

World Peace Initiative begins

THE EAST CAROLINIAN

Week offers peace, remembrance

JOELLEN BIRCH STAFF WRITER

VAUERULI

The third annual World Peace Initiative begins this Sunday and features a variety of activities and performances focusing on global peace and understanding. Joanna Iwata, director of student involvement at ECU, said World Peace Week began in 2001 as a reaction to 9/11.



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Sorority sisters seek ECU women interested in Greek life.

ECU Sorority rush held this week

Recruitment attracts more than 150 women

Volume 80 Number

ADRIANNA DRAKE STAFF WRITER

More than 150 ECU students are taking part in the seven-day sorority recruitment process, which includes a variety of activities for recruits in visiting possible organizations they may be interested in joining.

Students interested met with members of the National Panhellenic Council (NPC) and various members of the nine sororities within NPC at a Sunday morning convocation held in the Wright Auditorium where the recruits were given a presentation as part of the rush process.

"It's a chance for new members going through recruitment to see the sorority life we offer here at ECU," said Amanda Lewis, NPC recruitment director.

From 12:30 p.m. - 8:30 p.m. the recruits were bused to the

more about specific organizations and got a chance to see houses in greater detail. They also learned about the house mothers and other events the particular sororities are involved in.

Wednesday and Thursday of recruitment week are known as Skit Days, where recruits watch and listen as each sorority performs its own prepared skits about Greek life through their eyes and what their sorority is about.

Jackie Lambertsen, National Panhellenic president (NPC), said the sixth day of recruitment is known as preference day, which is a more quiet and serious time for every recruit. During this day, recruits will choose the three sororities they are interested in pledging, with their number one choice on top. If a recruit is only interested in one sorority, it is acceptable to only select the one of their choice.

The executives for NPC and sorority members will meet for what they call "bid matching." While recruits have been scanning each sorority, the sorority has been scanning them the same way. During this process, recruits are matched to a sorority.

"We needed to do something to bond the community ... we hosted a joint program with campus ministries that year," said Iwata. The following year launched the beginning of the national speakers series with Richard Picciotti, FDNY battalion commander as the featured speaker. Last year, Arun Gandhi, grandson of Mohandas Gandhi, spoke about nonviolence in conjunction with a world peace vigil. This year, it is an entire week of activities promoting peace and understanding on a global scale.

The week begins Sept. 19 with Dances of Universal Peace. This is an interactive program involving dancing and live music from a number of spiritual traditions around the world, including Sufism.

"Sufism is the mystical element of the Muslim religion," said Lynn Caverly, assistant director of student activities.

The ECU world peace vigil will be held Tuesday at 7 p.m. in Sonic Plaza, located outside Joyner Library.

The Ledonia Wright Cultural Center features a program from the Social Justice Institution on Wednesday in the Murphy Center at 7:30 p.m. Although this È event was not originally a part of this year's World Peace Initiative, it became a part of the agenda because it fits into the spirit of the week, Iwata said. The Rumi concert is the headlining event for the week and takes place Thursday at 8 p.m. in Wright Auditorium. Coleman Barks, poet and translator of Rumi, is being accompanied by cellist David Darling, percussionist Glen Vele and movement artist Zuleikha in a performance

Students remember 9/11 and its casualties at last year's World Peace Vigil. that interprets story through This final event gives students music and dance. a chance to speak with the cast

our student organizations, we are able to design innovative

nine different houses to learn more about each sorority. Each organization has its own grade requirements. Some require a 2.5 GPA, while others require a 2.0.

During the second and third days of recruitment, the women were divided into groups and went on house tours. On these tours, recruits learned much

Goingthrough recruitment will be great for all who choose to participate. During the seven day recruit-

see SORORITYpage A3

"[The concert] is a collaborative effort with musicians and dancers," said Thomas Douglass, assistant English professor.

The third annual World Peace Initiative concludes with a poetry, music and dance workshop Friday at 10 a.m. in Wright Auditorium with the cast of the Rumi concert.

and also learn more about Rumi and spirituality in an interactive environment.

"[Each student's] presence will add to whatever comes out of the workshop," Caverly said.

"Through our collaborations with our student life and academic departments plus campus-wide events that promote learning, discovery and engagement," Iwata said.

The first year many students said it exceeded their expectations. "I think it's a good opportunity for students to come

see PEACE page A2



Archaeologists took multiple dives in Alaskan waters in finding

Partnership intends to increase speech pathologists in Alaska

MICHAEL HARRINGTON STAFF WRITER

ECU and the University of Alaska Anchorage (UAA) have recently created a partnership intending to end the shortage of speech pathologists in Alaska.

Carolyn Coe, visiting assis-

tant professor in the college of education at UAA, said the partnership allows Alaskan UAA students to take the prerequisite courses for speech pathology at UAA and finish up their coursework for a master's degree by taking online ECU courses.

The need for this partnership is due to the lack of speech pathology programs at any of the Alaskan universities, which led to a major shortage in speech pathologists in the state.

This prompted the Alaska

State Department of Education to partner with the UAA to find a way to get rid of this shortage.

Coe said ECU was initially discovered in their search by several former ECU students who attend the UAA. These students highly recommended ECU, which led the UAA to seek information on the university.

Coe said she then contacted ECU's School of Allied Health Sciences, and was left with a positive feeling.

"There was a feeling of flex-

ibility and interest ... it just felt right," said Coe.

Rose Allen, director of the distance education program in communication sciences and disorders in ECU's School of Allied Health Sciences, said the partnership was formed thanks to the immense interest shown on ECU's end.

"From the first contact, the administration was very interested in this partnership," said Allen. Allen said the program offered

see ALASKA page A2

Five years after Hurricane Floyd, volunteer still serving in eastern North Carolina

GRIFTON, NC (AP) - Billy Tarlton did not come here to stay. When he signed on as a volunteer after Hurricane Floyd, his plan was to be back at work in Charlotte in five days. He and his wife, Beddie, came on a Thursday with a pickup truck and two suitcases. Just enough to carry them over until Monday, when Billy was expected to return to his construction business.

efforts from Hurricane Floyd, he and other volunteers have developed a pilot project known as "Hopebuilders," which uses volunteer labor to rebuild and



the oldest ship wreck in Alaskan history.

1860 Alaskan shipwreck identified by ECU

Rediscovered site recovers pieces of history

JAMESON COOK STAFF WRITER

A team of ECU archaeologists recovered a 19th century Russian-American trade ship off Alaska's Spruce Island, marking the oldest Alaskan shipwreck discovery.

Jason Rogers and Evguenia Anichtchenko, two graduate students in ECU's Maritime Studies program, brought the idea for this project to fruition. Anichtchenko and husband Rogers learned

of the ship and the story of its lost burial site through Anichtchenko's past studies and interest in Russian maritime history.

Tim Runyan, director of the maritime studies program at ECU and associate Frank Cantelas led the expedition while Steve Sellers, director of diving and water safety at ECU, supervised the numerous dives that took place. The remainder of the crew was made up of members of the National Oceanic and Atmospheric Administration (NOAA) and local volunteers.

Upon learning of the recent discovery, Anichtchenko approached Runyan and Can-

see SHIPWRECK page A2

It was the kind of short-term mission project the couple had been doing for 20 years. They'd line up a job, hammer some nails, share their faith and head back home in a week or just a few days.

Hurricane Floyd was no weekend job. The Sept. 16, 1999, storm dumped 20 inches of rain on parts of North Carolina that had just been soaked by Hurricane Dennis. Floyd did an estimated \$6 billion in damages, affecting more than 2 million people.

"With so much devastation, it wasn't going to work just doing it on Thursday, Friday and Saturday," Tarlton, 52, said. "I said, 'I can't go back home.""

He still hasn't. Five years after Hurricane Floyd, Tarlton is still here at work. Since completing recovery

make repairs on substandard housing. He also dispatches teams of volunteers to areas devastated by hurricanes, floods and fires. On any given day, his jobs might include cook, construction worker and coordinator for disaster relief at the NC Baptist Men's site in Grifton.

This small, eastern North Carolina town was a place the Tarltons had never seen until ₹ North Carolina Baptists called and asked them to come help in the recovery effort after Hurricane Floyd. The couple had just returned from a mission trip to Honduras when they navigated through floodwaters to arrive in Grifton in October 1999.

Grifton, what was left of it, straddled two counties - Pitt and Lenoir. There was devastation on both sides as severe flooding forced hundreds of residents from their homes. The Tarltons came in and set up

feeding units and portable showers and helped open the doors of Grifton's First Baptist Church for people applying for help. Tarlton helps in building Grimesland home for Clark family.

"It was just unreal," Tarlton said. "People would start coming real early in the morning and stay there until 10, 11 o'clock at night just trying to get signed up. "

As the floodwaters began to recede, other problems surfaced. As hurricane victims lined up for help, Tarlton saw hurting faces. He saw racism and alcohol and drug abuse. Not everybody had a problem that a hammer could fix.

So Tarlton began to reach out to build friendships as well as houses. He traveled into neighborhoods that local church leaders had warned him were unsafe. He took time to pray with addicts.

