



Ethnic groups receive backlash from attacks

Forum held to allow student expression

DENNIS MITCHELL
ASSISTANT NEWS EDITOR

The Ledonia Wright Cultural Center is offering an opportunity for students to express their concerns about the backlash against targeted ethnic groups because of the recent terrorist attacks on America.

According to Nell Lewis, director of the Ledonia Wright Cultural Center, the purpose of this dialogue is to give students the opportunity to share concerns and ask questions about the issue of accusing innocent Americans who may be racially similar to the accused terrorist.

"I hope this time of sharing will provide a healing balm for many students and for others, a realistic assessment of the importance of appropriately directing one's anger," said Lewis.

Alexis Morris, vice president of the Black Student's Union, said that it was awful for people to commit such a horrendous act on the American people. It is even worse for the American people to turn around and blame certain individuals because of their religious beliefs.

"People should know better, especially black people after all we have been through," she said. "At our last meeting we alerted our membership to the backlash the Muslim-Arabic community was receiving. We told them how wrong it was to accuse the innocent."

According to Lewis, all student leaders of organizations are expected to attend the meetings.

"It is the organization leaders' job to convey to the membership

see FORUM on page 2



Volunteers continue to search through the wreckage for survivors in the terrorist attacks as the nation deals with mixed emotions.

International House to make coming to America easier

Cultural gap lessens as American, international students unite

STEPHANIE SUBER
STAFF WRITER

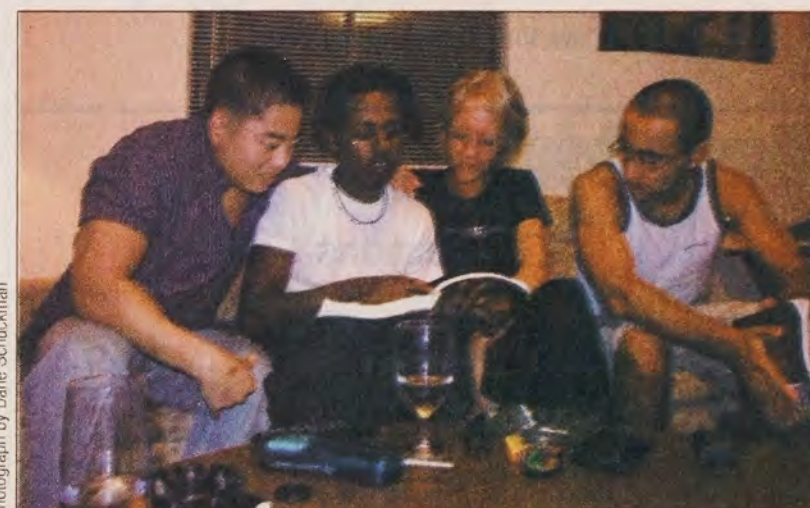
The International House has implemented a new program to reach out to foreign exchange students. "First Friends" unites American volunteers with exchange students coming to ECU in order to make them more comfortable.

Susan Keusenkothen, the First Friends adviser, said that the program recruits student and community volunteers. The volunteers fill out an application, go through an interview process, and participate in an orientation.

According to Keusenkothen, volunteers are expected to contact their friend through e-mail before they come to the United States. When the student arrives in the US, their American friend is supposed to meet with them as soon as possible in order to make them feel at home.

Many students pick up their friend at the airport and bring them to their residence. Keusenkothen said volunteers are expected to complete at least three social activities with their exchange students, but more are encouraged. She also said the most important things the volunteers point out are the little things.

"Places like the bank and the grocery store are often overlooked but are necessary for exchange students to survive," said Keusenkothen. As of now, the program has 37 volunteers paired, but Keusenkothen said that there are volunteers who were not matched with exchange students this semester. She said she



(L-R) International students Dae Lee from South Korea, Theodoros Tamrat from Ethiopia, Jenny Sigurdardottir from Iceland and Francisco Hesias from Chile, enjoy studying at ECU with "First Friends."

hopes that they will be matched with students coming in the spring.

The program has proved effective for its participants.

Pongpop Lapcharoen from Bangkok, Thailand is paired with Marc Mullin, and the two have really hit it off.

Lapcharoen said he appreciates the First Friends program and the person with whom he was paired. "I think it is very good. It helped me a lot when I first arrived here. Marc picked me up at the airport and took me to register. Everything is all so easy. Life is so simple here because of Marc," said Lapcharoen.

Mullin is grateful for the cultural experience and the opportunity to meet Lapcharoen. "The program itself is a great opportunity. I've enjoyed meeting someone from another part of the world. Pongpop's the nicest guy I've ever met," said Mullin.

According to Lapcharoen, Mullin has shared many North Carolina

experiences such as pig picking, go carting, parties and visits to the beach.

Mullin said that he would definitely participate in the program again. He said he considers the program a great success and appreciates the fact that he has hopefully made a lifelong friend because of it.

"We will keep in contact. Pongpop's invited me to stay at his house in Thailand, and I hope to be able to visit someday," Mullin said.

According to Keusenkothen, First Friends is in experimental stages. The first batch of evaluations came in and the program seems to have been beneficial for everyone involved.

"As long as we have someone to run it, it will continue," Keusenkothen said.

Anyone interested in signing up to be a first friend can contact the International House at 328-1936.

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

Distance learners at record high

Off-campus students, enrollment rise

GINGER JOHNSON
STAFF WRITER

The number of students enrolled in the distance learning program and in the Internet classes on campus at ECU are at a record high, making the program the largest in the N.C. university system this year.

The distance learning and Internet class enrollment are added to the total numbers of students enrolled at ECU contributing to the overall increase of students enrolled in the university.

"It is a 43 percent jump over last year. It clearly means there are a larger number of people returning to the university system to enhance their careers," said Robert Thompson, interim vice chancellor for Academic Affairs.

The distance learning program offers a variety of programs for students. Many of the enrollees are involved in master degree programs or advanced certification. The School of Education has the most distance learning students enrolled in the program. In addition, the schools of industry and technology and nursing also have a large number of distance learning students.

Total campus enrollment is up four percent increasing the student total to 19,470.

"ECU is clearly becoming more attractive to

see LEARN on page 2



A student studies for her Internet class. Web class enrollment increased this year.

Army ROTC membership, popularity increases within student population

American pride strong in military service

CLIFF SHERMAN
STAFF WRITER

One of the fastest growing organizations on campus is the Army ROTC. There are many reasons that the ROTC is gaining popularity. The ROTC offers many incentives and opportunities for students who have an interest in the military and even offers opportunities for those not interested in a military career.

One appealing aspect of the Army ROTC is that the program does not automatically commit you to a military career.

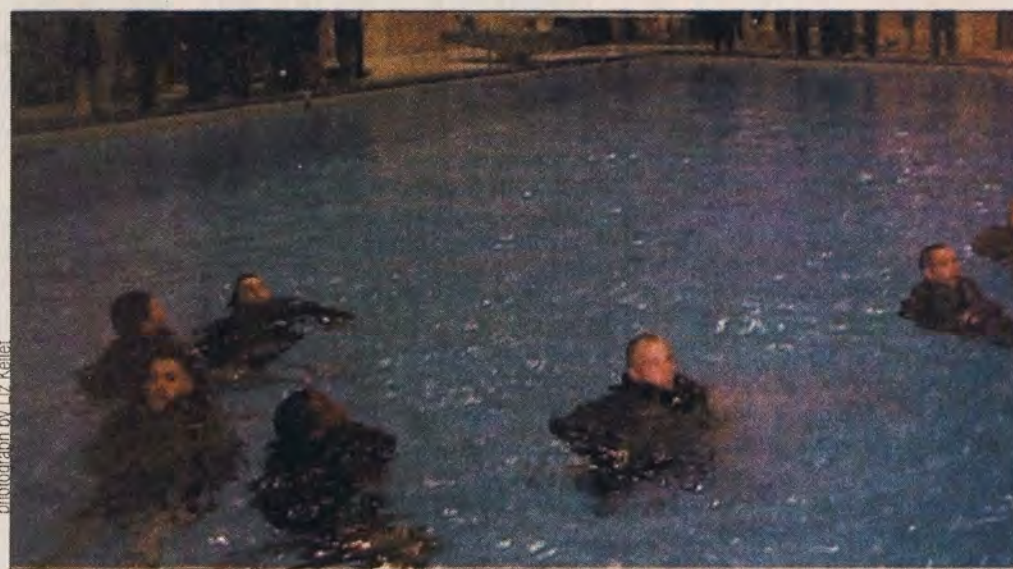
The first two years of the ROTC, known as the Basic course, is promoted as a chance for an interested student to "try it on for size." Basic is open to all freshmen and sophomore students and gives credit like any other college elective. And as with any other elective class, the student chooses how much time he puts into it.

"The actual program doesn't take as much time as one might think. We all learn time management skills and learn how to be proficient when it comes to the classroom and our duties," said Jason Pyeatt, an S5 assistant captain.

The basic course offers benefits and rewards that exceed grades and credit.

"One reason we have gained popularity is that we offer a human approach and take a caring and compassionate attitude towards students. The evaluation and feedback mechanisms we offer are like no other, which leads to personal growth for the student," said Lieutenant Colonel Mark Jenkins.

The ROTC environment gives students the opportunity for growth in personal discipline and self-confi-



dence by providing hands-on leadership and management training. The ROTC goes outside the classroom, providing in-the-field training. Students can opt to do activities such as Presidential Color Guard to airborne school and air assault training.

One of the biggest incentives for students to join the ROTC is the several scholarship opportunities that are available. With a student's success in the Basic program and commitment to the Advanced program, which is the "officer-producing Junior and Senior level of ROTC", the United States and ECU offers scholarships that fully cover tuition and additional fees. Students can gain these substantial scholarships by excelling in the ROTC program and their other classes.

The incentive that the ROTC prides itself on is the guarantee for employment after school and completion of the program. Though going all the way through the Advanced program requires eight years of service in some way for to the United States Army, it does not mean that a student must go into active duty, though that is an option. Enlistment



in the US Army Reserves, which only requires two weekends a month of a graduate's time, is the most popular career path. There are also other paths that can be taken.

