



The East Carolinian

YOUR SOURCE FOR CAMPUS NEWS SINCE 1925

VOLUME 82, ISSUE 34

{ www.ecu.edu/theeastcarolinian.com }

WEDNESDAY NOVEMBER 29, 2006



Pirates accept bowl invite

Pirates will face against unnamed Big East opponent

RON CLEMENTS
SENIOR WRITER

It's official. The Pirates are going bowling.

Failing to secure a spot in the Conference USA Championship game a week earlier, ECU picked up the spare Saturday night with a 21-16 win over N.C. State at Carter-Finley Stadium. The PapaJohns.com Bowl took notice, and Tuesday, ECU accepted an invitation to play in the inaugural PapaJohns.com Bowl, formerly the Birmingham Bowl, on Dec. 23 in Birmingham, Ala.

"I'm really excited about the opportunity," said ECU head coach Skip Holtz. "There were so many positives about the N.C. State game and getting that seventh win means so much to this program."

ECU (7-5) rebounded from a 1-3 start to win six of its last eight and was in contention for the C-USA East Division title until the final week of the season. ECU would have gotten the berth in the conference title game if it would have beaten Rice on Nov. 18 or had Marshall beaten Southern Miss last Saturday. Rice beat ECU, 18-17, on a last-second field goal while Southern Miss rolled the Herd, 42-7.

Despite not achieving all of the goals his team set at the beginning of the season, ECU head coach Skip

Holtz said he is still proud of what his team has been able to accomplish.

"It's a reward for the seniors," Holtz said. "I can't be more proud of these seniors. They stepped up time and time again and they were great. They knew we needed this win for a bowl game. I'm so excited to go bowling. They did such a great job and I'm so proud of all of them."

Holtz took over a program that had won three games in the two years prior to his arrival. The second-year coach went 5-6 last year before this season's seven-win campaign.

"It's taken us one step closer to where we want to be," Holtz said. "I think it's a real compliment to this senior class. To overcome what they have, playing in those

lean years. This team has shown a lot of growth."

The Pirates will square off against a team from the Big East as the PapaJohns.com Bowl is one of just two bowl games that match C-USA teams with BCS conference teams. ECU will most likely face South Florida, which beat West Virginia last week, with Cincinnati and Pittsburgh as other options.

"We have great respect for that conference," Holtz said of the Big East. "It gives us another opportunity to play another team from a BCS conference."

ECU went 2-1 against BCS schools during the regular season - beating N.C. State and Virginia and losing to West Virginia. Conference USA has five bowl

tie-ins, and three have been filled with the other two to be determined by the conference championship game. Southern Miss (8-4) will play West Division champ Houston (9-3) on Friday for the C-USA championship and a berth in the Liberty Bowl. The loser of the game will head to the GMAC Bowl on Jan. 7 in Mobile, Ala. to meet Ohio. Rice (7-5) will play in the New Orleans Bowl against the Sun Belt champion on Dec. 22. Tulsa (8-4) will meet Utah (7-5) from the Mountain West Conference in the Bell Helicopter Armed Forces Bowl in Fort Worth, Tex. on Dec. 23.

The Pirates will take some

see PIRATES page A2

If you're looking for a historic weekend getaway, look no further than Asheville, N.C. home of the Biltmore Estate. Find out more about Asheville.....Page A4

Head over to Red Banks Road for a tasty selection of sandwiches as well as a variety of desserts. Read a complete review.....Page A4

The sports staff voted on the five best male and female athletes of the semester. Read the sports section to see who got voted as the premier student-athletes.....Page A6

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6	7	9	5	4	6	2	1	3
2	6	5	7	1	3	8	4	9
3	1	2	6	7	5	9	8	4
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New drinking laws go into effect Friday

The East Carolinian asks students "What do you think of the new alcohol legislation?"



"[The law] sucks for underage people but at the same time they'll be more likely to think about drinking in a public setting."

LAUREN CURTIS
JUNIOR BIOCHEMISTRY MAJOR



"I feel the stricter [the law] the better if drinking is involved, and a little more lenient at a house party."

MICHAEL LEFLER
GRADUATE BUSINESS STUDENT



"I think they are way too strict with underage drinking. Kids are going to drink it's just going to be a larger hassle."

JORDAN TROUT
FRESHMAN ELEMENTARY EDUCATION MAJOR



"There has to be punishment for underage drinking and there is a reason for the law - officers are paid to enforce the law."

CHISOM ATUFUNWA
JUNIOR BIOCHEMISTRY MAJOR



It's a person's choice to drink no matter what age and you'll be held accountable for the choices you make."

BRITTANY HARRIS
FRESHMAN BUSINESS MAJOR

Tougher statutes on purchase, consumption, D.W.I.

ZACK HILL
STAFF WRITER

Several new state laws that will likely affect students who choose to drink here at ECU will go into effect this Friday.

Purchasing a keg will become more difficult, as anyone wanting to purchase a keg will be required to obtain a permit from the ABC store by registering his or her name and address. This information will be used under circumstances such as underage drinking and D.W.I. cases.

"It makes it easier for local law enforcement to I.D. who is responsible," said Peter Romary, attorney for student legal services. "Both the underage drinker and the person who bought the keg will receive tickets."

Romary said that the person

see ALCOHOL page A2

News

{ Campus & Community }

ANNOUNCEMENTS

EVOLUTION Benefit Fashion Show

Nov. 28 until Dec. 2
Location: Hendrix Theater
This is the second annual benefit fashion show sponsored by Aycock Residence Hall and Residence Hall Association. This year all monetary donations will go to the non-profit organization, Christmas for Kids. We also will be taking non-perishable foods and gently worn clothing. Other Details: Models will be on the yard Tuesday, Nov. 28 and Wednesday, Nov. 29 from 10 a.m. - 2 p.m. Come by and check us out!

Human Performance Laboratory

Research Study Investigating the Effects of Endurance Exercise on Differences in Skeletal Muscle and Fat Cell Metabolism Between African-American and Caucasian Women. Subject criteria: Overweight and non-overweight women, ages 20-45 years, inactive exercise less than two days a week, less than 30 minutes a day for at least six months. Contact: The Human Performance Laboratory. Procedures include body composition assessment, blood fat, sugar and insulin testing, 10 days or eight weeks of supervised exercise, and four or six muscle biopsies. Benefits include percent body fat and free aerobic fitness assessment, health benefits of supervised training, and up to \$400 payment upon completion of the study. Call 328-2575 for more information.

VOLUNTEER OPPORTUNITIES

Today through Saturday, Dec. 10

Holiday Gift Wrap
Humane Society needs volunteers to wrap gifts at the mall for donations. Shifts are available Monday through Saturday starting at 10 a.m., and Sunday 1-6 p.m. at Colonial Mall in front of Belk. Contact Vicki Luttrell at 353-8833 or vluttrell@unitedwaypittcounty.com.

Friday, Dec. 1

Special Olympics Basketball Tournament
Volunteer needed to assist with running the tournament: Registration, score keeping, cheerleading, set up/clean up, etc. Shifts are from 9 a.m. - 2 p.m. at Epps Recreation Center in Thomas Foreman Park. Contact Deitra Crandol at 329-4541.

Saturday, Dec. 2

Parents' Night Out
Volunteers are needed to set up/break down and assist in running the event. Shifts are from 6 - 10:30 p.m. at the Student Recreation Center and Mendenhall Student Center. Contact David Gaskins at gaskinds@ecu.edu.