"It's not about driving the nails," Tarlton said. "It's about changing lives. I think that's one of the biggest reasons that it turned in to be such a long process. "

Working 16 and 18-hour days made time pass quickly for the Tarltons. It took six months and the birth of a grandchild to get them back to Charlotte for a visit. Even then, they stayed less than half an hour.





Page A2 news@theeastcarolinian. com 252. 328. 6366

NICK HENNE News Editor

KATIE KOKINDA Assistant News Editor

THURSDAY September 16, 2004

Campus News

Correction A Wednesday Arts & Entertainment article titled, "Local band celebrates release of their newest CD" gave the wrong date for the CD release party of the band Dystonic. The correct date is Friday, Sept. 17 at Peasants. Doors open at 10 p.m.

Student Government

The Student Government Association is accepting applications for senators and class officers throughout this week. Applications can be picked up at the SGA office in 264 Mendenhall. Specific hours for filing applications are posted in the SGA hallway in Mendenhall. Deadline to file is Friday, Sept. 17 by 5 p.m. For more information, contact 328-4726.

News Briefs

LOCAL Homeowner says he had no use for disk found in his house WILMINGTON, NC (AP) - The man who owned a house where police found a computer disk that prosecutors suspect was planted by police testified that he has never owned a computer and does not know how to operate one. Albert Allen was the third witness called by the government in the trial of Lumberton police Lt. Leon Oxendine. Oxendine is on trial in U.S. District Court

in Wilmington. He is charged with tampering with a witness, making false statements to the FBI and five counts of making false declarations before

to full duty, military authorities said. Medical authorities at this Marine base where Hassoun has been since July declared him fit for full duty late Monday, allowing him to return to the brigade motor pool where he worked before he deployed to Iraq in February, officials said in a release. The Naval Criminal Investigative Service continues to look into Hassoun's disappearance and release, said officials with the 4th Marine Expeditionary Brigade. Hassoun was last seen in Iraq on

June 19. He did not report for duty the next day and was listed as missing. On June 27, the Arabic news network Al-Jazeera showed a photo of Hassoun, blindfolded, with a sword behind his head. A group called the National Islamic Resistance/1920 Revolution Brigade claimed to be holding him and was threatening to decapitate him unless detainees in "U.S.-led occupation prisons" were released, Al-Jazeera said. On July 8, Hassoun contacted American officials in Beirut, Lebanon, and he was taken to the American

out of prison while she pursued an appeal, but Stewart had said she was thinking of serving her time anyway to get the matter behind her and her company, Martha Stewart Living Omnimedia.

Stewart planned to appear with Martha Stewart Living executives and with Walter Dellinger, the lawyer handling her appeal.

Company spokesmen did not immediately return calls for comment.

Airports in the West struggle with delays for hours LOS ANGELES (AP) - Airport operations were back to normal early

Wednesday following a radio failure at a

wouldn't be flooded with passengers, said Nancy Castles, a spokeswoman for Los Angeles International Airport. Air travel reached full capacity by early Wednesday, said Diana Joubert, an FAA operations officer. WORLD

percent capacity so that airports

Chinese dissident Xu

Guang released from prison SHANGHAI, China (AP) - A member of a would-be Chinese opposition party said Wednesday that he has been released from prison after completing a five-year sentence for subversion.

Dai Xuewu, who has also spent time in labor camps for political activism, said police detained

arrested party member.

him and a friend when they went Friday to the apartment on the outskirts of Shanghai where Li lives with his 83-year-old father.

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U.N. nuclear meeting stalls amid disagreements between U.S.

VIENNA, Austria (AP) - A key meeting of the U.N. atomic watchdog agency stalled Wednesday, reflecting disagreements between the United States and Europe over how firmly to deal with Iran and its suspect nuclear program.

The U.S.-European rift surfaced

ECU Dance Team Tryouts

Students interested in trying out for the ECU Dance Team must pick up an information packet from 304 Ward Sports Medicine Building. Tryouts are being held in Minges Coliseum at noon this Sunday. Call 328-4512 for more information.

Homecoming Deadline

Homecoming '04, ECU Goes To the Beach, applications are due on Friday, Sept. 17 by 5 p.m. to the SGA office in 264 Mendenhall. No late applications will be accepted. There will be a mandatory meeting on Monday, Sept. 20 at 7 p.m. in 221 Mendenhall.

Self Defense Class

There will be a self defense class offered in the Student Health Center Multipurpose Room at 5:30 p.m.. This event is sponsored by the ECU Counseling and Student Development and the Wellness Education Team. For more information contact 328-6794.

Dialogue on Diversity The Ledonia Wright Cultural

a federal grand jury. All are felonies. Oxendine, 51, has worked for the Lumberton Police Department since 1978 and was placed on administrative leave without pay in January 2003.

Federal prosecutors contend that Oxendine instructed Scott LaClaire, a police informant, to plant the disk in Allen's house Sept. 6, 2001. The disk contains an image of a counterfeit \$100 bill. Embassy there. Lumberton police investigators suspected that another man, James Todd Adams, was selling drugs out of Allen's house. LaClaire testified Monday that Oxendine told him he wanted the disk planted in Allen's house so police could charge Adams with

counterfeiting, a federal offense. Allen testified that he had not seen the disk that was seized from his house until the trial.

Camp Lejeune marine reported missing now back to full duty CAMP LEJEUNE, NC (AP) - Marine Cpl Wassef Ali Hassoun, who was reported abducted in Iraq and turned up in his native Lebanon, was restored Tuesday

Shipwreck from page A1

telas with the prospect for an archaeological expedition. With generous grants from NOAA and ology has been done in Alaska. the National Science Foundation, masted brig used by the Russianthe trip was made possible. Multiple dives into the 80-American Company, was used as a foot deep bay led to the identification of significant shipwreck artifacts including a large, barbell-like hunk of brass inscribed "Kad'yak," Russian for Kodiak. This artifact, believed to be the hub of the ship's wheel, single-handedly confirmed the identity of the ship, making the Kad'yak the oldest discovered Alaskan shipwreck.

Alaska from page A1

to ECU students in Greenville is no

different than the online courses

offered to the Alaskan students.

Whatever we have for our campus

is what we have for our distance

education program," Allen said

differences between taking

the courses in Greenville and

taking the courses in Alaska.

class lectures from ECU pro-

fessors, but they receive them

online and can not simply

raise their hands if any ques-

tions arise from the material.

individuals who work to

make this partnership pos-

sible, ranging from the fac-

ulty who teach the classes to

the technician who uploads

the lectures to the Internet.

already received an overwhelm-

Coe said the partnership has

Allen said there are many

"We don't modify it in any way.

There are some obvious

The students in Alaska receive

NATIONAL Stewart sets news

conference on sentencing

NEW YORK (AP) - Martha Stewart, who has said she was considering serving her prison term quickly, scheduled a news conference Wednesday to discuss "matters related to her sentencing." The millionaire businesswoman was sentenced in July to five months in prison and five months of house arrest after she was convicted of lying

The expedition also marks

The Kad'yak, a 132-foot, three-

the first time underwater archae-

Inc. stock in 2001.

about why she sold ImClone Systems A federal judge allowed her to stay

Federal Aviation Administration control facility that tied up travelers for hours. At Los Angeles International Airport the outage Tuesday afternoon delayed some 400 flights. Two dozen flights at the Oakland International Airport and more than a dozen at Ontario International Airport also did not depart or arrive on time. In all, planes were grounded for about three hours at airports in the Los Angeles region, northern California and parts of Nevada, Federal Aviation Administration spokeswoman Laura Brown said. The outage happened at 4:40 p.m. Tuesday at the Los Angeles Air Route Traffic Control Center in Palmdale. The station, located in the desert north of Los Angeles, controls airspace for a vast region that encompasses California and Nevada.

Control of the airspace was turned over to other air traffic control facilities. including one in Albuquerque, NM, and about 20 planes were diverted to the Albuquerque International Sunport, authorities said.

By 8 p.m. Tuesday, the FAA allowed flights to resume at 50

within, floated for three days before

finally sinking to the bottom of

Icon Bay, in the Gulf of Alaska.

phens, studying crabs in Alaska,

heard local stories of the lost ship

NOAA biologist Brad Ste-

Former environmental protection bureau technician Xu Guang said he was resting at his parents' home in the eastern city of Hangzhou after his release Tuesday from Zhejiang province's Qiaosi prison.

"Because of the suffering I endured in prison, my physical condition is very weak so I need to take care of my health at home," said Xu, 37, who joined the China Democracy Party around the time of its founding in 1998. "My family is worried that I might be put back into prison again," he said. Authorities have shown no signs of letting up pressure against members of the party, which was suppressed just months after it was founded in a bid to challenge the Communist Party's monopoly on power.

Another party member, Li Guotao, has been under house arrest in Shanghai since last week, a fellow dissident said Wednesday.