After the required duty is up, the civilian job opportunities seem limitless.

"The Army and ROTC are the

see ROTC on page 2

Assault survivors heal

Candles represent strength, time of sharing

CHRISTY OXENDINE
STAFF WRITER

Survivors, family and friends gathered in a time of healing and sharing at a candlelight vigil for Sexual Assault Awareness week last night.

As the event began participants were asked to pause for a moment of silence in remembrance of the survivors. A candle was lit to represent strength and survivors were asked to share their strengths to the group.

Nancy Badger, a counselor at the Student Counseling Center led the vigil and asked participants to paint

see VIGIL on page 2



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NEWS 2DAY

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News Briefs

SGA elections

SGA elections will be held on Wednesday, Sept. 26. The elections were postponed one week due to the nation's current crisis.

Healing the harm

"Healing the Harm," a video documentary about sexual assault will be shown at 7 p.m. tonight at Student Health Services. A discussion of the video will follow. The program is part of Sexual Assault Awareness Week.

Concert

The Wind Ensemble, Symphonic Band and Concert Band will perform at 8 p.m. tonight in the Wright Auditorium. The concert is free and the public is invited.

Doctor lecture

Dr. Richard Selzer, a surgeon and noted author, will offer his view on "The Physician as Writer" at 12:30 p.m. on September 20 in Room 2E-100 of the Brody School of Medicine building. Selzer of New Haven, Conn., is the author of "Taking the World in for Repairs," "Letters to a Young Doctor" and "The Doctor Stories." His presentation is part of the Fall Perspectives Lecture Series and is open to the public.

History exhibit

A special opening ceremony will be held at 2 p.m. on September 20 in the Special Collections area at Joyner Library to recognize ECU's new Internet exhibit about the History of Eastern North Carolina. The exhibit looks at the region's history as it relates to tobacco, steamboats and the founding of East Carolina University and can be seen at <http://www.lib.ecu.edu/exhibits/>. The public is invited to the official opening of the exhibit. For more information contact Diana Williams, ECU Joyner Library, 328-6601.

Guest artists

The American Brass Quintet will perform at 8 p.m. on September 20 in the A. J. Fletcher Music Center Recital Hall. This program is part of the School of Music's Guest Artist Series. Tickets are available at the ECU Central Ticket Office, 328-4788.

Concert

The Family Weekend Concert will feature the ECU Jazz Ensemble at 8 p.m. on September 20 in Wright Auditorium. Carroll Dashiell, Jr. will direct the performers. Public tickets are \$12 and are available at the Central Ticket Office in Mendenhall Student Center and by calling 328-4788 or 1-800-ECU-ARTS.

Family weekend

ECU's Family Weekend (formerly Parents Weekend) begins with a reception in Mendenhall Student Center at 9:30 a.m. on September 22 with Chancellor William Muse. The library and various campus programs will conduct open houses.

Top educators

The School of Education will hold its annual induction of outstanding educators into the Educators Hall of Fame at 10 a.m. on September 22 in the A. J. Fletcher Music Center Recital Hall. The program will include the viewing of the Educators Hall of Fame in the Speight Building. Guest speakers for the event include former Governor James Hunt and Disney National Teacher of the Year Ron Clark.

Football

ECU will play William and Mary at 3:30 p.m. on September 22 in Dowdy-Ficklen Stadium.

Concert

ECU's Early Music Ensemble, directed by Thomas Huener and John O'Brien, will give a public performance at 7 p.m. on September 23 at St. Paul's Episcopal Church. The church is located at 401 East Fourth St.

Dance department

The ECU Theatre and Dance Department is sponsoring the Senior Choreography Concert, at 8 p.m. from Sept. 29-Oct. 1 at the Messick Studio Theatre Complex. An additional showtime is at 2 p.m. on Sept. 30. Seating is limited and based on a first come, first serve basis. Donations are welcomed. For more information contact Stage Manager Cherita Lytle, 328-6390.

Crime Scene

Sept. 17

Simple Possession of Marijuana; Possession of Drug Paraphernalia-A student in Greene Hall was issued a campus appearance ticket and a state citation for the referenced charges.

Sept. 18

Simple Possession of Marijuana; Possession of Drug Paraphernalia-A student in Garrett Hall was issued a campus appearance ticket and a state citation for the referenced charges.

Forum from page 1

of their organizations, enlightenment about the various issues that may be discussed, including the importance of not intentionally making insensitive comments toward or about members of any ethnic group, because of the deed of some of its members," Lewis said.

Lewis said that several campus professionals that will be on-hand, including Hillel Adviser Carol Woodruff, Bob Clyde of campus ministries, Scott Wilkinson of the Methodist Wesley Foundation, Lynn Royder of the Counseling Center and Calvin Mercer, associate professor of Religious Studies.

"We will also have Mohammad Saeed, a professor at the medical

school," Lewis said.

According to Lewis, the events of this past week intensify the importance of the work of diversity leaders and diversity professionals.

"This millennial era of diversity will require commitment on the part of all of us both in understanding the diversity cultures around us and in modeling a respect for our differences," Lewis said.

The event will be at 6 p.m. tonight at the Ledonia Wright Cultural Center. For more information contact Lewis at 328-1680.

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

ROTC from page 1

best training grounds for leaders in the world," said Major Eric Lawson, the local recruiting officer.

According to Lawson, the leadership and management that the ROTC offers is the type of training corporate America craves in its middle-level managers. People who come out of the Army into the private sector are almost guaranteed a job and an above average entry-level salary.

The Army ROTC at ECU is one of the most respectable ROTC programs in the country, ranking in the top

15 percent. The number of members has doubled in the past two years, totaling 106 members enrolled this fall semester. In 1999, the ROTC had only 58 members enrolled.

"I recommend this program to anyone who is looking for training, job experience, and the lifelong friends that you're guaranteed to make," Pyeatt said.

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

Vigil from page 1

T-shirts to express their thoughts and feelings about sexual assault.

According to Badger, the t-shirts are a part of the Clothesline Project, held during spring semester.

Beth Credle, director of Health Education and Promotion, said survivors might be hindered to come to the sexual assault events. She said it might be because they do not want others to know what happened to them or they may have feelings of guilt. If this is the case, Credle said she encourages students to seek help and not go through it alone.

"Events like this one give students the support they need, in a private setting and it helps with the healing process," said Credle. "I encourage all students to think about sexual assault and realize it affects everyone."

Laura Sweet, advocate for students in crisis, agreed.

Sweet said that she wants students to know sexual assaults do not just happen with strangers.

According to Sweet, 85 to 90 percent of sexual assaults occur with someone the victim knows.

Victims of sexual assault, according to Sweet, can talk to her for support.

"I help students in a number of ways, with hospital visits, judicial processes, courts and special accommodations the victims need," said Sweet.

A "Take Back the Night" march to be held at 7:30 p.m. on Thursday at Belk Hall. Participants will march through campus, ending at Joyner Library.

Learn from page 1

students throughout the state and the entire eastern seaboard. This year's totals indicate that we are on track to reach our target enrollment of 27,500 students by the end of the decade," Thompson said, in regards to the increase.

Last year was the first year that off-campus students were included in the total enrollment numbers for campuses in the UNC system. The numbers include the undergraduate, graduate and medical students. The distance learning program has 1,289 students enrolled. The number of on-campus students is 18,186, including 15,490 undergraduates.

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

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The Mummy Returns (PG-13)

Thursday, Sept. 20 at 7:30 & Friday, Sept. 21 at 7:00 p.m.

Saturday, Sept. 22 at 9:30 p.m. & Sunday, Sept. 23 at 3:00 p.m.

Get in on bingo...

Bingo Night

Wednesday, Sept. 26 at 9:30 p.m. Pirate Underground

Free and open to ECU students only. Win cash and prizes.

Get a sneak peak...

Serendipity

Wednesday, Sept. 26 at 10:00 p.m. Hendrix Theatre

This romantic comedy starring John Cusack is the story about a couple who reunites a decade after the night they first met, fell in love, and separated - since they always knew they'd end up together anyway. Free passes to this sneak preview will be available at Java City in Mendenhall Student Center beginning Sept. 20.

Get to the gallery for an exhibit...

MIGRATIONS: Jewish Settlers in Eastern North Carolina

On display now through November 21, 2001
Mendenhall Student Center Gallery

Get the 411 on Family Weekend

(formerly known as Parents Weekend)

Sept. 21

ECU Jazz Ensemble and Cool Beans Cafe

8:00 p.m. in Wright Auditorium
Tickets cost \$5 for students (limit 2), \$10 for ECU faculty/staff, and \$12 for the public. All tickets at the door are \$12.

Sept. 22

Chancellor's Reception

9:30 a.m. - 10:30 a.m. in MSC Multipurpose Room.

Open Houses

10:30 a.m. - 12:00 noon

Pregame Pirate Buffet

10:30 a.m. - 3:00 p.m.

Williams Arena at Minges Coliseum

ECU Pirates vs. William and Mary Tribe

Kickoff time scheduled for 3:30 p.m.
Dowdy-Ficklen Stadium

Students may pick up one free ticket with ECU One Card on Sept. 18 & 19 at the Athletic Ticket Office, Central Ticket Office, or Dowdy Student Stores. *

*An important note for students whose parents have purchased football tickets in the student section for Family Weekend: Your free ticket will be available for pick up on Sept. 18 and 19 ONLY in the Central Ticket Office.

Sept. 23

Sunday Brunch

10:30 a.m. - 2:00 p.m. in Todd and Mendenhall Dining Halls

Get in on the foreign film frenzy...

Crouching Tiger, Hidden Dragon

Wednesday, Sept. 19 at 7:30 p.m.

Thursday Sept. 20 at 10:00 p.m. & Friday, Sept. 21 at 9:30 p.m.

Saturday & Sunday, Sept. 22 & 23 at 7:30 p.m.

