



Family members mourn the losses of 12 miners killed last week.

Last funerals planned for Sago Mine victims

TALLMANSVILLE, W.Va. (AP) — Investigations were called into both the Sago Mine disaster and overall national mining safety as the state prepared to say farewell to the last two victims of West Virginia's worst coal-mining accident in more than 35 years. Among the issues to be probed will be the tragic miscommunication that led to the mistaken belief that 12 of the trapped miners had been rescued alive on Jan. 2.

"I am asking for that because I have witnessed firsthand the unbelievable human suffering that comes from miscommunication," Gov. Joe Manchin said Monday.

Mourners planned to gather Tuesday for two funerals, including one held at the small Baptist church where families were mistakenly told all but one had survived.

The funeral for 59-year-old Fred Ware was scheduled for Sago Baptist Church in Tallmansville, followed by services for Terry Helms, 50, in Mason town. They were among the 12 miners killed.

There was no change Monday in the neurological condition of the only trapped miner to survive the disaster. Randal McCloy Jr. remained in critical condition, fighting a fever and undergoing dialysis.

Doctors treating McCloy at West Virginia University's Ruby Memorial Hospital in Morgantown declined to speculate on when the 26-year-old would fully wake up from a medically induced coma or comment on the extent of any brain damage he might have suffered.

But physicians said that McCloy's brain stem appeared to be normal, and that a fever is common for patients in intensive care. McCloy was breathing on

his own, although he remained connected to a ventilator as a precaution and was responding to stimuli, doctors said.

Federal and state mine safety officials said they would hold joint public hearings on the accident. Meanwhile, Sen. Robert C. Byrd, D-W.Va., said federal mine safety officials would be called to testify before a Senate subcommittee that would hold hearings into the disaster beginning Jan. 19.

"It's time for the decisions affecting America's miners to be made with their best interests at heart," Byrd said in a statement. "That should be the legacy of the Sago miners."

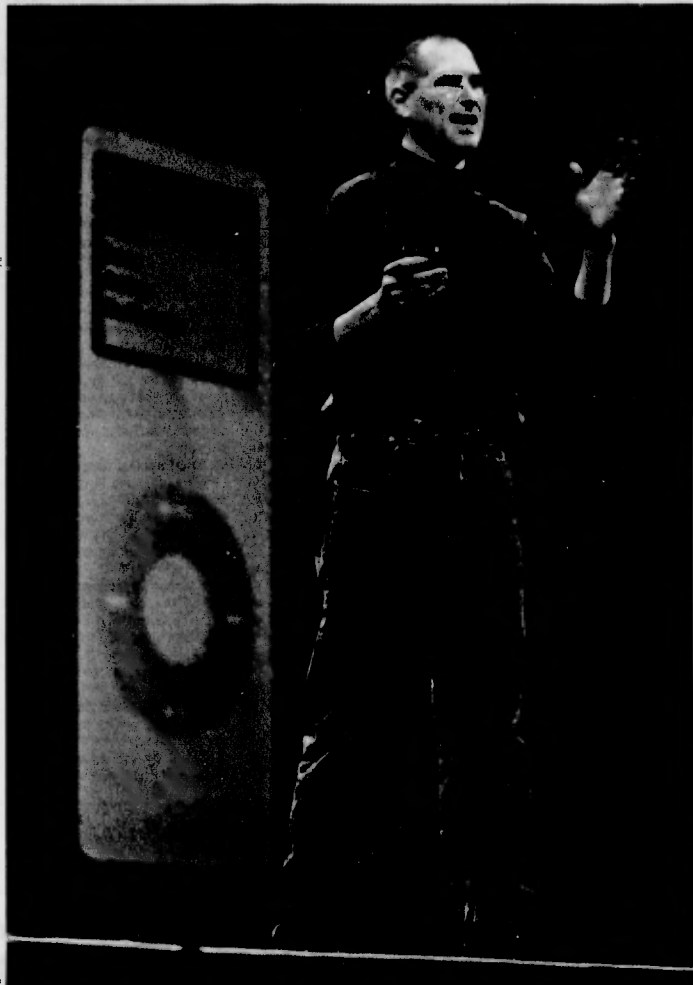
Sen. Jay Rockefeller, D-W.Va., also called for hearings into the specific issue of coal mine safety. He said Congress had not held a comprehensive oversight hearing of the federal Mine Health and Safety Administration since 2001.

Also Monday, Manchin named J. Davitt McAteer, who oversaw the federal MSHA during the Clinton administration, to serve as his consultant, oversee the work of state and federal investigators and issue a report on the disaster by July 1.

McAteer said legitimate questions exist about the number of citations at Sago Mine, which had 208 alleged violations of federal mine rules in 2005. The mine's owner, International Coal Group Inc., has said it is working to correct the violations inherited from the mine's former owner.

"We have made tremendous strides in this country in terms of production," McAteer said. "We are in the 21st century in terms of the way we can produce the coal. We simply haven't brought the health and safety aspects of mining into the 21st century."

Apple's Jobs unveils new Macs using Intel



Apple Computer Inc. CEO Steve Jobs speaks at the Macworld Conference in San Francisco about the new iMac technology.

SAN FRANCISCO (AP) — Apple Computer Inc.'s historic shift to Intel Corp. microprocessors came earlier than expected Tuesday as CEO Steve Jobs unveiled an updated iMac computer based on the world's largest semiconductor company's new two-brained chip.

The switch to Intel was first announced in June, when Apple said it expected to begin making the transition by the middle of 2006.

But on Tuesday, Apple CEO Steve Jobs was joined onstage by Intel CEO Paul Otellini, who was wearing a bunny suit, to make the

announcement. "With (the) Mac OS X (operating system) plus Intel's latest dual-core processor under the hood, the new iMac delivers performance that will knock our customers' socks off," said Jobs.

For years, Apple shunned Intel, which has provided chips that power a majority of the world's PCs, along with Windows software from Microsoft Corp. In the late 1990s, Apple even ran TV ads with a Pentium II glued to a snail.

But Apple, looking for faster, more energy-efficient chips, became increasingly frustrated in recent years as its chip suppliers,

IBM Corp. and Motorola Corp.'s spinoff, Freescale Semiconductor Inc., failed to meet its needs.

Of particular concern was IBM's apparent inability to develop a G5 chip that would work well in notebook computers.

Intel, on the other hand, has been focusing on developing chips specifically tailored for notebooks. In 2003, it launched its Centrino notebook technology with a processor that boosted a longer battery life by minimizing its power demand without a major hit to performance.

see APPLE page A2

Trade deficit widens as credit card debt expands



Overspending leads to debt.

Comparing multiple countries' spending habits

LEE SCHWARZ
STAFF WRITER

By Dec. 15, the U.S. trade deficit, which is the difference between a country's imports and exports, had widened to nearly \$69 billion.

Republican Senator Olympia Snowe blamed countries like China for not playing the trade game fairly, thereby creating the trade deficit by selling more goods than they bought from the United States.

A government has a broad range of powers in determining the trade landscape by instituting tariffs and duties. Generally, the trade deficit the United States endures is attributed to a free and wealthy society that is seen as an economic paradigm of high spenders who borrow \$2 billion a day from the rest of the world. Americans generally spend \$1.01 to every \$1.00 they earn.

If it were not for the savings of foreigners, American citizens could not live beyond their means as comfortably as they do.

U.S. lawmakers believe that once the rest of the world catches up to the United States in terms of economic prowess and freedom, the trade deficit will correct itself. The concept of free trade is aimed at achieving a kind of economic equilibrium where competition determines prices, wages and location of businesses and will give developing countries the opportunity to catch up to the industrialized world. The issue is that the United States has more people who can afford to buy things than virtually everyone else. However, the rest of the world is beginning to catch up and has developed some American habits like credit card debt.

In the United Kingdom, credit card debt has reached an all-time high with the average Briton now owing \$5,200 compared with the United States where the average is about \$10,000. Bankruptcies are up almost 50 percent in England from only a year ago.

The trend in England could very well continue growing as credit in Britain is based on payment performance as opposed to the United States' basis in income.

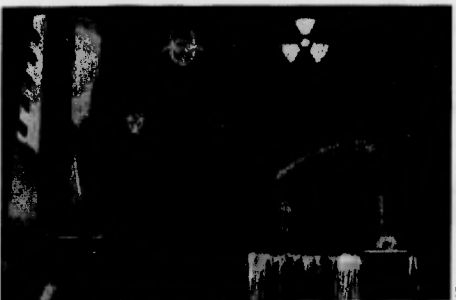
It is conceivable that someone could make only the minimum payments on their credit and be awarded nearly infinite credit. The strategy seems to work due to recent laws allowing UK citizens to "reset" their credit ratings much sooner after a bankruptcy.

Germans are the next most indebted people in Europe with about \$3,500 in debt. Poorer countries in Europe like Italy tend to save more and borrow less and thereby have the least amount of debt per person because people there have less confidence in the economy, and their cynicism works as an ally in keeping their debt in check.

It seems that the higher the standard, the more willing people are to borrow excessively with one exception.

Japan also has a lot of wealthy consumers and a high standard of living, but Japan is more of a closed society, meaning there is social pressure on its citizens to buy domestic products and to save more than borrow. No such social pressure exists in America, much to the chagrin of many large manufacturers who respond by locating their factories in foreign countries where labor is cheap and tax breaks are plenty. One great tax haven for intellectual property is Ireland, which is quickly becoming one of the wealthiest nations in Europe because of its tax treatment of intellectual foreigners.

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



The rest of the world is worried Iran may use nuclear energy for purposes other than fueling.

Iran says seals removed, research into nuclear fuel has been resumed

TEHRAN, Iran (AP) — Iran removed seals on its nuclear facilities Tuesday, ending a two-year freeze on work there despite warnings from the United States and other countries concerned about Tehran's nuclear ambitions.

