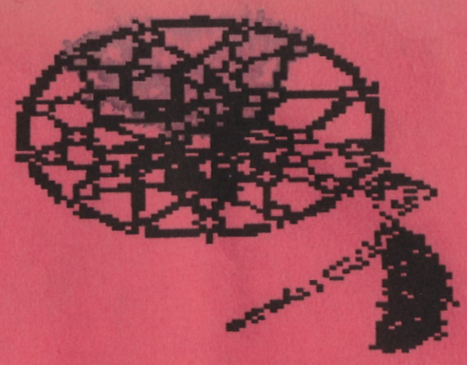


ECNAO

FEATURES BRIEFS

Quick hangover fixes

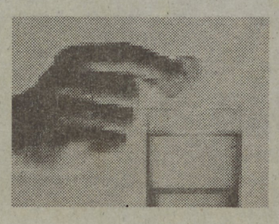
Hangover (HANG-over) *n.* Unpleasant physical effects following the heavy use of alcohol. May including nausea, vomiting, intense headache, stomach pain and photophobia (sensitivity to light). Symptoms can be attributed to dehydration, low-blood sugar, irritation of the stomach lining and poisoning of the organs by the amount of alcohol they are trying to process.

Some simple solutions:

•Drink plenty of water to replace lost fluids.
•Alcohol depletes the system of many nutrients, particularly vitamins A, B, B-6 and C and minerals such as niacin, calcium, magnesium and potassium. Take a multivitamin that includes minerals.

•To work the alcohol out of your system (actually to metabolize it), a little exercise is useful. It increases your intake of oxygen, therefore speeding up the process.
•"Bite the dog that bit ya" is an old cure that has some basis in reality. The brain cells affected by alcohol can return to normal quite suddenly. A small amount of alcohol can ease your brain back into awareness.

•An aromatherapy cocktail can quell the queasiness. Mix 4 ounces of water, the juice of half of



a lemon and 1-2 drops of fennel essential oil; drink before breakfast.

• Ayurvedic doctors recommend stirring 1 teaspoon of lime juice and a pinch of cumin into a cup of fresh orange juice and drinking.

•Fresh juices are helpful in speeding the recovery of a hangover. They flush the system of toxins and rehydrate your body. Assuming you can drag yourself to the kitchen, blend 8 ounces of carrot juice, 1 ounce of beet juice, 4 ounces of

celery juice and 1/2 to 1 ounce of parsley juice. Drink a glass in the morning and another later in the day to stimulate the liver.

•A readily-available mixture called "E-mergen-C" contains vitamins B and C and many other minerals to replace the nutrients that are destroyed during heavy drinking. Follow the dosage directions to help relieve your hangover.

Sources: *New Choices In Natural Healing* by Bill Gottlieb, Rodale Press, 1995 and *The Hangover Handbook* by David Outerbridge, Harmony Books, New York.

Use of color in environment affects mood, behavior

Restaurants, sport teams benefit from variations in hues

Jennifer Brown
STAFF WRITER

When you pick out your clothes in the morning do you think of what effect the colors might have on other people? Colors can say a lot about our personalities and lifestyles, as well as the cultural beliefs that we ascribe to.

Colors are symbols. This meaning is often capitalized upon in society. For example, everyone knows when they come to an intersection and see a red light they must stop; if it were yellow, they would theoretically slow down.

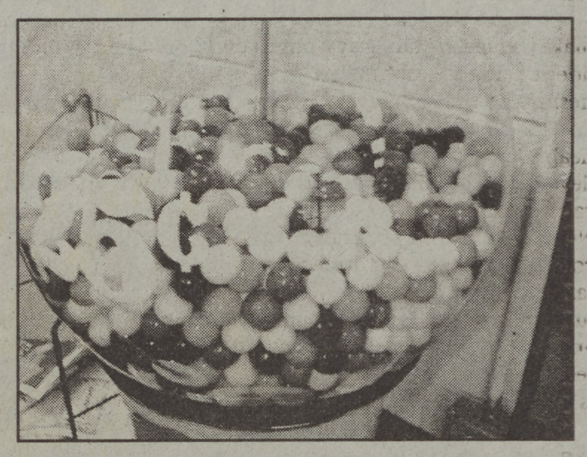
In California, however, colors also determine where you can park your car. A red curb means no parking, yellow is a loading zone, green is parking for 10 minutes, white is for five minutes during business hours and a blue curb means handicapped parking only.

According to Michael Hoane, a visiting assistant professor of psychology, colors can even affect how a team performs on the playing field. He said the football coach of the University of Ohio was known for painting the opponents locker room pink and the home locker room red. Pink is a passive color that symbolizes submissiveness, while red is a color of aggression and anger.

"Visiting teams would even bring in colored paper to put up over the locker rooms to change the pink color so their team would be fired up," Hoane said.

Hoane also said that restaurants use color techniques. For example, McDonald's uses red and yellow to signal speed and quick service. However, fancier restaurants use lower lights and calmer colors so that the people will relax and stay longer.

