



UNC system takes tuition hike

Out-of-state students hit by increase

DENNIS MITCHELL
ASSISTANT NEWS EDITOR

The North Carolina General Assembly voted to enact a tuition increase to cope with the state budget problems.

According to Senator Ed Warren, the legislature was faced with a number of challenges in developing this year's budget.

"For starters a slowing economy and the cost of recovering from Hurricane Floyd left North Carolina with a shortfall of more than \$500 million," said Warren.

According to Charles Hawkins, associate vice chancellor for financial services, the General Assembly increased tuition by five percent.

"We thought this was going to be an across the board increase," said Hawkins. "The State decided to put the increase onto the out-of-state students."

Hawkins said that the university was already over the market for out-of-state tuition.

"The increase will make it hard for us in the out-of-state market," Hawkins said.

According to Hawkins, ECU received several budget cuts to ease the state's budget woes.

"We were expecting some cuts because our enrollment dropped last year below our expected amount of students," Hawkins said. "The state had allotted us a certain amount of

money for our expected number of students, since the actual amount was lower they had to decrease the amount they gave us this year."

According to Hawkins, because of the expected cuts, ECU put a freeze on some of the State Personnel Act job openings.

"When some position came open we kept them on hold until the budget was passed," Hawkins said. "We did not fill about 23 positions."

According to Hawkins, no faculty or staff member had to be laid off because the university acted early.

Hawkins said that ECU had to also aide in the increase to help with some of the cuts handed down by NC legislators.

"We had to increase tuition four percent," Hawkins said.

According to Hawkins, increases had to be made to help the university stay operational.

"We can manage on our present budget if we watch our spending," Hawkins said.

Senior Orlanda Rouse said that he finds the increase excessive.

"It's a bit much considering that it seems tuition has been going up ever since I have been here," Rouse said.

Freshman Irene Lartey agreed.

"I don't think it is necessary that tuition was increased," Lartey said.

"It was already high enough."

Hawkins said that since the state is under the balance budget act they must balance the budget.

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

Alumnus volunteers with World Trade Center wreckage



Concerned Americans drop off flags and flowers to a Fire Station one block from the World Trade Center wreckage.

Graduate tells tale of NYC experience, life after Sept. 11

ANGELA HARNE
NEWS EDITOR

Robert Lewis, a 1997 ECU graduate, went to New York to find a job, but instead aided in the World Trade Center cleanup stemming from the Sept. 11 terrorist attacks.

"I was planning to go to New York to meet with companies and turn in resumes, but after the attack I knew no one would be in the mood to interview me. But I still decided I would go to the city and help," Lewis said. "I wanted to help out. It was the appropriate thing to do ... its human nature."

Lewis said when he arrived in New York he immediately volunteered with the Red Cross.

"I worked in the shipping and receiving part of the Brooklyn chapter. I assisted the volunteers in the wreckage and went to shelters supplying food and other needed supplies," he said.

According to Lewis, the atmosphere was eerie to say the least. "While I was in New York, the doors to the Trade Center were still standing. It looked like a tornado had gone through. It was hard to believe and a lot different then TV," said Lewis.

According to Lewis, the city has changed since the terrorist attacks. "The people are very friendly and more polite," he said. "There is a lot of patriotism also. American flags are everywhere."

Lewis said his experience was one that no one could prepare for. "The volunteers expressed mixed emotions. I could tell by their facial expressions that they were tired, but very dedicated. It has to be devastating to them, in the wreckage, and all that they've seen. This is going to change their lives forever," said Lewis.

Lewis also said his time in New York was a learning experience. "I'm now more appreciative of what I have. Material things are not



Volunteer supplies were available at a Red Cross tent in Brooklyn.

important," he said.

Lewis said the terrorist attacks have brought people together. "We are reuniting as a nation, and I pray for the families. We must stand behind the president and his mission so that justice is served," said Lewis.

Lewis said the cleanup would probably last at least another six months. He said the Brooklyn chapter is looking for volunteers. Currently they have about 1,800.

Lewis volunteered from Sept. 19-23. He received his degree in marketing and business and served his senior year as the philanthropy chair on the Student Government Association.

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

Executive branch attends ASG meeting

Number of school days, tuition freeze main topics for SGA participants

ANGELA HARNE
NEWS EDITOR

Members of the Student Government Association (SGA) executive branch attended the first Association of Student Governments (ASG) meeting in Chapel Hill last weekend.