Li, a 46-year-old computer technician was sentenced to three years in a labor camp in 2000 after he and 22 others wrote to Shanghai's mayor appealing for the release of another

Peace from page A1

together and honor world peace in a positive light, especially since the events of 9/11 brought the reality of terrorism ... so close to home. Now we can relate to the need for peace," said Liz

intellect to open the heart results in compassion.

"If students can get in touch with that compassion energy, then they can change the world," Iwata said.

Tuesday, the second day of a key meeting of the board of governors of the International Atomic Energy Agency, the U.N.'s nuclear watchdog agency.

The planned morning session Wednesday was canceled, and agency officials said as the day progressed that it was unlikely the meeting would reconvene before Thursday. The pause was meant to allow informal back door negotiations on a draft resolution among the 35 board member nations. The latest draft resolution, obtained by The Associated Press and being circulated informally for reaction from other delegates, was nearly identical to one that France, Britain and Germany came up with Friday - a text that American officials said was not acceptable. It ignored suggestions made by the Americans designed to toughen up the text.

The American suggestions, also made available in full to the AP, demanded that Iran grant agency inspectors "complete, immediate and unrestricted access."

Center presents Dialogue on Diversity at 6 p.m. Learn more about the programs and services offered by the Ledonia Wright Cultural Center. Sponsored by the Office of Intercultural Affairs.

Jazz Festival

A Latin Jazz Festival will be held in Mendenhall Brickyard at 7 p.m. Enjoy a free evening of salsa dance lessons, food and music, Sponsored by the Student Union Cultural Awareness Committee.

Take Back the Night March Take Back the Night March - meet at the top of College Hill in front of Belk, 7 p.m. - Rain date is Sept. 22. Sponsored by the ECU Counseling & Student Development and Wellness Education Team. For more information contact 328-6794.

ECU Poetry Forum

ECU Poetry Forum - Mendenhall 241 at 8 p.m. - For more information contact: http://www. ecu. edu/org/poetryforum

ECU Knights

ECU Knights Chess Club would like to invite you to our weekly meetings. We meet every Friday at 5 p.m. to 8 p.m. in 212 Mendenhall. Join us for a challenge, or just for fun, regardless of your level of play.

trade ship for years. In the winter of 1860, the Kad'yak was departing Alaska with 356 tons of ice on board, bound for San Francisco, when it struck a rock and slowly filled with water. Archaeologists have retraced the path of the wreck and believe the captain and crew easily evaded peril by boarding the Kad'yak's lifeboats. The ship itself, buoyed by the masses of ice

and, in researching its history, was able to pinpoint its location in the summer of 2003.

"The project was a milestone," said Cantelas.

"It will help us interpret the maritime aspects of the Russian-American Company."

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

Hibbard, a senior English major. Iwata said using the This writer can be contacted at news@theeastcarolinian.com.





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Model UN

The Model United Nations club would like to invite you to a pizza party. This will be an informal and informational meeting about the club, as well as a great way to meet current members. The pizza party will take place on Sept. 30 at 6 p.m. in the Political Science Library, located in 109 Brewster C.

Candlelight Vigil

Candlelight Vigil for survivors of sexual assault - Student Health Services, Multipurpose Room, 6 p.m. - Sponsored by the ECU Counseling & Student **Development and Wellness** Education Team. For more information contact 328-6794.

Open Mic Night

Open Mic Night - Mendenhall Pirate Underground, 6 - 9 p.m. Enjoy a relaxing evening of student entertainment! Sign up to perform on-site (first come, first serve). Food and refreshments. Sponsored by the SU Popular Entertainment Committee.



This has led the UAA to seek out another partner so they can expand their distance education program in speech pathology.

Morgan Gower, a freshman recreation therapy major, felt that distance education programs sounded like a great idea.

"If another school offers a program that's not available at your school, I think it's really cool that you can now take that program," said Gower.

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



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9-16-04

THE EAST CAROLINIAN • NEWS

er 16, 2004

has also spent nps for political olice detained when they went artment on the nai where Li lives father.

ting stalls amid between U.S.

) - A key meeting vatchdog agency day, reflecting between the Europe over how an and its suspect

an rift surfaced



Sorority from page A1

ment, women from different sororities have been deemed a "Pi Chi." This group of women is considered the mentors for the recruits during the week. The Pi Chi's and other sorority executives have disassociated from their sororities during the week of rush.

Lambertsen said there are nine executive women, including herself, that oversee the plans during the week and make sure everything is running smoothly. "I think it really helps in getting involved in campus activities and getting acquainted with ECU in general," said Lambertsen. joining a sorority gives you "We offer a lot of things as far as scholarships, volunteer opportunities and career networking."

Other benefits available include intramurals, scholastic programing and different volunteer opportunities. Lambertsen said Greeks have higher GPAs than non-greeks on campus, and scholarship is something Greeks strive for.

"We really welcome everyone to come out and meet the sorority women of ECU. Being Greek holds a lot more opportunity than being non-Greek and we encourage everyone to come out," Lambertsen said.

Besides meeting new friends, future career opportunities, life long friendships, service opportunities, intramurals and a chance to get involved more

with the school.

"It gives you opportunities you might not have had otherwise ... it's a great way to be involved," said Lindsay Cummings, a junior elementary education major and president of Chi Omega sorority.

Accepting a bid and pledging any one of the sororities also helps in many other ways.

"It [pledging] is a great opportunity, especially to meet people on campus. I joined a sorority to meet other people at ECU, instead of always being with my friends from high school. I wanted to branch off," Lewis said.

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

PAGE A3

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orning session celed, and agency day progressed ly the meeting pefore Thursday. as meant to back door draft resolution member nations. olution, obtained Press and being for reaction from nearly identical to ain and Germany ay - a text that s said was not red suggestions ans designed to

stions, also made e AP, demanded ency inspectors e and unrestricted

he heart results

get in touch with nergy, then they rld," Iwata said.

"Snap bids," bids are available to women interested in joining a sorority who did not attend the formal recruitment process. Contact Amanda Lewis for more information. acl1125@mail.ecu.edu. Office of Greek life: 328-4235

Sorority Rush

Rush Calendar for Fall 2004 Remaining events include: Thursday, Sept. 16: Skit Day from 5 p.m. - 8:30 p.m. on Wednesday and 5 p.m. - 7:10 p.m. on Thursday. During these days, each sorority will perform

its own skit. Friday, Sept. 17: Preference Day from 4 p.m. - 8 p.m. where recruits will turn in their personal choices for the sororities they wish to receive a bid from.



For more information contact: LEE0908@mail.ecu.edu



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Accepted

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East Carolina University Goes to the Beach Homecoming 2004

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Competition on the Lawn Decoration C **Residence Hall Decorat**

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Monday, Octo

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Wednesday, October 6

Pirate Picnic at Todd Dinning Hall Midnight Movie: Psycho Beach Party in Hendrix Theater Thursday, October 7

Pirate Fest Beach Party, Mendenhall Brickyard **Midnight Movie: Psycho Beach Party** Friday, October 8

Homecoming Parade down 5th Street Family Fare Tales from Around the World at Wright **BEAT TULANE!!** (2 pm) Saturday, October 9

For information, call the Student Government Office at 328-4726 **Sponsored by the Student Government Association**

OPLNCON

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editor@theeastcarolinian.com 252.328.6366

AMANDA Q. LINGERFELT Editor in Chief

THURSDAY September 16, 2004

brevity.

Pirate Rant

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

sent to editor@theeastcarolinian.

com. The editor reserves the right

to edit opinions for content and

helping pay for the ever growing

cheerleading squad's tanning

and hair styling bills. Funny, I

don't see how that is helping my

education. Besides it isn't like

they are the only ones represent-

ing our university. Can the rest

I just found out my tuition is

Anr

Page /

Healthy Center Sept. 14 -Tuesday a 5:30 p.m.

Self Def Center Sept. 15 -Wednesd 8 p.m. - 9

Naked W Rec Cente Sept. 18 Saturday 10 a.m. - 1

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Our View

Hurricane season will pick up to full force this weekend with two storms predicted to hit North Carolina during the next five days.

Officials at the National Weather Service predict that rains from Hurricane Ivan will first hit the North Carolina mountains on Thursday evening, with rain increasing Friday and Saturday, totaling close to 15 - 20 inches.

Neil Dixon of the National Weather Service told the Associated Press that the mountains may

KERRY SAYS AFTER KERRY'S BUSH IS FIGHTING YEARS OF VOTING THE WRONG WAR IN AGAINST MILITARY THE WRONG PLACE AT THE WRONG E FUNDING IT'S A WONDER BUSH CAN F TIME ! FIGHT ANY WARS, ANYWHERE! SPECIAL TODAY BLUE FAIDAY) m m-PLATE

receive gusts of 40 - 60 miles per hour.

Residents in the western part of the state are still recovering from the flooding caused by Hurricane Frances. This past week, many residents of mountain cities were without power and running water, and streets were shut down due to flooding. The threat of Hurricane Ivan has caused many locals to leave this part of the state.