The United States rebuked Iran for the move, calling it a step toward creating the material for nuclear bombs. British Prime Minister Tony Blair's official spokesman said the international community was "running out of patience" with Tehran.

Both countries, along with France and Germany, have called on Tehran to cease nuclear activi-

ties until an agreement has been reached on the scope of its nuclear program.

Iran announced plans last week to resume research on the production of nuclear fuel, heightening concerns that Tehran was moving toward building atomic weapons. Iran says the research is aimed at generating electricity.

Mohammad Saeedi, the deputy head of Iran's Atomic Energy Organization, said Tuesday that Iran was not resuming the production of nuclear fuel, a process that would

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Florida reviewing canker law after hurricanes

TALLAHASSEE, Fla. (AP) — Agriculture officials are reviewing a state law requiring the destruction of citrus trees within a 1,900-foot radius of one infected with canker after the devastating 2005 hurricane season.

The four storms that struck or brushed the state not only caused an estimated \$2.2 billion in damage to the state's crops and farming infrastructure, but they are believed to have spread dreaded citrus diseases that threaten the state's signature citrus crops.

Agriculture officials estimate that hurricanes Wilma and Katrina could be responsible for spreading canker to 183,000 acres, or a quarter of the state's commercial citrus groves.

As the Florida Department of Agriculture tries to determine exactly how far canker has spread, growers are seeking to have the 1,900-foot law eased. Any change must come from the Legislature.

The department is gathering more information before deciding what other action, if any, to take.

"That's a law, not a policy, we can't just ignore it," spokeswoman Liz Compton said. "Right now we're intensively cutting positive trees, but we've shifted resources to do intensive surveys to find out where the canker is



Canker may have damaged a quarter of Florida's citrus crops.

before we make any decisions on the future of the program."

Last month, two citrus growers from Polk County sued the state to challenge the eradication program and its right to destroy property without paying compensation.

After a decade-long battle, state and federal agriculture

workers had been close to eliminating canker, which causes fruit and leaves to drop prematurely, but in the past two summers, the disease spread to new areas in the heart of the state's citrus production.

Citrus canker creates unsightly lesions on fruit, making it harder to sell. The disease itself doesn't kill the tree.

Announcements

Irish Archaeology Lecture

John Bradley of the National University of Ireland-Monmouth will present "Archaeology and the End of Irish History" as part of the Medieval Irish History and Archaeology Lecture Series at 7 p.m. Thursday, Jan. 12 in Flanagan 265. The event is free and open to the public.

Tutu celebrates MLK Day at ECU

Naomi Tutu, the daughter of famed South African Archbishop Desmond Tutu, will visit Greenville in observance of the Martin Luther King, Jr. holiday. The event will be held Wednesday, Jan. 11 at 7 p.m. in the Hendrix Theater. For more information, contact David Dennard at 328-4364 or the Ledonia Wright Cultural Center at 328-6495.

Book Signing

ECU foreign language professor Steven Cerutti will hold a book signing for his book *Word of the Day: The Unlikely Evolution of Colloquial English*. The book is inspired by Cerutti's popular class on Greek and Latin Vocabulary Building (GLAS 1300). For more information, contact Steven Cerutti at 328-6031 or cerutti@mail.ecu.edu.

MLK Vigil and March

ECU will hold a candlelight vigil and march on College Hill at 6 p.m. Monday, Jan. 16 in celebration of Martin Luther King, Jr. Day. A musical performance by ECU professors Louise Toppin and Gerald Knight with Gregory Thompson of Johnson University, followed by selections from the ECU Gospel Choir, the choir from the Immanuel Baptist Church and the ECU choral students will follow at 7 p.m. in Hendrix Theater. All events are free and open to the public. For more information, contact David Dennard at 328-4363 or the Ledonia Wright Cultural Center at 328-6495.

Student Volunteer Projects

Students at ECU will be encouraged to participate in the MLK Day Volunteer Challenge Monday, Jan. 16. Volunteers will contribute to a daylong effort organized by ECU's Volunteer and Service Learning Center. Volunteer venues include the Boys and Girls Club, Crealing Cheer, Hope Lodge and the Marley Fund. Students will sign in at 8 a.m. in Mendenhall Student Center, attend at memorial at 9 a.m., and begin their volunteer projects at 9:45 a.m. Registration forms are available at ecu.edu/cs-studentlife/volunteer/mlk.cfm. For more information, contact the Volunteer and Service Learning Center at 328-2735.

Award-winning Piano Performance

Joyce Yang, 12th Van Cliburn International Piano Competition Silver Medalist, will perform at 8 p.m. in Wright Auditorium Thursday, Jan. 19. Yang has recently had several concert engagements and has recorded a CD. Upcoming collaborations include the Indianapolis and Tucson Orchestras and the Grammy award-winning Takacs Quartet. Tickets are required. For more information, contact the Central Ticket Office at 328-4788 or 1-800-ECU-ARTS.

National Folic Acid Week

The week of Jan. 9 - 15 is National Folic Acid Awareness Week sponsored by the North Carolina Folic Acid Council. The week highlights the necessity for people to consume enough folic acid, which is crucial to cell growth. Pregnant women are at a particularly high risk of a deficiency. North Carolina is in a region of the country with high incidence rates of neural tube birth defect, and consuming 400 mcg of folic acid per day can reduce the risks of NTD by as much as 70 percent. For more information, visit getfolic.com.

Upcoming Meetings

The SGA Senate will meet in the Mendenhall Social Rooms, located downstairs, at 5 p.m. The Greenville City Council will meet Thursday, Jan. 12 at 7 p.m. in the City Council Chambers in downtown Greenville.

News Briefs

State

Feds indict alleged Klan members in gun conspiracy
RALEIGH, NC (AP) - Seven alleged associates of a Ku Klux Klan leader who once threatened to blow up Johnston County's courthouse and kill the sheriff faced federal charges Monday that they conspired to further their plot by trading in stolen firearms. The seven include the son and wife of Charles Robert "Junior" Barefoot Jr., the self-proclaimed leader of the Nation's Knights of the Ku Klux Klan, based in Benson. He is being held on a state murder charge in the slaying of lawman Arthur Pettit of Jacksonville, whose decomposed body was found in a Sampson County field in 2003. Barefoot also faces federal charges of possessing explosives in his home. Federal prosecutor Eric Goulian referred questions about the case to Johnston County Sheriff Steve Bizzell, who was allegedly targeted by the Klan chapter.

"Were they capable of carrying out this plan? Pretty much so," Bizzell said Monday. Barefoot was arrested in 2002 after federal and local authorities raided his home near Benson and found 25 firearms and bomb-making equipment. The raid followed a tip to authorities that Barefoot's organization planned to blow up the courthouse and kill Bizzell. Firearms are also the root of the federal indictments issued late last month and unsealed Monday. The seven named in the indictment were accused of conspiring to steal 31 guns from a building in Benson in October 2001 and selling some of them for at least \$1,650. Bizzell said the money was intended to finance the Klan chapter's plans.

Coyote attacks three people, rables a concern
ASHEVILLE, NC (AP) - Three people attacked by a coyote Monday were in good condition as they

awaited the results of a rabies test. The animal bit landscape worker Richard Zerbe on the nose while he and colleague Eric Parsons were working at a home. Zerbe and fellow bite victims Bessie Watkins and Audrey Ann Huska received rabies shots at Mission Hospital, hospital spokeswoman Merrell Gregory said. The three were in good condition, Gregory said. Animal control workers captured the coyote and sent a brain tissue sample for analysis after killing it. The results of the rabies test were expected within three days, said Asheville police public information officer John Dankel. "There are other diseases animals can have that result in this bizarre behavior, but the most obvious suspect is rabies," he said. The coyote population has increased in western North Carolina as competitors such as wolves and cougars have disappeared in recent years, said Bob Fay, animal curator at the Western North Carolina Nature Center.

National

Snow: New Bush budget will contain tight spending controls on programs
WASHINGTON (AP) - President Bush's new budget will contain tight spending controls across a wide swath of government programs as a way of getting the deficit under control. Treasury Secretary John Snow said Tuesday. Snow said the budget that the administration will present to Congress in early February will continue to make progress on the president's pledge to cut the deficit in half as a percentage of the overall economy by 2009. It will accomplish that by containing government spending while maintaining Bush's other goal of making permanent his first-term tax cuts, which are all due to expire at the end of 2010.

To achieve the twin goals of reducing the deficit and maintaining the tax cuts, Bush's proposed budget for 2007 will show the administration "pressing awfully hard to control spending." Snow said in an interview with a small group of reporters. The new budget, which would cover the budget year that begins next Oct. 1, is expected to contain tight limits on non-security spending. The budget deficit for 2005 fell to \$319 billion, still the third-highest on record, after an all-time high, in dollar terms, of \$413 billion in 2004. Many economists are forecasting that the deficit for the current budget year will again rise above \$400 billion, inflated by government spending on reconstruction efforts after the Gulf Coast hurricanes.

Bush predicting more testing and sacrifice in Iraq this year
WASHINGTON (AP) - President Bush urged Iraqis on Tuesday to put aside political, religious and sectarian differences to form a government of national unity, warning that the country "risks sliding back into tyranny" if it dwells on old grievances.

An AP-Ipsos poll found just 39 percent of those surveyed last week approved of his handling of the war, compared with 41 percent in early December. Violence against Iraqis and U.S. troops has surged in recent days. Bush vowed that the United States would not change course because of the bloodshed. "We will settle for nothing less than complete victory," the president said. Bush acknowledged deep differences over his Iraq policy but said, "Support for the mission in Iraq should not be a partisan matter." He said Americans should hold their leaders to account for how they conduct the debate over the war. The still-unannounced results of Iraq's parliamentary elections last month are expected to show the religious Shiite United Iraqi Alliance with a strong lead. The Shites will, however,

need to form a coalition government with support from Kurdish and Sunni Arab political groups. Bush, in his remarks, said Iraq was making progress in fashioning a democracy in Iraq, rebuilding the economy and training Iraqi forces to take over responsibility for the country's security from American military personnel. He also pressed foreign governments who have not yet followed through on their financial pledges to Iraq's reconstruction to do so quickly.

