practice started in 2005.

Transfers also hurt the team. Sakeen Wright went back to his native New Jersey after starting in 2003 at the receiver slot. Paul Troth, debatably the biggest recruit ever for the Pirates never panned out and then transferred. Thompson decided not to start the incumbent quarterback in 2002, making way for plenty of quarterback struggles in 2003. Jared Brogden joined Troth at Liberty.

Antoine Nealy, Benard Sintim, Marques Woolford and

Kevin Fain disappeared into thin air. Nealy and Fain both started games in 2002.

John Thompson came to ECU as a player's coach. Even so, he chastised so many of his players to the point that the fans have to suffer.

Since arriving, Holtz has been what the doctor ordered. He has hired a seasoned and capable staff. He has spoken about winning his team over, hit the recruiting trail hard and promises a new, more physical attitude.

But in order to complete the familiar "Holtz turnaround" patented by his father Lou so many times, Holtz will have to play the cards he's been dealt. Unfortunately for him, it's someone else's fault that he does.

This writer can be contacted at [sports@theeastcarolinian.com](mailto:sports@theeastcarolinian.com).

## Swimming from page B4

"We have some tough meets left and I always like to schedule the tougher meets in the second half, because it helps to prepare the kids for the championship meets that will come later," Kobe, the 23-year veteran said.

"William & Mary has an excellent program. Their head coach used to be my assistant coach and it's his first year with that program and he has done a good job with them, so that will be a good meet for both our teams. UMBC is ranked just ahead of our men's team, so that will be a tough test for them.

Chapel Hill is the most difficult meet on our schedule, so we have some really tough meets coming up. But that's just going to make us that much tougher, so when we go to the conference championship meet, we will have seen it all by then."

The C-USA championships begin Feb. 23, where the Pirates will look to continue their streak of never finishing worse than second on either side of the competition, an accomplishment that Kobe says is all about consistency from one event to the next.

"We always have three or four swimmers that are stand-outs, those who break records and things of the such," Kobe said.

"This year is no exception, with Josh Barthlow and Megan Pulaski, two dynamite freshmen

who have already set records and seniors Casey Cronin and Diane Parker. But sandwiched in between those four, are about 50 more outstanding kids, many of which are the best at certain events. You don't win the amount of meets and championships that we win or post streaks like our C-USA second or better streak without the consistency from top to bottom. The bottom line is we just have a ton of talent in all our events."

As far as predictions go for the C-USA championships, Kobe expects the men's meet to be a two team competition between the Pirates and TCU, while the women's side, according to Kobe, is very unpredictable.

"Six out of the seven women's teams are all about equal," Kobe said.

"You can have an awesome meet and still finish second to last. It's definitely going to be a dog-fight on both sides for that top spot."

Can you name the sport at ECU that has produced the most individual and team conference champions in the last quarter of a century? If you can't, keep thinking.

In the meantime, coach Kobe and the gang will quietly continue to win championships.

This writer can be contacted at [sports@theeastcarolinian.com](mailto:sports@theeastcarolinian.com).