According to Michael Orr, senior class president, ASG is working on a two-year tuition freeze.

"We are drafting a resolution for the General Assembly and Board of Governors because of the ridiculous increases we have seen in the past," Orr said.

In addition to the freeze, Orr said ASG discussed a resolution to decrease the number of school days from 150 to 140.

If passed, Orr said the extra 10 days will more than likely be divided between spring semester and summer session one, and summer session two and fall semester.

"I think the odds of it passing are good," Orr said. "The faculty senate at UNC-Chapel Hill passed a similar resolution and the ECU faculty supports it. It will be beneficial to everyone. Not only will the students get an extra break, but the professors will also."

Orr said the resolution will be voted on at the next ASG meeting. According to Orr, ASG passed a credit card protection act.

Orr said the act enables the UNC-system to provide classes for freshmen on how to avoid credit card debt. Orr said the act also requires student credit card holders to have a parent/guardian co-signer.

"Students are now required to get their parents permission and signature before they up their credit limit," Orr said.

Executive board members in attendance said the meeting was enjoyable.

"I enjoyed meeting the other SGA presidents and representatives," said Teresa Paul, recruitment chair of the SGA executive branch.

Ernest Daily, philanthropy chair of the SGA executive branch, agreed.

"I look forward to attending the next meeting," Daily said.

According to Orr, participation was high. Orr said 13 of the 16 N.C. universities attended. Elizabeth City State, NC Central and UNC-Charlotte could not attend.

The next ASG meeting is scheduled for Saturday, Nov. 3 in Charlotte.

ASG is the collaboration of all 16 universities within the North Carolina system. Each university is allotted four voting representatives; the student body president and three members for the executive or legislative branch.

SGA President Sadie Cox could not be contacted for comment.

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

SGA selects lawyer to aid students

Romary re-appointed through careful process

CLIFF SHERMAN
STAFF WRITER

The SGA executive branch selected an attorney to represent the university on a monthly contract.

Peter Romary was re-appointed to the position by the SGA through a careful process last week.

According to SGA Treasurer Fred Moreno, the decision is not official as the contract is still in the developmental process.

"Romary seems very eager and accepting about the proposed contract," Romary said.

The contract is a year-to-year agreement, which is different than in the past. Prior to this proposed agreement, the standard contract for a university attorney has been five years. The SGA decided the five-year contract has proven to be too long and costly. They are hoping the new yearly contract will encourage more commitment on the part of the attorney.

The length of the term is not the only aspect of the contract that has been altered. The pay rate has

been cut from one thousand dollars per month to six hundred dollars per month, excluding the summer months of June, July and August.

Romary himself proposed the cut in pay.

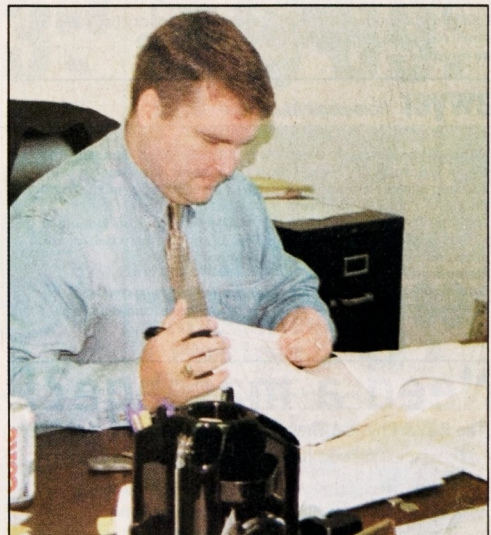
"Being that the budget is very tight, one could understand why a pay increase would help out. Being a pro-bono lawyer is not about the money. I do this job for the university to keep in touch with the community and to help out the students," Romary said.

Romary's duties toward the university and students are to give legal advice and aid to undergraduate and graduate students. He will also be involved with the SGA in aiding the organization with contract advice and other questions of legality.

Moreno said students are encouraged to take advantage of the university attorney for any form of legal advice. Though, the university lawyer cannot represent a student, he may advise them on all types of legal matters and answer questions as needed.