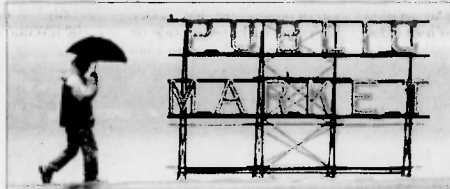
World

Israel agrees to permit Palestinian voting in east Jerusalem
JERUSALEM (AP) - Defense Minister Shaul Mofaz on Tuesday said Israel will permit Arab residents of Jerusalem to vote in upcoming Palestinian elections - a key step toward resolving a standoff that had threatened to derailed the balloting. Mofaz said Israel would follow the policy of previous Palestinian elections, including last year's presidential vote, when it permitted a small number of Jerusalem Arabs to cast votes in local post offices. The remainder were permitted to vote in outlying suburbs in the West Bank. "Israel's policy regarding elections in east Jerusalem will stay like it was," Mofaz told reporters while on a tour near the city. The arrangements were reached under interim peace agreements in the mid-1990s. Palestinian negotiator Saeb Erakat said he hadn't heard anything official from the Israeli government about the plan. "If this is the case, I welcome this position of the Israeli government," he said. The status of Jerusalem is one of the most sensitive issues in the Israeli-Palestinian conflict. Israel claims all of Jerusalem as its capital. The Palestinians claim the eastern sector of the city as capital of its future state. Israel had been threatening to prevent

voting in Jerusalem because the Islamic group Hamas, which is committed to Israel's destruction, is running in the Jan. 25 election. Palestinian leader Mahmoud Abbas said the election would be canceled if Palestinians in east Jerusalem weren't allowed to vote.

Ukraine's parliament dismisses prime minister, Cabinet over Russian gas deal
KIEV, Ukraine (AP) - Parliament fired the Cabinet Tuesday because of a new deal with Russia that nearly doubled what Ukraine pays for natural gas. Prime Minister Yuri Yekhanurov and the justice minister, however, said the vote was nonbinding and vowed that the current Cabinet would continue working. Russia and Ukraine last week ended a bruising public fight over the supply of natural gas to this ex-Soviet republic with a deal which nearly doubles the price of gas for Ukraine. Earlier, Yekhanurov defended the deal, calling it a "compromise" needed to prevent Ukraine from being deprived of gas supplies. Lawmakers in the 450-seat Verkhovna Rada voted 250-50 with two abstentions to fire Yekhanurov and his Cabinet, but required that the government continue work until a new Cabinet is appointed. Under the deal between the two countries, Ukraine must pay \$95 for 1,000 cubic meters of gas, up from \$50. On Jan. 1, Russia's state-owned natural gas monopoly Gazprom cut off supplies to Ukraine after the country refused to meet its demand for a fourfold price increase. Other European countries also reported drops in their supplies and Gazprom accused Ukraine of siphoning off gas bound for Europe in a pipeline to the West - a charge Ukraine denied. Russia supplies about one-quarter of the gas consumed in Europe and 80 percent of that goes through Ukraine.

Seattle closing in on record for consecutive days of rain



A man walks through rain near Public Market in downtown Seattle.

SEATTLE (AP) - After 22 consecutive days of measurable rain, Seattle is closing in on a record so dismal even forecasters in this city famous for its gray skies are complaining.

With more wet weather predicted over the next several days, Seattle may soon break a record set in 1953. The city saw 33 consecutive days of measurable precipitation then, the most since the National Weather Service office there started tracking rainfall in 1931.

"Usually we have a few days of rain and one or two days of cloudy and dreary days and then it rains again and that's the way it goes," weather service meteorologist Johnny Burg said Monday. "We're not getting our dry days in between, just having one system follow another."

A trace of rain fell Dec. 18, but the real wet weather started the following day.

Since October, when the weather service's "weather year" began, Seattle has had nearly 18 inches of rain, about 2 inches above normal and well above this time last year, when the city had received 11 inches of rain.

Mudslides blocked railroad tracks north of Seattle for most of the weekend as well as a highway near Port Orchard on the Kitsap Peninsula. State Route 166 was closed indefinitely in both directions

Sunday because of damage from a mudslide.

It was miserable in the mountains Monday, too. Forecasters said heavy snow falling amid gusty winds in the Cascades would continue through Tuesday, with about a foot falling every 12 hours.

The Olympic Mountains also were getting slammed, with 6 to 11 inches predicted every 12 hours through Tuesday afternoon. Seattle natives often joke that it's easy to spot the tourists and transplants when it's raining because they're the ones using umbrellas.

Not Nora Bailey, who moved to Seattle from northeastern France about 10 years ago. Bailey said the rain doesn't bother her as much as the unyielding grayness.

"It's been a little depressing, but you know, what are you going to do?" the 32-year-old said as she ate at a Pike Place Market bakery.

Richard Comer, 43, who moved to Seattle from the Fresno, Calif., area four years ago, went without a raincoat Monday. Cleopatra, the pit bull-lab that kept him company, wore a yellow slicker.

"I'm getting pretty used to it, so I don't really notice it that much anymore," Comer said.

Though Seattle is famous for its rain, the city's average annual rainfall from 1970 to 2000 was 37.07 inches, compared to 49.71 inches for New York City.

Nuclear from page A1

involve uranium enrichment. "What we resume is merely in the field of research, not more than that," he said at a news conference. "We make a difference between research on nuclear fuel technology and production of nuclear fuel."

"Production of nuclear fuel remains suspended." Inspectors from the International Atomic Energy Agency affixed the seals more than two years ago after Iran agreed to the measure in an effort to dampen suspicions about its nuclear ambitions.

IAEA inspectors were present Tuesday as Iranian officials began removing the seals, spokeswoman Melissa Fleming said from Vienna, Austria, where the agency is based. She declined to say whether the Iranians planned to start enriching uranium or would be satisfied with testing the equipment used in the process.

In Vienna, the chief U.S. representative to the IAEA, Gregory L. Schulte, said that by cutting the seals, Iran had shown "its disdain for international concerns and its rejection of international diplomacy."

"The regime continues to

choose confrontation over cooperation, a choice that deepens the isolation of Iran and harms the interests of the Iranian people," he said.

The United States has threatened to bring Iran before the U.N. Security Council for possible sanctions if it doesn't cooperate with international mediators.

Whether or not Iran should be referred to the Security Council depends on the outcome of discussions within the IAEA, Blair's spokesman said, speaking on condition of anonymity because he was not authorized to have his name published.

"We are concerned by the reports from the International Atomic Energy Agency," the spokesman said. "Everyone needs to be clear that this does amount to yet another breach of IAEA resolutions."

In Berlin, German Foreign Minister Frank-Walter Steinmeier said Tehran had "crossed lines which it knew would not remain without consequences," adding that he planned to consult with his French and British colleagues on whether there is any basis for more talks with Iran.

Russia, Iran's close ally, also

expressed concern that Tehran had removed seals on its nuclear research facilities and called on Iran to maintain its moratorium on enrichment pending negotiations, Russian news agencies reported.

Earlier Tuesday, Deputy Foreign Minister Sergei Kislyak said that a Russian delegation had confirmed to Iranian officials that Moscow's offer to jointly enrich Iranian uranium on Russian territory still stands, the Interfax news agency reported.

The proposal, backed by the European Union and the United States, was designed to ease concerns that Iran would use the fuel to build a bomb. Lavrov said Moscow was coordinating its actions with Germany, Britain and France, Interfax reported.

Iran has insisted it would not agree to move enrichment abroad.

In a foreign policy address Tuesday, French President Jacques Chirac warned Iran it would be committing a "grave error" if it ignored the international community's repeated warnings and pressed ahead with its nuclear program.

Got something to say?

Send us your Pirate Rants!

Apple from page A1

During last week's International Consumer Electronics Show, Intel unveiled the latest generation, the Core Duo, which features two computing engines on a single piece of silicon.


It was that chip that Apple decided to fit into the new iMac.

The Core Duo chip's low energy requirements are expected to enable ever-smaller computers, including some built right into television sets as the industry gears its machines more toward multimedia use.

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My Random Column

Near or far...

Friendship is an amazing relationship between people. You can see a friend everyday or not for years and depending on the quality in the beginning, you can pick up where you left off.

My best friend who I have had since I was in the sixth grade transferred to ECU last fall. I can't believe I survived two years without her, because I see her everyday now and go crazy when I don't talk to her for a while. I guess there are just some bonds that you cannot break even when they were stretched for hundreds of miles at a time.

With that said, I have a friend that I haven't talked to in more than four years, and we found each other a few months ago on MySpace. I have talked to him almost every day for the past week or so and we just picked up like we never stopped talking. He is planning to come to ECU to see me soon and I am so excited. Who would have thought that a simple little Web site could render so many lost friendships found again?

Some people say that absence makes the heart grow fonder. I can see that as being true because over time, you forget all the bad things that once mattered and are open to the idea of a new start and a friendship that is strong and new.

I am in awe of this concept.

From friends 3,000 miles away to ones who are down the road or across the hall, there is no distance that is right or wrong to have or keep friends. I think it makes you a better person to be able to span distances that far.

Of course, I wouldn't be the person I am today without the peers I have had friendships with in the past. Whether I am still friends with them or we no longer talk, they have built my expectations for other people and relationships I have now and will have in the future.