Colors also have different meanings in various countries. In Western cultures, a bride wears white during her wedding, while in Korea, people wear white to



Brightly colored bubble gumballs are appealing to children for their eye-catching color. (Photo by Emily Richardson)

See **COLOR**, page 7

NATIVE AMERICAN HERITAGE MONTH BEGINS

ECNAO encourages cultural awareness

Susan Wright
Features Editor

November is Native American Heritage month. For a number of ECU students, this is an opportunity for Native Americans to celebrate their cultural heritage as well as to learn more about their roots.
East Carolina Native American Organization (ECNAO) is dedicated to promoting the culture as well as the unity of Native American students at ECU.
Promoting Native American culture is complex since there are a number of different tribes that exist, each with their own unique subculture consisting of beliefs that differ from most or all of the tribes.
"Each tribe has its own beliefs," said Raymond Provost, vice-president of Epsilon Chi Nu who is of Cherokee descent. "They try to keep the culture alive and they are willing to defend it."
Although there are many divisions within the Native American culture, ECNAO encourages fellowship among the members of all tribes and beliefs.
"At N.C. State, they have three different organizations, but here there is only one organization," said Randy Gilland, graduate student and vice-president of the graduate chapter of Epsilon Chi Nu. "It works well here because we are trying to promote the entire culture. Some people don't realize that we are still here and that we don't act like Indians in the movies. We try to dispel any false stereotypes."
"We're here to promote Native American awareness and fellowship among Native Americans," said Melissa Chavis, one of the co-presidents of ECNAO. There are 40 students involved this year, and at least 7 different tribes are represented.The organization sends out letters to all students who classify themselves as Native Americans, and also meets twice a year to help increase student awareness about the organization.
ECNAO sponsors several other events that encourage students to take pride in their cultural identity. "Get A Clue" is an event that promotes cultural equality as well as education spanning a variety of cultures other than one's own. The event also features the Native American culture. A can drive for needy families is one community service project that ECNAO supports.
Another organization that encourages Native American students to take pride in their culture is Epsilon Chi Nu. Provost said he believes it necessary to make everyone aware of Native American culture.

A male "Fancy" dancer participates in a special male dance ritual. (file photo)

"Our organization does things to keep our culture alive," Provost said. "We are making a new drum, and we also do traditional crafts."
According to Provost, only one percent of the population is Native American.
"Our organization is trying to make sure people know that Native Americans haven't faded into history," Provost said.
There is also an annual powwow for ECU students as well as community members who choose to participate. This school year, the seventh annual powwow is being held on March 25, 2000.
"It is a gathering of Native Americans, and it is an expression of our culture," Gilland said. "We try to represent the ECU students also because all of the universities around have at least one powwow."
"A powwow begins with a prayer," Chavis said.

"Then, there are traditional dances with a lead male and a lead female who lead the dances. There is also a lead drum and two or three other drummers."
A powwow is a traditional part of the Native American culture. The annual powwows held at ECU are meant to celebrate Native American traditions and honor the elders, according to Chavis.
ECNAO and other Native American organizations are important social groups as well as support groups for students away from home.
"Everyone wants to know where they come from," Provost said. "We have a lot of pride in what we are and who we are."
"For me, it is a social support because I do not have the luxury of being with my family all of the time," said Gilland. It is good to have someone that you can be around who can offer support."
Non-Native American students also believe that promoting this unique culture is important.
"People should know about the different cultures," said Courtney Carter, sophomore. "A lot of times, minorities get overlooked."
"Accomplishments of people from different cultures should be recognized that contribute to the nation," said Jennifer Johnson, senior.
Native Americans were predecessors to Americans of European descent and do not honor the time when Spanish explorer Christopher Columbus reached the New World.
"We of course do not celebrate Columbus Day at all, because it was when the plagues and sicknesses came to our land and decimated our culture and our people," Provost said. "It is important to show the other side of it. Native American Heritage month gives us a chance to shine."

This writer can be contacted at feature@studentmedia.ecu.edu.

Breast augmentation riddled with positive, negative possibilities

Nonsurgical additions used as alternatives

Kenton Bell
STAFF WRITER

Breast augmentation has been an issue of societal debate since it began in the early '80s when implants first came out. Enlargement is now available through surgical and non-surgical methods.

Breast enlargement is defined as increasing the bust line through surgery. The surgical method includes implantation of several different kinds of breast implant substances, such as silicon, saline and soy bean. Augmentation is the adjustment of the body without implants.

Both women and menhave different perspectives on the necessity and desirability of implants.

"Society says that you should try for this perfect form, but I think that you should just be happy with what you have," said sophomore Navillan McCray.

"I believe that augmentation does help; companies look for certain attributes that show a certain image," said freshman Jason Robbins. "It also serves to raise a person's self-esteem because of the increased social acceptance."

Victoria's Secret sells a variety of cleavage enhancing products for those who wish to look more fully endowed. (Photo by Chriss Rodigues)

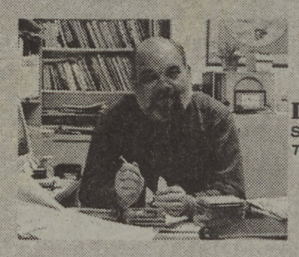
According to the *Breast Health Guide*, published by St. Mark's Breast Centre, scarring in the area where the incision is made to insert the implant is one risk associated with breast augmentations. Though silicone is rarely used anymore, persons with the implants have had concerns over them leaking. Implants have been known to move from their original position and are then needed to be removed. Additional surgeries to correct complications are also a regular occurrence.