According to Moreno, Romary has been selected because of his experience and commitment.

see LAWYER page A2



Peter Romary, attorney at law, goes over paperwork in his office. He will be available to students to aid them in court issues this year.

WEATHER FORECAST

TODAY
Sunny
High is 86



TOMORROW
Isolated T-storms
High is 85



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THIS WEEK'S QUESTION
Do you agree with the credit card protection act passed by ASG?



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News Briefs

Technology fair

Internet TV, DVD, multimedia, video making and other technologies will be on display at ECU's annual Information Technology EXPO from 9:30 a.m.-3:30 p.m. on Thursday, Oct. 4 in Mendenhall Student Center. More than 40 vendors of computer software, hardware and other equipment will have booths and tables set up to offer information about their products. The public is invited. More information about the fair is available at <http://www.ecu.edu/tics/Expo/2001Expo/default.htm>.

One day sale

Casual Corner, Petite Sophisticate and August Max Woman are hosting a one day sale with 25 percent off of everything in the store and online. This includes previously marked down merchandise. For store locations call (800) 789-5348.

Performing arts

The S. Rudolph Alexander Performing Arts Series will feature the Eroica Trio, considered a world-class chamber music ensemble, at 8 p.m. on Oct. 4 in the Wright Auditorium. Public tickets are \$22. Information is available at the Central Ticket Office in Mendenhall Student Center, or by calling 328-4788.

Singers

The ECU Chamber Singers Fall Preview will be held at 8 p.m. on Friday Oct. 5 at St. Paul's Episcopal Church, 401 E. Fourth St. The concert is free and the public is invited.

Early music

The Early Music Ensemble's Baroque Concertos for Multiple Instruments will be performed at 7 p.m. on Sunday, Oct. 7 at St. Paul's Episcopal Church, 401 E. Fourth St. The concert is free and the public is invited.

Benefit dance

A Salsa, Swing and Stuff dance will be held from 7 p.m. until midnight on Friday, Oct. 5th at the Rock Springs Center. All proceeds from the dance will be donated to the New York Relief effort. Free Salsa Lessons are from 7-8 p.m. The cost is \$6 and appetizers will be provided. The attire for the event will be casual. For more information call 830-8900.

VOICE roundtable

The League of Women Voters and Visionaries for the Ongoing Involvement in the Cultivation of Equality (VOICE) is hosting a segment of the Roundtables on Race, a study circles project to improve race relations in Pitt County. The circle is to act as a grassroots continuation of ECU's Coffee in the Kitchen project to get more people involved and talking about a very important issue. For more information contact Denisha Harris, co-president of VOICE, 328-8525.

Crime Scene

Oct. 1

Damage to property-A student reported the rear fender of her vehicle was scratched while parked in the lot north of Minges.

Auto accident-A staff member and a non-student were involved in an auto accident in the parking lot south of Mendenhall. No damage or injuries were reported.

Damage to property-A student reported her vehicle was damaged while parked in the lot north of Slay Hall.

Fire code violation-A meeting being held at the Willis Building was cancelled after receiving a complaint that the maximum capacity had been exceeded.

Lawyer from page A1

aided his predecessor, Galen Brady, for four years.

Moreno said he is confident in the SGA's choice to reappoint Peter Romary.

"He is very committed to the students and wants to be accessible to the students," Moreno said.

Romary said he is looking forward to the next year.

"It's absolutely fantastic and I'll enjoy my involvement with the university very much," said Romary.

The SGA was also looking at Phil Dixon, former chair of the Board of Trustees.

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

ABLE reaches to interested H. S. students

College preparation starts early, involvement raises

ANGELA HARNE
NEWS EDITOR

The Allied Black for Leadership and Equality (ABLE) organization started a pre-college program for interested high school students in the area.

According to Ernest Daily, vice president of ABLE, the program is suited for "average" students.

Daily said the program will provide information about college, financial aid and the admissions process.

According to Daily, J.H. Rose High School is currently participating.

"We are hoping for the future workshops that D.H. Conley and North Pitt High Schools will work with us also," Daily said.

Daily said future workshops will focus on college aspects; like the transition period from high school to college, leadership, time management and resume writing.

Teresa Paul, president of ABLE, said the mission of the pre-college program is to "map out the years to

college."

"Many of our participants aren't seniors, so we want to target them and get them on the right path so they can get into college," said Paul.