Until next week --Jennifer Hobbs

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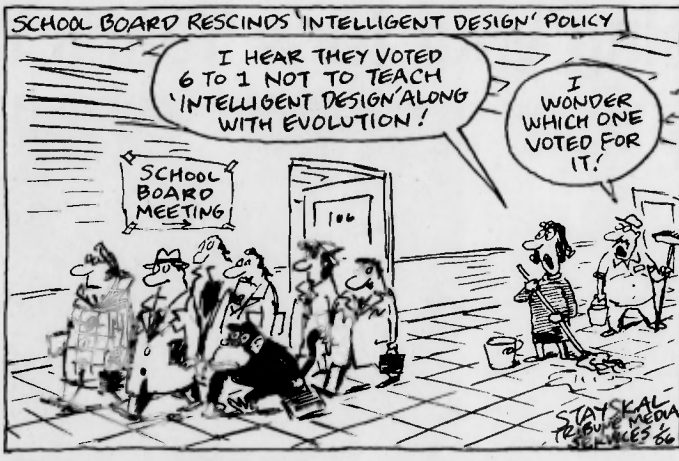
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Opinion Columnist

Attending to the issue at hand

You gotta go, those are the rules

DANIEL BROCK
OPINION COLUMNIST

Well we're back. If not in spirit then at least in body. Though many didn't make it back for the first day of classes, it seems most everyone is now present and accounted for. That means you probably have your hands full of syllabi hot off the presses all making a different set of demands for your time and effort, some of which induce sighs of relief at their brevity, while others inspire trepidation as they read like a novella. A great many things are to be learned from a syllabus. From explicit items like required texts to things to read between the lines such as how pretentious your professor is, syllabi are the Rosetta Stone for your courses.

There is one item on any syllabus that stands head and shoulders above the others in importance and urgency. It is the first thing that I, and you, should make your self aware of when scanning any syllabus. I'm referring to the attendance policy.

Attendance policies date back to biblical times as the Bible states, "Forsake not the assembling of your selves together." I'm not sure if that includes 8 a.m. biology labs, but that's what it says. Some teachers coldly demand near-perfect attendance, claiming it is disrespectful to miss one of their diatribes. Other professors bypass the issue, wearily telling of the four sections and 800 students they have for the semester.

With the swirling winds of a new semester, the last thing that students need are discrepancies in attendance policies. In one class, I can miss four days and still get all my points. In another class, I can miss the second Wednesday of each month but only if it's a waning moon and my birthday falls within 60 days of the first day of class. It's too much people. That's why I propose that ECU do away with attendance policies altogether.

Aspiring mothers have decent incomes. Their children are less likely to grow up poor. A recent New York Times story headlined, "First Comes the Baby Carriage" reported on the growing number of single women choosing to be inseminated with sperm purchased online. They peruse profiles of anonymous donors and make their selection as if from a genetic buffet. Some who become pregnant send other women their leftover sperm. A dozen years from now, what will the children of these women think about this brave new world? All children want to know the special story of their origins. What will these women tell them? The other day I was scanning cable channels and landed on a chat show in which Maureen Dowd, The New York Times columnist, dryly noted that men are no longer needed for reproduction. Dowd has a book out titled "Are Men Necessary?" The Times story about women buying sperm on the internet covered all the angles, except one: It virtually ignored the possible effect on children. At one point, the reporter observed -- as one might take note of a quaint but archaic myth -- that some of these women are accused of being selfish, "because of the widely held belief that

That's right, come as you are ... or don't.

Now I'm sure some stodgy tweed-wearing professors are steaming. They'll say that if we want a standardized attendance policy, it should be perfect attendance. In fact, professors might not be the only ones holding such a view. It's probable that a few prudish students would propose that no absence be tolerated. Well that is ludicrous. I have two schedules to keep, class and social. They are the yin and yang of college life, and I don't believe that one should suffer at the hands of the other.

Am I saying that we should shirk responsibility and party until we get kicked out of school? No. I am saying that if you do all of your assigned work and earn a passing grade regardless of the fact you made it to class only three times, then pass the class you should.

Is going to class just three times in a semester going to maximize your grade? Probably not. But that is the point -- it's your decision. When you came out of high school people told you that you were going to be on your own and were going to have unlimited freedom. Well, I don't feel free when I'm tethered to a class by a stringent attendance scheme. We're being oppressed and the man is keeping us down. Alright maybe it's not that bad, but we shouldn't be forced to go to class if we don't feel like it or are too hung over to attend.

At this point, cries of gross irresponsibility are going up all around campus. Terms like "The real world" and "job" are being thrown around. Well guess what people -- colleges isn't the real world or a job. I don't think (normal) people are getting smashed on Tuesday Mug nights in the real world, and the last time I checked you got paid to attend your job, not the other way around.

Sure we pay to attend class and some would say that is reason enough to go. Well I'm not here to be in class, I'm here to pass class. If I can do that without dragging myself into the cold

every morning, then why should a professor or classmate have any qualms with it?

Everyone likes to perform in front of sold out crowds and our esteemed professors are no different. Professors put in a lot of time and preparation into their lessons and I appreciate that. However, I believe that sometimes their attendance policies are ego-driven. I mean, how could our day possibly be fulfilled without a dose of their extensive wisdom?

Perhaps no attendance policy is a bit extreme, but it would build more responsibility than one might think. You would have to gauge your own abilities to determine how much class time you needed. It would force you to do an honest assessment of yourself, because if you were untruthful, you would probably fail and it would be no one's fault but your own.

If attendance policies cannot be eradicated, then perhaps ECU should consider instituting some sort of uniform two level policy. Professors wishing to grade on attendance would have to allow five absences before deducting points, and professors who don't want to be a buzz kill... I mean grade on attendance, can carry on as they have been. It would be noted on each syllabus which plan the instructor was implementing and everyone would know where they stood in each class.

All I'm saying is that we should have the right to choose to go to class, not that we should miss class everyday. Going to class is its own reward, and missing does bear consequences. Who hasn't walked into a class after missing a couple days and notices that everyone has scan sheet, and you have no idea what's going on. In some classes it really is vital to attend, but in something like Intro to Computers let's just phone it in.

So let's hope that attendance policies go the way of the dinosaurs and Limp Bizkit. That's about it. I have to go to class -- I can only miss one more day.

Pirate Rant

To the morons complaining about the soccer team getting cut because "football stinks too and they don't get cut," let me explain something to you: Football, before four years ago, went to four straight bowl games, they beat Miami and had six winning seasons in a row. Soccer, in 41 years, has had only one season where they won more games than they lost ever!

The color of the book and the "her name might be" answer when asking for the class or professor are not appropriate answers. Print out your book list, save you and I time when walking through the crowded aisles at the bookstore.

THE Ohio State University once again proves their greatness!

Now that it's spring, it seems that more and more people are getting motivated to go to the gym. Really, that's great. But seriously, don't dawdle on the machines, use them and get off. Also, the track isn't for you and your five friends to walk in a line so no one can get around unless they duck and dodge you. If you're going to walk, get in the outer lane. Thanks

Cold season is the worst season ever created. Why are we tortured so?

Two hour parking and five hours of work means moving my car twice and losing time I could be putting toward my job. Thanks city of Greenville for those two hours, a meter guy and a lack of enough parking around town so I can park close to my job.

So a professor is a brilliant chemist and is doing incredible research that will greatly credit the university. Is speaking the same language as the students you're teaching not also a requisite for teaching here?

As a freshman, I am perfectly comfortable acknowledging that the rest of you suck! "Ooh! Alcohol and freedom!" Grow up so I can study!

To the people complaining about dropping the soccer program: do some research before showing your ignorance. Soccer has not had a winning season in 40 some years and did not win a single game this year. Football at ECU has a winning tradition and had a few bad years because of stupid hire by an Ex-AD. We have the right coach here now and things are heading up. Basketball has never been a strong sport for ECU but it's still a revenue sport. That's the difference between soccer, football and basketball. Soccer not only lost on the field for ECU but also lost in the revenue column of the budget.

Now that the holidays are over, no one is hiring and I need a job. Can someone hook me up?

Ms. Bernice at West End Dining makes up for the mistreatment from every other Aramark employee. Thanks Bernice for being so nice! I look forward to seeing your face every morning!

To the person that said that Marcus Vick is just as bad as his brother. Michael Vick is a great quarterback and the face of the NFL. Marcus is an awesome quarterback too, he just needs to get his life together! Don't hate.

Does no one else have a job? Is there no one else at this school who has a desire to one day stop leaching off their parents income and support themselves? From whose pocket is the money for all of your outrageous cars and the endless flow of spending cash coming from? I have 17 hours this semester and a ton of extra-curricular crap too! Get a job, you bum!

If 60 percent of a class fails, does it not say something about a teacher's ability to do his job? I say free As for all!

Professors who write their own book, good or bad? I haven't decided yet? Cheaper yes, boring maybe and no pictures to distract me, hum?

UBE doesn't have it ... Student Store doesn't have it... Where am I supposed to get my book for class tomorrow that I have homework in?

I need medicine to cure my cold, why doesn't 360 carry anything that will help. I don't need to be put to sleep and don't have allergies, someone help me stop coughing!

Who hates that the east end of campus smells like rotten eggs? Construction here at ECU never ends does it?

Just one time I would like to be able to get all of my books at the same time. School started on Friday and I still can't get my class packet. Get on the ball guys, you get paid to make the packets so why aren't they on the shelves yet?

Destination 360 is redesigned and we lost the Mexican food section, where do I go for quesadillas at night now?

Western Carolina rents their books to the students. That would save me 400 dollars and hours of my life.

Why is a book on fashion a hundred dollars? Please tell me that ... chemistry and biology should be the only books that should cost that much. Those people are going to get their money back from a job one day ... Those are the only ones worth that much.

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.