Christmas Parade
Volunteers are needed to line up parade participants in correct order and possibly carry sponsor signs. Shifts are from 8 a.m. - 12 p.m. Volunteers should check in at the corner of Green and First Streets. Contact Karen Smith at 328-4173.

Habitat for Humanity
Volunteers needed to hand out flyers and encourage Lowes customers to donate to Habitat at cash registers. All donations will go directly to our local Habitat Chapter. Shifts are from 9 - 11 a.m., 11 a.m. - 1 p.m. and 1 - 3 p.m. Contact Paulette White at 758-2947.

Reindeer Dash for Cash
Volunteers are needed to assist on runners' course, registration, clean up, as well as other tasks. Shifts are from 11:30 a.m. - 5 p.m. at the Greenville Town Commons.

29 Wed

Healthy PIRATES Holiday Ornament Sale
Wright Plaza

ECU hosts Ice Skating Club event
The inaugural gathering of the ECU Ice Skating Club. Childcare provided. Bladez on Ice rink 6 p.m.

Russian Film Series: "Russian Ark"
Movies have English subtitles or dubbing. Bate 2011 6:30 p.m.

SGA Presents the Success for Life Workshop: Making the Grade
Learn tips to help prepare for exams and develop a strategy of how to finish the semester strong. Bate 1032 7 - 8:30 p.m.

30 Thu

Healthy PIRATES Holiday Ornament Sale
Wright Plaza

ECU School of Art Holiday Exhibition Opens
ECU's School of Art and Design holds the annual holiday exhibition sale. Wellington B. Gray Gallery Jenkins Fine Art Center 9 a.m. - 8 p.m.

ODK hosts Deans and Issues forum
Omicron Delta Kappa's Leaders and Issues Forum is an open discussion about current ECU issues and related leadership topics. Invited guests include: Dr. Virginia Hardy, Brody School of Medicine; Dr. Al Smith, First Year Center; and Dr. Lathan Turner. Students, faculty and staff are invited. Refreshments will be served. Bate 3009 5 p.m.

Coffeehouse/Open Mic
Pirate Underground 7 p.m.

1 Fri

11th Annual Festival of Trees hosts "Bedtimes with Santa"
Greenville Convention Center Greenville Boulevard 6 - 7 p.m.

ECU School of Art Holiday Exhibition
Wellington B. Gray Gallery Jenkins Fine Art Center 9 a.m. - 9 p.m.

World Fest
Recognition and celebration of various and traditional holiday celebrations. Displays and speakers will be available to illustrate the celebrations and to answer questions. Co-sponsored with the ECU Student Activities office. For more information, call 328-6495. Mendenhall Student Center 4 p.m.

Uptown Greenville ArtWalk
Emerge Gallery & Art Center 404 South Evans Street 6 p.m.

The Never
Pirate Underground 7 p.m.

2 Sat

ECU School of Art Holiday Exhibition
Wellington B. Gray Gallery Jenkins Fine Art Center 9 a.m. - 2 p.m.

Greenville Annual Christmas Parade
Downtown Greenville 10 a.m.

3 Sun

11th Annual Festival of Trees hosts "Storytimes with Santa"
Greenville Convention Center Greenville Boulevard 3 - 4 p.m.

4 Mon

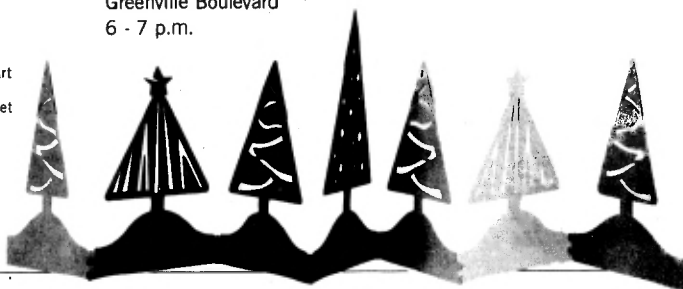
Housing Authority Meeting
Central Housing Authority Office 1103 Broad St. 5:30 p.m.

5 Tue

Redevelopment Commission Meeting
Second Floor Board Room of Bank of America Building 201 West First St. 5:30 p.m.

Featured Event:

11th Annual Festival of Trees hosts "Bedtimes with Santa"
Greenville Convention Center Greenville Boulevard 6 - 7 p.m.



Students get the chance to discuss concerns

Second annual Deans and Issues Forum held

ADELINE TRENTO
STAFF WRITER

The National Leadership and Honor Society, Omicron Delta Kappa, will host the annual Deans and Issues Forum tomorrow, Nov. 30. The annual Deans and Issues Forum, which begins at 5 p.m., will be held in room 3009 of the Bate Building. The event will give students and faculty the opportunity to discuss issues and interact with

a number of deans from different areas on campus. Many knowledgeable and important people will attend this year's Deans and Issues Forum including Dr. Virginia Hardy from the Brody School of Medicine, Dr. Al Smith from the First Year Center and Dr. Lathan Turner from the Ledonia Wright Cultural Center. The Deans and Issues Forum will be an open discussion about current issues and concerns that ECU students may have. Leadership trends, faculty and student involvement and college retention rates are just a few of the topics that will be covered at this year's event.

Students, faculty and staff are all encouraged to come to the Deans and Issues Forum to discuss important subjects and get their voices heard. "The Deans and Issues forum is just a great opportunity for students to interact with deans on a personal, one on one level," said Jessica Ledbetter, treasurer for Omicron Delta Kappa. "This event gives students a chance to talk to people that they normally wouldn't have a chance to discuss issues with, so it's really important that students and faculty come out to this event."

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

Former ECU provost will get compensation despite demotion



Former provost to receive a portion of the money said to be unpaid salary.

(AP) — A former ECU provost who sued the school seeking what he said was unpaid salary and compensation will receive a portion of the money, a Superior Court judge has ruled. William Swart, who was reassigned from his provost position in 2003, was awarded nearly \$70,000 for three months of salary and unpaid housing allowance. A jury trial expected to take place in 2007 will determine whether the university is obligated to pay Swart additional money that he believes is written in his contract. Swart was the No. 2 officer at the university from Aug. 1, 2002, until he lost his job Sept. 26, 2003. He was reassigned to a faculty position in the College of Business and the university reduced his pay from \$200,000 a year to \$117,000. Swart contends he should still be paid nearly \$164,000 a year as a faculty member.

ALCOHOL continued from A1

obtaining the permit and purchasing the keg could also be sued in DWI cases. Another change makes consumption of alcohol by persons under the age of 21 a misdemeanor offense. Previously, only possession and purchase had been against the law. Police will now be able to request an Alco-Sensor test from someone under 21 if they smell like alcohol, even if they do not appear to be intoxicated or in possession of alcohol. "I predict a huge spike in the number of tickets that will be written," Romary said. DWI laws will be tougher. "It will be incredibly, incredibly difficult to be found not guilty," Romary said. "Prosecutors would say that the state has 'closed the loopholes.'" Now, drivers who refuse a breathalyzer test can be taken to

a hospital and be forced to submit to blood tests. Any amount of substances such as heroin, LSD, ecstasy, morphine and cocaine will also result in a DWI. "If you've been taking something for a cough like Tussonex which has been prescribed by your doctor but contains cocaine, you're guilty of DWI," Romary said. Simply paying off a ticket for an offense such as illegal possession, purchase or consumption of alcohol does not wipe the slate clean. Romary said that students caught in these situations on a first time offense should seek a deferred prosecution, which would result in community service but nothing on their criminal record. "If anyone gets a ticket, I want them to come see me," Romary said.