The cost of breast augmentation continues to rise, due to the large number of lawsuits associated with this procedure. Depending on the location of surgery, the type of implants used and individual patient factors, current costs range from $3,450-$8,000 (exclusive of anesthesia cost, surgical facilities and other related expenses).

Some non-surgical methods include silicone inserts that are placed

See **LINGERIE**, page 7

A NOTCH ABOVE THE NORM



Paul Wright
Student Media Advisor
TEC, WZMB, Expressions, Rebel

There are many campus organizations that are student-run, but need advisement from someone with specialized experience in the area. At TEC, which is edited, written and produced by students, Paul Wright has the interesting and challenging job of making sure that everything runs smoothly everyday.

Wright earned both his bachelor of arts and his master's in mass communication at Morehead University in Kentucky. Since that time, he has worked a variety of jobs in communications. The only area he has not explored is television.

ECU is the fifth university he has taught at or advised in student publications. Since his graduation from college, he has been at Morehead University, the University of Tennessee-Knoxville, Virginia Commonwealth and Florida International in Miami, Fla.

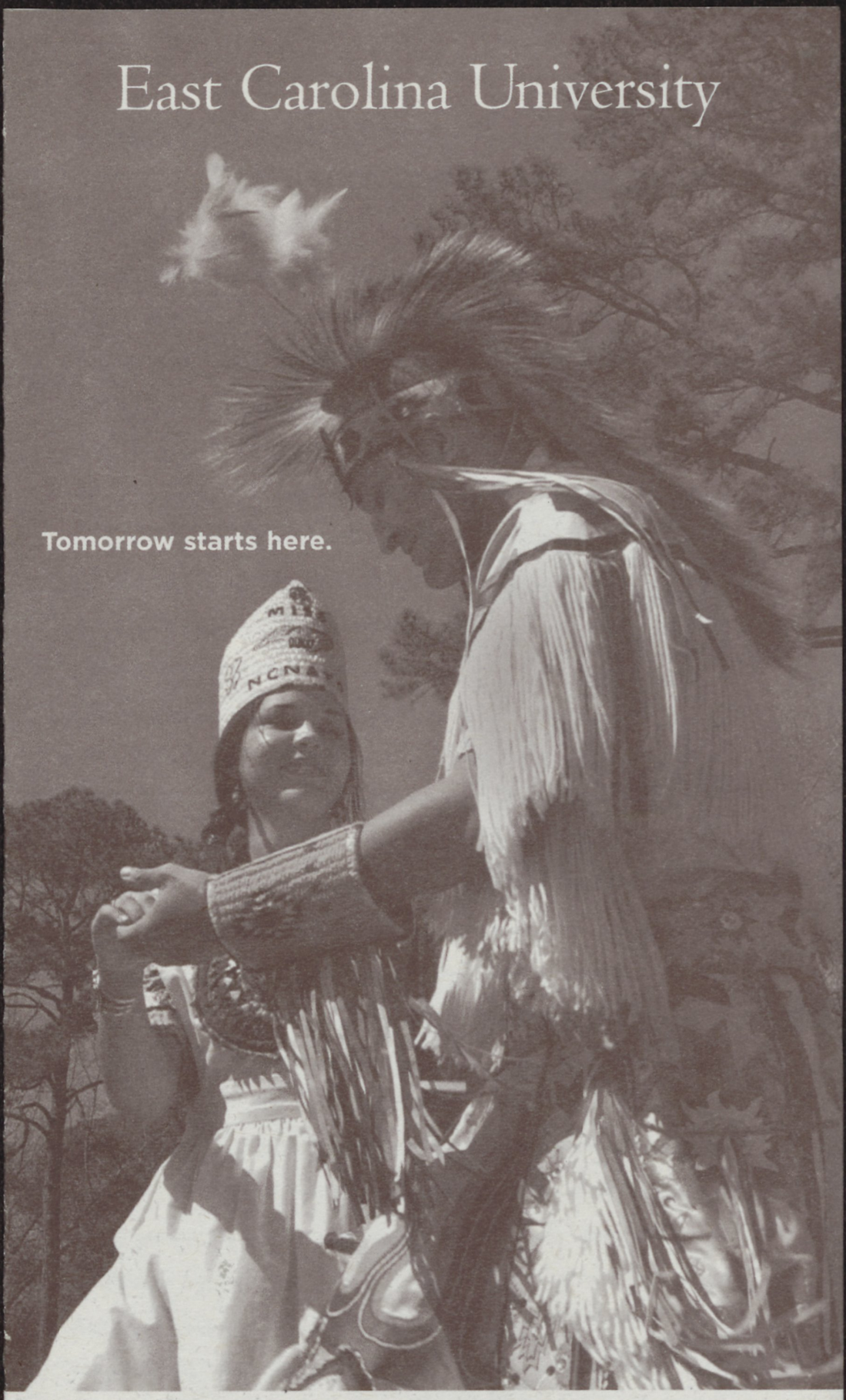
"Communication has been something I have always wanted to do," Wright said. "I like radio because of the way that you interact with the audience."