Pick of the Week:

Movie/CD

The Producers
Mel Brooks crosses every imaginary line possible with his Broadway-turned-movie *The Producers*. This Tony-winning musical revolves around infamous producer (and old lady lover) Max Bialystock (Nathan Lane) and his partner in crime Leo Bloom (Matthew Broderick). The two decide that they can make more money with a flop than a hit and therefore put together the neo-Nazi show *Springtime for Hitler*. The movie also stars Uma Thurman as Ulla, the Swedish receptionist/secretary, and Will Ferrell as the Nazi playwright. This production will have you either rolling with laughter or silenced in shock - either way, both the movie and the soundtrack are worth the money.

Recipe:

Chicken and Rice Casserole

2 (14 1/2-oz.) can green beans, rinsed and drained
3 cups diced cooked chicken
1 medium onion diced and sauteed
1 (8-oz.) can water chestnuts, drained and chopped
1 (4-oz.) can pimientos
1 (10 3/4-oz.) can condensed cream of celery soup
1 cup mayonnaise
6 oz. long-grain and wild rice, cooked according to package directions
1 cup grated sharp Cheddar
Pinch salt
Preheat oven to 350 degrees F.
Mix all ingredients together and pour into a greased three-quart casserole dish. Bake for 20 to 25 minutes or until bubbly.

Horoscopes:

Aries - Should you hide out or strut about, pretending to be important? If those are your only two options, you should definitely choose the former.

Taurus - There's more money coming your way, possibly from work already done. Don't be shy about asking those who owe you to pay up.

Gemini - You're liable to find the answer you're seeking in the midst of a lively debate. If the other guy has the answer you're after, admit it and say "thanks!"

Cancer - Your careful routine is liable to be disrupted. Something more urgent takes priority. Be ready to change course quickly.

Leo - You're very popular, but don't let your social activities interfere with your private life. A little broken promise can hurt a lot.

Virgo - There are lots of great ideas floating around now. One leads to another, half of which will never work. Write down the others.

Libra - Convince the skeptics there are things worth getting excited about. Start planning a long trip for next summer. That ought to get them going.

Scorpio - It's hard to find the money to get everything you want. If you can't do it all at one time, do it bit by bit.

Sagittarius - Don't shut down if you encounter resistance. Encourage it. The tough questions you're asked will help you identify the correct answers.

Capricorn - It's possible that you'll be paid in good will rather than cold hard cash. That doesn't mean you should quit. Count this as advertising.

Aquarius - Be compassionate with a loved one who's stuck in an argument. Don't try to solve the problem, that wouldn't work anyway.

Places - There aren't enough hours in the day or answers to all the questions. Adjust creatively.

Fun Facts:

More than 150 billion pieces of mail are delivered each year in the U.S.

The state of Florida is bigger than England.

Until the 19th century, solid blocks of tea were used as money in Siberia.

The Japanese commonly put ketchup on their rice.

Men are six times more likely to be struck by lightning than women.

Your skin is actually an organ.

A recent study at Harvard has shown that eating chocolate can actually help you live longer.

Only one person in two billion will live to be 116 years old.

Keeping your New Year's resolutions

2006 - Great time to drop old habits and set new goals

MEREDITH STEWART
SENIOR WRITER

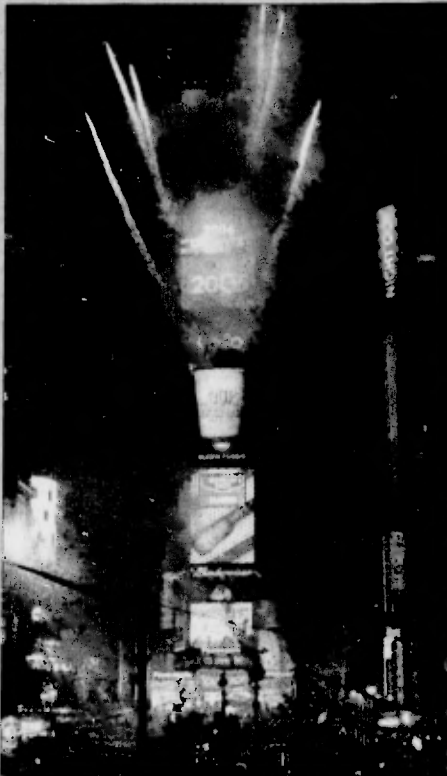
2006 has quickly come upon us and we all know what that means - time to make, and hopefully keep, our New Year's resolutions. This annual ritual allows many to become more dedicated to self-improvement. This tradition goes all the way back to 153 B.C. and was originally symbolized by the mythical King Janus. Early Romans believed Janus had two faces and could look back at the past and forward into the future. They used this time to find forgiveness from their allies and exchange gifts to celebrate the New Year.

Today, many begin their new year with goals and commitments to themselves in hopes of getting a new start and dropping all those bad habits. Goal setting develops a personal difference in one's life and demonstrates how persistence and dedication lead to a happier and healthier lifestyle.

Making resolutions is the first and easiest step, but it takes discipline to keep them. One of the most popular New Year's resolutions is to lose weight. Although it is the most popular, it also seems to be one that people have a difficult time keeping. They continue with the same excuses as the year before - not enough time, too tired after a busy day to hit the gym and healthier food is more expensive. Instead of making excuses, try to look at the positive side - losing weight lowers the risk of some cancers, lowers blood pressure, increases longevity and makes you look and feel much better.

"My New Year's resolution is to go the gym when I get free time, and so far I've been doing well with that," said Stephanie Marshall, freshman business major.

Another popular resolution is to quit smoking. Many have tried to accomplish this and have failed. If that's you, don't let it get you down. Remember a new year equals a new start. Many have to try at least four times to finally drop this bad breath, yellow teeth and black lungs habit, but now is finally the time to enjoy a smoke-free



The New Year's Eve celebration in Times Square marks the start of the New Year, when many people announce their resolutions.

Top 5 New Year's Resolutions

- Spend more time with family
- Lose weight/go to the gym
- Quit smoking
- Take time to enjoy life
- Get organized

life. There are many over-the-counter ways to help one drop this habit as well as many step-by-step programs that allow you to gradually quit smoking and save the money millions of people spend each day on this rapidly increasing addiction.

"I really want to cut back and eventually quit smoking this year - hopefully I'll stay on track and accomplish this one of many goals," said Sherri Stansbury, sophomore political science major.

Getting organized is a popular objective for many college students. Whether it's becoming more prepared for classes so your grades will improve, organizing your house or apartment so you do not have to make a path everywhere you go or keeping up with your busy schedule of school, work, activities and social life, it's essential to develop this skill to reduce stress and clutter.

A resolution that seems to be becoming a trend is volunteering your time to help others. This non-selfish pledge will make you feel good about yourself, build your resume and create good karma. Whether you touch a child's life by becoming a mentor, donate your time and energy to building a home for someone in need or something as simple as visiting the elderly, helping others creates a sense of togetherness and unity. Looking into ECU's clubs and organizations is a great way to start. You can also look online for places in Greenville or your hometown to begin making a difference in others' lives.

Good luck to everyone who sets goals this year, remember persistence is a virtue, and determination will lead you down a path to success.

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Enhance important organizational skills



Using a planner is one easy way to plan and stay organized.

Get everything done this semester

TOMEKA STEELE
SENIOR WRITER

We all have a little procrastination devil sitting on our shoulder whispering sweet nothings into our ear, who leads us to getting nothing done or halfway done. Having organizational skills can help get things done in a timely manner and make more time for leisure activities.

Some tips for improving organization are to make lists, keep a schedule and train yourself to stick to the schedule.

Organization Tips:

- Make weekly lists
- Create a daily schedule
- Utilize a calendar
- Pre-Pack your book bag
- Have a daily study routine

the most effective method of making sure everything gets done and is less complicated than having a different schedule for everything. A daily schedule is broken down into hours. It includes a set breakfast, lunch, dinner and snack time. It also has a set time for sleep, leisure, chores, homework and studying.

"I make lists of things I need to do every week. I am a full time student and I have a part time job, and it's easy for me to forget to do something. Looking over my list reminds me

place that calendar in plain view. Studying or simply looking over your notes for 30 - 45 minutes each day before a test can help you retain the information and cut down on cramming.

Make each day a different subject to study. This way classes that are very much alike won't run together when you are studying. This keeps the information distinct and less likely to get mixed up with another class. At least two hours a day should be devoted to looking over notes for your classes.

This method works well for projects and papers as well. The best trick to writing a paper is to start as soon as it is assigned. For papers 10 pages and longer, give yourself one month and write a page every other day. Doing it this way will make it less tedious.

Making a daily schedule is the most effective method of making sure everything gets done and is less complicated than having a different schedule for everything. A daily schedule is broken down into hours. It includes a set breakfast, lunch, dinner and snack time. It also has a set time for sleep, leisure, chores, homework and studying.

see ORGANIZED page A5

Staying fit for new semester

Ways to a happier, healthier you

SARAH CAMPBELL
STAFF WRITER

The start of a new year gives many people a chance to make resolutions for an improved lifestyle. One of the top resolutions made by Americans is to get in shape. Although many people resolve to live a healthier life, they often stray off course due to lack of time or motivation. If you are one of these people, the solution you've been looking for is to make a few small adjustments to your routine.

Let's start off with one of the most obvious ways to live a healthier life - getting enough sleep. Making sure that you devote at least eight hours to sleep each night will ensure that you are well rested and revived for the day ahead. The less sleep you get, the more likely you are to become irritable and tired throughout the day, and common sense tells you that if you are already tired you are not going to feel like working out.

Working out for half an



Working out inbetween classes is a great way to stay in shape.

hour to an hour three days a week can allow you the opportunity to lose weight or firm up some of your problem areas. The best way to make working out something you enjoy rather than dread is to choose a routine that works for you rather

than just following the crowd. Another way to keep it fun is by listening to music or reading while you tone that body.