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

PIRATES continued from A1

time off from practice so that the players can focus on academics and final exams before resuming a full practice schedule on Dec. 15. The time off should give injured starting senior left tackle Eric Graham time to heal. Graham sprained his left MCL in the loss to Rice and missed the N.C. State game. Holtz said one thing that impressed him about the team's win in Raleigh was the fan support and he hopes the "Pirate Nation" will travel just as well to Birmingham.

"What was most encouraging was the Pirate Nation," Holtz said. "To see all that purple and gold scattered throughout that stadium, and in both end zones, and then to have the Purple-Gold chants, was amazing. One of the players looked at me and said, 'That's pretty awesome.' I encourage the Pirate Nation to flock to Birmingham and show the Big East and the country the strength of this fan support."

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

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Pulse

{ Pirate Buzz }

Horoscopes:

Aries

Scrimp, save, use coupons and ask for money you've been promised. Don't spend an extra cent. You don't need to, and you'll be glad later you didn't.

Taurus

Don't talk about your finances, even to your good friends. Be humble and appreciative of anything you get. And hold onto it.

Gemini

Changes in the situation require quick adaptations in your response. Luckily, you're good at this. Keep your objective in mind.

Cancer

Be very careful if you go shopping, and don't get a lottery ticket. You're more likely to waste money now than you are to get a marvelous deal.

Leo

Your family is very important but you don't always take the time to let them know how much you care. Say it tonight, with funny movies.

Virgo

You don't need to start a controversy. Let somebody else do that. Take notes and keep what you learn to yourself. Good information has value.

Libra

Pretend you're broke even if you're not. It's a good habit to acquire. Recycle and repair whatever you can. Keep your cash for more important things.

Scorpio

The temptation is great to make an unwise expenditure. Avoid exclusive boutiques and distant relatives with sad stories.

Sagittarius

It's a tough day, but don't give up - you can work out a compromise. Plan a private celebration for later.

Capricorn

The situation's interesting, if somewhat difficult now. The first suggestion you try may not work, so don't spend too much time or money on it. Be skeptical.

Aquarius

You'll be making money without much effort, once you get the routine down. Don't spend it yet, there are complications as yet undiscovered.

Pisces

Don't tell everything you know. Manage the conversation. Even one who's rather a bore will draw attention away, and that's one of your objectives.

Drink Recipe:

Sleigh Ride Punch

- 2 quarts cranberry juice
- 1 pound tangerines, 1/2 inch slices
- 1/2 teaspoon ground cloves
- 2 cinnamon sticks
- 1 quart Sprite
- 1 liter of Captain Morgan's Spiced Rum
- Festive ice mold

In a saucepan, bring the cranberry juice, tangerines, cloves, and cinnamon sticks up to a boil. Remove the pan from the heat and set aside. This will infuse the tangerines and spices into the juice. Chill the infused juice, completely. In a punch bowl, whisk the juice, Sprite and rum together. Chill the punch completely before serving. Serve the punch in a pretty punch bowl with a festive ice mold. Please drink responsibly.

Project road trip: Asheville

Make your way to the mountains before winter really kicks in

JENNY AYERS
STAFF WRITER

Whether you're looking for beauty, history or culture, Asheville can offer an experience like no other. From historical landmarks to delicious and lively restaurants, Asheville is a fabulous pick for a weekend getaway. The drive takes five hours from Greenville, so make sure you have dependable transportation and lots of patience.

The Asheville area is a thriving arts community complete with various outdoor adventures, a charming downtown, numerous historic and architectural attractions, and assorted shopping options.

The holiday season brings a selection of memorable activities and provides one of the best shopping destinations in the region. The Asheville area is an excellent choice for year-round outdoor activities, whether you want to hike, bike, take on some white water rapids or hit the slopes.

History buffs will appreciate the city's architecture and literary legacy. All travelers can appreciate Asheville's fine dining, shopping venues and its many art galleries.

A large attraction in Asheville is the renowned Biltmore Estate. Spanning more than 8,000 acres, this mansion has kept its original flair since it opened to the public over a century ago. There are beautiful gardens, a winery with tastings, a gift shop, a dairy with delicious ice cream and much more. Let's not forget the grand tour of the home itself.

If you get there early enough

or call ahead, you can schedule an audio tour as well as a wine and chocolate tour. To celebrate the holidays, they have also set up holiday music, garlands, poinsettias, dozens of Christmas trees and a magnificent 35-foot tall live Fraser fir.

Biltmore Estate isn't the only point of historical interest in Asheville. Step back in time to the Victorian era at the 1840 Smith-McDowell House Museum, Asheville's oldest home. You can also explore the Thomas Wolfe Memorial, the author's childhood home and the inspiration for his novel *Look Homeward, Angel*. Much of the architecture downtown was constructed by the same craftspeople that built Biltmore House. Asheville is home to more Art Deco architecture than any southeastern city other than Miami Beach.

As for entertainment, there are several appealing options. Tressas has a great New Orleans atmosphere and live music that makes this jazz bar a great place to hang out. Most people here have a blast on the dance floor, but if that's not your thing, you can go upstairs to the non-smoking oxygen bar. It has a fireplace that gives anyone the perfect excuse to cuddle!

There's also Jack of the Wood which is an intimate neighborhood pub with a Celtic spin and is just a short walk from Pack Square. English style ales are brewed on site and live music featuring Irish tunes or mountain music is featured Wednesday through Sunday. Bread, cheese and chutney make a great lunch or supper, and Beef & Guinness Stew or Scilly Island Fish Cakes will also please the palette.

see ASHEVILLE page A5



Biltmore Estate in Asheville is a historic landmark that can be enjoyed by people of all ages and interests.

Plan B: Emergency contraceptive



Emergency contraceptive is a huge step for women's reproductive rights.

Morning after pill now available over-the-counter

SHANNON DAVIS
STAFF WRITER

You might have forgotten to take your pill, or another birth control method you use might have failed, such as a broken condom. Now you have a second chance to prevent pregnancy with Plan B.

Plan B is an emergency contraceptive that can still prevent a pregnancy after contraceptive failure, unprotected sex or sexual assault. Plan B should be taken within 72 hours of unprotected

sex and can reduce the risk of pregnancy by 89 percent.

Although this contraceptive can be taken up to three days after sexual relations, the sooner it is taken, the more effective it will be.

Approximately 2.7 million unplanned pregnancies occur each year, of which 54 percent result in abortion. Many experts believe that greater awareness of emergency contraception may help reduce the number of unplanned pregnancies and abortions that occur each year. Although emergency contraception has been around for a long time, many people still do not know about it.