According to Paul, ABLE plans to hold at least five more workshops.

"We want to give the students a tour, show them how to fill out a college application, how to write the college essay for the application and stress the importance of keeping up their GPA," Paul said.

According to Daily, the program was organized after teachers from several local high schools called saying their students were interested in the campus activities and wanted to get involved.

"The campus usually doesn't include the community in many activities. So we saw a need for an inclusive event for both the campus and community," Daily said.

Paul agreed.

"I hope the program shows the students that we care. I know when I was coming to college I had a lot of unanswered questions, like how to get financial aid. Hopefully our workshops will answer those questions," she said. "I also hope it will eliminate some of the tension

and fears associated with college."

According to Paul, the program is designed to aid in the application process to colleges throughout the United States, and not just ECU.

"We would love for all the students to come here, but we are not sure if all of them want to. We are hoping to recruit many to help with the retention. Many minority students chose not to come here, and we are hoping to change that," she said.

Dr. Lathan Turner, assistant vice chancellor of intercultural student affairs, agreed.

"Our overall mission is to provide assistance as best we can to the students," Turner said. "ABLE and the college students should be applauded for reaching out to the community."

The pre-college program kicks-off at 1 p.m. on Saturday, Oct. 6 in the Multipurpose Room of Mendenhall.

Daily said that currently 30 participants are confirmed to attend.

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



"The campus usually doesn't include the community in many activities. So we saw a need for an inclusive event for both the campus and community,"

Ernest Daily
Vice president of ABLE

Across other Campuses

(UWIRE) James Madison University-Students traveled to Washington, D.C., Saturday to take part in the first national anti-war marches since the September 11 terrorist attacks.

Thousands of young protesters came from across the nation to dispute and march against war. The rally was generally a peaceful display against military retaliation, spoiled by only three arrests and some fights, said police officials, according to a September 30 Washington Post article. Junior Progressive Coalition member, Jenny Schockemoehl, was one of many who traveled to D.C. to march.

"It's really important to mobilize and have a demonstration against war," Schockemoehl said. "We hope this demonstration will show our government that its people do not want to fight."

The first march started at 9 a.m. at Union Station and was sponsored by the Anti-Capitalist Convergence (ACC).

According to ACC Web site www.abolishthebank.org, it is an organization that stands for "direct action against the World Bank and International Monetary Fund meetings."

"They defend anarchy and global action, stating these organizations do nothing but hurt the poor and middle-class people while aiding the elite, according to the Web site. In an act to promote anarchy, the ACC did not get a permit for their march, requiring police to escort protesters as they walked.

A second march, sponsored by the International Action Center (IAC), started at noon at the Freedom Plaza on 14th Street and Pennsylvania Avenue.

It was originally scheduled to start at the White House. However, President George W. Bush decided that no protests should take place in that vicinity during a 30-day period. According to the IAC Web site www.iacenter.org, this proposal was an effort by the Bush administration

to disrupt the demonstration.

"It was actually a really big deal that Bush called for the restriction," Schockemoehl said. "It was an example of a restraint on our liberties."

The IAC march was an effort to show the American government that it should concentrate on helping the victims of the attacks by setting up jobs, homes and health care, instead of lashing back against others, according to the IAC Web site.

Rallies were held both before and after the marches. Signs were held with statements such as, "8 million Afghan refugees need food now, not war and terror," and "Amerika! Get a Clue!" according to the Post.

The Post reported that many criticized U.S. foreign policy, blaming the United States government for American tensions with the Middle East.

The Post also reported that police officials and spectators said that overall the demonstration went well.

Even though some arrests were made and tension between protesters and authorities seemed apparent, the focus on the event was peace, according to the Post.

Schockemoehl said she hoped to come back from her trip to Washington with the insight and motivation to "help raise energy for people at home."

Junior Progressive Coalition member, Andrea Morley, attended the protest as well.

"Whether we accomplished something or not, [to have] energy to bring back to campus to share with other people is a high point," Morley said.

Senior Amnesty International member, Ellen Jenkins, said she wanted to go to the protest to witness a peaceful approach to the country's current situation.

"I don't think America should be bombing other countries," Jenkins said. "We need to think about what bombing is going to entail."