Winner of this year's Academy Award for Best Foreign Film, and the most financially successful foreign film of all time, *Crouching Tiger, Hidden Dragon* focuses the talents of Director Ang Lee on the Hong-Kong martial arts films he loved in his youth. The movie takes place during the Ching dynasty, when a Jiang Hu warrior seeks revenge for the death of his master at the hand of a notorious female assassin.

Get there late and still be on time...

The Goonies (PG)

Friday & Saturday, Sept. 21 & 22 at midnight

Because no one ever outgrows the Goonies! "The Goonies" are a group of seven young friends from a small northwestern town who find themselves on a thrilling adventure, filled with humor and heart-pounding peril as they seek to find the secrets behind the treasure of the notorious pirate, One-Eyed Willie.

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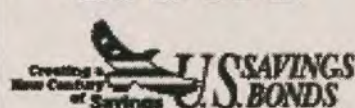


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OPINION

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Our View

We need to recognize that we will go on - that we are going on.

Over the past week, TEC along with every other newspaper across the world has been consumed with the Attack on America. While we analyze every aspect of the tragedy, we seem to have neglected all of the other stories that on any other Wednesday would be considered newsworthy.

A great deal has happened around the world since the two planes crashed into the World Trade Center and one into the Pentagon. Last week, members of the World Trade Organization formally cleared Taiwan for admission. British Tornado warplanes bombed a southern Iraqi anti-aircraft, retaliating for "hostile activities" by Iraq against planes patrolling a no-fly zone.

In the United States, the attack was not the only tragedy last week. In Port Isabel, Texas, a barge and tugboat slammed into a causeway leaving five people dead while three or four remain unaccounted for.

Eight student athletes from the University of Wyoming were killed when a truck driver drifted into the wrong lane and collided with the sport utility vehicle that was carrying all eight of the deceased.

It's difficult to remember that anything else is taking place in the world. When we wake in the morning and turn the television on, news programs are fixated on the latest developments in New York and Washington, D.C. When we got to sleep at night, we get one more glimpse at Osama bin Ladin as some news program provides his latest statement.

We're not blaming the news for their selection of stories, we realize that the recent attacks were like a page out of a Tom Clancy novel. But as Americans, we need to do all we can to acknowledge that there is hurt, pain and suffering everywhere. We need to realize that there are also stories waiting to be told that are full of happiness as well as hope. We need to recognize that we will go on - that we are going on.



Letter to the Editor

Right now, we are all angry - angry and frustrated. It is understandable. We have seen thousands of lives snuffed out in an instant by madmen who have no compunction whatsoever about killing the old, the young, the weak, and the innocent. To the extent that this anger can be channeled and used to fuel the national will to act decisively against those responsible for this nightmare, it is just and good.

But there is another side to this anger, a side that is the very antithesis of everything America should represent. Already, we are seeing this anger turned inward to attack fellow Americans whose only connection with the attackers is a common ethnicity and faith. In classrooms and hallways, on buses and elevators, you begin to hear it; the use of the word "they". Suddenly, all Arabs are suspect, or all Muslims. "They have to be watched." "They can't be trusted."

This has happened before. During World War II, thousands of Japanese Americans were stripped of everything they had and placed in internment camps for the duration of the war. This happened despite the fact that virtually all of them proved to be loyal Americans, who loved their new country as much as you or I. In fact, many of these same people later served with great distinction in the invasion of Italy, fighting and dying for the freedoms they and we cherish. And they did this fighting and dying while their families were imprisoned behind barbed wire fences in the U.S. How many of us (us being white, Anglo-Saxon Protestants) would have done that?

Yet, despite the lessons of history, we are again giving vent to bigotry and hate. Who's to blame? The Arabs some scream as they spit at innocent children on the street. The Muslims some scream as they attack places of worship. The Reverends Farwell and Robertson now tell us that it is the ACLU and the Liberals and the Homosexuals who have brought this wrath of God on us. We must stop this now, before it goes any further. We cannot allow the insane terrorists who attacked our nation last Tuesday to divide us in this way. If we do, we grant them victory.

"The Attorney General has made clear that any act of violence or discrimination against a person based on the perceived race, religion or national origin of that person is contrary to our fundamental principles and the laws of the United States. His statement is a reminder to all Americans that Americans of Arab or South Asian descent and people of the Muslim faith were also injured and killed in Tuesday's attacks. In addition, they also are - along with other Americans - involved in relief operations, and other efforts to alleviate suffering. Any threats of violence or discrimination against Arab or Muslim Americans or Americans of South Asian descent are not just wrong and un-American, but also are unlawful and will be treated as such."

-Statement from Assistant Attorney General Ralph F. Boyd Jr.

Daniel Ketchum
Graduate Student
History

In My Opinion

Recent attacks will turn us into a new breed of Americans

AMY RIDENOUR

Centuries are measured in books by dates and in minds by events. In the national memory, the terrorist war on the United States that began Sept. 11, 2001 will mark the beginning of the 21st century. We think of the 20th century beginning not in 1901, but with World War I. A fitting beginning, because in World War I the United States transformed itself from a nation turned inward from the world to a nation that still dominates the earth.

Our biggest horizon had been the American West. Our military challenges had always been centered in North America. As World War I began, so did a new century for Americans: one in which our outlook was profoundly different from what it had been before.

Throughout the 20th century, Americans felt safe at home. We weren't always safe - particularly after the dawn of the atomic age - but we felt safe. Nuclear war, while possible, was unthinkable, and so we largely were untouched by its specter. Terrorism happened in other countries, to other people. To 20th-century Americans, America was an invulnerable fortress. At home, we were safe.

Sept. 11 ushered in a new era. We're 21st-century Americans now. We know, not just in our heads, where we've long acknowledged it,

but in our hearts, where we never did, that it can happen here.

As we mourn the victims of these terrorist attacks and the tremendous burdens of loss faced by their families and those who knew them well, we also will mourn the loss of our sense of safety.

We also may expect to mourn the loss of some of the daily freedoms we once took casually for granted, as this new war will for most Americans be measured in the inconvenience of security measures that most likely will last for years to come. But we can take heart in the fact that our new awareness of danger will spur us to act in ways that someday may save many lives. Democrats and Republicans together are taking a fresh look at methods and technologies that can help protect us.

Measures to acquire intelligence of terrorist activities and early warnings of future acts will be increased, and improved. Deployment of a missile defense system to protect Americans from what would be even worse than what we've just suffered - a nuclear attack - will become less controversial and receive more bipartisan support. Immediately after the Vietnam War it was fashionable to downplay the need for intelligence services and to pretend that America could defend itself without getting its hands dirty. Laws enacted during that time have hobbled our means of protecting ourselves ever since. These dangerous policies, reflective of the irresponsible political posturing of a bygone era, have stuck with us because even those who opposed them always supposed we'd fix them later.

Later has arrived. There is a renewed recognition that the government's foremost responsibility is protecting Americans from attack, and that other issues can and must wait.

The steps we take now may at some future date save millions of lives. In the immediate aftermath of these terrorist attacks, our public is unified and our attention is focused on the task before us. But in coming weeks, comprehensive nonstop television coverage of this feral terrorist butchery will cease. We'll be tempted to turn our thoughts to more pleasant things. We must not succumb until the task at hand is complete.

At another scene of horrific carnage and war President Lincoln spoke words that helped us once. They can again.

"We must here highly resolve that these dead shall not have died in vain."

In My Opinion

Can't anyone but Bonds break the record?

JAMES IAN ROBSON

We have all watched in awe of Barry Bonds' stride towards the MLB home run record this baseball season. But to be honest, does anyone, and I mean anyone, really want to see him break the record?

Now don't get me wrong, what we are seeing is history, and anyone that can sustain this kind of streak, at the pace at which he is doing so, deserves to reach their goal which he should do in a few games. He is an MVP, all-star and a great baseball player.

I am merely a spectator and a fan of the game. I grew up on baseball being played as a team sport, in which all work towards one goal, as a team. It is well known that Bonds

is considered by his own teammates as a prima donna, and if asked if the word "team" were spelled with an "I," he would say it probably is.

Not because he is ignorant, but just because that's how much he cares only about himself. He is openly arrogant, and has been referred to by *Sports Illustrated Magazine* as an "MTV Diva, only with bigger earrings."

Even when Bonds hit his 500th home run, (a milestone that only a few ballplayers have ever reached) only the Giants bat-girl came to congratulate him at home plate. He doesn't eat, celebrate, or even show up for team pictures with the team. Bonds went so far as to have his entourage call the commissioner of baseball's office to ensure that he, not teammate Jeff Kent, was going

to win the MVP award last year. His caveat; he needed to know because if he did not, then he was leaving town for good.

Arguably, I believe I saw the best season of MLB's long existence three years ago. The ongoing battle between two rivals Mark McGwire and Sammy Sosa, was something special. What was even more special was the friendship that the two made throughout their race for the record. We all have seen the famous video after McGwire broke the record, of his friend and rival Sammy Sosa being one of the first to congratulate and hug his competitor. Now that was baseball, that was our pastime at its best. It is just too bad that Barry Bonds is what baseball fans must settle for now.

TEC encourages all students to take an active role in the university as well as their community and state governments. The only way to promote change is to contact to the leaders that represent you.