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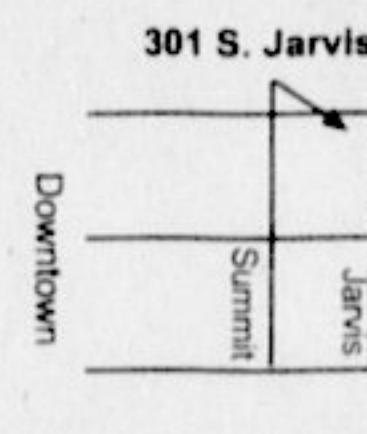
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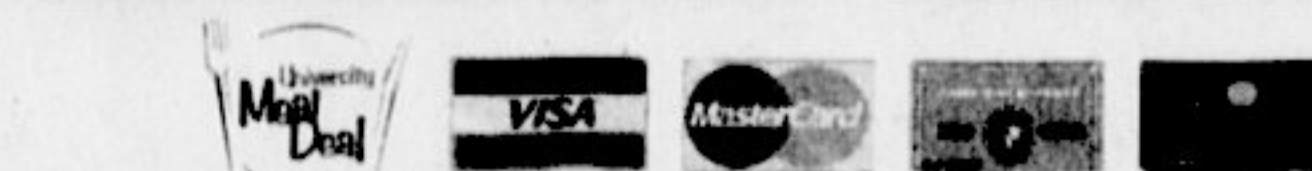
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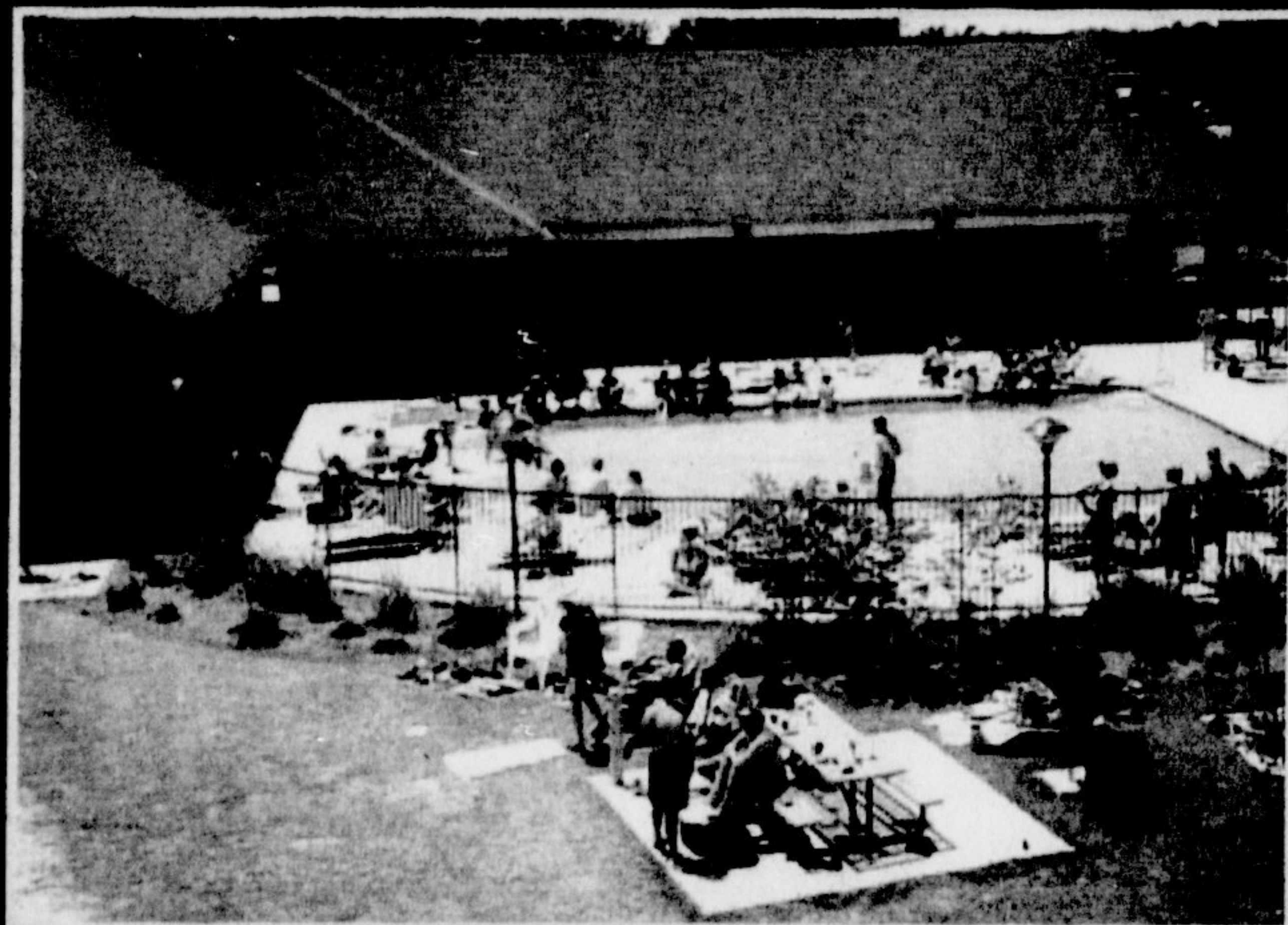
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