Emergency contraception has

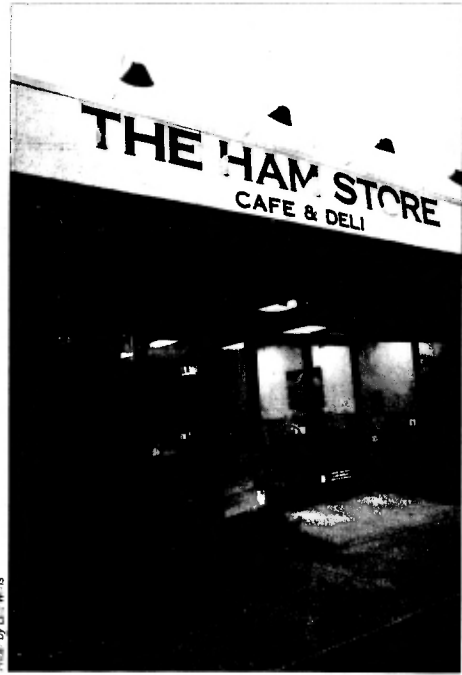
been available since the mid 1960s, and it is currently available in over 100 countries. Although emergency contraception offers safe, effective backup protection, it should never take the place of a regular method of birth control.

Plan B is not RU-486, the abortion pill, it will not work if you are already pregnant. It is also not meant to be a substitute for routine birth control because of its intent to be an emergency alternative. It is important to remember that Plan B does not protect users from HIV infection or any other sexually transmitted diseases.

Common side effects associated with the use of Plan B included nausea, abdominal pain, fatigue, headache, menstrual changes, dizziness, breast tenderness and vomiting. These are similar to the side effects experienced on regular birth control pills.

Plan B prevents pregnancy by stopping the release of an egg from the ovary and may also prevent the fertilization of an egg, the uniting of sperm with the egg. Plan B also works by preventing the united sperm and egg from attaching to the uterus. It is important to know that Plan B will not affect a fertilized egg already attached to the uterus; it will not affect an existing pregnancy.

see CONTRACEPTIVE page A5



The Ham Store is a unique dining venue to Greenville, offering a variety of foods.

Ham it up on Red Banks Road

Greenville landmark serves up tasty sandwiches

LIZ FULTON
SENIOR WRITER

To many students at ECU, there doesn't seem to be life off of Greenville Boulevard. If you are finally tired of the assortment of chain restaurants this city seems to harbor, consider the street running parallel to the traffic nightmare that is the boulevard, and enjoy a fresh sandwich at The Ham Store.

Not to be confused with the other establishments with 'ham' in their names (Ham's and The Honeybaked Ham Store), The Ham Store in Arlington Village is an institution that showcases varied assortments from the club to the croissant. It has been in the same shopping center for over 15 years, changing locations only once after the devastation of Hurricane Floyd.

A note of caution before entering through these sacred doors: A disturbing pattern indicates that once you sample a ham and cheddar nielt or turkey on wheat, you might possibly find yourself unable to tear yourself away. Pride

of ECU's golf team Phillip Reale finds himself eating there on average three times a week.

"I eat with the same group of guys every week," said Reale. "They have a great selection, and I like to change it up a bit, while my girlfriend always gets the same thing."

It's not just the sandwiches that draw in unsuspecting passers-by to The Ham Store. Their desserts send people into cheers, most notably with the lemon bars. And while their sweet tea is not always on point, rest assured it will almost always quench the thirst of any Southern native.

While they do not serve breakfast, it does open at 10 a.m., and has ham biscuits available. For truly splendid fare, make sure to have them put some cheddar cheese on it, too.

Another charming artifact The Ham Store is known for is their unique honey mustard sauce. Unlike any other honey mustard sauce you've tasted, it has the appearance of maple syrup. "It's almost like candy," said senior apparel merchandising major Kelly Harmon. "There's some secret ingredient in there that just keeps me coming back."

see RED BANKS page A5

Time to plan your next holiday feast

Cultural meal variations

SARAH CAMPBELL
FEATURES EDITOR

Now that Thanksgiving is over, families around the world have begun getting ready for the biggest holidays of the year, Christmas, Hanukkah and Kwanza. In preparation, people are shopping for gifts, decorating their homes and gathering the necessary ingredients needed to create their favorite holiday dishes. The winter holidays are a time to spend time with family and friends, enjoying meals and celebrating the meaning of their winter holiday.

When mentioning each of these holidays, many variations of tradition and food go with each. Christmas is no exception as far as cultural diversity goes. Different cultures around the world have varying traditions when it comes to what foods they prepare.

In the United States, we enjoy a bountiful feast on Christmas Day followed by delectable desserts including pies, pastries and candies. Let's take a look at some native dishes of countries around the world.

In Italy, a traditional Christmas feast includes salted dried cod (baccala), vermicelli, baked pasta, capon and turkey. La Vigilia Napoletana is a traditional Christmas Eve dinner where seven types of fish are eaten in order to bring good luck.

A Christmas dinner of oven-baked ham, vegetable casseroles, liver casserole, mixed beetroot salad, smoked salmon and herring dishes are eaten on



Different cultures and religions prepare different dishes.

Christmas Eve in Finland. This is a time for families and friends to enjoy a festive atmosphere while sharing a traditional holiday meal.

In Poland, people begin cooking Christmas dinner up to a month in advance. On Christmas Eve there are traditionally 12 dishes served; that's why preparation for the day begins so early. Soup and dumplings are common dishes served during this feast. Polish desserts mirror some of our most popular Christmas desserts such as rum cake, butter cookies and fruitcake.

A special Christmas beer, Juleøl, is brewed in Norway weeks before Christmas arrives. Juleøl accompanies the pork dishes that make up the main course for the Christmas feast. Sweet Christmas

see FEAST page A5

SUCCESS FOR LIFE WORKSHOPS



Your key to the Future

Making the Grade

Partnership with the Academic Enrichment Center and the Freshman Class

When: Wednesday, November 29th

Where: Bate Room 1032

FREE GIFT FREE FOOD

Time: 7:00pm-9:30pm

A Student Government Association

Sponsored Event



ASHEVILLE continued from A4

At Asheville Pizza & Brewing Co., you can order up a veggie burger with soy cheese, drink a beer, watch TV on a giant screen and then see a movie. The menu features typical bar food like "Crazy Hot" wings and nachos, but it has a surprising number of vegetarian offerings such as hummus, spinach burgers and veggie lasagna.

For a classier dining experience, there is La Caterina Trattoria which offers the foof of southern Italy. Opposed to processed, synthetic and mass produced food, you will find meats cured without any preservatives, freshly made pasta and a menu

that incorporates the best ingredients available.

In downtown Asheville, you will find all sorts of shops, museums and galleries to keep you entertained and intrigued. You don't have to worry about spending a fortune as admittance is cheap; food can be found at a bargain and half the reason for going is just to take in the free beauty that is Mother Nature.

For an escape to a winter wonderland within North Carolina's own boundaries, make the trek to Asheville this holiday season.

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

RED BANKS continued from A4

The food is not the only appeal of this delightful restaurant. There is no telling what local celebrity might be enjoying the Golden Gate Club, from high ranking athletic officials to super powerful politicians.

Make sure to eat at The Ham Store in a group and to also pick up a to-go order. The dining area is divided by a walkway making those who enter and exit feel as if they're strolling down a runway. It is equally fun to sashay or to simply observe those who enter and exit while you dine.

As a frequent guest of the restaurant, I have one complaint. Like Boulevard Bagel, the excess of certain condiments seems to be the standard. Boulevard Bagel overkills on cream cheese, while The Ham Store almost soaks their sandwiches in mayonnaise. For those who have extreme aversions to the white substance, make sure to clearly express your preference for a dry sandwich. Too many a time, I have made the mistake of holding my peace on the subject and then cried in despair at my ruined sandwich.