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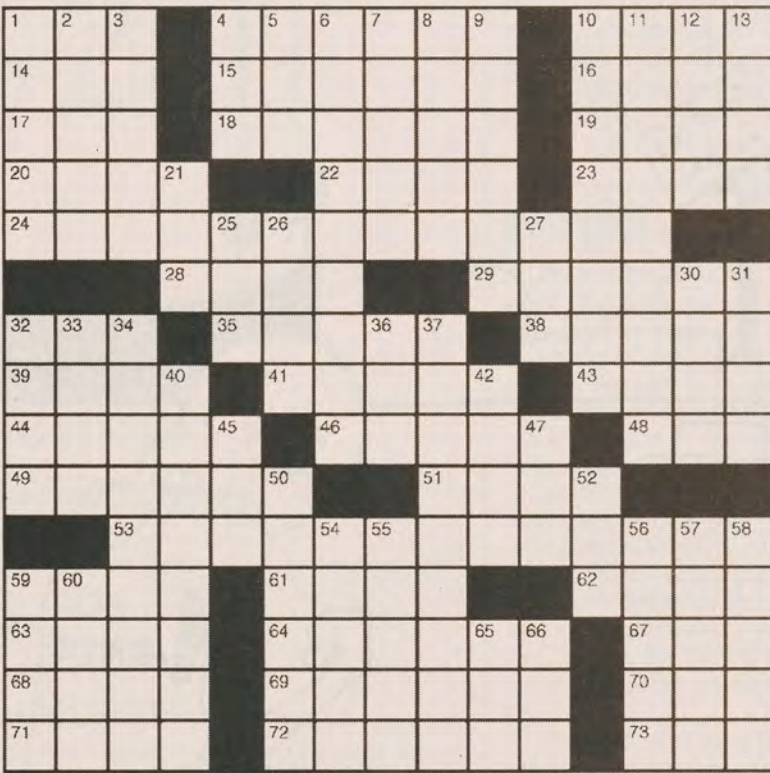
Mike Easley, Governor
Office of the Governor
20301 Mail Service Center
Raleigh, NC 27699-0301
1-800-662-7952

Jesse Helms, Senator
310 New Bern Ave.
Suite 122
Raleigh, NC 27601
919-856-4630

John Edwards, Senator
301 Century Post Office
300 Fayetteville St.
Raleigh, NC 27601
919-856-4245

Crossword

- ACROSS**
- 1 Baby seal
 - 4 Actress Mason
 - 10 Clinches
 - 14 Function
 - 15 Hams it up
 - 16 Stellar blast
 - 17 Defamatory remarks
 - 18 Stockings
 - 19 Highland group
 - 20 Part of U.A.E.
 - 22 Cash in Como
 - 23 Goose call
 - 24 Not a unanimous vote
 - 28 Bit the dust
 - 29 Steps
 - 32 Branch
 - 35 Hoof beats on pavement
 - 38 Blot
 - 39 Bound upward
 - 41 Olympic sleds
 - 43 Pollster Roper
 - 44 Juan's mother
 - 46 Prepare to run after the catch
 - 48 Stitch
 - 49 Ice falls
 - 51 Allot
 - 53 Pacific coast catch
 - 59 Pour out
 - 61 Persia, today
 - 62 Metric meas.
 - 63 Redgrave of "Gods and Monsters"
 - 64 Askew
 - 67 Assistance
 - 68 Otherwise
 - 69 Musical stretch
 - 70 Stocking end
 - 71 Garden invader
 - 72 Thrashes
 - 73 Blockhead
- DOWN**
- 1 Mountain lions
 - 2 Overthrow
 - 3 Foot control
 - 4 Guys
 - 5 Singer Grant
 - 6 Flattened like dough
 - 7 Follower of Zeno
 - 8 Painter Rousseau
 - 9 Evaluate
 - 10 In an early stage of development
 - 11 Early American houses
 - 12 Writer Hunter
 - 13 Submerged
 - 21 Bridge opening
 - 25 Twitch
 - 26 Gateway competition
 - 27 Part of TGIF
 - 30 "The ___ of the Ancient Mariner"
 - 31 Singer Phoebe
 - 32 Charity for the poor
 - 33 Genuine
 - 34 Seemed logical
 - 36 Woods' org.
 - 37 Divided into sequential parts
 - 40 Used
 - 42 Takes to court
 - 45 & so forth
 - 47 School grp.
 - 50 T-bar
 - 52 Fraternal lodge member
 - 54 Writer Segal
 - 55 Conference site of 1945
 - 56 Mazda model
 - 57 Potpourris
 - 58 Centering points
 - 59 Murdered
 - 60 Gomer of Mayberry
 - 65 "The Three Faces of ___"
 - 66 ___ Plains, IL



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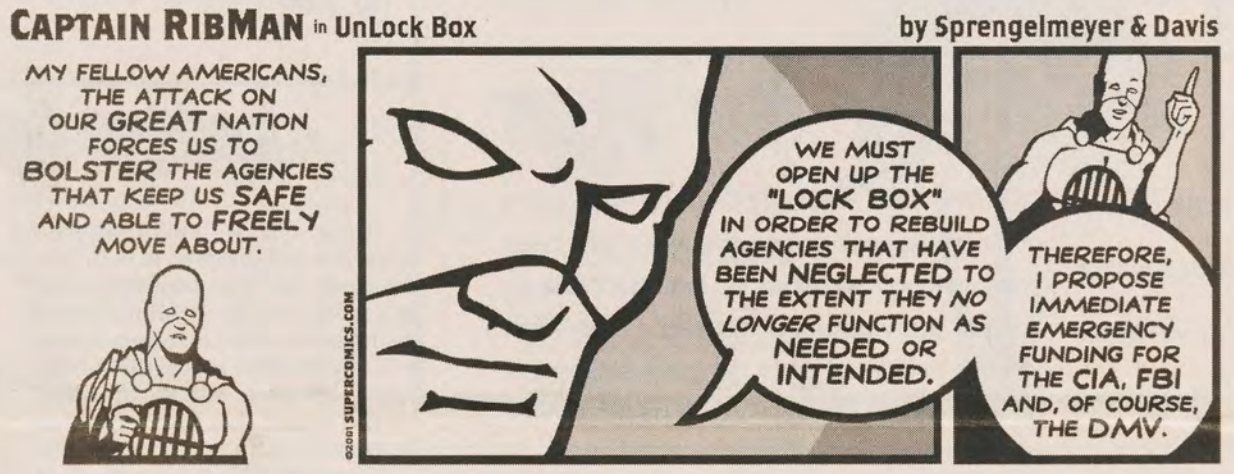
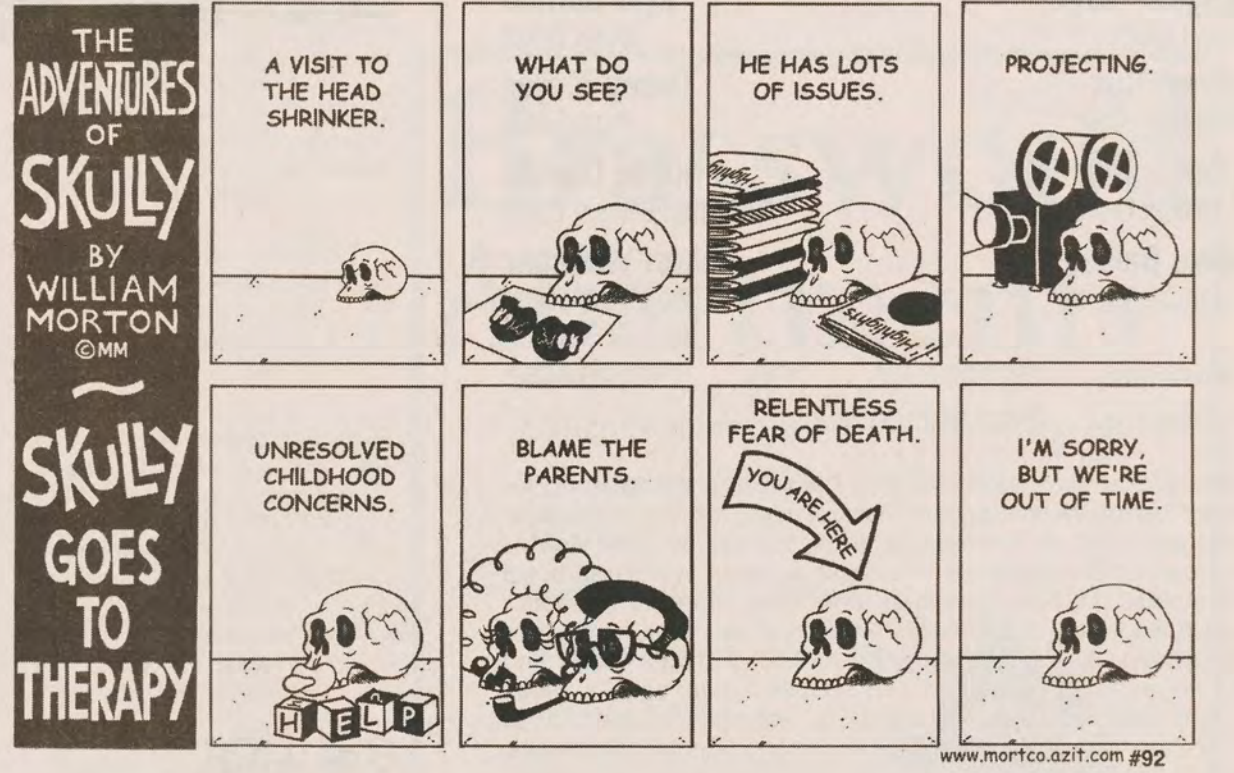
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Solutions

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V	A	L	O	N		S	E	L	O	W	E		E	S
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FEATURES

LIFELINES

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Focus on Fitness

In last week's article, I covered how to set realistic goals for training. Within that article I divided the concept of setting goals into aesthetic and other goals such as athletic performance, endurance etc., latter explaining how to set those goals for aesthetic purposes. In this week's article I will be moving into just how to take the next step; for both aesthetic and non-aesthetic goals; towards beginning a training program. Specifically I will cover the different aspects of choosing what areas of the gym to focus attention on, once the training program begins.

Now that the purpose of the training has been identified, the focus shifts to how that goal relates to the various areas of the gym. To be specific, each individual's purpose for training will divide up and prioritize both their time and focus within the various areas of the facility. This means that one person focusing on strength training will take an entirely different approach as to where in the gym they train and how, versus an individual who wants to focus their efforts on weight loss. That means that the trainee must now integrate the purpose for their training with their knowledge of what each section is used for (previous article).

To begin, there must be an understanding that there are many theories out there on how to attain various training goals in the most efficient way. For now, no specific focus will be paid to these various theories, in order to offer up some widely agreed upon methods of training for a specific goal. However, even with a singular goal, it becomes impossible to focus efforts on just one of the three main areas in the average gym.