Strong winds, heavy rain and flooding aren't the only concerns of these residents. Tornadoes are also possible with Ivan, along with mud and rock slides caused by the heavy rain.

With many ECU students planning on traveling home or to visit friends this weekend, *TEC* urges you to practice extreme caution during these adverse weather conditions.

Before heading out on a road trip, we urge you to check the news for all warnings and hurricane advisories. If you are going to be in an area that is in the path of Ivan, we suggest familiarizing yourself with all safety measures, and stocking up on can goods and water.

Although Hurricane Ivan poses a large threat to the western part of the state, another storm



Opinion Colunmist

Sharon government in jeopardy

Thousands protest against planned withdrawal

PETER KALAJIAN OPINION WRITER

Last Sunday, tens of thousands of Israeli citizens filled the streets of Jerusalem in protest of the long awaited, long overdue Israeli withdrawal of approximately 8,000 Jewish settlers from Gaza. This, after an Israeli helicopter assassination killed 3 suspected militants and injured several others in the West Bank town of Jenin, prompting Israeli security officials to close checkpoints and increase security in fear of possible retaliation. All too often, the Palestinian people are villanized as nothing more than suicide bombers and religious fundamentalists, blamed for the occupation under which they have lived since 1948 and brushed under the rug of international politics. Although Ariel Sharon has been able to muster a scant majority within the Israeli government in support of his proposed withdrawal, large sections of the Israeli population do not support the plan. Many fear that a pullout from occupied Gaza would precipitate a move to withdraw from the West Bank, where the Jewish populations are much larger and much more entrenched. The crowd on Sunday carried signs reading, "Israel for the Israelis" and "What has happened to you, Mr. Sharon?"



ticians, he has one thing clearly on his mind: His own survival. Now, political survival in the U.S. and Western Europe is not the same thing as political survival in the Middle East. Lest we forget, in 1995, then Israeli Prime Minister Yitzhak Rabin was assassinated in Tel Aviv. No, not by a Muslim extremist bent on destroying Israel. He was shot by a disgruntled Israeli citizen and religious zealot who was upset about Rabin's proposed Peace Plan with the Palestinians, which included returning some of the land taken by Israel in the 1967 war. If Bush is not re-elected (here's to hoping), he will not die. He will take some job with some corporation he made friends with while in office, or he'll tour the country, making 30,000 dollars an hour giving speeches, like Bill Clinton does. If Sharon follows his heart and does what he obviously knows is the right thing, he is in real risk of assassination. It will be interesting to see how it plays out, but I imagine, in the end, Sharon will tuck tail and cancel the withdrawal, bowing to the protests of some of his people and once again having to fear only the specter of a suicide bomber, instead of assassination plots from within his own party and government. Dr. Martin Luther King, Jr. once said that "violence begets violence." Until one side or the other comes to understand Dr. King's words, the violence and death in Israel will continue indefinitely.

of us get some free tanning and haircuts too?

Why is ECU so against Coca-Cola?

If Michael Moore has diarrhea of the mouth, then George Bush has idiocy of the mouth.

Why are Halloween costumes sold in "one size fits all?" They really should say, "one size fits none."

Promiscuity in not a becoming quality in anyone. Talking about your various exploits in class while all of us who don't care have to listen is not cool. You are degrading yourself and everyone in your particular gender.

How come ten minutes before closing seems to be the time everyone wants to shop?

Bojangles' cures all hangovers!

Ladies, please, dress a little more modestly. If I have to see one more girl walking through campus with shorts so short her butt cheeks show I swear I'm going to go off. As much as some of us would like to think otherwise, guys like it when a little (and in this case it is very little) is left to the imagination.

Why do food stores on campus

Try to ge decrease People w sleep hav systems. Exercise re of cardiova times a we

> Don't forge Guide Pyr

strong.

Don't fight anyone. No with me a than put Research a shows it levels, th immune sy an increas affects wo So keep th

is brewing that could directly affect the eastern part of the state as well. Tropical Storm Jeanne hit Puerto Rico Wednesday, leaving 30,000 people without water and two dead. The storm is predicted to reach hurricane status as it moves into the Atlantic Thursday and could reach North Carolina by Sunday or Monday.

TEC has compiled the following list of Web sites to help you stay informed of the progression of Ivan and Jeanne:

National Weather Service Tropical Prediction
Center: www.nch.noaa.gov

- Weather Channel: www.weather.com
- ECU Campus Emergency Announcements: www.ecu.edu/alert

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.

Indeed, Mr. Sharon, what has happened? You have orchestrated the most targeted assassinations in Israeli history. You have built a wall separating portions of Palestine from Israel (taller than the Berlin Wall, by the way) and subjected the Palestinian people to forced occupation and identity checks mercilessly. You were elected as a hardliner and made it initially clear that

there would be no withdrawal, of any Jewish settlements. Are you saying that now, after thousands of Palestinians and hundreds of Israelis have been killed in the Intifada, you are willing to make concessions to the Palestinians and give them back some of the land you stole?

Well Mr. Sharon, good for you. Perhaps Sharon has finally realized that while there is no obvious cureall solution to the Palestinian issue, assassination and intimidation are not effective tools for encouraging peace. Sharon is a politician, and like all poli-

charge so much for the items they make when we get such a limited amount of money on our meal plan to pay for it?

No one died when Clinton lied.

Why do they sell cake mix at the Spot? I don't know about you, but when I tried to bake a cake in my microwave, it didn't taste so good.



Sadly, ciga popular a cigar mag have a lun times high according National Co of dying fre esophage times grea than non-s the Americ tell your of they'd bett

If you inc starchy for energy leve more rice, f will increase burning ca you energy

Tuna & P Prep/Cook Cheesy, c with tuna seasoned pleasing d

Ingredien 1 can (10 c Chicken B 1 soup car 3 cups und pasta 1 can (10 3 oz.) Campl Mushroom Free Crear l cup milk 1 can (abc and flaked 1 cup shre cheese 2 tbsp. Itali bread crun 2 tsp butte Directions **HEAT broth** in skillet. A until just te not drain.

Guest Editorial

JOANNA IWATA STUDENT INVOLVEMENT TEAM

Learning. Discovery. Engagement. What do these three words have in common? When you reflect upon these words, what images immediately come to mind? Do you envision one of your favorite professors giving an outstanding lecture? Are you reminded of a campus event you recently attended or a robust conversation with a group of people that left you wanting more? Or how about a profound moment in meditation or prayer, singing or playing music or doing a community service project wherein you experienced this sense of awe? When I think of these three words, independently and together, they represent to me three unique synergies that can occur whether we are inside or outside of the classroom - thus I will refer to it as the "metacurricular" experience. Can you imagine what it would be like to find ourselves immersed in a world wherein we could all transform an ordinary event or encounter into an extraordinary one at the university? The term "meta" to me suggests something "beyond" ourselves and thus when we can apply this to our teaching or how we design our student involvement programs ... it could possibly infuse a whole new dimension to our discussions and interactions with one another. For instance, how do you suppose this would change and enrich our interactions between our students and their professors in the classroom or our student involvement at our different campus wide events?

Learning. In teaching COAD

1000 last fall, many of my first-year students shared with me they learned more from certain professors who were passionate about their subjects and who could turn them on to what they were studying versus being in classes where their instructors simply read from their texts. The noticeable impact these energetic encounters would have upon my students made me more aware of the important role I played to enliven the classroom experience as their instructor. So when we consider how our students learn best and what is required to teach them in engaging ways, what I discovered was simple. The key to opening their minds and their hearts was not simply by how I designed my coursework or delivered my lectures but it revolved around encouraging them to get involved in our campus wide activities where they can apply their new learning. Discovery. The other administrative hat I wear revolves around driving major university events with various teams on campus. Thus it is extremely important that when we design and plan our events, we do so intentionally. When our students can walk away from an event with one new insight or having made several new connections with people they would not normally interact with before ... we then see a new phenomenon emerge as students talk about being part of something larger than themselves. Too when our students can connect and interact with what they may learn in the classroom with others ... then we see yet another unique synergy arise that being engage-

AD ment.

Engagement. When two or more people come together for a common cause or interest which they are either curious about or passionate about this is where I believe both learning and discovery evolve into engagement. There are some unique opportunities for everyone to note coming up this fall with events such as World Peace Week, Deaf Awareness Week, Career Expo, Women's Leadership Conference, Diversity/International Education Week and Service Friday on campus (just to mention a few) to promote our engagement as a community. In fact, next week our entire campus community will have an opportunity to get involved in a special series of metacurricular experiences whether it be through a sacred dance and movement workshop, peace vigil, a concert featuring a renowned Sufi scholar and his ensemble or a social justice lecture. And it's free to our students. Bring a friend. Get engaged. So when we consider what best promotes the three synergies of learning, discovery and engagement at the university perhaps what we may discover is that the "metacurricular" experiences we seek and desire are all around us. If anything, perhaps it is then up to us to discern how best to transform our ordinary experiences and encounters into something extraordinary and then pass it on to other groups at the university. Thus, if we were given a choice to have an ordinary life or an extraordinary one at ECU ... what would you choose?