There is something magical about The Ham Store that, after four years, I am still unable to put my finger on. However, it is a lunch time must for all citizens of Greenville, no matter what your stand is on condiments.

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

CONTRACEPTIVE continued from A4

There are only two steps to take this emergency contraceptive. Take the first tablet within three days of unprotected sex, and then follow with a second tablet 12 hours later.

Although Plan B is safe and effective, it is not right for every woman. Do not use Plan B if you are already pregnant because it may cause birth defects. If you are allergic to levonorgestrel or any of the ingredients in Plan B, it is ill-advised to consume for obvious health reasons. Also, do not use Plan B if you have abnormal vaginal bleeding that has not been evaluated by a health care professional.

In August the FDA approved Plan B for over-the-counter sell-

ing to women and men over the age of 18. However, a prescription from a health care professional is still needed by those that are underage. Not all pharmacies have begun to stock the over-the-counter version of Plan B so you may want to call before dropping by.

Plan B is approved by the FDA for use as an emergency contraceptive, and it contains the same birth control hormone that health care professionals have been prescribing for more than 35 years. When used as directed, Plan B is a safe and effective way to prevent an unplanned pregnancy.

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

FEAST continued from A4

bread filled with raisins sends a tantalizing scent into the air luring people in from the cold to enjoy a hot slice.

A centerpiece of turkey mole, a sauce containing chocolate and chilies, is surrounded by roast suckling pig, turkey and beet salad with peanuts at a traditional Christmas Eve dinner in Mexico. Chocolates, candies, fruits and nuts are hidden inside piñatas, which are broken by children after dinner.

Although Christmas is the most commercialized holiday during the winter season, Hanukkah and Kwanza host traditional foods as well. The most

popular dish for Hanukkah is latkes, or potato pancakes. Their popularity stems from the way they are cooked, which is in oil. Being cooked in oil, latkes remind Jewish people of the miracles that a single pitcher of oil can hold. Applesauce, green onions and sour cream can be poured on top of the latkes. If this doesn't sound like enough to eat, don't worry, baked chicken and salad accompany them to create a feast.

At the close of Kwanza, a very large feast is prepared in order for people to share fellowship and become closer to their African

heritage. Information and entertainment is presented during the feast that is held in December. The main ingredient of the feast is coconut. Some of the most common Kwanza foods include baked chicken in coconut milk, coconut coleslaw, glazed sweet potatoes and coconut cream pie.

No matter what you choose to devour this holiday season, revel in the idea of taking time out to spend with loved ones before heading back to the hustle and bustle of everyday life.

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

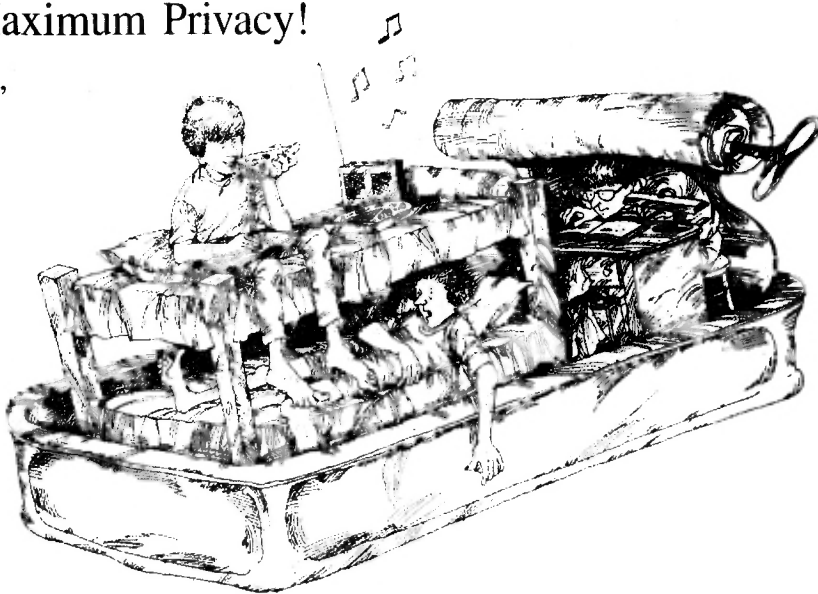
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Sports

{ECU's Inside Source}

BY THE NUMBERS

8

Pirates football players receiving All-Conference Honors; senior punter Ryan Dougherty and junior kick-returner Chris Johnson made the C-USA first team; it is the second time Dougherty has made first team all-conference (2005); in 2005 ECU was represented on the first team by wide receiver Aundrae Allison and former line-backer Chris Moore

1926

Year that Legion Field in Birmingham, Ala. was built; the stadium has hosted high school, college and professional football games for 80 years and will be host to the PapaJohns.com Bowl on Dec. 23 at 7 p.m. between ECU and a Big East team.

5

Teams in C-USA receiving bowl invitations; ECU will play in the PapaJohns.com Bowl in Birmingham, Ala. while Rice will play in the R&L Carriers New Orleans Bowl against the Sun Belt conference champion and Tulsa will play Utah in the Bell Helicopter Armed Forces Bowl (Fort Worth, Texas); the winner of the C-USA championship between Southern Miss and Houston will play in the AutoZone Liberty Bowl, while the losing team will play in the GMAC Bowl

16

Number of interceptions ECU's defense totaled on the season, the most since 1999 (17); cornerback Kasey Ross and safety Pierre Parker led the team with four picks apiece

5

League high number of players ECU placed on the C-USA All-Freshman Team; redshirt freshman Terence Campbell started every game and true freshman Cory Dowless started eight on the offensive line, helping protect James Pinkney while only giving up 23 sacks on the year; joining Campbell and Dowless are defensive linemen C.J. Wilson and Scotty Robinson and standout line-backer Van Eskridge

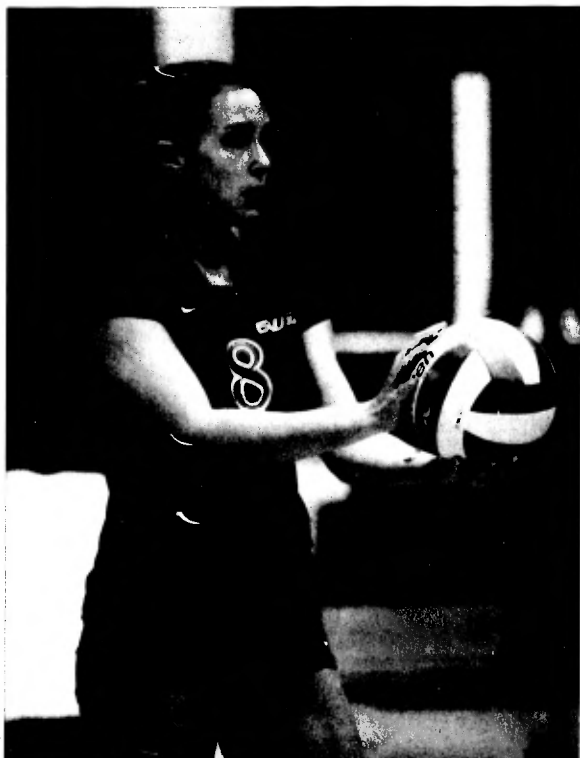
They said it

"We will eventually lose some staff members. I think we've done a great job, particularly in the college environment of hanging on to them so far. We're going to do everything we can to hang on until they have a great opportunity to do something at a higher level. I don't think you can buy loyalty from your coaching staff. I think you have to earn it. It's a two way street. If you want your coach to be loyal to you, you have to be loyal to your coach... there's a lot more at stake than money."