At the Student Recreation Center there is a wide variety of

see FIT page A5

Blooming socially this spring



Mendenhall is a great place to meet new people.

Be cool, socially, as it warms up

DANIEL BROCK
STAFF WRITER

Everyone's watching to see what you will
Everyone's looking at you
Everyone's wonderin'
Will you come out tonight
Everyone's trying to get it right
Everybody's working for the weekend
Everybody wants a new romance
Everybody's going off the deep end
Everybody needs a second chance

Those words of wisdom from rock juggernaut Loverboy perfectly sum up the college experience. Everyone is watching and being watched, looking for love and a good time. While it would have been easier to write about getting involved in the fall because that is when people really tend to start fresh, there may still be hope so we can examine a couple of possibilities for spring.

First of all, try to accentuate your positives. If you have a special skill or ability, find a situation in which you can let it shine. There's no "Dungeon and Dragon's Club Team" at ECU that I'm aware of, so try an intramural sport. There's a bevy of athletic endeavors which you can try your hand at in the spring semester. From bowling to basketball, there's something for even the most inept. The softball leagues are wildly popular, and everyone knows softball teams are glorified drinking clubs. Get on a squad, make a couple plays and people will be buying you rounds and drunkenly singing your praises downtown before you know it. What's that you say? Don't have enough friends to field a team and the rules don't allow for ghost men? Have no fear, the Intramural Department will find a team for you through their free agent system. Get all the information you need on intramural sports at their office at the SRC or check out the Recreational Services Web site.

Alright, maybe sports aren't your thing. It's still not healthy to play Halo 17 hours a day in your cave of a room. Joining a club or school-sponsored organization will at least get you on the radar. Most clubs on campus have meetings where you may score some free food. Try a political or religious club if you are so inclined. If not, Mendenhall always has something on offer for students. Just wander around that building and you'll

see SOCIAL page A5

Celebrity Profile: Heath Ledger

'Brokeback Mountain'
Aussie's past may surprise some

JOHN BOSCO
STAFF WRITER

Though he may be most well known for his role as the object of Julia Stiles' unusual anti-social desire in *10 Things I Hate About You*, a modern day remake of Shakespeare's *Taming of the Shrew*, or for his portrayal of Benjamin Martin's son Gabriel in *The Patriot*, one thing is certain - Heath Ledger has paid his dues.

Ledger, born April 4, 1979 in Perth, Western Australia, got into acting in junior high almost against his own will. As a part of his course requirements, he had to choose between a mandatory cooking or drama course. Luckily, he realized he wasn't much of a chef and chose the latter, a choice that may have changed his life forever.

Though he had a lot of talent, he never got much credit from his classmates. When he was 17, Ledger and a friend packed up and headed for Sydney, where he thought he could catch his first big break. Upon arrival, he supposedly only had 69 cents in his name.

His first real acting job came in a low budget film, *Blackrock*, about one boy's internal conflict when he learns that his best friend has raped a girl. The film was declared an unimpressive teenage cliché, and Ledger's role was hardly major - the only time he appears in the film is when he is getting beat up.

After *Blackrock*, he auditioned for "Sweat," an Australian television show about aspiring Olympians and was offered two roles - the first as a swimmer and the second as a gay cyclist. Understanding that he needed to take roles that stood out and were unique, Ledger took the gay cyclist role, though the show was quickly cancelled.

With the cancellation behind him, he appeared on "Home and Away," another Australian television show that focused on the lives of teens in the town of Summer Bay in New South Wales, Australia. He played a surfer who fell in love with one of the Summer Bay girls, but the role did not last very long.

He had a few other brief roles on the television show



Heath Ledger's *Brokeback Mountain* is one of his two new movies.

"Roar" and the film *Paws*, neither of which did much for the advancing of his career. It was around 1997 when Ledger decided to head to America to find some roles, an unsuccessful move for him initially. Luckily, Australian director Gregor Jordan gave him an audition for the head role in *Two Hands*, which Ledger eventually got.

His performance in *Two Hands* is considered the most important role of his career because it is credited as the reason he secured his role in *10 Things I Hate About You*.

After filming *10 Things I Hate About You*, Ledger was tired of being typecast as a teen hunk and took the role as Gabriel Martin alongside Mel Gibson in the Revolutionary War film *The Patriot*.

Since *The Patriot*, Ledger's acting career has been inconsistent at best, until now. Critics mention that his roles had seemed like he was just trying to vary his roles too much as to fight against those who think he isn't versatile enough to be more than a teen loverboy.

But with the rave buzz *Brokeback Mountain* is getting, award nominations are coming his way. He has been nominated for the Academy Award for best actor and is in the running with *Brokeback* co-star Jake Gyllenhaal for the Screen Actors Guild lead film

actor award. In October of 2005, Ledger's fiancé and *Brokeback Mountain* co-star Michelle Williams (maybe best known for her role as Jen in "Dawson's Creek") gave birth to his daughter, Matilda Rose Ledger. One thing is certain, Heath Ledger's journey from an Aussie in Sydney with 69 cents to his name to a major international actor has certainly been a long road that is finally starting to pay off - in more ways than one.

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

Heath Ledger

Ledger's new film, *Casanova*, can be seen at the Carmike 12 in Greenville. For ticket and showtime information call 353-4988.

Fast Facts

Ledger was originally going to star as Alexander in Oliver Stone's *Alexander* before Colin Farrell took the role. Ledger dated Naomi Watts until mid-2004. Ledger is part Irish and part Scottish. His daughter weighed in at 6 pounds, 5 ounces. Attended a private all boys school.

Social from page A4

around that building and you'll probably stumble across something fun, although it is very possible to get lost in the basement.

Perhaps you should try to get a job. Yeah, work sucks and you're taking 21 hours this semester, but you can meet lots of new people. Working at a restaurant is a super way to network due to the generally young staffs. Also, if you're a guy, lots of hot girls work in restaurants so there might be a chance for romance on the side. Every place has its own subculture with interesting char-

acters and story lines. Drunks, athletes, Greeks and grad-students are employed everywhere, so you'll meet a diverse set of folks. As a bonus, you get paid for your time, so you'll have some cash to go out or try to buy people's friendship.

Of course, the most sure-fire way to become insanely popular and well known around campus is to join a frat or sorority. A semester of degradation is well worth a college career of keg parties and short shorts (for guys and girls). So go Greek.

Well, there are several suggestions that should land you some friends. If all else fails, just start following groups of people around, laughing at their jokes until you blend in with the crowd.

That may work or it may get you arrested. Be sure to let me know how it goes. Remember, too, that people love great musical taste, so lots of Loverboy and Skid Row is a must. I guess you just have to be yourself.

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Organized from page A4

ing over my list reminds me to do important projects and things," said junior merchandising major Amber Anthony.

Being organized is not all schedules. Lists can come in handy too. Before going to the grocery store, it's better to make a list. Making a list will keep you from overspending. Budgeting is a wonderful way to organize finances. Make a budget based on how much money you need to spend on certain items. Bills, payments, food, gas and miscellaneous things should each have

a set amount for each month.

Keeping a clean space is another way to stay organized. If your room or house is a pigsty and you are always spending precious moments looking for things, that is a sign you need to clean. Clutter isn't helpful.

For people who are always late, a few tips to help you get to those early classes on time are to pre-pack your book bag the night before as well as pre-choosing clothing. Having your clothes already picked out can free up some time for an actual breakfast.

Having your bag already packed with the textbooks and homework for the next day can help if you have problems forgetting things in the morning.

Using these few organizational tips can make this semester a breeze for any student.

It doesn't require a lot of time to be organized, and you can actually free up time for you to do the things you like but don't always have the time for.

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

Fit from page A4

workout equipment and activities to suit everyone's needs. If working out alone isn't your cup of tea, enrolling in an exercise class offered by the SRC or an exercise class for credit can both be fun alternatives. Another great way to get some exercise is by swimming and playing sports such as racquetball and basketball.

If you don't have time in your busy schedule to fit in a workout at the gym, there are some alternative ways to get exercise. Instead of the elevator, try taking the stairs. Also, park farther away when you go shopping so that you can get in some extra walking. Taking the bus can be a tempting alternative to walking, especially when your classes are far away, however walking is better for your body and your mind.

Exercising and eating healthy go hand in hand when trying to achieve a healthier lifestyle. Eating healthy doesn't necessarily mean cutting all of your favorite foods out of your life - it's more about portion control. Cutting back on fatty meats such as beef and pork will help you

lose weight and safeguard your heart from long term damage. Limiting the amount of sugar and carbohydrates you consume will help you lose weight as well. Also, with the increasing number of people being diagnosed with diabetes, cutting back on sugar-filled food is a must.

Now that you know some things that you should cut back on, here are some things you can enjoy without feeling guilty. Eating plenty of fruits and vegetables will round out a healthy diet along with the small serving of meats and sweets.

The most important part of getting fit is becoming stress free. Stress can bog you down and make you feel tired and depressed, but by giving stress the boot, you can start to regain the life you want. In order to stress less, you need to take time out of your day to be alone thinking, meditating or just relaxing. Making lists and getting things done prior to their due date can prevent stress due to procrastination. Also, take time to indulge in the things you love whether they be shopping, eating out or talking to your friends.

By eliminating stress, you are giving your body and your mind exactly what they need in order to be fit.

Your new year's resolution may not be to get in shape. Therefore no matter what your goals for 2006 may be, make sure you pick a plan of action and follow through. Instead of making the same resolution year after year, you can take an active part in bettering your life.

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

Student Recreation Center Hours

Monday - Thursday: 6 a.m. - 11:30 p.m.
Friday: 6 a.m. - 10 p.m.
Saturday: 9 a.m. - 10 p.m.
Sunday: 9 a.m. - 11:30 p.m.

IT'S TOURNAMENT TIME!