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Serving ECU since 1925, *TEC* prints 9,000 copies every Tuesday, Wednesday and Thursday during the regular academic year and 5,000 on Wednesdays during the summer. "Our View" is the opinion of the editorial board and is written by editorial board members. *TEC* welcomes letters to the editor which are limited to 250 words (which may be edited for decency or brevity). We reserve the right to edit or reject letters and all letters must be signed and include a telephone number. Letters may be sent via e-mail to editor@theeastcarolinian.com or to *The East Carolinian*, Student Publications Building, Greenville, NC 27858-4353. Call 252-328-6366 for more information. One copy of *TEC* is free, each additional copy is \$1. "They've lost about a million jobs. They haven't created one new net job. The numbers don't lie. If Bush and Cheney had run this country from its very inception, not one American would have worked. We'd all be hunter-gatherers.."

- Comedian and liberal talkshow host Al Franken ADD soup, with chees with butter. through. Se

Recipe Fro www.camp per 16, 2004

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The Pirate Rant is y for students and mmunity to voice bmissions can be neeastcarolinian. reserves the right for content and

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Page A5

Center

Center

Sept. 15 - Oct. 6

Wednesday

8 p.m. - 9 p.m.

Rec Center

Sept. 18

Saturday

10 a.m. - 12 p.m.

Announcements:

Healthy Bodies: Student Rec Students' outlook on Sept. 14 - Nov. 14 Tuesday and Thursday smoking produces 5:30 p.m. - 6:30 p.m. shocking responses Self Defense: Student Rec

CARMIN BLACK STAFF WRITER

features@theeastcarolinian.com 252.328.6366

It is safe to say that in this new era of extreme health awareness and total body consciousness, men and women young and old know the hazards of smoking cigarettes. A team of writers at TEC

wanted to open up the topic of on-campus smoking to see why, if so many people have been bombarded with warnings by the surgeon general, they continue to "puff away." A questionnaire was given to a diverse group of ECU students on their opinion of smoking on campus, astonishingly the responses may surprise you. Ironically of all of the students who were approached, 48 percent admitted to being "smokers," as compared to the 52 percent who claimed to be "non-smokers." When the "smokers" were asked if they felt that most people chose to smoke because it had currently become a trend or a fashion statement, 38 percent said "yes" they felt some people smoked to look "cool" in front of peers, as compared to the 62 percent of students who didn't at all associate smoking with any current trend, or need to make a statement of fashion.

Smoking: New trend or old hat?

ROBBIE DERR Features Editor CAROLYN.SCANDURA Assistant Features Editor





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tores on campus

Healthy Hints:

Naked Weight Training: Student

Wash your hands regularly, many people don't. Consider all of the germs you are carrying when you get on the bus, touch the bathroom door or when you sit in a desk in class.

Drink two liters of fluid each day, if you are sick - drink three liters to flush out the toxins.

Try to get enough sleep to decrease the risk of getting sick. People who don't get enough sleep have weakened immune systems.

Exercise regularly. 30-45 minutes of cardiovascular workouts, three times a week will keep your body strong.

Don't forget about using the Food Guide Pyramid to plan meals.

Don't fight. Don't ever argue with anyone. Now don't even disagree with me about this. It does more than put you in a bad mood. Research at Ohio State University shows it can affect hormone levels, thus weakening the immune system perhaps causing

On the other hand nonsmoking students were asked a similar question, if they felt students only smoked because it was "trendy" or because of peer pressure.

Seventy-three percent of nonsmoking students said "yes," they felt smokers must chose to smoke because of its appeal or pressure from peers, as opposed to the 27 percent who felt trends had nothing to do with a person's choice to be a smoker. As John Dickens, a male nonsmoking student put it, "I feel smokers start smoking because of peer pressure but that's not why they continue to do so, they're just hooked." The group of "non-smokers" were then asked if they felt smoking on campus was a problem, 38 percent of "non-smokers" said "yes," as compared to the much larger 62 percent that said "no." Emily Sloan, a transfer student from UNC-W said "Yes smoking on this campus is a huge problem, today when it was were involved in some activity said "I tried to smoke but couldn't

With increasing health concerns, smoking on campus has become a major concern among students, faculty and staff.

pouring down rain I was trying to get into Brewster and almost got burnt by someone holding their cigarette!"

with the majority, 62 percent saying "no," they currently participated in nothing.

do it, I cried through the entire cigarette."

Funny as this comment may

· Internet and the second state of the second

THURSDAY September 16, 2004

"Yah, I started smoking in high school but my justification for my habit is that I have a better chance of being killed in a car accident then ever dying of lung cancer." This kind of attitude towards the dangers of smoking may be the exact reason so many college students continue with their dependency on cigarettes. Until this type of ignorance is banished we may continually have to spend millions each year on trying to educate people on why it is imperative to quit this deadly addiction.

r the items they t such a limited y on our meal

when Clinton

sell cake mix i't know about tried to bake a wave, it didn't

an increased risk of illness. This affects women more than men. So keep things peaceful.

Sadly, cigar-smoking has become popular and is encouraged by cigar magazines. Cigar smokers have a lung cancer rate that's 3

times higher than non-smokers, according to the Journal of the National Cancer Institute. The risk of dying from laryngeal, oral and esophageal cancers is 4 to 10 times greater for cigar smokers

than non-smokers, according to the American Cancer Society. So tell your cigar-smoking friends

Nonprescription

Anyone who has tried to quit

smoking knows it's a difficult

process. Luckily for students

there are many options available

on and off campus, if and when

one is ready. Georgia Childs, the

assistant director for Peer Health

Services, located in Student

Health Services, can give inter-

ested students the information

alternatives to

quit smoking

MARTHA HILL

STAFF WRITER

If you increase the amount of starchy foods you eat you're energy levels will rocket. By eating more rice, potatoes and pasta you will increase the amount of slowburning carbohydrates that give you energy all day long.

they'd better quit today.

Recipe:

Tuna & Pasta Cheddar Melt Prep/Cook Time: 20 min. Cheesy, creamy noodles laced with tuna and topped with seasoned crumbs make a hearty, pleasing dinner in just minutes.

Ingredients: 1 can (10 oz) Campbell's Chicken Broth 1 soup can water 3 cups uncooked corkscrew pasta 1 can (10 3/4 oz.) Campbell's Cream of Mushroom Soup OR 98% Fat Free Cream of Mushroom Soup cup milk can (about 6 oz) tuna, drained and flaked 1 cup shredded Cheddar cheese 2 tbsp. Italian-seasoned dry bread crumbs 2 tsp butter or margarine, melted

Then each group of students were asked if they were involved in any group activities, clubs or played any kinds of sports on or off campus.

Astonishingly 77 percent of all non-smoking students said "yes" they did participate in some extracurricular activities which included the NAACP, swim club and everything in between, whereas 23 percent of non-smokers said "no."

On the opposite end of the spectrum, only 38 percent of smoking students said "yes" they

However, the smoking students who are involved in on/off campus activities did say they felt their club or organization had nothing to do with their decision to smoke.

Lastly, the non-smoking students were asked if they refrained from smoking because it is detrimental to their health and surprisingly enough, 90 percent said "yes" as compared to the meager 10 percent who said "no."

Chris Meyers a male nonsmoking student claimed he didn't refrain from smoking because of health risks, rather he

be, most students would not consider trying a cigarette or even smoking in itself such an emotional event but as for this young man, guilt and coughing proved enough to serve as his "anti-inhalant."

As risky, and as fatal as cigarettes have proven themselves to be, college students right here at ECU, are still choosing to ignore all warnings, and continue to "light up" daily.

Does smoking serve a purpose? Some seem to think so, with it's calming effects and power to alleviate boredom.

Senior Christopher Hart said,

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

Therapy options for smokers Ways to break

the smoking habit Now it's a habit, how can I stop?

DANIELLE WIGGINS STAFF WRITER

It's all a mind game. "Those who want to quit must start off being mentally motivated," said Dawn Neighbors, Eckerd Pharmacist.

Quitting is not as easy as starting, mainly because of the addicting chemicals found in cigarettes. You have to decide whether it is something you really want to do. Next, you have to take a realistic approach. First ask yourself this question, "will I be able to maintain this goal?" Those who decide to quit turn to nicotine alternatives. Others ease off smoking a little at a time, from smoking one pack a day to one cigarette a day, until the craving is only one cigarette a month. Some are lucky to have enough self-control to stop smoking without buying products to help. There are plenty of ways to help quit smoking, ranging from patches, gum and nasal sprays. Some are over the counter and others are available through the pharmacy. These products are available at local stores like CVS, Eckerd, Wal-Mart and even grocery stores. Some products are made so that every time you have a craving, you can substitute that product instead. Nicotine alternatives only work if used correctly, so read the directions carefully. Also, do a little research, 'Truth' commercials on television may change your mind. Do you actually know what that tiny tube of tobacco contains? If you have any problems, pharmacists are very



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liberal talk-Franken

Directions:

HEAT broth and water to a boil in skillet. Add pasta and cook until just tender, stirring often. Do not drain.