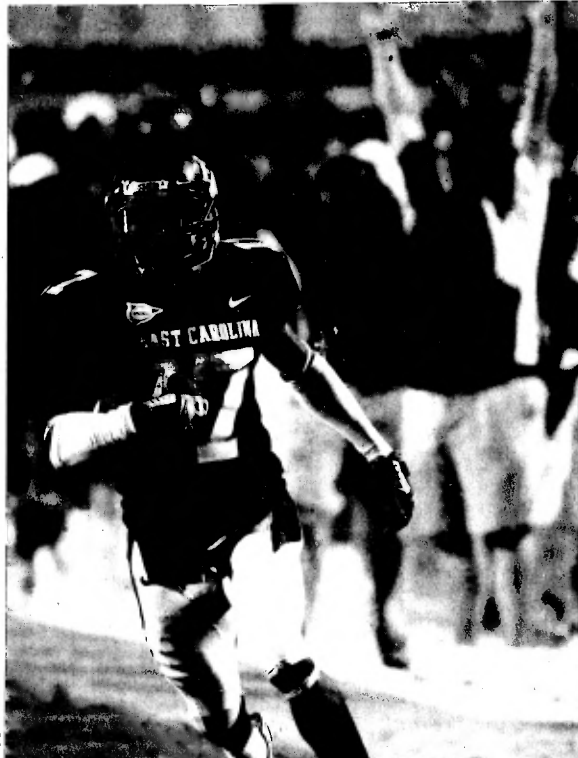
- Terry Holland, ECU athletic director

Athletes of the semester

The sports staff voted on 10 student-athletes, five male and female that have separated themselves from the pack. These 10 athletes have enjoyed stellar semesters in their respective sport. Whether it means setting new ECU records or game-saving touchdowns, these athletes have earned the *East Carolinian's* Athletes of the Semester distinction.



Krug earned the Female Athlete of the Semester honor after becoming ECU's leader in assists.



Ross didn't make the all-conference team, but earned the Male Athlete of the Semester honor.

Kasey Ross

Kaset Ross is an inspirational and out-spoken leader of the team and he backs it up with his play.

The senior from Alachua, Fla. has two interception returns for touchdowns this year, a 77-yard return in the home-opener against Memphis and a 58-yard return to seal a road win at Central Florida. Those two pick-sixes go along with his four aerial thefts on the season and ups his career mark to seven.

A chiseled specimen at 6-feet, 183 pounds, Ross may be undersized but has the type of speed to play in the NFL with a 4.4 40 and has played in 44 games, starting the last 25 in a row.

Nicole Briggs

Nicole Briggs, a freshman cross country runner from Barrington, N.J. came to ECU facing high expectations. Briggs met those expectations and more as she was the top runner for the Pirates in every single meet this season, a truly remarkable accomplishment for anyone, much less a freshman.

Briggs helped lead the Pirates to the McAlister's Deli Invite title, their first title since Oct. 1, 2004, spanning 20 events. In the meet, Briggs finished second with a time of 18:54. In just her first meet, Briggs finished third overall at the Seahawk Invitational in Wilmington, N.C.

Briggs finished 11th overall in the Coastal Carolina Invite, third in the Old North State Invite, ninth in the Furman Invite, and 32nd in the C-USA championships to round out her stellar freshman campaign.

Darrell Jenkins

The 5-11 junior leads C-USA in assists through five games with 7.4 and has already recorded two double-doubles on the young season, to include 22 points and 12 assists in the season-opening win over Morgan State.

Coming from a winning program at Southern Idaho that contended for a JuCo national championship, Jenkins brings that winning attitude. He also is a true point guard, something else that has been missing from the team, which allows Courtney Captain, last year's point guard, to play shooting guard, where he is more comfortable.

Aside from his C-USA-leading assist total, Jenkins is averaging 15 points to lead the team and also leads the team in minutes played and 3-pointers.

Amber Campbell

While Amy Szilard was scoring, Amber Campbell was making sure the other team did not. This season Campbell accumulated a .850 save percentage and a season record 75 goals against average, finishing second for second in Conference USA in both categories. She tallied seven shutouts in her sophomore campaign, tying for third in the conference while placing in the top 10 in nearly every category for goalkeepers. For the week of Nov. 1, Campbell received the NSCAA National Player of the Week honor, the first time in ECU history. During that same week, she was named to Soccer Buzz's Elite Team of the Week, an award given to the best players in the nation for that week.

James Pinkney

Senior quarterback James Pinkney capped his ECU career by moving into second place all-time on the ECU career passing yards list with over 8,000 yards. Pinkney threw for 2,775 yards last season, good for second-best behind only Jeff Blake's 3,073 yards in 1991.

Pinkney has started more consecutive games, 37, than any other player in school history not named David Garrard. With his durability, Pinkney has developed a reputation for being one of the toughest players in C-USA. Along with his 2,668 passing yards this season, he has also run for 225 yards and four touchdowns while throwing for another 11 TDs with 10 interceptions.

Christie Icenhower

Icenhower has finished first place in all six dual meets she has competed in this season. As a junior diver, she set the varsity record on the one-meter boards with a score of 391.28 and then qualified for the NCAA Regional the following day at Towson. During the weekend, she broke her own varsity records she set as a sophomore. She was an NCAA Zone qualifier on both boards last season and was also named ECU's most outstanding diver during each of the past two years.

She recently earned a sixth place finish in the prestigious Nike Cup on the three-meter boards with a score of 285.60. She also claimed a sixth place finish on the one-meter board, helping the women finish seventh in the nine team competition.

Stephen Tausend

Senior Cross Country runner Stephen Tausend and his fellow teammates entered the 2006 season wanting to improve on a surprising season the year before. Tausend, arguably the leader of the team, didn't disappoint. Tausend, a native Texan, paced the cross country team in every meet except one.

The best finish for Tausend was in the McAlister's Deli Invite. In the meet, Tausend finished sixth overall with a time of 26:46. Tausend also placed 10th overall in the Seahawk Invitational, 17th in the Coastal Carolina Invite, and 41st in the Furman Invite to round out his senior season.

The season was not without disappointment, however. Tausend failed to finish in the C-USA championships also held at Lake Kristi.

Heidi Krug

Heidi Krug became ECU's all-time volleyball assists leader midway through the season passing . The senior setter finished third in C-USA in digs per game (12.56) and fourth in total assists (1,369) en route to eight straight conference wins and a 19-12 overall record. Krug earned second team all-conference honors after being selected to the third team as a junior. She finished her career with a 59-assist performance during the C-USA Tournament loss to UTEP, giving her 4,819 digs. She also earned 11 digs in the season finale, which put her 10th all-time on the career digs list. She maintained a 4.0 GPA in biology and was the only unanimous pick on the all-academic team.

Ryan Dougherty

Ryan Dougherty turned in one of the best seasons of the senior's four-year career. Dougherty moved into first place on C-USA's all-time punting list earlier this year.

Against Virginia, the senior from Orlando booted a career best 72-yard punt that traveled 68 yards in the air before landing at the 4-yard line and skipping into the end zone. Having what Holtz called "an NFL leg," Dougherty has been able to flip the field on opponents and has been the one consistent strength in an inconsistent special teams unit.