You could represent ECU at Regional Competitions in **Bowling • Chess • Table Tennis • Spades**
Poetry Slam • Nine Ball Dance Dance Revolution
Tournament winners will be awarded trophies and the opportunity to represent ECU at regional competitions to be held at East Carolina University Greenville, NC the weekend of Feb. 17-19, 2006. All expenses paid by Mendenhall Student Center.

ARE YOU THE BEST?

If you think you could be, we want to give you the opportunity to find out!

Chess

Sat. Jan. 21 10:00 AM-5:00 PM

Mendenhall Student Center

Social Room

(Men's and Women's Divisions)

Table Tennis

Tues. Jan. 17 6:00 PM

Mendenhall Social Room

(Men's and Women's Singles/

Bowling

Thur. Jan. 26 6:00 PM

The Outer Limitz

Mendenhall Bowling Center

(Women's and Men's Divisions)

Team Divisions)

Poetry Slam

Thur. Jan. 19 6:00 PM

Mendenhall Billiards

Spades

Fri. Jan. 27 6:00 PM

Mendenhall Student Center

Great Room 1

Billiards

(Nine Ball)

Mon. Jan. 23 6:00 PM

Mendenhall Billiards Center

Dance Dance Revolution

Mon. Jan. 30 6:00 PM

Outer Limitz

Game room

There is a \$2.00 registration fee for each tournament. Registration forms are available at the Mendenhall Billiards Center, and the Outer Limitz Bowling center located on the ground floor of Mendenhall Student Center. Call the Recreation Program Office, 328.4738 for more information.

January 3, 2006

Dear Student Organization Leader/Advisor:

We are excited as a new office "Student Activities Center" to provide support to our 280 + student organizations at East Carolina University. Over the past several months, my office has talked with numerous students about their needs within their student organizations. The top needs expressed were:

- Improve space reservation process.
- Increase communication among student organizations.
- Better training and orientation for student leaders and faculty advisors.

In response to these needs, the following process has been implemented.

EARLY STUDENT ORGANIZATION REGISTRATION FOR 2006-2007:

- All student organizations who desire to reserve space "early" for fall 2006 must register by February 28, 2006.
- All student organizations who desire to receive SGA funding must register by February 28, 2006.

REGULAR STUDENT ORGANIZATION REGISTRATION FOR 2006-2007

- The final deadline for student organizations to register for 2006-2007 is September 29, 2006.
- Remember that student organizations must be registered to received SGA fund and reserve a space in MSC.

Please know that this new process will be most beneficial to student organizations and will help alleviate registration and room reservation concerns. January 1, 2006 will begin the early student organization process for fall 2006-spring 2007. Please view the important dates listed below regarding the new registration process for the upcoming year.

IMPORTANT DATES (2006):

- (January 9th) 06-07 Early Student Organization Registration Begins
- (January 9-13th) Information sessions for registration/SGA funding.
- (February 28th) Deadline for 06-07 Early Student Organization Registration.
- (March 20th-31st) 06-07 Early Space Reservation (ONLY REGISTERED STUDENT ORGANIZATIONS)
- (March 28-29th) Founder's Day Student Leader Installation
- (April 1, 2006) Mandatory Organizational Training Session
- (April 7, 2006) SGA Annual Funding Deadline
- (September 29th) Final deadline for returning Student Organizations to register.

The Student Activities Center is here to assist you in anyway we can. Please feel free to stop by our office in 109 Mendenhall Student Center or email us at studentactivities@ecu.edu.

Sincerely,

Levy Brown Jr.
Assistant Director for Student Activities & Organizations

Hurricanes rocking in new-look NHL

Hockey heats up on the Carolina ice

SCOTTY WILLIAMS
STAFF WRITER



Hurricane season is here with a vengeance in North Carolina. The NHL is enjoying a successful resurgence thus far in the season, and here in the Carolinas the Hurricanes are playing like a Category 5 monster, blowing away the competition. The Canes have the third most points in the Eastern Conference and have the most comfortable division lead in the NHL, sitting 12 points in front of Atlanta. The Hurricanes boast the best home record in the NHL and they're looking strong enough to make another playoff run reminiscent of their 2002 Stanley Cup Finals unit. However, don't get too nostalgic because this Hurricanes team is completely different from the one that made the run to the Cup in 2002 and it's an entirely new NHL.

It would be an understatement to say the Hurricanes have adjusted well to the flow of the new NHL style of play. With the potent combination of speed, skill, toughness and flat out grit, Carolina has been one of the most successful teams in the league this season.

Newcomers Corey Stillman and Ray Whitney have added a plethora of offensive talent to the Canes this season while familiar faces such as Eric Staal, Erik Cole and Justin Williams have fortified the scoring attack for the Hurricanes.

Stillman, one of the team's most notable off-season pickups, played for the champion Tampa Bay Lightning in 2003 en route to an 80-point season. With decent speed, soft hands and a knack for finding the back of the net, Stillman has thus far scored 44 points for the Canes to rank second on the team behind Staal. Stillman, however, gives the team and the offensive system in Carolina the credit for his stellar season so far.

"I think that most of my points come because the team is playing well," said Stillman in a recent interview with the Associated Press.

"What also helps is that here in Carolina, we play the same style of offense as I did in Tampa Bay. It's an aggressive offense with puck pressure, so I feel like I fit right in here."

Staal has been Carolina's playmaker and star this season, as he is fulfilling the potential that many expected him to display. At one point

earlier this season, Staal led the NHL in goals. He now sits at 26 goals on the season, good for fifth in the league. The 21-year-old has also collected more points (52) so far this season than rookie phenom Sidney Crosby (48).

But offense isn't the only thing Carolina is flexing this season—the team's goaltending, special teams and defense have been all but outstanding. Goaltender Martin Gerber is tied for second in the NHL in shutouts. Head Coach Peter Laviolette has had nothing but good things to say about Gerber this season.

"I don't think it matters where this kid plays," said Laviolette in a recent interview with the AP. "He's been rock solid for us all year."

When it comes to special teams, particularly the power play, the Canes have one of the best forwards in the game in Rod Brind'Amour. Brind'Amour is second in the NHL in power play goals, and as a team, Carolina is in the top 10 in power play percentage and goals scored.

They are off to the best start in franchise history, in any case—their 58 points after 41 games are 12 points higher than their previous best start ever, which occurred in the 1986-1987 season.

Their power-play percentage this year is three points better than the 2002 season, as is their shots per game average. In the new NHL, it could be difficult to compare stats from this year to stats from previous years, because the rules have changed and there are many more scoring chances and open play.

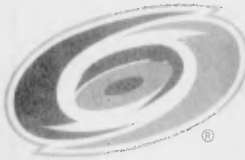
The excitement in Carolina, however, goes to more than just some more numbers on the scoreboard. As of Jan. 9, they've won four of their last five, with the one loss coming in overtime to the league-leading Philadelphia Flyers.

It remains to be seen if the Hurricanes will have the motor to keep running, but the RBC Center is rocking every night the storm comes to town—tickets have been selling more than expected, and even casual sports observers are looking to get tickets to the hottest show in town. The Canes won their 100th regular season game at the RBC Center Jan. 6.

Between now and the end of the regular season in April, Carolina has 19 home games at the RBC Center, and you can buy a single ticket in the upper levels for under \$30 with special discounts if you bring a group of friends.

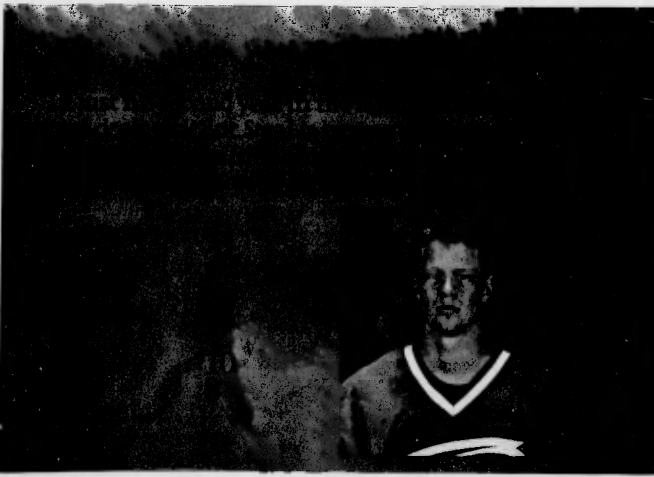
Carolina is flying high thus far and trying to keep the altitude of a playoff contender going into the crucial stretch run in the coming months, and they appear to have some of the tools in place to add some more hardware to their Eastern Conference Championship of 2002. Whether they do or don't, they should still be a great team to watch and any party of sports fans should grab some tickets while great seats are still available.

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



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Josh Lucas plays Texas Western coach Don Haskins in the upcoming film *Glory Road*. The film is based on the 1966 Texas Western men's basketball team, which was the first to have five black starters, and their journey to the national championship.

'Glory Road' a reminder barriers still need to fall

(KRT) — The magnitude of the move didn't register with Texas Western coach Don Haskins until weeks after his Miners' seminal 1966 national championship.

Never before had five black players taken the floor together in a national basketball title game.

If that wasn't audacious enough, they had the unmitigated gall to actually win.

Thousands of hateful letters flooded Haskins' office in El Paso, Texas, the vast majority venting their bile with the same pejorative racist preamble.

Haskins didn't keep the incendiary correspondence. He set to flames a documented archive to a tumultuous social climate that Texas Western further shook up on March 19, 1966, when it defeated all-white Kentucky, 72-65, at College Park, Md.

"At one time," Haskins recalled during a telephone interview Monday, "I had gotten about 35,000 to 40,000 of them. And they were all pretty much the same. I burned them. I had no use for them."

Haskins even became a target of the rising black militancy movement of the time, branded as an exploiter.