According to Wright, in radio programs such as "War of the Worlds," the audience is captivated by the scenarios that they create in their mind, the radio only gives them the beginning of the picture.

In other types of media, the audience does not have the same creative potential or opportunity.

See **WRIGHT**, page 7

East Carolina University



Tomorrow starts here.

THOMAS HARRIOT COLLEGE OF ARTS AND SCIENCES

Minor in Indigenous Peoples of the Americas

Faculty

Ellen Arnold, *English*
Resa Bizzaro, *English*
John Bort, *Anthropology*
Jessica Christie, *Art*
Randy Daniel, *Anthropology*
Charles Ewen, *Anthropology*
David Griffith, *Anthropology*
Chris Oakley, *History*
Tom Shields, *English*
Rodney Schmidt, *Music*
Angela Thompson, *History*
Rebecca Torres, *Geography*

For advising and questions concerning the minor, please contact

Randy Gilland, Academic Advisor
East Carolina University
A-16 Minges
Greenville, NC 27858-4353
gillandc@ecu.edu
252-328-4645

or

Linda D. Wolfe, Professor and Chair
Department of Anthropology
East Carolina University
231 Flanagan
Greenville, NC 27858-4353
wolfel@ecu.edu
Phone: 252-328-9453
Fax: 252-328-9464

EAST CAROLINA UNIVERSITY

Thomas Harriot College of Arts and Sciences

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East Carolina University

Tomorrow starts here.

THOMAS HARRIOT COLLEGE OF ARTS AND SCIENCES

Minor in Indigenous Peoples of the Americas

Why Get a Minor in Indigenous Peoples of the Americas?

East Carolina University's minor in indigenous peoples of the Americas focuses on exposing you to the culture, history, arts, rituals, and people indigenous to the entire American region. This includes North America, South America, Central America, and the Caribbean region.

The culture indigenous to the American landscape is felt and seen in many aspects of today's society. The names of towns and rivers, the foods we eat, even the structure of our governments are influenced by these cultures. Whether you are working toward a career in archaeology, health care, politics, education, or business, a heightened awareness of the diverse populations throughout America will be beneficial to your career aspirations.

The minor in indigenous peoples of the Americas requires 24 semester hours and is housed within the Thomas Harriot College of Arts and Sciences. Courses are drawn from three disciplines, and no more than 12 semester hours may be taken in any one discipline. The minor consists of courses in anthropology, art, English, geography, history, and music. The common theme of these courses and this interdisciplinary minor is the lifestyles, history, art, literature, and music of the native people of the Americas.

You are encouraged to take prerequisites as part of your foundations curriculum requirements wherever possible. Prerequisites may also be waived at the discretion of the instructor. You may choose a maximum of 3 semester hours of independent studies in a relevant discipline and a maximum of 3 semester hours of special topics courses in a relevant discipline.

Course Listing

Core (3 s.h.)

IPAM 4000 Indigenous Peoples of the Americas Seminar

Electives (21 s.h.)

ANTH 3005 North American Indians
ANTH 3016 Cultures of the Caribbean
ANTH 3017 Cultures of Mexico and Guatemala
ANTH 3018 Cultures of South and Central America
ANTH 3111 North American Archaeology
ANTH 3115 Caribbean Archaeology
ANTH 5005 Contemporary Latin American Cultures
ANTH 5120 Archaeology of the Southeastern US
ART 3960 Art and Power in Mesoamerica
ART 3961 Native North American Art and Ritual
ENGL 3250 Native American Literature
ENGL 3270 The Frontier in American Literature
GEOG 3049 Latin America
HIST 3170 History of Native Americans
HIST 3780 Mexico and Central America
HIST 5130 Comparative History of New World Slavery and Race Relations
HIST 5765 Latin America, 1492 to the Present
MUSC 2248 Music of the World's People

More information can be obtained by contacting

Department of Anthropology
East Carolina University
231 Flanagan Building
Greenville, NC 27858-4353
Phone: 252-328-9430
Fax: 252-328-9464

T O U C H

ority Student Affairs ewsletter

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Greenville, NC
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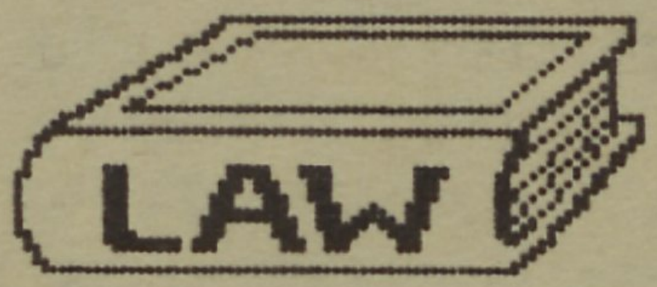
Volume 2, Number 1



RACIAL AND ETHNIC HARASSMENT POLICY IN EFFECT

As of May 1, 1989, East Carolina University adopted a new Racial and Ethnic Harassment Policy. Dr. Eakin immediately adopted the policy on an interm basis pending review by the Faculty Senate and the Student Government Association, which will take place this fall. The policy was developed by an ad-hoc committee, chaired by Dr. Larry Smith.