On the season, Dougherty has punted 45 times for nearly 2,000 yards and a 43.9 average with five touchbacks, 14 fair catches and 14 punts inside the opponents 20.

Compiled by Eric Gilmore, Ron Clements and Jared Jackson.

Conference USA releases all-conference selections

(SID) — Conference USA announced its 2006 Media All-Conference football teams today, as selected by a panel of media members in each conference city. Each school was represented with at least two selections, with West Division Champion Houston producing a league-high 13 total selections, followed by East Division Champion Southern Miss with 12 players on the squad.

ECU produced a pair of special teams standouts on first team in junior kick returner Chris Johnson and senior punter Ryan Dougherty. Johnson led the league in return average (24.9), including a 96 yard return against Southern Miss. Dougherty was led C-USA

in punting, earning a 43.9 yard average. He was omitted in 2005, but did earn a second team selection in 2004.

Offensive tackle Eric Graham and wide receiver Aundrae Allison earned second team honors. In two seasons, Allison finished second in school history in receptions (142) and fourth in receiving yards (1,708). He earned a first team selection in 2005.

Senior safety Pierre Parker earned second team defensive honors. Parker tied Kasey Ross in interceptions nabbing four passes.

Converted tight end Josh Coffman was one of three players selected to the third team. The

guard, who started at right tackle against N.C. State led the offensive line in knockdowns.

Sophomore line-backer Quentin Cotton and senior safety Jamar Flournoy earned third team defensive honors. Cotton, who played in just two games and notched one tackle as a freshman enjoyed a breakout year. He led the team in total tackles (68) and tackles for loss (eight). Flournoy, who redshirted last season due to a suspension, was the second leading tackler (67) and notched a team-high 38 solo tackles.

ECU and SMU also combined to place a league-high five players on the all-freshman squad.

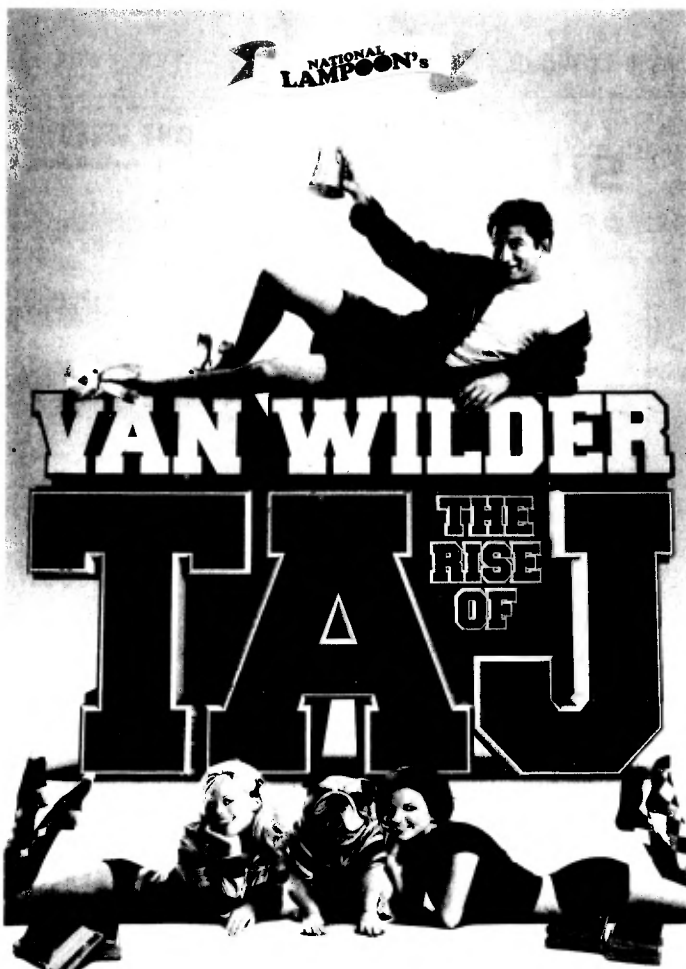
Leading the way for the

Pirates on the All-Freshman team are offensive linemen Terence Campbell and Cory Dowless. Campbell started every game, 11 at right tackle after redshirting in 2005. Dowless was inserted into the lineup against Memphis and earned the starting right guard slot for eight games. ECU also placed two defensive linemen on the list, C.J. Wilson and Scotty Robinson. Wilson led the team in sacks (three) for 17 yards. He overtook Marcus Hands, who was a third team selection in 2005, and started the final seven of eight games. Linebacker Van Eskridge, who was a third string safety in the fall camp, rounded out the ECU honorees. Eskridge

started his two collegiate games for an injured Pierre Bell. He also was sixth on the team in tackles (32) and second in tackles for loss (6.5). He played in all 12 games, starting five.

C-USA will announce the media's selections for Offensive, Defensive, and Special Teams Players of the Year, as well as the Freshman of the Year and Coach of the Year on Wednesday. The coaches' selections for these awards will be released on Wednesday, Dec. 6.

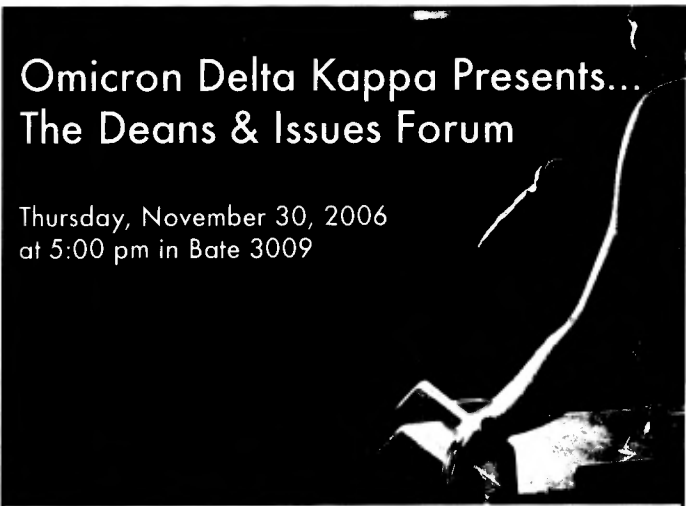
C-USA will stage its second annual Championship Game this Friday night when Houston hosts Southern Miss (8 p.m. EST on ESPN 2).



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Students, faculty and staff are invited. Refreshments will be served. ECU is your community. We hope you will take this opportunity to participate. Thank you for your support.

Conference USA announces Bowl lineup

(SID)—Conference USA and its bowl partners have reached agreement on the league's postseason lineup for the 2006-07 bowl season. The conference produced five schools with seven or more victories and those teams will fill the conference's agreements with the AutoZone Liberty Bowl, GMAC Bowl, Bell Helicopter Armed Forces Bowl, PapaJohns.com Bowl and the R+L Carriers New Orleans Bowl.

"This has been an exciting season in C-USA and these five schools will be outstanding representatives of the conference in postseason play," said C-USA Commissioner Britton Banowsky. "We are blessed to have such outstanding bowl partners and we know that our student-athletes, coaches and fans will enjoy the bowl season."

The AutoZone Liberty Bowl will select the winner of Friday night's C-USA Championship Game between Houston and Southern Miss for its 48th annual game. This year's AutoZone Liberty Bowl is scheduled for Friday, December 29 at 3:30 p.m. CST in Memphis and the C-USA Champion will face an opponent from the Southeastern Conference.