ADD soup, milk and tuna. Top with cheese. Mix bread crumbs with butter. Sprinkle on top. Heat through. Serves 4.

Recipe From: www.campbellkitchen.com



Having a support group is a simple way for smokers to make quitting less stressful.

needed to begin the path to a healthier lifestyle. Her job is to give students different alternatives to quit smoking and let them pick which method will

> work best for them. Counseling and support groups are options people don't usually consider. Interested people can set up an appointment and talk to a professional about their concerns. When asked about counseling and its effectiveness:

> "A few people will come by the office to let me know if it's working or if they need help

> > see THERAPY page A6

friendly and willing to help find what you need.

"Most nicotine alternatives require training your body to use the product," Neighbors said.

"Other than your usual chewing gum and patches, people have turned to hypnosis."

It also helps to ask around. Ask those you know that have stopped. What helped them stop smoking? Nicotine alternatives available on shelves would be Nicoderm patches, Nicarette chewing gum, Smoke Away tablets, lozenges and withdraw control sprays, as seen on television.

"We usually see a lot of people purchase these systems around New Years Eve, many make it a goal to quit as their New Year's resolutions," Neighbors said.

Why wait until January, why not set up your own day and time before then? How many people do you know keep up with New Year's resolutions? Quitting takes time and patience. However, in the end it can be quite rewarding.

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

FYI

calling 328-6794.

For help to quit smoking, an

appointment can be made with a

health education specialist at the

ECU Student Health Services by

To successfully stop smoking

The American Lung Association

can give online information and

one must truly want to quit.

support to quit smoking.

PAGE A6

THE EAST CAROLINIAN . LIVING

Cabernet is an affordable luxury



bottle or case discount. WHAT IS A CABERNET

anything else on the wine list, don't be put off. The British dub this wine a "claret." And because Italy, another of the world's top wine regions, did not want to be left out, it started creating its own version called the "Super Tuscan." Sometimes cabernet stands alone in this coveted wine and sometimes it is blended with sangiovese or other native Italian grapes. WHAT AM I LOOKING FOR?

Don't expect a light aperitif. Cabernet is a "serious" mouthful with a full, silky texture. The more expensive ones reveal layer upon layer of flavors. You may taste intense flavors of black cherry, raspberry, cassis, mint, black pepper, vanilla, chocolate and coffee. Its firm tannins are perhaps its most striking feature, and this very characteristic is

enhances the red wine and brings out its yummy fruit. First, bite into the chocolate or taste a small spoonful of chocolate syrup, and coat your mouth with it. Then take a sip of red wine. You'll be surprised at what you experience.

HOW COLD SHOULD IT BE?

Almost everyone still clings to the notion that red wine should not be chilled. But red wines are actually best enjoyed at slightly cooler than room temperatures. That doesn't mean chilling them as much as whites, but you should put your red wine in the refrigerator - if only for 10 to 30 minutes. When the wine is too warm, its alcohol can jump out at you so that you taste more alcohol

than fruit - not a good thing. Bolder cabs would be at the It's time to exercise something other than your mind.



Finally, a place to work out that fits a small student budget and a busy student schedule. Curves is 30minute fitness, commonsense weight loss, and all the support you urves need to achieve your goals.

The power to amaze yourself."

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SAUVIGNON?

(KRT) — If you were looking for the ride of your life, you probably wouldn't consider taking a cab. But in the world of wine, cab-as in cabernet sauvignon - is king. This rich, red wine comes from what is considered the ultimate French wine grape. Good cabernets can also come from the United States, Chile, Australia, New Zealand and Argentina. Most are finely made and highly priced, but there is no shortage, it is the most widely planted wine grape variety in the world. Often a cabernet sauvignon will have a small amount of another red grape blended into itto improve the wine.

WHY IS CABERNET SO **EXPENSIVE?**

Why are many cabernets hard to mellow and soft. Collectors such as garlic, tomatoes, olives expensive? The wine costs more like to watch - or taste - red wine's to make because it takes more or cheese. And for vegetarians: A heavy time. Sometimes the answer is development over many years, simply scarcity. Some of the most buying a case and drinking wine like cabernet sauvignon desirable wines in the marketgoes well with strong cheeses bottle each year to note such as camembert and robust, place (and hence the most expenhow it evolves. WHAT IS A "BORDEAUX starchy vegetables like corn, sive) are made in extremely small BLEND"? roasted potatoes and green beans amounts because there is no big pair well because they bring out winery behind them - some It's the wine that has given are literally made in garages in the pre-eminent red wine region the fruit in the wine. Cabernet in the world, the Bordeaux area Europe, and are called garagistes. sauvignon can also work well In California they're called "cult of France, its classy reputation. with bean dishes. WHAT ABOUT DESwines." These wines are usually These are complex red wines that SERT? handcrafted with much attention are primarily cabernet sauvignon Here's a surprising combinato detail. But not all cabernets blended with two other grape tion: cabernet sauvignon with are costly - very drinkable cabs varieties, cabernet franc and chocolate. For those who think are found for \$15 or less. Also merlot. They are among the most expensive wines in the world. a cabernet is too harsh for their remember most wines are They are perhaps most valued taste buds, the chocolate is a cheaper by the dozen or halffor their longevity, so if you see perfect antidote. The sweetness dozen. If you find a wine you especially like, ask about a sixof the chocolate softens and such a wine and it is older than Wine (\$125).

HOW LONG DO I HAVE TO WAIT?

Most lower-priced cabernets are made to enjoy right away. But higher-priced cabernets or blends containing mostly cabernet are some of the top wine collectors' items in the world. They age well and should not be drunk too young or they will seem harsh. Tannins, the drying and bitter chemical compounds found in grape seeds and skins, allow these wines to age and develop over time. (Tannins are in white wines, too, but in much less concentration.) They are also the property in red wine that gives you that mouth-puckering sensation. Tannins change over time, progressing from young and

why some people find it's too powerful or bitter for them. For these people, cabernet may be an acquired taste.

SHOULD I EAT MEAT WITH CABERNET?

Red wines pair well with fatrich foods, such as beef, lamb and sausages. Because of their high tannins, cabs do especially well with these foods. To choose a wine for beef, you should also keep in mind how the beef is prepared. If it's a plain, juicy steak or a slab of prime rib, a robust wine such as a cabernet sauvignon would stand up to it and help cut the fat that will coat your mouth. Cabernet sauvignon would also go well with an Italian dish that contains beef but also flavorful ingredients

high end of the scale of 55 to 70 degrees; and lighter wines, such as Beaujolais, pinot noir, sangiovese and Chianti would be at the lower end. So what are you supposed to do - take the temperature of a glass of wine before drinking it?

Such wine geek gadgets do exist, but if you're not so inclined, use these simple rules of thumb: A red wine bottle should feel cool to the touch, but not cold. If it's too cool, leave it at room temperature for 30 minutes or so. If it's too warm, refrigerate it for about 30 minutes WINE GENIUS RECOM-

MENDS:

Expensive cabs are plentiful, but I'm going to concentrate on some of the bargains available in the current competitive wine market. Good value as well as good wine comes from Australia, and two examples are Evans & Tate Gnangara 2002 Cabernet Sauvignon (\$11) and Black Opal Cabernet Sauvignon 2002 (\$8). Closer to home, Guenoc's 2000 North Coast Cabernet Sauvignon (\$14) is juicy and delicious.

From the usually pricey Napa Valley, there's Edge 2002 Napa Valley Cabernet (\$18). Wine country retailer Paul Root raves about the value. "It's delicious, a quintessential example of what good deals are still out there." And for an example of what the fat cats drink, try the opulent 2001 Cardinale Red Proprietary

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Therapy from page A5

because they've started smoking again," said Childs.

She stressed that everybody is different, so what might work for one person might not work for another.

Unfortunately, there are not any support groups or classes currently offered on campus; however, if there were enough interest Student Health would be open to offering such services.

For help with quitting, an appointment can be made with a health education specialist at the ECU Student Health Services by calling 328-6794.

Internet. There are many online

support groups that are just a keyboard stroke away. The American Lung Association and the American Cancer Society is a good place to start.

Acupuncture is another choice when treating problems with chemical dependency. This is a natural alternative where fine needles are inserted into various points of the body. Some studies have shown acupuncture and education has helped to significantly reduce cigarette consumption.

There are several certified acupuncturists in the Greenville area. Although this is not the Another alternative is the most popular method for cessation, Dr. Bruce D. McCrea of

Greenville Pain Relief and Prevention said he had a patient come in for this type of treatment.

"The most important thing in any type of therapy is a multimodal effect. Acupuncture, counseling and the use of herbal supplements would be the most effective form of treatment. Just using one or the other is not enough," said Dr. McCrea.

Hypnosis is another method that some people will use to quit. It can be a successful alternative if one follows all parts of the therapy.

At Improve Your Health Hypnosis Center located in Kinston for \$200 a person attends a one-

time session to learn self hypnosis and then participants listen to a 15 to 25 minute personalized CD for three months.