The policy is based on the premise that

NATIVE AMERICAN STUDENT ORGANIZATION REVITALIZED

The Native American Student Organization has been reactivated at East Carolina University. The major objectives of the group are: to provide a support group for Native American students at ECU and to provide an opportunity to share their history and cultural hertiage with others on the campus.

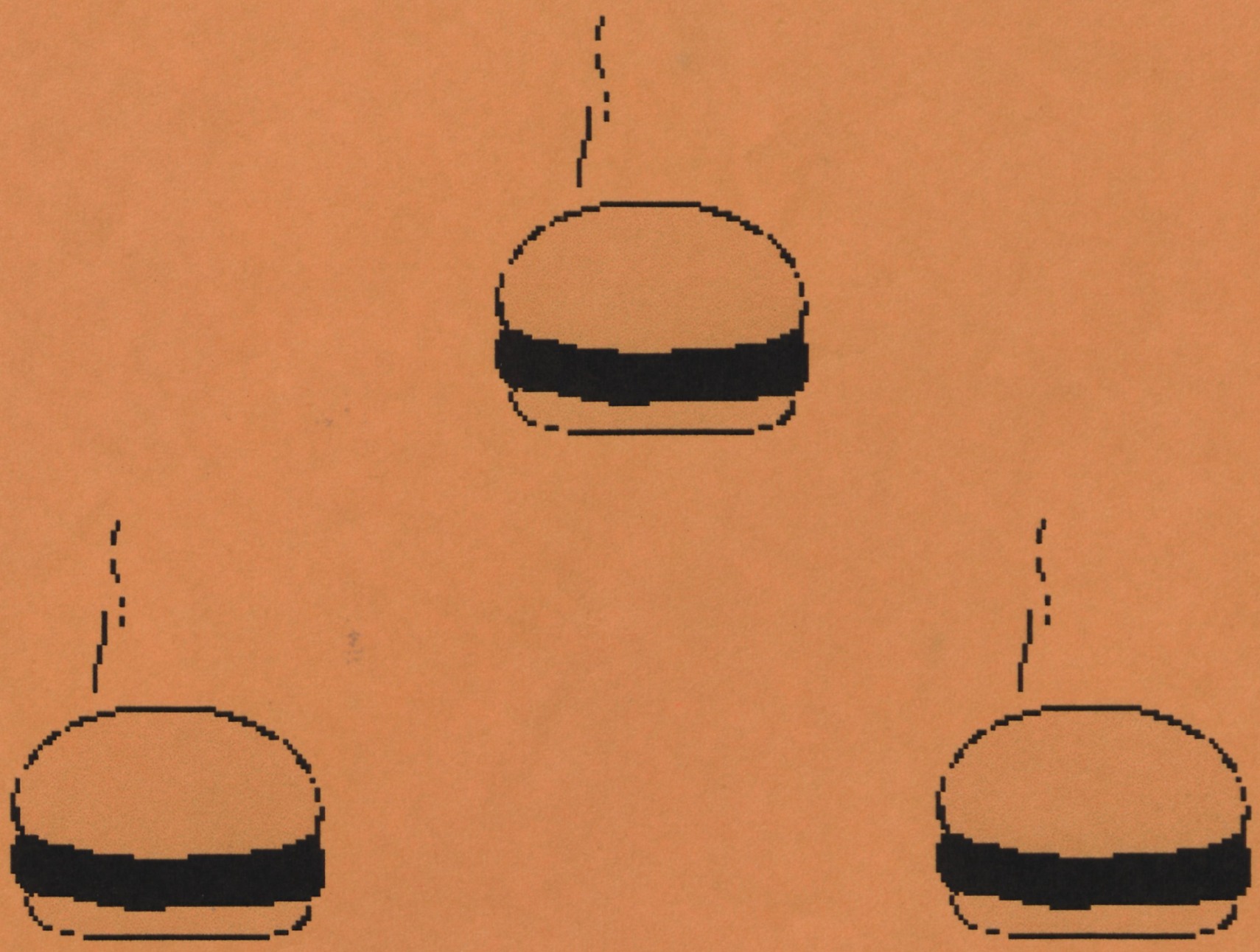
A steering committee of twelve students met early in the fall and elected officers for the group. Officers include President, Cheryl Chavis; V-Pres., Hope Johnson; Secretary, Leslie Oxendine; Historian, Timothy Locklear.

Students interested in joining or working with the group should contact one of the officers noted above or The Office of Minority Student Affairs.