What you will find, is that training for goals such as athletic performance, muscular size, and weight loss are among the most difficult to attain without mixing up training efforts and dividing focus between the three areas. This should be done to different degrees, depending on the goal of training. For instance, if someone trains for an increase in size, it would be wise to make regular use of both the free weight and strength machine sections. Using both sections can progress the development of overall muscular mass increase more efficiently and more consistently. So in this article and several to follow, I will be breaking down the possible goals of the average trainee into sections. Within each section, I will explain which areas of an average gym would generally be most beneficial in accomplishing the trainee's set goals. It should be noted, however, that these descriptions will not go into specific exercises. Their purpose is to educate the reader on what each section can be used for, specific to certain training goals.

The first type of training to



Brad Foust
Personal Trainer

be discussed is that of training for increases in strength. To begin, decide exactly what type of strength you wish to improve. Examples of this would include: strength in regular everyday activities, strength in specific movements that are performed in day to day life (job movements, household activities, etc.), strength in ballistic movements (sports, martial arts), strength in specific exercise movements (bench press, squat) or strength in a specific muscle. Once the focus is narrowed down to one or more of these micro-goals, you can proceed to where to train.

For those wanting to increase muscular strength in regular everyday activities, a combination of the free weight and strength machine sections would most likely be the best combination. The idea is that everyday activities include many types of muscular contractions, each of which cannot be adequately trained in just one of the two sections mentioned previously.

An effort must be made to gain an understanding and proficiency with each piece of strength equipment and free weight exercise that mimics or replicates part or all of a specific daily activity. Basically, analyze what parts of your body are moving, in which directions, and then find equipment or exercises that mimic those movements. The idea is one I call movement specific training. It means that if you want to improve strength in the activity of lifting up a small child off the floor, you might want to focus general attention on exercises such as the deadlift, standing bicep curls and bent over rows. These exercises would work to strengthen the primary movers (muscles bearing most of the weight), improving overall strength in the whole of the movement.

Next week I will continue breaking down where to train to increase muscular strength in everyday activities. Until then, train hard and smart.

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Ready, Set, Yoga

RYAN CARRELL
YOGA INSTRUCTOR

Warrior II

Body/Mind benefits: This pose develops strength, stability and endurance in the entire body. Warrior II gives the opportunity to build balance between your body's peripheries. Also, this pose fortifies mental discipline and courage.

Pose Performance: Have your feet wider than your shoulders. Turn your right foot out ninety degrees and bring your left foot in about fifteen degrees. Leg alignment is critical here so look down at your feet and make sure that your right big toe and heel are in line with your left foot. Feel your legs solid and now take a breath in while raising your arms up to shoulder height. As you exhale, bend the right knee so that it is moving directly above the



Warrior II

ankle. Keep the back leg strong and extended. Stretch your arms strongly into your fingers so that your chest opens and there is plenty of room for your heart and lungs. Finally, turn your head to look softly over your right fingertips. Keep your mind and breath steady as you feel your warrior energy moving freely through your body.

Spiritual healing

Finding peace within yourself

ELSON AMURAO
STAFF WRITER

Mystery, superstition, fear and misunderstanding are just a few words commonly associated with spiritual healing. By many it has also been looked upon as unorthodox or a far-fetched fantasy.

Regardless of past convictions, spiritual healing is now becoming a more respected custom. Often spiritual and religious healings are wrongfully lumped together, creating confusion on exactly what the practices are.

By definition, the word "heal" means to restore health or soundness and to set right. The word "spirit" is the vital principle or animating force within living beings.

Spiritual healing is a natural energy that can exist within, regardless of belief or lack thereof. Historically, spiritual healing is associated with God, though no religion is necessary for successful practice. Spiritual healing centers on the fact that everything one thinks or feels can affect that

person and those around them.

All feelings, such as anger, fear and hate are mind-generated emotions that have consequences. An introduction to spiritual healing teaches one to disregard these emotions and center only on more positive emotions such as love, compassion and purity.

Doctors and ministers are the main influences on one's health and well being today.

Doctors are educated and trained to serve physical health conditions with traditional medicines.

Ministers are trained in traditional beliefs that correspond with their religious division.

Many generally have no formal education on true spirituality or how the universe functions.

Therefore they sometimes send mixed messages on superstitions and fears which spiritual healers believe to be damaging

to one's consciousness. Spiritual healing focuses around two basic methods: praying and meditating. These are self-help practices that some turn to when they feel like nothing else will help.

For junior exercise and physiology major, Dale Wilson, praying is

the central basis for his spiritual healing.

"Praying has always been a big part of my life. Not only do I pray for myself, but for others as well," said Wilson.

Whereas sophomore criminology major Nikki Jackson uses meditation to find peace within herself.

"Meditation is a way for me to release my tension and spiritually heal myself," said Jackson.

For sophomore apparel design major Ashton Brown, having someone to talk to is very important.

"I think it is essential to have a belief in God or some higher entity to turn to when you have personal dilemmas you do not feel comfortable talking to anyone about," said Brown.

Spiritual healers warn their believers to be cautious of situations where I and ME are the central thoughts. This is the mind-driven ego blocking the true spirit of yourself.

To access the magic and mystery that believers insist is in the universe, one must treat each situation with three aspects: compassion, unconditional love and good intent.

Whether you are a spiritual believer or not, there are specific occurrences in life that can not be medically explained.

Spiritual healing serves as one possible explanation for these phenomena.

For more information on history and procedures of spiritual healing visit: www.angelfire.com/or2/spiritsspeak/healing.html

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Praying is one of the main focuses in spiritual healing.

photographs by David Brocking

ECU reputation undeserved

Rate of drinking equal to other schools

JEN MALACHOWSKI
FEATURES WRITER

Drunken people litter the streets, falling all over one another, screaming to friends across the road, as Greenville

Police Officers attempt to control the crowds. Music from the clubs blares in the background. Anyone who has experienced a night in downtown Greenville knows this scene all too well.

ECU has a reputation of being one of the largest party schools on the East Coast. One might assume from the downtown scene alone that ECU is indeed living up to this reputation.

"I think some people come here because it's a party school," said freshman business major Carmen Maye.

This is not an incorrect assumption with people as far north as Maryland have heard tales about the wild parties here. The fact is alcohol abuse is not unique to our campus.

Sophomore nursing student Jason Stewart agreed.

"You can consider it a problem, but every college is like this. You can find the smallest Christian school and there will be drinking on campus," Stewart said.

"We are more hyped up about it. We are more known for it."

This brings up a valid point that regardless of what college in this nation you chose, you would have to deal with drinking on some level.

Despite the reputation this school has acquired over the years ECU does not seem to be any worse than other schools across the nation.

According to Bob Morphet, substance abuse counselor, ECU matches percentages for other national schools in regards to the percentage of students who engage in drinking and binge drinking.

Drinking seems to be a natural part of college much like doing your own laundry or eating at the dining hall. Many students feel

Last Thursday alone, five students were taken to the hospital due to alcohol related symptoms. There, students are asked to drink liquid charcoal to settle their stomach according to Morphet.

The most important thing you can do is watch out for your friends to make sure they are not drinking more than they can handle.

Alcohol poisoning is another major concern students should be aware of. Every year, between 60 and 70 college students die in alcohol related incidents.

Knowing the signs of excessive alcohol consumption can save lives.

If someone is semi-conscious to unconscious cannot be aroused or awakened or their skin is

while sleeping.

If you suspect a friend may have had too much to drink and they are exhibiting these signs it is very important to seek medical attention.

In this case do not be concerned about getting in trouble as a life costs more than a drinking ticket. Also never leave the person alone there is a possibility they can choke on their own vomit.

Another negative effect alcohol has on students is in the area of academics. Thirty eight percent of failures are due to excessive consumption of alcoholic beverages.

Students need to learn to prioritize, and not make the mistake of going out on Thursday nights if they have a test on Friday.

"I know what I'm here for; if I focus on getting my degree I know in four years I'll be successful. If I tell other people this maybe they'll follow," said Maye.

Students no longer have to worry about sneaking in drunk after curfew. Students however still use alcohol as a form of rebellion.

"It's the thrill of getting away with it," Stewart said.

Students need to be aware of the facts of what drinking can do to them, as well as learn to drink responsibly. Know your limits, and never drive if you have been drinking.

If you recognize you have a problem with alcohol or drugs, there are resources on campus you can utilize.

The most popular one is the Center for Counseling and Student Development, which is located in the Wright Building.

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they can't have fun unless they are intoxicated.

"People drink to fit in ... peer pressure," Maye said.

Students will continue to drink despite knowing the harmful effects of alcohol; it is virtually impossible to completely erase drinking on campus.

However, there are several facts students should be aware of in regards to alcohol consumption. Safety is the most important concern when drinking.

Fifty percent of accidents such as falling, sprains and minor cuts are due to alcohol.

Ninety to ninety five percent of sexual assaults on campus are alcohol related.

If students are knowledgeable about these facts, this percentage can decrease.

Fortunately, ECU has not experienced an alcohol-related death in years. However, several students each weekend are hospitalized.



Alcohol consumption proves to be a problem among many poor students.

cold, clammy, pale or bluish, they may have alcohol poisoning.

Two additional signs are slow or irregular breathing and vomiting

Vegetarian cooking made easy

Low-fat, low-labor vegetarian meals

CONCORD, N.H. (AP) _ Need to drop 10 pounds? Maybe you need to drop animal products from your diet.

That's the message from Dr. Neal Barnard, president of the Physicians Committee for Responsible Medicine. He advocates vegetarian and dairy-free diets as easy ways to health

and happiness _ not to mention a trimmer waist.

"For most people just going vegetarian, even carelessly so, even following a Twinkie-and-cookie diet, they are going to lose weight compared to what they were doing before, which had just as many Twinkies and just as many cookies, but also had a hunk of meat, instead of some rice," Barnard said in a recent interview.

He added that the average person

loses about 10 pounds after switching to a vegetarian diet, even without watching calories and fat grams.

"Don't worry about portion size, unless you are really overdoing it," Barnard said. "If you're eating low-fat vegetarian foods, get away from the idea that you have to scrimp on calories.

"These foods are naturally so low in calories, let it work for you."