Bush approves anti-Taliban aid, prepares to reopen Reagan National

WASHINGTON (AP) - President George W. Bush has approved plans to help groups inside Afghanistan that oppose the terrorist-harboring Taliban militia and to aid Afghan refugees fleeing to neighboring Pakistan, U.S. officials said Monday.

The government also plans to announce later this week the reopening of Washington's Reagan National Airport, the only airport still closed after the September 11 terrorist attacks, said a senior administration official.

But the airport, close to many national landmarks, will reopen under vastly tightened security, including limits on flights and requiring armed air marshals on those flights, said the official, speaking on condition of anonymity.

Nearly three weeks after the devastating attacks on the World Trade Center and the Pentagon, New York Mayor Rudolph Giuliani appealed to the world community to not give in to terrorism.

"The United States must hold accountable any country that supports or condones terrorism or you will fail in your primary mission as peacekeepers," Giuliani told representatives from more than 150 countries gathered at the United Nations.

Defense Secretary Donald H. Rumsfeld, meanwhile, declared America's armed forces ready for the war on terrorism. He spoke at a ceremony honoring Army General Henry Shelton, who is retiring as

chairman of the Joint Chiefs of Staff.

As part of the repositioning of U.S. forces, the aircraft carrier USS Kitty Hawk left its base near Tokyo Monday. Navy spokesman, Hidemi Nagao, said the carrier was participating in the campaign against terrorists, but declined to elaborate and would not say where it was going.

The Kitty Hawk steamed out of Yokosuka September 21 on an undisclosed mission but returned Sunday.

On Monday, administration officials said Bush has approved new relief aid to prevent unrest in Pakistan as thousands of refugees flee Afghanistan.

The New York Times reported that the package would amount to 100 million dollars, but White House spokesman Ari Fleischer said the dollar figure was still uncertain.

Separately, Bush approved a plan to provide covert aid to anti-Taliban groups operating inside Afghanistan, administration officials said.

The Taliban have been harboring Saudi-born Osama bin Laden, whom the United States suspects of masterminding the terror attack.

Fleischer declined to say which groups would receive U.S. support.

"The purpose of the mission is to eliminate those who harbor terrorists. ... We will work with a variety of people, all of whom have an interest in establishing an Afghanistan that is peaceful and does not practice terrorism," Fleischer said.

Gore calls for solidarity in Iowa speech

IOWA (AP) - Al Gore praised America for unifying behind President Bush in wake of the September 11 tragedy in his first major public speech since conceding the presidential election.

"As Americans, all of us stand behind our president, and we will win this war against terrorism," Gore told a large crowd at a Democratic Party fund-raiser in Des Moines on September 29. "George W. Bush is my commander in chief."

Meanwhile, some University of Iowa Democrats denounced a float displayed during the September 28 Homecoming parade by the UI College Republicans.

Mayrose Wegmann, the president of the UI Democrats, said the float, which carried a boxer pummeling a donkey, was contrary to the message of unity Gore communicated in his Iowa speech.

"I thought it was a bad move," she said. "It made me feel that first of all, they want war, and they don't want unity."

Laura Kamienski, the chairwoman of the UI College Republicans, said that even though they support unity, Homecoming is a time to have fun. "It wasn't a grand political statement," she said.

Gore spent two days touring Iowa by himself over the weekend in a rental car, delivering doughnuts to union members in the Amana Colonies, visiting a mosque in Cedar

Rapids, and drinking coffee with Iowa House Minority Leader Dick Myers, D-Coralville, at Prairie Lights Books.

"I think he came back just to see his friends," Myers said.

Almost 40 UI students volunteered at the Democratic fund-raising event in Des Moines. Wegmann said, adding that the students took the opportunity to speak with Iowa legislators.

Gore devoted most of his speech to the terrorist attacks of September 11, calling on Americans to blur the party lines and transcend cultural differences.

"Leadership is to put partisan in the back seat," he said. "The president will have to make some decisions we will question. Bipartisanship cannot be temporary."

The American way is to stand up for one another, he said, and in this time of conflict, the country must be true to tradition.

"A gate has been opened," he said. "Things we knew before have been left behind. We face new dangers and new opportunities."

Gore did not mention any intention to run for public office at the fund-raiser, which, Wegmann said, left her disappointed.

"I really wanted him to talk about future plans," she said. "But it would have been inappropriate at this time."