Native American
History Cultural

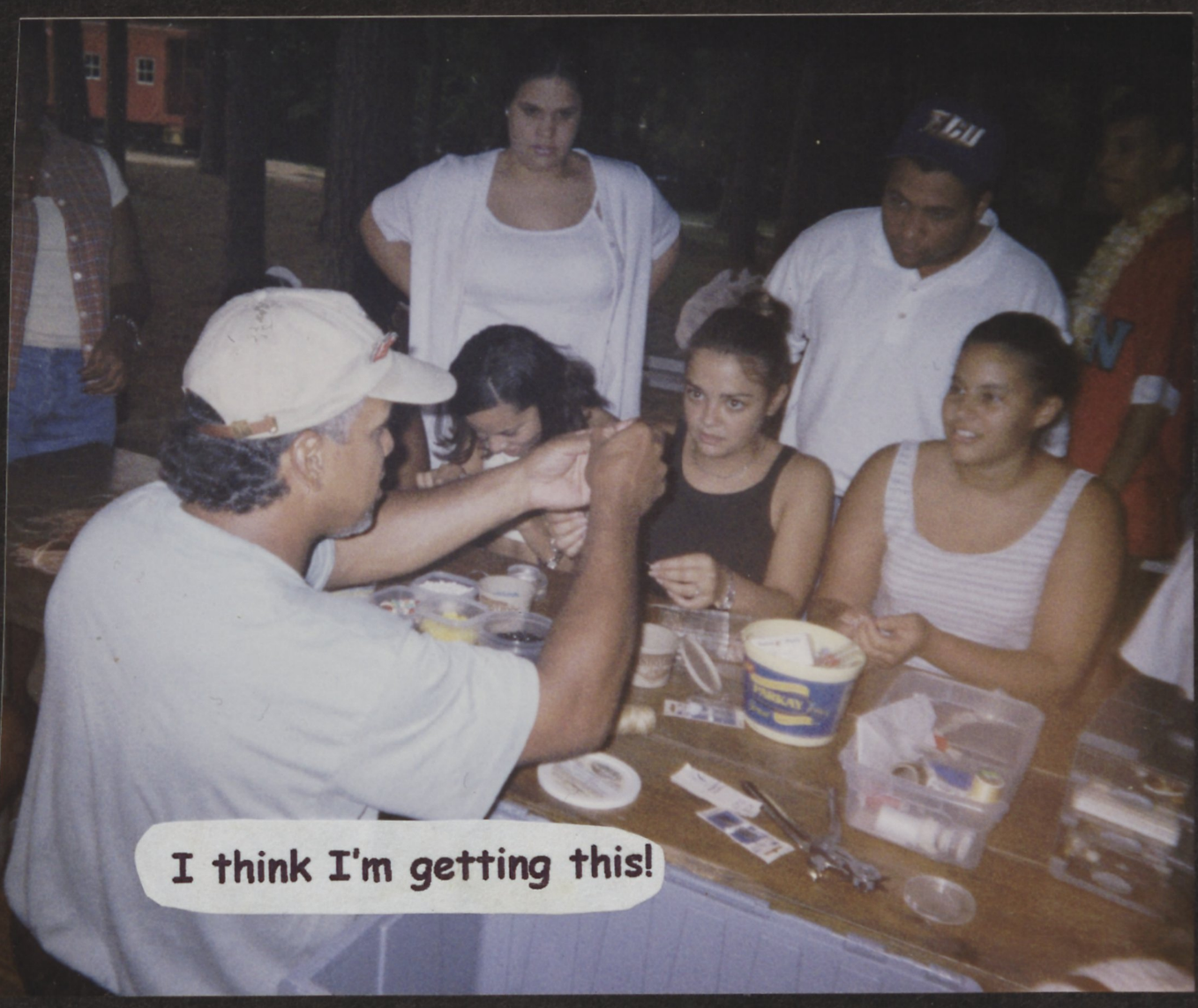
COOKOUT

FALL 1999



Randy, Brian and Jason

Brian and Lateisha



I think I'm getting this!

UMmm, UMmm Good…. Joey Crutchfield.

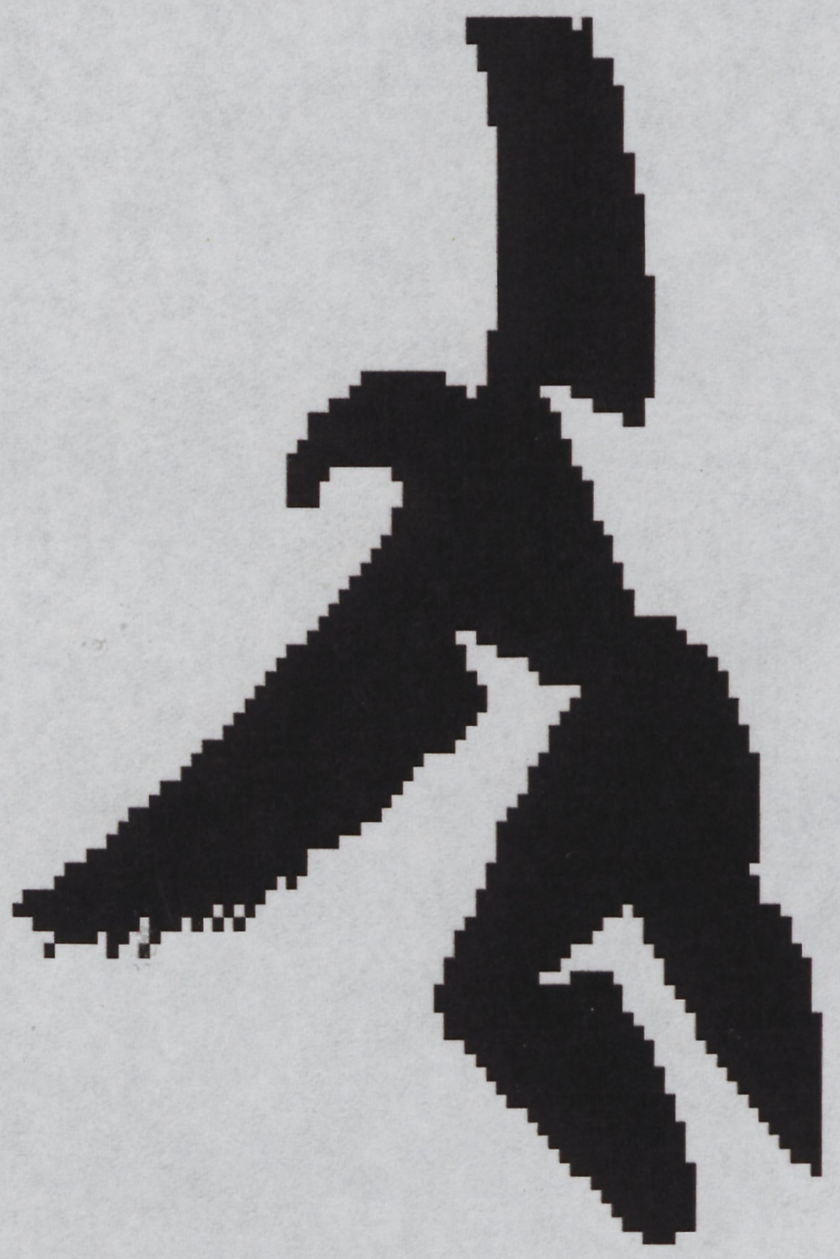
Why must you take my picture while I'm eating?