Barnard, whose nonprofit group studies the connection between diet

and health, said people's bodies often regulate themselves at a comfortable weight when fed a balanced diet of fruit, vegetables, grains and beans.

But that doesn't mean have a food free-for-all. A vegetarian who doesn't eat a balanced diet is just as likely to pack on the pounds with veggie-friendly potato chips and soda pop as with pork chops and prime rib.

see VEGETARIAN page A5

Herbal remedies

What specific new-wave medicines actually do

WHITNEY RUSSELL
FEATURES WRITER

The term "alternative therapies" encompasses many different types of treatment. One of the most popular alternative therapies in America is the use of herbal remedies.

According to the National Center for Complementary and Alternative Medicine (NCCAM), these therapies "may be used alone, as an alternative to conventional therapies, or in addition to conventional, mainstream therapies, in what is referred to as a complementary or an integrative approach."

According to the NCCAM, a 1997 survey showed that over 42 percent of Americans used alternative therapies and herbal remedies, which had increased from the 1990 figure of 33 percent. This survey also reported that Americans spent over \$27 billion on these remedies in 1997.

In general, according to the NCCAM, "complementary and alternative therapies are used in an effort to prevent illness, reduce stress, prevent or reduce side effects and symptoms, or control or cure disease."

Popular remedies today include ginseng, for the immune system



see HERBAL page A5

Herbal *continued from page A4*

as well as liver protection, and Echinacea, to also protect the immune system.

Horace Tripp, registered pharmacist at Edward's Pharmacy in Ayden, advises people to take Echinacea for three weeks on and three weeks off to obtain the best results.

Garlic, another well-known supplement, is used as an antibiotic, to lower cholesterol and to decrease the possibility of blood clots.

Other popular herbal and supplemental remedies include St. John's Wort, for depression and energy, ginger for motion sickness and blood clot prevention and ginkgo biloba to stimulate mental activity.

Tripp also often recommends less advertised remedies, such as black cohosh for estrogen deficiencies, horse chestnut for hemorrhoids, soy isoflavones to build cartilage, and Coenzyme Q10 to prevent heart disease.

Millions of people believe there to be many benefits to herbal rem-

edies. Herbal remedies have fewer side effects than from prescription medicines, while maintaining therapeutic value.

"People need to deal with someone educated about these treatments in order to minimize side effects and get the best outcome," said Tripp.

While many people believe that side effects are lessened with herbal remedies, "severe side effects have been reported with the use of some herbal remedies or supplements.

The long-term effects of using them may not be known. "Natural" does not necessarily mean safe," said Beth Credle, health educator for ECU Student Health.

Also, despite Tripp's belief that herbal and supplemental remedies are effective, he said that pharmacists should never recommend them instead of a doctor's prescription. Credle agrees with this policy.

"Use of herbal remedies should not replace a diagnosis from a health care provider and proven medical

treatments," she said.

In the past decade or so, the number of studies done to test side effects and results from herbal remedies has increased. However, "research has not been done into the

are standardized.

He said that although these herbs cost a bit more than those from other sources, some companies put out products that are not real remedies or supplements.

The varying opinions about herbal remedies are not only reflected in the medical field. They are reflected on ECU's campus as well.

"I think they work. A lot of people use herbal remedies, especially as preventative measures", said Amanda Russell, senior management major.

Other students do not have much faith in these alternative therapies.

Sarah Cox, senior biology and chemistry major, said, "I take Echinacea when I am starting to get sick, for my immune system, but I always get sick regardless. None of these remedies are FDA approved."

To learn more about herbal remedies, people should consult health care professionals, such as doctors, pharmacists and health educators.

However, according to the NCCAM, "many people find that specific information about an alternative and complementary therapy's safety and effectiveness may be less readily available than information about conventional medical treatments. Research on these therapies is ongoing, and continuing to grow."

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Herbal ginseng is used for the immune system and liver protection.

efficacy of these type of products," Credle said.

Credle also said, "herbal remedies are not regulated by the Food and Drug Administration (FDA), and therefore carry no guarantee of the quality of the supplements from product to product."

Tripp believes that a way to ensure quality and efficacy is to buy German-commissioned herbs, because they, unlike many others,



Ginkgo biloba leaves are used to stimulate mental activity.

Vegetarian *continued from page A4*

For long-term health and weight maintenance on a vegetarian diet, Barnard said, the trick is to monitor fat intake and avoid processed foods, which tend to be fat- and cholesterol-laden.

However, following that advice can be tough. Avoiding processed foods means taking the time to get in the kitchen and cook. But homemade and healthy need not be hard work, especially if much of the meal can be made the night before.

For example, Breakfast Sweet Potato Pudding, from Barnard's book, "Turn off the Fat Genes," (Harmony Books, 2001, \$23.95), is a great way to fill up with a warm and hearty porridge - and stay full until lunch.

Barnard suggests steaming or baking the sweet potatoes the night before to speed the morning process.

Breakfast Sweet Potato Pudding (Preparation 5 minutes, not counting cooking time for potato)
1/3 cup rolled oats
1/2 cup soy milk or rice milk

1 cup cooked sweet potato or yam

1 tablespoon maple syrup
1/4 teaspoon cinnamon

Combine all ingredients in a food processor or blender and puree until smooth. Transfer pudding to a small saucepan and heat gently over a low flame. Serve warm.

Makes 3 servings.
Nutrition information per serving: 119 cal., 1 g total fat, 21 mg sodium, 3 g pro.

For lunch try Grilled Polenta with Portabella Mushrooms, another low-fat, high-taste meal that can be partially prepared ahead of time. Polenta is a dense and savory cake made of coarsely ground cornmeal.

To prepare ahead of time, make the polenta the night before and let it chill overnight. When ready to eat, just cut it into squares and throw it on the grill or under the broiler with the rest of the dish.

Grilled Polenta with Portabella Mushrooms

(Preparation 25 minutes, chilling 2 hours, grilling 15 minutes)
1/2 cup coarse cornmeal

2 cups vegetable stock
1/2 cup water
4 large portabella mushrooms
1 tablespoon olive oil
2 tablespoons soy sauce
2 tablespoons balsamic vinegar
2 tablespoons red wine
2 garlic cloves, crushed
1 roasted red pepper, cut into strips for garnish (optional)

Combine the cornmeal, vegetable stock and water in a medium saucepan. Bring to a simmer over medium heat and cook, stirring constantly, until very thick, roughly 15 to 20 minutes.

Pour the mixture into a 9-inch-square baking dish and chill for at least 2 hours. When ready to grill or broil, cut into wedges, brush or spray lightly with olive oil, and cook over a medium-hot flame until lightly browned.

To grill the mushrooms, clean them and remove the stems. Prepare the marinade by combining the remaining ingredients in a small bowl. Place the mushrooms in the marinade upside down and let sit 15 to 20 minutes.

To grill or broil, cook upside down over a medium-hot flame for about 5 minutes. Turn the mushrooms over, pour more of the marinade over them and cook until tender, about another 5 minutes.

To serve, garnish polenta and mushrooms with slices of roasted red pepper.

Makes 4 servings.
Nutrition information per serving: 141 cal., 3 g total fat, 308 mg sodium, 4 g pro.

(The recipe for Grilled Polenta with Portabella Mushrooms was provided by the Physicians Committee for Responsible Medicine)

For dinner, turn to "Versatile Vegetarian" (Hungry Minds, 2001, \$14.95), a new book by Weight Watchers, for a stick-to-your ribs meal of Rice and Chickpea-stuffed Cabbage that can be made the night before.

"This stuffed cabbage, made with brown rice and chickpeas, is even better the day after it is made," the book says. "Bake it on a weekend, then reheat it for an easy midweek supper."

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SPORTS

Sports Editor
KYLE BARNES

sports@theeastcarolinian.com
252.328.6366

ECU Sports Outlook

Today

Men's Soccer vs. Campbell, Greenville, NC. 3 p.m.

Friday, September 21

Women's Soccer vs. TCU, Greenville, NC. 4 p.m.

Volleyball vs. Louisville, Greenville, NC. 7 p.m.

Saturday, September 22

Football vs. William & Mary, Greenville, NC. 3:30 p.m.

Men's and Women's cross-country hosts the Lake Kristi Inv. All Day

Sunday, September 23

Men's Soccer vs. St. Louis, Greenville, NC. 11 a.m.

Women's Soccer vs. Houston, Greenville, NC. 1:30 p.m.

Volleyball vs. Cincinnati, Greenville, NC. 2 p.m.

Wyoming runners killed in car accident

LARAMIE, Wyo. (AP) After spending part of their weekend in Colorado, eight University of Wyoming cross-country runners crammed into a sport-utility vehicle to return to campus for a fraternity outing.

On the way, their Jeep Wagoneer collided head-on with a pickup truck of a fellow Wyoming student who had apparently swerved into their lane, killing the eight runners. The driver of the truck was seriously injured in what was the latest in a series of tragedies to strike Wyoming athletics in recent years.

"They were focused on going somewhere. That's why this is so devastating," said Wyoming sophomore Ann Hedderman. "It's such an unnecessary loss."

The victims spent Saturday in Fort Collins, Colo., where they planned on shopping for running shoes and visiting nightclubs, said a friend, Curt Mayer. Victim Shane Shatto called fellow fraternity member Sean Cosgrove to see what was happening back on campus, and he said their Sigma Phi Epsilon house was holding an event. Shatto said he would try to attend.

Wyoming Highway Patrol Sgt. Stephen Townsend said the SUV carrying the athletes collided with the one-ton pickup truck at 1:30 a.m. Sunday, about 17 miles south of Laramie on U.S. 287.

All of the runners except the driver were ejected. Townsend said only the driver of the pickup, Clinton Haskins, was wearing a seat belt.

Clinton Haskins, a member of the university's rodeo team, was charged with eight counts of aggravated homicide by vehicle. The complaint also charged Haskins was drunk but provided no specifics.

The Albany County Attorney's Office and police refused to comment.

Haskins faces up to 20 years in prison on each count if convicted. Bond was set at \$100,000. The aggravated nature of the charges is based on Haskins' alleged intoxication.