"Hypnosis helps to teach your subconscious mind to be more productive for you," said Anthony F. Mullen, the owner of Improve Your Health Hypnosis Center. Although this type of therapy is more involved, results are usually successful.

Interestingly enough, each person interviewed did say that a person must truly want to quit in order to stop smoking for good.

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

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THE EAST CAROLINIAN . LIVING

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New college dorms aim to be homey

(KRT) - Room and board on college campuses doesn't just mean box-size rooms with group showers anymore.

More universities are building dormitories with comforts and amenities that students are accustomed to at home.

At Washington University in St. Louis, the newest dorm, Forsyth House, features woodpaneled walls, a great room with a gas fireplace, a winding staircase and equipped kitchens on each floor.

For students who don't want to trek across campus, there's \$ a music practice room, a larger community kitchen on the ground floor and an art room with a mess sink for more creative projects.

The four-story dorm opens this fall with housing for 176 students.

Justin Carroll, dean of stu-



Campuses across the country are trying to draw in new students by adding cozier dorm rooms to their campuses.

David Coleman, an architect with Christner Inc., said universities are requesting more high-end, finished spaces where students can feel almost like they're right at home.

required activity fees - amount to \$7,322 a year per student; double rooms are \$6,402; and triples are \$4,538.

The Virginia Avenue Housing and Dining Project at the University of Missouri-Columbia will open this fall with beds for 721 students. A single room there, including a full meal plan, can go up to \$8,630 a year per student and a double room is around \$7,650 a year. The new dorms offer lounge space on each dorm floor, with soft chairs and couches, groundfloor laundry rooms, and a kitchenette on each floor.

Meet representatives from

optometry as a career...

students are

dents at Washington University, said there's more of an effort to provide students with everything they need so they don't have to leave campus often.

"It's a place for students to grow personally and intellectually and where they can have more personal contact with faculty and student services and academic support right at their door," Carroll said.

"Especially for freshmen and sophomores, these types of housing build that sense of community that is vital and keeps them connected to the institution," Coleman said.

"That feeling increases retention so students don't feel isolated. They want to stay on campus for all four years."

But it isn't cheap. Single rooms at Forsyth House - plus



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TONY ZOPPO Sports Editor BRANDON HUGHES Assistant Sports Editor

THURSDAY September 16, 2004



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System for 'TEC' top 10, our picks this weekend

BRANDON HUGHES ASSISTANT SPORTS EDITOR

Welcome to the weekly football forecast for this weekend's action. This column will be a mainstay each Thursday and above are the selections from bur sports writers.

Each writer will select a vinner from 10 games every eek, five from the college ranks hd five NFL games. Season cords will be displayed in each edition. Below are my predictions rolling with for this week's games. the Terps. Notre Dame vs. Michigan Ohio Sta

State

No one knows what to make of the Irish. One week after an embarrassing loss to BYU, Notre Dame upsets Michigan. Fortunately for them, the Spartans don't pose much of a threat. The Irish will win in ugly fashion 20-12.

Maryland vs. West Virginia

Many consider the Mountaineers the dark horse to win the National Championship. I don't, but look for them to keep

tions rolling with a 30-14 win over the Terps.

Ohio State vs. NC State

The Wolfpack will play a tough schedule this season with the Buckeyes coming into Raleigh. NC State's defense is vastly underrated so expect a close one, a 28-25 victory for Ohio State.

LSU vs. Auburn

The LSU Tigers were upset in their opener and still have several weaknesses. A loss is in their future and I think it's coming on Saturday. Auburn pulls off the stunner at home 22-20.

Florida vs. Tennessee

Gators quarterback Chris Leak has matured after a year of seasoning in the SEC, while the Volunteers play two freshman signal callers. Florida rolls into Tennessee with a convincing 31-17 win.

> Minnesota Vikings vs. Philadelphia Eagles

The Eagles are the favorites monopole to represent the NFC in the age Super Bowl. Both teams were stim impressive in the opener, but I like will Donovan McNabb and Philly in sea this one, 28-19.

Washington Redskins vs. New York Giants

Joe Gibbs is back in town but what about the Skins' defense last week against the Bucs. Tampa was completely helpless on offense. Expect the offense to start rolling soon as Kurt Warner and the G-men fall 24-13.

Carolina Panthers vs. Kansas City Chiefs

This match-up should be the most exciting of the week with a great Chief offense against the stingy Panthers. Jake Delhomme will have something to prove this season. A Steve Smith-less Carolina team loses 31-20.

Indianapolis Colts vs. Tennessee Titans It's all about New England and the Colts in the AFC. Indy is hungry after falling to the Patriots in the season opener and should beat the Titans 27-10.

Seattle Seahawks vs. Tampa Bay Buccaneers

The Buccaneers had a solid defensive game against Washington, but their offense was stifled. Seattle is the new fad in Super Bowl picks and shouldn't have a problem dropping Tampa to 0-2. The Seahawks win 17-10.

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

THE EAST CAROLINIAN . SPORTS

Heated rivalry between Lady Pirates, Camels continues

Women's soccer set to host Campbell Friday

ROBERT LEONARD STAFF WRITER

PAGE B2

Rivalries are what makes sports fun. The thrill of victory and pure love of competition is an important element in sports; without these, sports wouldn't be as important in society.

Rivalries seem to inflate these elements and take them to another level. The ECU women's soccer team has a few rivals of their own and the biggest rival may not come from Conference USA.

The team in question is the Camels of Campbell University. The Camels (2-1-2) and the their way. Pirates (2-3-0) are not only instate rivals, but also have history between them.

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Although these two teams did not meet last season, there's some bad blood between the schools. Coach Rob Donnenwirth knows the Camels will be ready for this game.

"We are one of Campbell's bigger games this season," said Donnenwirth.

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Clemson Tigers, the Lady Pirates look to rebound against the Camels. The ladies will need to score quickly and take advantage

Persson. Persson, a senior from Sweden, is leading her team in shots with 18, shots on goal with nine, goals with two and points with four. Part of the Pirates' plan on defense will include keeping track of Persson at all times.

"She's a really good player," Donnenwirth said.

"She likes to score, and sometimes doesn't get back on D. We need to exploit that. We need to keep a body on her and always know where she's at."

Even if Persson does score, the Pirates should be able to counter with their forwards and midfielders. Megan McCallion is coming off a below average performance in the Furman tournament and looks to bounce back. Sarah Stoltz needs to keep playing well in the midfield and help control not only Persson, but the tempo of the game as well. No matter the outcome, the rivalry will continue this Friday at Bunting Field at 4 p.m.



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"Campbell likes to play people up," Donnenwirth said.

"We can take advantage of ECU assistant coach Chris this and go right over the top of them."

> One player the defense will need to look out for is Campbell's leading scorer, midfielder Susan

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World Peace Vigil

Tuesday, September 21 Steps of Joyner Library, 7pm

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Coloman Barks

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Cross Country on brink of success

Men and women could have breakout season

THE EAST CAROLINIAN . SPORTS

BRENT WYNNE STAFF WRITER

Under the direction of a new coaching staff, the Pirate men's and women's cross country teams race into the 2004 season with high hopes of improving on identical eighth place finishes a year ago in the Conference USA championships.

Former coach Len Klepack, gang-buste who served six years at ECU, responding was hired by Texas during the off-season to serve as an assistant coach in the Longhorns' track and field program. Klepack will also serve as head women's cross country coach. women's sid

Joe Catania, who brings 10 years of collegiate coaching experience to the Pirate program, nine national qualifiers in cross country and track and field. Catania has also served as a track and field official at a number of prominent events including the 1996 Olympic Games in Atlanta and the NCAA Championships.

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Catania inherits a Pirate squad that returns a solid core of runners on both the men's and women's side of competition.

For the men, senior Kyle McKenzie, who set a number of course and school records last



PAGE B3

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FCI I's Kyle Mckenzie had a stellar season last year and looks

ECU's Kyle Mckenzie had a stellar season last year and looks to have an even better campaign in 2004.

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"Having Matt coming up and ye running with Kyle this early in ru the season is tremendous for the nu team in the long run." ye

Complimenting the two senior speedsters will be Matt Gorman, Craig Schmidt, Kristia Jorgensen, John Loehr and Stephen Tausend, all of whom have the ability to have huge races.

"All those guys can really pack up and give them a nice solid group as far as scoring and I think we'll be a pretty com-

"It's really not about who's your number one and two runners, it's about who your number five runner and when your fifth runner is closer

your fifth runner is closer to your number one, you're going to do well in meets."

On the women's side, senior Johanna Allen will be the catalyst for the team's success.

"Johanna (Allen), as a senior came back in fantastic shape and she will be the leader day

see CROSS page B6

petitive team come conference time," Munson said.



THE ULTIMATE LADIES NIGHT OUT!

PAGE B2

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This moment, this leve comes to rest in me. Many beings in one being In one wheat grain a thousand sheaf stacks. Inside the needles are, a turning night of stars

Coleman Barks

David Darling

Gleir Velez

Zulcikhn



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sure off of Kyle, from him feeling like he has to be number one all the time," Munson said.