Tracy, Patrick, and Melissa

WolfeCreek
Fall 1999

Melissa Renee Chavis receives the Cabrina Cumming's Scholarship.

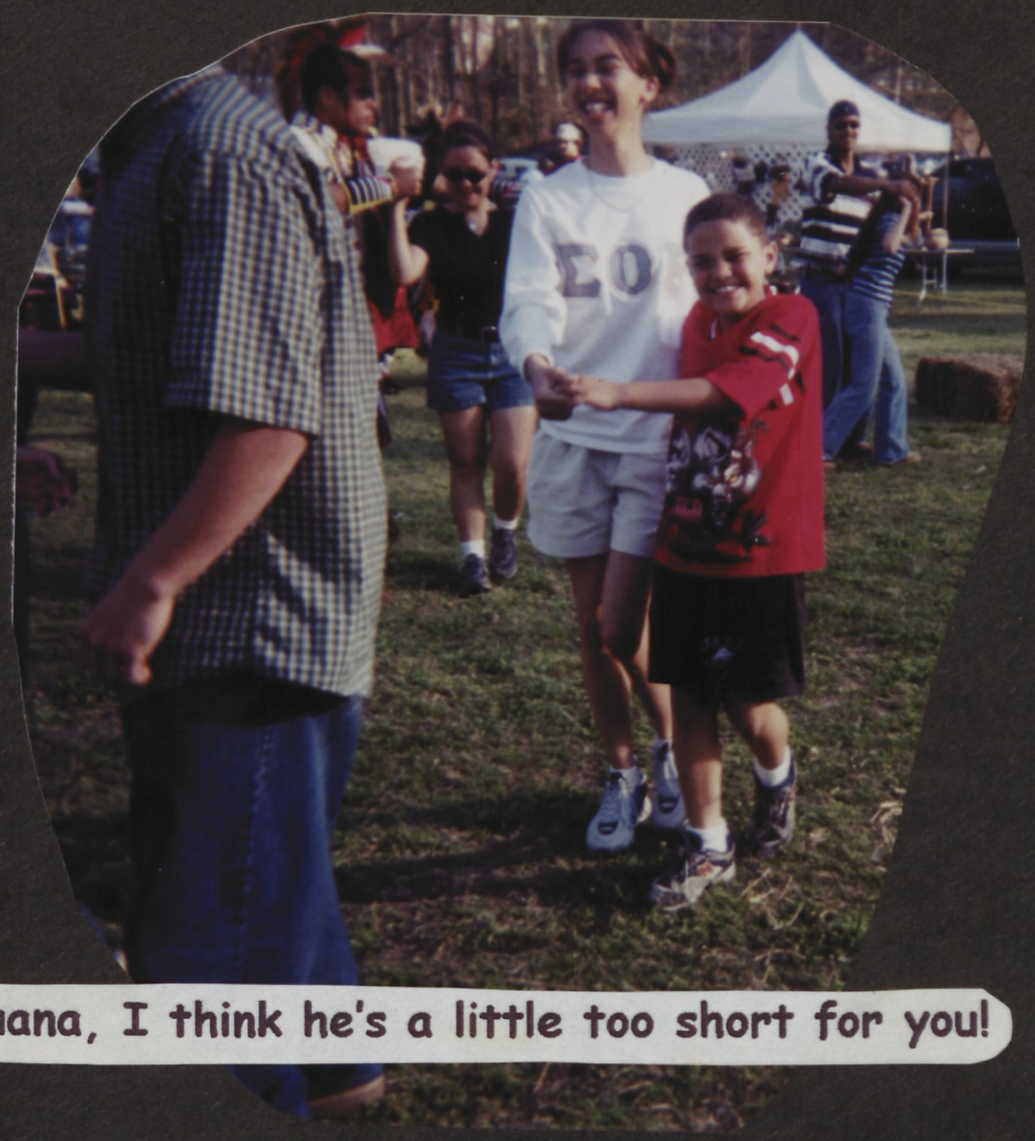
Pow-wow
2000



Lateisha Rogers and Jason Evans

Berna & Jolena

Christy Oxendine



Chocajuana, I think he's a little too short for you!