A court appearance was pending. Haskins, 21, of Maybell, Colo., was listed in fair condition at Iverson Memorial Hospital. He suffered severe cuts, some internal damage and a concussion but no broken bones, his grandmother said in a telephone interview from her home in Maybell.

"He's very emotional. We're all very emotional," Sally Haskins said. Haskins' parents and teenage sister are with him at the hospital, she said.

She also said her grandson was a

careful driver with much experience traveling the rodeo circuit.

"He has driven miles and miles without an incident," she said. "I've ridden with him."

The crash occurred about 1:30 a.m. Sunday when Haskins' pickup collided head-on with a sport-utility vehicle carrying eight members of the cross-country team. The team was returning from a non-school trip to Fort Collins, Colo.

Police say Haskins' southbound pickup appeared to have drifted into the oncoming lane on the two-lane highway.

The accident further saddened a campus already subdued by last week's terrorist attacks.

On Monday night, about 700 people gathered in heavy rain for a candlelight vigil for the athletes.

The mourners assembled near a 15-foot-high bronze statue of a bucking horse and rider that is similar to the university's logo. Large black-and-white photos of the victims leaned against one side of the statue.

Students cried, hugged and clutched bouquets. Some were too choked to continue speaking as a microphone was passed around.

"Let each one of these candles be voices of our hearts," Ted Dibble, president of the Student-Athlete Advisory Committee, said after the crowd stood in a moment of silence.

Travis Halleman said he and one of the victims, Kyle Johnson, 20, of Riverton, worked in a lab together for up to seven hours a day. Both were engineering students.

"He seemed to think outside the lines. We had a lot of things in common, like he wasn't sure he really wanted to go into engineering. He liked to run," Halleman said. "He was a pretty quiet guy, but once you got to know him he was really funny."

Haskins was on his way to see his girlfriend, who lives in Fort Collins, when the crash occurred, Sally Haskins said. The highway can be windswept and foggy, she said.

"I have been across that part of the highway when the wind has buffeted me into the other lane and if someone had been coming I probably could not have avoided it," she said.

Haskins, a senior and steer wrestler on the University of Wyoming rodeo team, was in serious condition at Iverson Memorial Hospital in Laramie.

Sports information director Kevin McKinney spoke with Oklahoma State University officials about how to handle the tragedy. A plane crash

see **WYOMING** page A9

Intramural Flag Football kicks off

League champions defend titles

SHOMARI T. KEE
STUDENT RECREATION REPORTS

There are many rivalries that exist inside the college football world such as Florida St. versus Florida, Oklahoma/Nebraska and ECU/State, but none of these are as pride laden or as exciting to watch as the epic battles of Red versus Gold. Yes, that is right, I'm talking about Intramural Sports on the campus of ECU.

Hopefully, you have participated, or at least heard about the rivalries that the Blount Recreational Complex garnishes.

The competition is back for the 2001 season, and the Student Recreation Center is looking forward to providing a good one for ECU's students, faculty and staff.

Last year, many teams competed in the fast paced, action-packed intramural sport of flag football. This year should be even more exciting as the defending champions from 2001 try to hold on to their titles.

The men's Independent Gold League is the most competitive one inside of the flag football program. Most of the players share the same "play to win" spirit that exists in all collegiate sports. Last year, the Explosion, led by captain Mike Stroud, took the title.

The Men's Independent Purple league is designed for the more recreational players and teams that are not looking for high levels of competition.

Although, it is designed in this form, competition usually becomes more heated than the Independent Gold League.

Last year, team "Bucho" won the purple and All-Campus Championship. You can expect captain Tim Dameron to have some of the best athletes on the field.

SRC also offers a Women's Independent League for the ladies who like to grind it out.

Good luck to new participants, because this league has been dominated by the "The Creoles" for the last seven years.

They are led by captain Tomeika "Fruky" Blackmon, a former ECU basketball player. Blackmon always has a team of ladies who can flat out play.

The men's Residence Hall League can be one of the most exciting of them all because of the pride that is displayed among the men and women who play.

They have an all-out desire to win because they represent their whole hall. The "Tyler Titans" took the title last year and are back again to defend the trophy.

The Fraternity Gold is one of



photograph courtesy of SRC

The 2001 Intramural flag football season is underway. League championships will be up for grabs.

the most intense leagues in the flag football division. Last year, the gold championship was as classic as the men of Lambda Chi Alpha A and Sigma Alpha Epsilon.

Lambda Chi upset SAE last year and you can make a bet that SAE will be ready for revenge.

Sigma Phi Epsilon B defeated Sigma Alpha Epsilon B last year to win the Fraternity Purple Championship. This league, like Independent Purple, is for less competitive.

It usually involves the fall pledge classes as well as other newly initiated members.

SRC makes it possible for the sorority to compete as well. The ladies are always high-spirited and display good sportsmanship.

"Chi Omega" won the sorority championship last year with some of the best sorority athletes to ever compete at ECU.

The Co-Rec league is for anyone. It combines men and women

on the same team, fighting for the same goal—a championship T-shirt. Co-Rec games are just as exciting and can feature some high scoring contests.

For more information on participation or other Intramural Sports visit Room 128 in the SRC or call Laura Triyonis at 328-6387.

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

ECU Cycling wins at Appomattox

Pirate cyclists sweep podium

ECU CLUB REPORTS

The day was perfect for mountain biking. It was Sunday, Sept. 17th and the ECU Cycling club was at Holiday Lake State Park near Appomattox, Va.

Picture perfect blue skies, trails that were dry enough for speed yet wet enough to keep down the dust. Six members of the ECU Cycling team were ready to ride.

The course consisted of two loops, one being 12 miles of forested fire roads, and one being a five-mile loop around Holiday Lake. Both loops were used in the variety of races that were held. The men's C and women's B categories completed two laps of the lake loop. The men's B and women's A did a lake loop and a Forest Road loop, and men's A did a Forest loop and two loops around

the lake.

Assistant Team Director Curtis Graves rode a single speed to victory in the Men's Collegiate B category. Team Director B.J. Grieve came in second place, 30 seconds behind Graves, and K.J. Barreiro finished in third place for an ECU podium sweep.

Andy Weir powered out a 4th place finish in the Men's Expert category even after two wrong turns. Josh Crain and Armando Betancur finished fifth and eighth respectively in the Men's C category. The Deuce, showing all her usual mountain biking (MTB) prowess and skills, finished in first place in the Women's A category, giving ECU Cycling its second win of the day.

ECU Cycling groupie, Hans Rearick, gave the team valuable support throughout the race.

ECU Cycling will be in Blacksburg, Va. this weekend to take part in the "Blacksburg's Beast" MTB race hosted by Virginia Tech.

Rose Bowl raises \$300,000 in relief

PASADENA, Calif. (AP) It was all quiet inside the Rose Bowl, where 60,000 fans were expected to attend No. 14 UCLA's game against Arizona State on Saturday night.

But there was a lot going on outside the stadium, as thousands dropped by during the day to give money for victims, families and rescuers in the aftermath of the terrorist attacks on the East Coast.

"We have a typical Southern California way to do it here ... drive-through donations," said Barbara Pieper, chief executive officer for the

San Gabriel Valley Chapter of the American Red Cross.

Plans were quickly put together by the Red Cross, KNBC-Channel 4, KFWB Radio, the Salvation Army, and the Pasadena Fire and Police Departments to raise money for disaster relief Friday, and it was such a success they did it again Saturday.

Crys Quimby, KFWB's news and program director, said more than \$300,000 was raised in the two days.

see **BOWL** page A9

NCAA wants college wagering banned

INDIANAPOLIS - When it comes to wagering on intercollegiate sports, Bill Saum is a zero tolerance guy in a too-tolerant world.

"I don't know that people understand the amount wagered illegally on college campuses," said the NCAA's director of gambling and agent activities.

"It's not just an athletics issue. There are sports bookies on every campus in America. There are male and female students, other than athletes, betting with these people."

NCAA officials hope to lessen the risk by eliminating legal gambling on college sports in Nevada through a bill sponsored by Sen. John McCain, R-Ariz.

Nevada is the only state where such gambling isn't a federal crime. Gambling on collegiate sports by U.S. citizens also occurs in foreign locales, due to the advent of gambling Web sites that can make bookies obsolete.

"We believe it is inappropriate to wager on young people in athletics," Saum said. "When you have some places where it's legal and some where it isn't, that sends a mixed message."

"I believe our athletes have a greater awareness of what is right and wrong, and what the downfalls are," Saum said. "I can't tell you we've slowed gambling down because the challenge we're facing is not only illegal bookies on college campuses, but the Internet."

Gaming officials are committed to defeating the bill.

"This misguided approach absolves the NCAA of any responsibility to clean its own house," said Frank J. Fahrenkopf Jr., president of the American Gaming Association (AGA). "The more that members of Congress learn about the facts, the more they recognize that the real solution is to directly address the widespread illegal gambling occur-

ring on college campuses."

Nearly half the athletes who took a 1998 University of Michigan survey admitted wagering on college sports. The study indicated one of every 20 players shaved points, bet on games or leaked insider information to gamblers.

NCAA officials believe the McCain bill would help improve that situation, and they receive support from a number of prominent coaches, including Purdue men's basketball coach Gene Keady and South Carolina football coach Lou Holtz.

"Once you're involved in it, it's like drugs - you get sucked under," Keady said. "Suddenly you owe money, they push you to do something illegal in the game, and then you're in prison."

Holtz testified before Congress two years ago, saying "People in general, college students in particular, have the belief that betting on college athletics is OK because it's legal in Nevada."

"Well, it's illegal to bet on college athletics in 49 states. Why isn't it in the 50th state as well?"