"The winner of this game will represent Conference USA very well at this year's AutoZone Liberty Bowl," said AutoZone Liberty Bowl Executive Director Steve Ehrhart. "The winner will be either a 10-3 Houston Cougars squad or a 9-4 Southern Miss Golden Eagles team. Either way, we will have an outstanding Conference USA Champion in a match-up against a team from the Southeastern Conference."

The GMAC Bowl will take the runner-up of Friday night's game for its eighth annual contest. This year's GMAC Bowl will be played on Sunday, January 7 at 7 p.m. CST in Mobile. The C-USA representative will face an opponent from the Mid-American Conference.

"We are looking forward to

the C-USA Championship Game," said GMAC Bowl President Jerry Silverstein. "We know that we will be getting a quality team that we hope will be excited to come to Mobile and play a quality team from the Mid-American Conference."

West Division Champion Houston will be going to a bowl game for the third time in four years under head coach Art Briles and will be making back-to-back trips for the first time since going four years in a row from 1978-81. Southern Miss will be going bowling for the ninth time in the 10 seasons under head coach Jeff Bower.

C-USA's three other 2006 bowl partners have selected the Conference USA representative for their bowls.

Tulsa (8-4) will play in the Bell Helicopter Armed Forces Bowl on December 23 in Fort Worth, Texas. The Golden Hurricane will face Mountain West Conference representative Utah (7-5) in the fourth annual game (formerly the Fort Worth Bowl). Tulsa will be making back-to-back bowl appearances for the first time since the 1964-65 seasons and are in postseason play for the third time in four seasons under head coach Steve Kragthorpe. The Golden Hurricane featured a balanced attack, led by junior QB Paul Smith on offense and senior LB Nick Bunting on defense.

"We're looking forward to an excellent football game between Tulsa and Utah," said Tom Starr, Bell Helicopter Armed Forces Bowl Executive Director. "I've seen both teams play many times and I truly believe fans are in for an exciting match-up. Coach Kragthorpe has done a fantastic job with the Tulsa program."

ECU (7-5) will return to postseason action for the first time since 2001 when it plays in the inaugural PapaJohns.com Bowl in Birmingham on Dec. 23 at Noon CST. ECU will face an opponent from the Big East Conference at historic Legion Field. Second-

year head coach Skip Holtz has led a dramatic turnaround in Greenville and the Pirates are back in postseason play thanks in part to an improved defense, along with a productive pitch-and-catch combo in senior QB James Pinsky and senior WR Aundrae Allison.

"ESPN is pleased to announce that East Carolina University has accepted our invitation to represent Conference USA in the inaugural PapaJohns.com Bowl," said Mark Meadows, Executive Director of the PapaJohns.com Bowl. "We look forward to welcoming the Pirates football team and its supporters to Birmingham."

Under first-year head coach Todd Graham, Rice (7-5) is tied with SEC West Champion Arkansas as the most improved team in Division I-A. The Owls will make their first bowl appearance since the 1961 Bluebonnet Bowl in the R+L Carriers New Orleans Bowl on Dec. 23 at 7 p.m. CST. Rice will face the champion of the Sun Belt Conference (either Troy or Middle Tennessee) in the game and will carry a six-game winning streak into the bowl. Rice is led by sophomore WR Jarrett Dillard, a finalist for the Biletnikoff Award who has caught a nation-leading 20 touchdowns and has scored in 14 straight games, the second-longest streak in NCAA history.

"We're excited to have what we feel is the hottest team in the conference right now," said Billy Ferrante, R+L Carriers New Orleans Bowl Executive Director. "Rice's proximity to New Orleans, enthusiasm, and anticipation of its first bowl appearance in many years should translate into an electric atmosphere in New Orleans."

The AutoZone Liberty Bowl, GMAC Bowl and Bell Helicopter Armed Forces Bowl will be televised by ESPN, while the PapaJohns.com Bowl and R+L Carriers New Orleans Bowl will air on ESPN 2.

Grobe says he's staying at Wake Forest

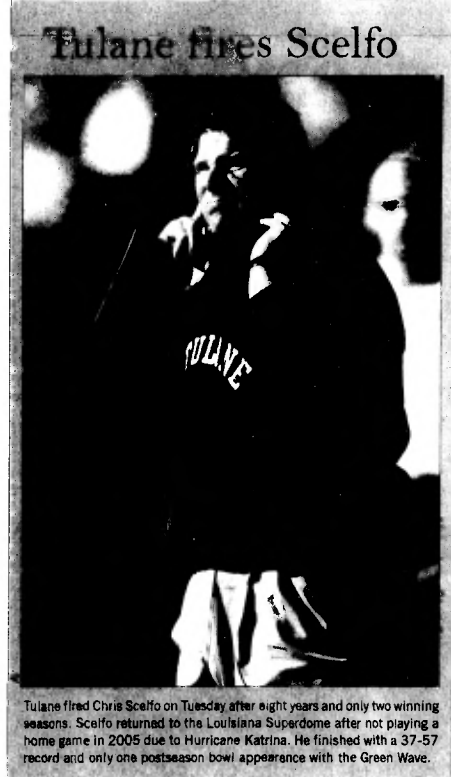
(AP)—Jim Grobe insisted Tuesday that he is not leaving Wake Forest, brushing off rumors that other schools are interested in hiring him.

Grobe, who coached the 16th-ranked Demon Deacons to an Atlantic Coast Conference division title, said he has not been contacted by other schools and has no interest in leaving the Wake Forest program he has rebuilt during his six-year tenure.

"There's probably some misunderstanding with how excited I am to be at Wake Forest," Grobe said. "I think people assume that if you're at a smaller school, at a program that hasn't been successful, that you would want to jump at the first opportunity that came along for a bigger school or more of a football reputation or whatever."

"But people misunderstand how good we feel about not only what we're doing right now but where we're headed," he added.

Grobe had been rumored as a potential candidate at Alabama, which fired Mike Shula, after he led the perennially struggling Demon Deacons to a school-record 10 wins and a berth in Saturday's conference championship game against No. 23 Georgia Tech.



Tulane fired Chris Scelfo on Tuesday after eight years and only two winning seasons. Scelfo returned to the Louisiana Superdome after not playing a home game in 2005 due to Hurricane Katrina. He finished with a 37-57 record and only one postseason bowl appearance with the Green Wave.

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7	1	2	8	9	6	5	2
2	8	9	1	7	4	9	3
8	6	9	2	8	9	1	4

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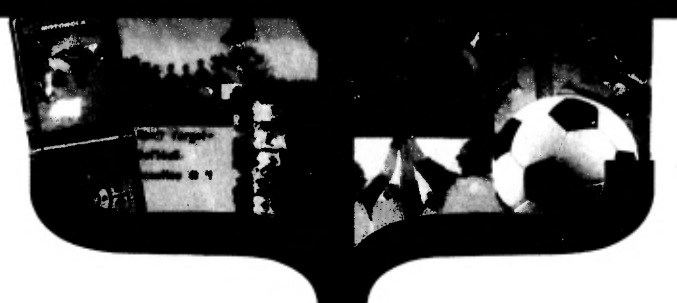
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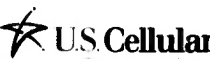

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5	2	7
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