Deidra & Nick

Jason Evans

Circle of Friends

Lateisha Rogers receives the Cabrina Cumming's Schalarship

COOKOUT

FALL 2000

What are you looking at?

No, what are you looking at?

Noooo, what are you looking at?

Mini - Powwow
Fall 2000

Congratulations,

to Patrick Suarez for receiving the

Cabrina Cumming's Scholarship.

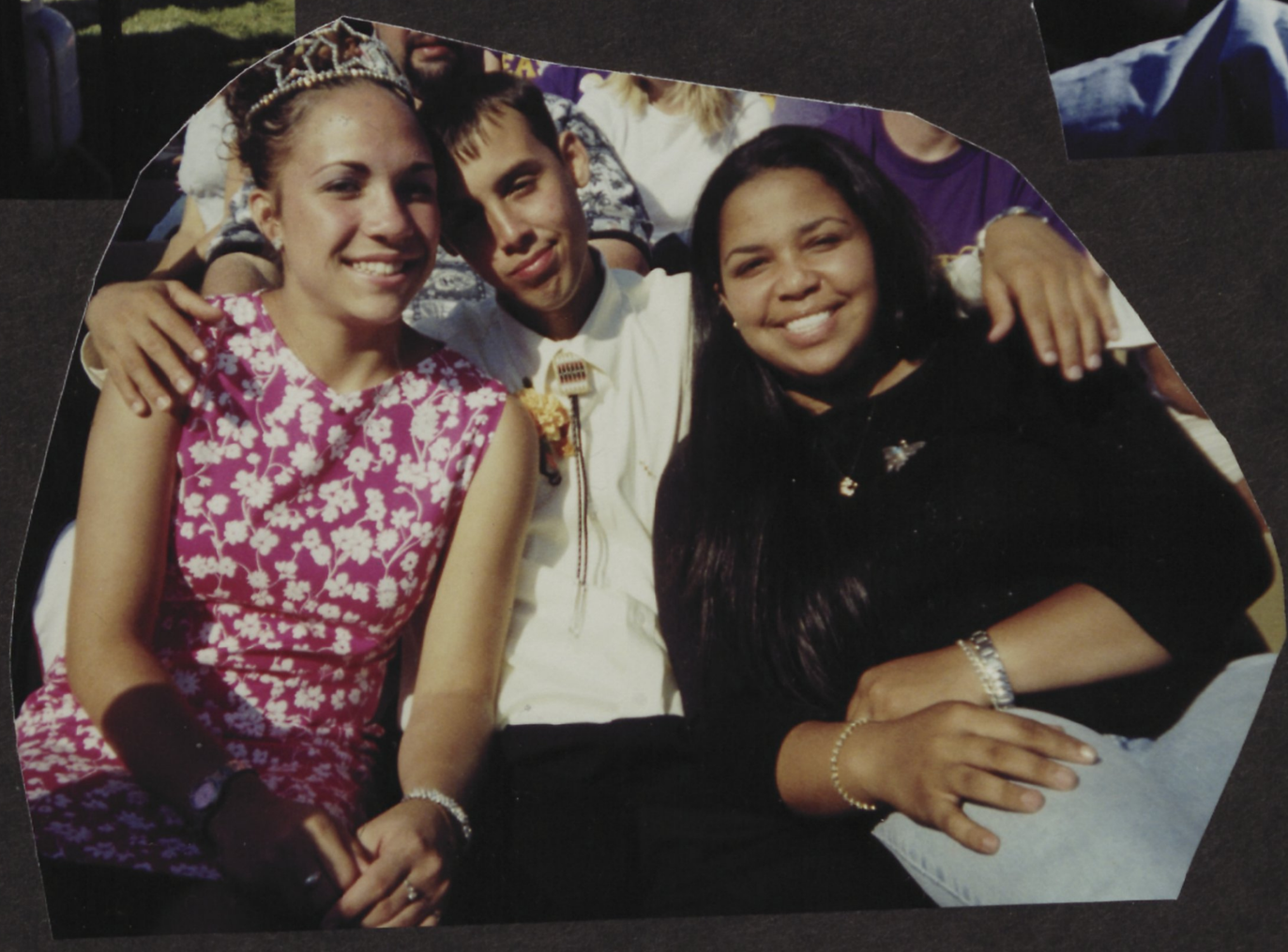
Present Officers of ECNAO

Lateisha Rogers – Co-president
Consuela Richardson – Co-president
Stacey Mills – Treasurer
Yolanda Brewington – Secretary

Scrapbook Committee

Stacy Mills
&
Nichole Worriax

East Carolina
Native American
Organization
ECNAO
The Tradition Continues..



Tommy

Hamburger Patties
100% Pure Beef

ΕΧΙ

CAUTION
DONT HATE
DONT HATE

Students

NATIVE PRIDE