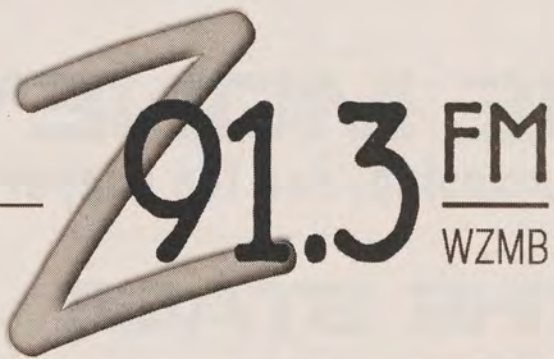
In July, 25 coaches, athletics administrators and college presidents spoke in support of the bill, including NCAA President Cedric Dempsey, Notre Dame President the Rev. Edward Malloy, Ohio State Athletics Director Andy Geiger, Colorado football coach Gary Barnett and Florida basketball coach Billy Donovan.

However, former Georgetown basketball coach John Thompson criticized the bill during the recent Associated Press Sports Editors Convention in Baltimore.

The bill's passage could be affected by the recent power change in Washington. Vermont Sen. Jim Jeffords' decision to switch from Republican to Independent put the Democrats in control of the Senate.

We are currently off the air due to an equipment failure. We will be off the air all this week while we assess our options.

Watch The East Carolinian for further updates on when we can return to the airwaves.



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The East Carolinian is now hiring responsible students for part-time work as photographers. Apply for positions at the Student Publications Building (across from Joyner Library).

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Wyoming *continued from page A8*

in January killed two Oklahoma State University basketball players and eight others after a game at the University of Colorado.

Students and officials said losing eight classmates is compounded by the fact that they've been following the horror of the terrorist attacks on the World Trade Center and Pentagon last week.

"It's like blackness on blackness," Hedderman said.

Wyoming athletics have been beset by adversity in recent years.

The losses include a former volleyball coach who died in November from brain injuries suffered in a collision; a former cross-country star who disappeared in 1997 while running and still has not been found;

and a Wyoming football player who died in April 1997 after passing out on the practice field.

Later that year an assistant football coach died of brain cancer.

The victims of the Sunday crash include Shatto, 19; the driver, Nicholas J. Schabron, 20; Justin Lambert-Belanger, 20; Kyle N. Johnson, 20; Kevin L. Salverson, 19; Joshua D. Jones, 22; Morgan McLeland, 21; and Cody B. Brown, 21.

"It's been a very rough week for a lot of people in this country and tragically, it's been all the more rough for our student-athletes and our coaches and all their friends at the University of Wyoming," school President Philip L. Dubois said. "This is a horrible thing."

Bowl *continued from page A8*

"We had one 7-year-old boy yesterday who gave us his savings for one year," Pieper said. "I'm a UCLA grad, it's too bad there's no football. I wish UCLA the best season ever, Beat SC, you can quote me."

"I'm just glad the American public understands the gravity of the situation."

Earlier in the day, some 25 miles away in Westwood near the UCLA campus, there was very little activity.

Even though the fall quarter doesn't begin until Sept. 25, there's usually a lot happening on a football Saturday at this time of year.

Nowhere was it any quieter than at Maloney's On Campus - one of the area's most popular sports bars.

"It's dead ... boring," bartender Frankie Martel said some six hours before the ASU-UCLA game would have started had it not been postponed, as were all NCAA Division I football games along with the weekend's NFL and major league baseball games.

As Martel spoke, one customer sat at the bar, leaving more employees than patrons in the establishment.

"Usually every seat in the house is taken on Saturdays and Sundays," Martel said. "Tonight was Arizona State, it would have been huge, lines outside to get into the building. Arizona State has a huge following,

the people who can't get to the game would be here.

"After the game, it would be one big party."

Not on this day. There are 14 big-screen television sets at Maloney's, which can accommodate about 200 patrons.

"People could watch any game they wanted," Martel said. "If you wanted to watch Harvard, we could get Harvard for you."

Nora Crawford, a cocktail waitress who attends UCLA, prepared to leave after only two hours of work.

"I'm being sent home," she said. "We played rock, paper, scissors to see who would stay."

"I lost," Martel said. "I let her win."

"I came in at 11 instead of 9," Crawford said.

"There would normally be two more waitresses. Even though I'm not making any money, I think it's a good decision to cancel the games."

Crawford said she wouldn't go to a game or any other large gathering at this point.

"The Rose Bowl is an easy target," she said. "I'm scared anyway; the Federal Building is just a couple blocks away."

Sal Capelli, the only customer as Crawford left, said he believes the games should have gone on.

PSU fans need dose of reality

(AP) STATE COLLEGE, Pa. - By and large, the events of the past week have brought out the best in people.

They have cast aside prejudices and pettiness and showed compassion for their fellow travelers on this mortal coil, incredible bravery in the face of absolute danger, and a resiliency of spirit that keeps us all going when we think our next step will be our last.

We can only thank them and hope that, in similar circumstances, we would act equally honorably.

But, as always, there are a selfish few who just don't get it, who can't seem to get past the idea that there really are other, more pressing issues in the world than who paces the sidelines as the man in charge of Penn State's football fortunes.

I understand that Penn State football plays an important role in the lives of a lot of people, mine included.

It's an important component of my job. But I could live without it and be happy so long as my family and friends were healthy.

Otherwise, how can you explain the fact that at 9:39 p.m. on Tuesday, not quite 13 hours after the world exploded in sheets of flame and carnage in New York and Washington and Shanksville, an e-mail arrived from a fan, who shall remain nameless to save him from his own stupidity.

Citing a television show he had watched, he cited comments by a member of a panel of experts, saying, "...He stated that the Penn State football team had 40 of the nation's top athletes on its roster. I think he was right and that makes something else wrong."

"Why doesn't Joe go out gracefully, like the man who's (sic) record he is trying to pass, stand on the sideline, be the head coach and let his assist (sic) coaches do the work?"

People are dead, others are dying in attempt to rescue victims, families are grieving, the world is in shock and this guy has nothing better to do than send an e-mail expressing his opinion on how Joe Paterno should run a football program.

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PIT CO. community schools and recreation are looking for individuals with knowledge of soccer rules to help officiate youth soccer games beginning September 29th through November 10th. Games are held on Saturdays. Officials are paid \$10.00 per game. It interested, please call Sherry Williams at 830-4216

THE WINTERVILLE Parks and

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GREEK PERSONALS

PHI KAPPA PSI would like to thank Chi Omega for helping us make last Thursday's social such a success! We can't wait to do it again.

LAMBDA CHI Alpha, thank you so much for the fun pre night! We had a blast and hope to get together again soon! Love, Alpha Delta Pi

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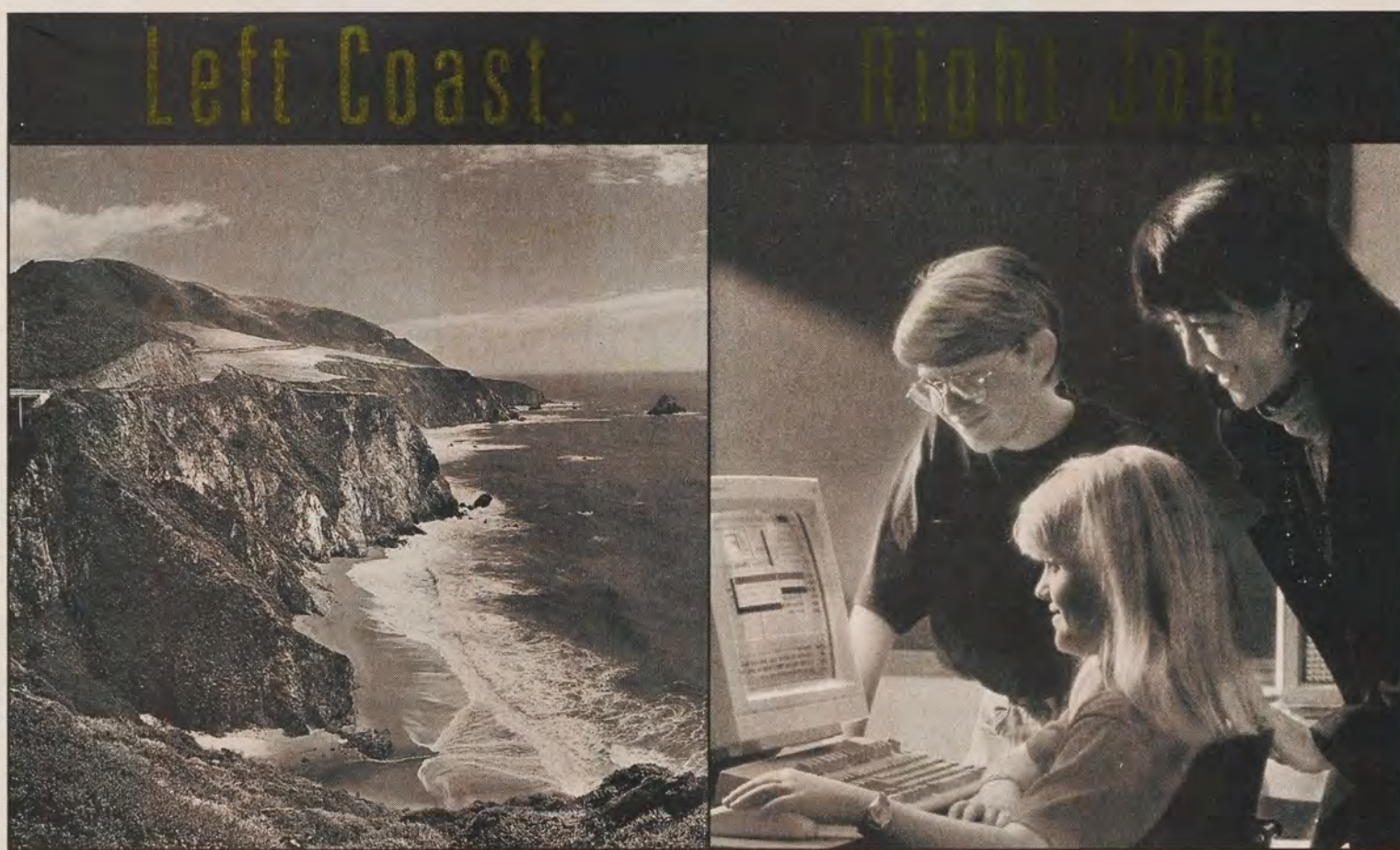
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