"Having Matt coming up and running with Kyle this early in the season is tremendous for the team in the long run."

Complimenting the two senior speedsters will be Matt Gorman, Craig Schmidt, Kristia Jorgensen, John Loehr and Stephen Tausend, all of whom have the ability to have huge races.

"All those guys can really pack up and give them a nice solid group as far as scoring and I think we'll be a pretty competitive team come conference time," Munson said.

"It's really not about who's your number one and two runners, it's about who your number five runner and when your fifth runner is closer to your number one, you're going to do well in meets."

On the women's side, senior Johanna Allen will be the catalyst for the team's success.

"Johanna (Allen), as a senior came back in fantastic shape and she will be the leader day

see CROSS page B6



Name: Elizabeth Class: Junior @ ECU Major: Phys Ed Hobbies: Water Sports, Hanging out with friends

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Page B4

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THURSDAY September 16, 2004

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EAST CAROLINA UNIVERSITY

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Guest Presenter

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Dr. Michael Eric Dysoa



Uhat Have We Come In?

. . .scholar/best-selling author "who has forged a unique role: he is a compelling spokesman for the concerns of the black community, and also a leader who has a genuine rapport with that community, particularly with urban youth."

The Social Justice Institute is designed to increase awareness of cultural and societal misconceptions and to examine effective resolutions. Sponsored by the Office of Intercultural Student Affairs and . the Ledonia Wright Cultural Center.

A book signing will follow the event.

Wars Between the TIMM

Admission: Students 2 free with ID; high school or local students, faculty and staff \$3 with ID; all others \$5. For additional information, please contact the Ledonia Wright Cultural Center at 328-6495 or visit our website at WWW.8CU.8du/lwcc

Wed., September 22, 2004 7:30 p.m. • Harvey Hall in the Murphy Center East Carolina University

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department for Disability Support Services at least 48 hours prior to the event at (252) 328-6799 voice/(252) 328-0899 TTY.

Tickets can be picked up at the ECU Central Ticket Office in Mendenhall

Page B5



For Rent

3 BR/1 BA House- 305 S Library Street, W/D included, front porch w/swing, storage house, short term lease, rent negotiable. 252-758-1440. 1 BR/1BA Apt. to sublease in a Pirate's Place 3BR suite. \$295/mo. plus 1/3 utilities/cable. Please call Michael Grant at (252)587-9021.

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THURSDAY September 16, 2004

Sub-Lease Wesley Commons South one bedroom, pets accepted, on ECU bus route, water and sewer included. \$380.00, available ASAP, contact Tiffany 757-3970.

Pinebrook Apt. 758-4015- 1 & 2 BR apts, dishwasher, G/D, central air & heat, pool, ECU bus line, high speed internet available, 9 or 12 month leases. Pets allowed. Rent includes water, sewer, & cable.

& 2 bedroom apartments, walking distance to campus, W/D conn., pets OK no weight limit, free water and sewer. Call today for security deposit special- 758-1921.

Walk to campus, 3 bdrm, 1.5 bath, 116B N. Meade St. Hardwood floors, ceiling fans, all kitchen appl. included, washer/dryer, attic

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Cypress Glen Retirement **Community Dining Services is** accepting applications for parttime wait staff (11am to 2pm daily). If you are looking for a job with flexible hours in a good professional atmosphere apply now. 100 Hickory Street, Greenville, NC EOE.

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Announcements

Salsa Dance! Come join us for the September 17 salsa dance! Lesson by Procopio and Heidi, 7:30-8:30; dance, 8:30-11:00 p.m. DJ: Ramon. Admission: students \$3; Folk Arts Society member \$5; general public \$8. Location: Willis Building, 1st and Reade sts. downtown. Sponsors: ECU Folk and Country Dancers, 752-7350, and Folk Arts Society of Greenville. Come alone or bring a friend! An alcohol- and smoke-free event.

Blues Concert! Come and enjoy blues artist Lightnin' Wells on Saturday, Sept. 18, at the Willis Building, 1st and Reade streets downtown. He'll feature a mix of Carolina blues stirred in with obscure classics from the blues, country, gospel, novelty, and classic standard repertoires. Admission: students \$3; Folk Arts Society members \$5; general public \$8. Location: Willis Building, 1st and Reade sts. downtown. Sponsors: ECU Folk and Country Dancers, 752-7350, and Folk Arts Society of Greenville.





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THE EAST CAROLINIAN . SPORTS

Rec Race to ECU to host Disc start sunday **Registration still** available day of race

TRENT WYNNE STAFF WRITER

PAGE B6

Put down the sodas and pick up those Gatorade bottles because it is time again for the **ECU Recreational Services 2nd** annual "Run From the Rec Road 5k Race," this Sunday at 2 p.m.

The event will start at the Student Recreational Center, with all runners meeting together at the outdoor pool before the beginning of the race.

The actual start point will be located at Chico's, where the course will make a single loop around downtown Greenville and the ECU campus.

Golf Tournament

Event to be held this weekend

MATTHEW SAUNDERS STAFF WRITER

Robert Leonard, president of ECU's Disc Golf Club, will oversee the Professional Disc Golf Associations (PDGA) tour stop on campus this weekend.

The tournament will host players from across the state competing for a top prize of \$200 and another crack at \$200 for winning the skins game. Tee time for this two-day event will be at 10 a.m. Saturday and 9 a.m. on Sunday.

Leonard has been

his sophomore year, and has

seen disc golf grow leaps and

bounds.

"Disc golf in general has grown a lot here at ECU," said Leonard.

hosting a tour event is amazing in itself. I am glad to be running it, and hope that (Hurricane) Ivan holds out.

Disc golf uses many of the same rules and scoring system as golf, but it isn't nearly as pricey.

"You can buy a used disc for \$3 and a new one for \$8," Leonard said. "There is no cost to play, so literally you can play for the rest of your life for \$3."

As of now, 57 people have pre-registered for the disc golf club here at ECU, and Leonard expects around 70 to 90 president of the disc golf club since people overall.

Microsoft® own a lot here at ECU," id Leonard. Just the fact that we are osting a tour event is amaz-

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Ronald E. Dowdy

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Safety

Race director, Todd Riddick is hoping to improve upon last year's turnout in its inaugural running. "Last year we had about 40-plus turnout, 90 percent of which signed up on the day of," said Riddick. "However, this year we already have about 25 people pre-registered to race, so we are expecting 75-100 people if the

weather cooperates." To ensure the safety of this year's event, race officials will not allow animals, skates or bicycles in the event. Racing wheelchairs and baby strollers will be permitted, however, and are more than welcome into the race.

The event will consist of seven different age groups, which are as follows: 15 and under, 16-19, 20-29, 30-39, 40-49, 50-59, 60 and over. Trophies will be awarded during the awards ceremony at the conclusion of the race (located at the SRC outdoor pool) to the top male and female in each age group and also the top three male and female overall winners. The top three race chairs and top three baby strollers will also receive the hardware as well.

Students and the community are both encouraged to come out and join the race. Entry fee for students will be \$6 with a valid ECU OneCard.

The community will be charged a \$15 entry fee. Both Students and the community will need to have a completed entry form available on the day of the This writer can be contacted at sports@theeastcarolinian.com.

Offer available to currently enrolled ECU students only. Must display valid ECU 1 Card. Limit one discounted copy per student. Additional copies may be purchased at the educationally priced retail rate.

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race and are encouraged not to mail these forms in past today.

Registration for runners not pre-registered will be held from 12:30 p.m. - 1:45 p.m. on the day of the event.

All entry fees and proceeds will benefit the Dream Factory.

"It is sort of like Make a Wish Foundation, in which the organization provides opportunities for kids that have either been sick or are still sick," Riddick said.

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

Cross from page B3

in and day out," Munson said. "She is definitely a woman on a mission."

Supporting Allen on the women's side will be junior veterans Caitlin Littlefield, Jessica Collins and Rebekah Bishop.

According to Munson, freshman Hayley Flynn has come in and had an immediate impact as well. "She will be a real strong competitor come the end of the year," Munson said.

Both teams got their first taste of competition this past Saturday as they competed in the Wake Forest Invitational, as the men and women placed fourth and fifth respectively in the overall standings. Hanlon led the Pirate men in the 5k race with a time of 15:34. He was followed closely by McKenzie, who posted a time of 15:42.



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In the women's race, Allen paced the lady Pirates with a time of 18 minutes flat, followed by Collins who ran the 5K course in 18:45.

Munson believes that racing against teams like Wake Forest and Carolina early in the season will only help the Pirates down the stretch.

"Wake Forest is in the top ten and Carolina is always up there and Davidson has really started to build a program over the last few years. It really shows us where we are right now and shows us where we can go," Munson said.

The Pirates will hit the road again this weekend to run at the Adidas Raleigh Invitational on Saturday. With some of the most dominant cross country programs on the east coast participating in the meet, Pirate runners will gain experience that is a must come championship weekend.

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

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