"I just thought the time had come to change how people thought about certain things," he said.

Forty years later, barriers still need smashing. The Southeastern Conference is only two years removed from welcoming its first black head football coach. The NFL must legislate an open interview process because it cannot wholly trust the color-blindness of its owners.

So Hollywood turns historian, molding the Miners' story into a timeless reminder of virtue's resilience.

The film *Glory Road* uses the significance of that single basketball game as a backdrop for the political and racial upheaval of the 1960s. The movie has all the elements of a big money-maker — heroes and villains, good and evil and, of course, the happy ending that, in this instance, wasn't the fruit of a scriptwriter's imagination.

But if the movie accomplishes nothing else, it should inspire a respectful thank you from the youthful descendants of a once-segregated sport and culture — both black and white.

"I met LeBron James recently and he told me how thankful and grateful he was for what we did and went through," said

Harry Flournoy, one of the five Miners starters.

"And usually when we talk with young players, people have told them the stories about us and how if not for us they would have been pigeon-holed into a certain type of player. But now they're free to spread their wings and express themselves on the basketball floor."

The Miners' tale still resonates today. Their victory helped shoot down the myth that blacks were incapable of mastering what were considered the more cerebral positions in sports, like point guard and quarterback. Texas Western's point guard was Bobby Joe Hill of Highland Park, also the team's leading scorer.

The Miners' enduring legacy is that winning ultimately incites change. But that still requires someone willing to take a chance.

Haskins proved the perfect facilitator.

As a teenager in rural Enid, Okla., Haskins befriended a young black man named Herman Carr when both worked at a feed store. When they weren't working, they'd play basketball on a primitive hoop at Haskins' home.

Segregation stared Haskins

flush in the face one day in the late 1940s when both he and Carr needed a drink of water. There were two fountains — one for the whites and another for the blacks.

"That left a lasting mark on me," Haskins said.

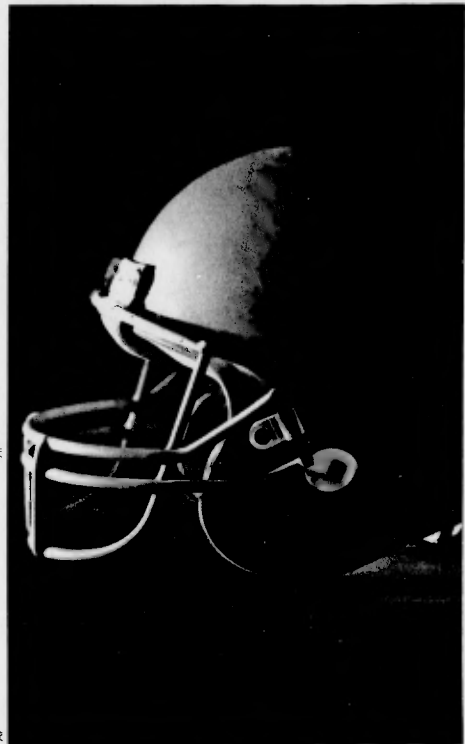
"Here was a person who bled the same color as I did, yet he was treated differently. That's why it was very, very easy for me to treat all of my players the exact same regardless of what they looked like."

Glory Road is the latest cinematic confection from Hollywood uber-producer Jerry Bruckheimer, the same man who brought *Remember the Titans* to the screen. *Titans* was the true story of an unlikely football state championship bonding a newly desegregated Southern high school.

Haskins' relationship with Carr didn't make the movie's final cut, and there are some creative liberties taken for the sake of drama. A scene in which the team finds its hotel rooms ransacked with racial epithets on the walls never happened.

But the tale of Texas Western really didn't require any alterations. The unfiltered truth proved dramatic enough.

Study discovers helmet technology could reduce concussions



The new helmet technology is focused on putting additional protection on the temporal areas of the head and jaw.

(AP) — Newer helmet technology could reduce the risk of high school football players getting concussions, but not the severity of the injury, according to new research.

A three-year study by the University of Pittsburgh Medical Center found that athletes who wore a helmet with more protection for the temporal area of the head and jaw had fewer concussions than those wearing a standard helmet, said university neuropsychologist Micky Collins, the study's principal investigator.

The study, published in the February edition of the scientific journal, *Neurosurgery*, looked at 2,141 high school football players from 2002 to 2004. Of those, 1,173 wore the improved helmet and 968 wore standard helmets through both the pre- and regular seasons.

The study, funded by helmet maker Riddell, is the first to look at whether helmet technology can reduce the severity or number of concussions, Collins said.

The study showed the annual concussion rate was 5.3 percent in athletes wearing the new Revolution helmet and 7.6 percent in the older version. Revolution wearers were 31 percent less likely to sustain the an injury, compared with wearers of standard helmets, the study showed. The Revolution helmet was introduced in 2002.

However, helmet type made no difference in the recovery time of athletes suffering from concussions, Collins said.

Investigators used a test developed by UPMC to check the athletes' reaction and memory skills before and after concussions.

Collins said 50 percent of the athletes who had concussions did not recover within one week, 30 percent did not recover within two weeks and 15 percent did not recover within three weeks.

This is crucial because reduced cognitive skills also hurt the athletes in the classroom, Collins said.

"There's no such thing as a concussion-proof helmet," Collins warned. "The biggest mistake anyone can make is saying, 'This kid has a concussion. Put him in this helmet and send him out there.' ... Any athlete who has a concussion and goes back to play too soon, that's when the risk levels are high."

Experts studying sports-related brain injuries welcomed the study.

"(It) supports what we have anecdotally been discovering over the past few years," said Kevin Guskiewicz, chairman of the Department of Exercise and Sport Science at the University of North Carolina at Chapel Hill.

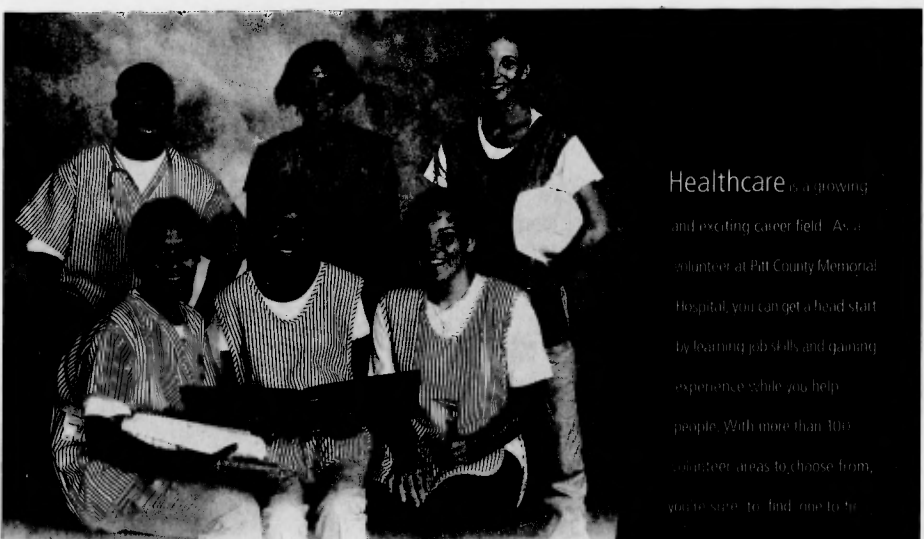
Fewer concussions were reported among UNC players wearing Revolution helmets, he said.

Stefan Duma, director of the Center for Injury Biomechanics at Virginia Tech in Blacksburg, called the UPMC study "a critical aspect in improving player health."

Duma and Guskiewicz are involved in separate studies to measure the acceleration of football players' heads in real time by installing wireless transmitters in their players' helmets, both Revolution and standard.

Guskiewicz said he hopes studies like his and UPMC's help researchers to better protect the brain from sports related injuries.

"The exciting part is it indicates there are design factors that can be modified to reduce your risk of concussion," Duma said. "Just showing they have shown a reduced risk with design change, maybe they can change the design more and keep improving."



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Page A8

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CAN YOU BE THERE FOR YOUR OLDER PARENT WITHOUT ACTUALLY HAVING TO BE THERE?

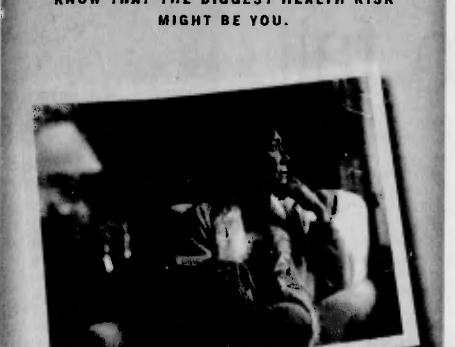


One out of five adults finds themselves as the designated "caregiver" for a loved one who can no longer manage alone. This role can often snowball, weighing heavily on you as you try to cope with the demands of caregiving. There may be services and organizations right in your parent's neighborhood that can help when you're not around. The outcome is better care for your parent, and less anxiety for you. Visit www.familycaregiving101.org and discover a world of support, answers and advice - for both of you.

Family Caregiving
It's not all up to you.

From the National Family Caregivers Association and the National Alliance for Caregiving with the generous support of Eisai Inc.

IF YOU'RE CARING FOR ANOTHER FAMILY MEMBER, KNOW THAT THE BIGGEST HEALTH RISK MIGHT BE YOU.




One out of five adults finds themselves as the designated "caregiver" for a loved one who can't manage alone. Recent findings reveal that this role can be precarious - for both parties. While trying to do it all, you can become overwhelmed and risk your own health. As this happens, the level of care you're providing may also suffer. Fortunately, there is help and relief out there for both of you. Visit www.familycaregiving101.org and discover a world of support, answers and advice.

Family Caregiving
It's not all up to you.

From the National Family Caregivers Association and the National Alliance for Caregiving with the generous support of Eisai Inc.

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