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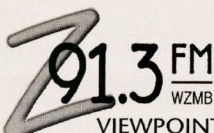
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VIEWPOINT ON SPORTS



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College town criticized for liberal thinking

(AP)—The attitudes and actions of this liberal-leaning college town haven't been well-received by many newly patriotic people in recent weeks.

Since the Sept. 11 terrorist attacks on New York and Washington, Town Hall and University of North Carolina at Chapel Hill offices have received criticisms describing Chapel Hill residents as "lily-livered liberals," "politically correct, mush-brained morons" and "cowardly limp-wristed pantywaists."

Pete MacDowell, an organizer of several peace rallies in Chapel Hill and executive director of Democracy South, said a description of one of his events on the Internet described him and others as "leftist radicals spewing hate."

"Here I thought I was an American all this time," he said.

The first criticisms came after

Chapel Hill officials ordered a downtown restaurateur and Gulf war veteran to remove an oversized banner that read: "God Bless America; Woe To Our Enemies."

Town Council member Bill Strom, who led the effort for the banner's removal, said he was concerned about how his elementary school-age son would perceive the "Woe To Our Enemies" message.

Town officials cited the Chapel Hill sign ordinance to explain their stance, saying the banner was larger than rules permit.

Conservative Webzine writers posted blistering anti-American spins on their accounts of the incident for all the Internet world to see. Conservative radio talk-show hosts Rush Limbaugh and G. Gordon Liddy used their air time to bash Chapel Hill officials.

Then professors at the UNC-

Chapel Hill held a teach-in at which some panelists and participants advocated peace and nonviolence. Again an article was posted on the Internet.

In each case, e-mail links to town and university officials were just a key-punch away.

Chancellor James Moeser received at least 300 messages from around the country and responded with stalwart support for freedom of expression and assembly.

The town manager's office received at least 1,500 messages. Most were from outside Chapel Hill, and many came from outside North Carolina.

"Morons like you abound in our society," said one message. "I didn't think they grew boys like you down south."

Others told Town Council members, or the "pinkos" and "com-

mies" in Chapel Hill, to move to Afghanistan, Cuba, Russia, North Korea or some other far away place.

"You politically correct mush-brained morons of America's left wing just cannot make a value judgment, even as simple as one about protecting our country," another electronic message read.

Chapel Hill, an oddity in the generally conservative South, has a strong history of supporting liberal social policies that rankle the right.

Officials once considered making the town a safe haven for conscientious objectors of the Persian Gulf war. They adopted the state's strictest gun control laws over vocal objections from the National Rifle Association. They were the first in the state to pass laws banning discrimination against gays, and they have spoken out against the

death penalty.

Berkeley, Calif., often considered Chapel Hill's kindred spirit on the West Coast, has received similar attention. Much of the nation recoiled when just before a large peace rally the fire department ordered the removal of large American flags flying from its trucks.

Safety concerns not opposition to the flag-waving fervor prompted the decision, fire officials said. Conservative talk-show hosts and Webzine writers made no distinction.

"Berkeley is sort of like the national whipping boy for conservative right-wing causes," said Reg Garcia, Berkeley's fire chief. "I think Chapel Hill is a university community and maybe a little out of step with the mainstream, too."



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OPINION

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BUSH FREEZES THE U.S. ASSETS OF TERRORISTS



Our View

It is time to become educated about a deadly disease that will kill 40,000 women in the United States in 2001. With the recent tragedies our country has faced, it's somewhat difficult to think of anything but the terrorist attacks on our country. Yet while we continue to be hopeful for healing in our country -- indeed, for the whole world, time marches on.

October is National Breast Cancer Awareness Month. It is a time to become educated about a deadly disease that the American Cancer Society estimates say will kill 40,000 women in the United States in 2001.

Though it is often classified as such, make no mistake, breast cancer isn't a "women's issue." 1,500 men will be diagnosed with breast cancer in the U.S. this year and 400 will die from the disease. Add to that the number of men who will lose someone they love to the disease and it becomes obvious that this killer knows no gender boundaries.

How amazing would it be if our country could come together in support of this cause, just as we've come together to show our American pride when our country was attacked? How awesome would it be if we could all raise not only awareness but also funds to help fight this disease that strikes men and women, young and old?

If you're wearing an American flag pin on your lapel or red, white, and blue ribbons to show support for our country, how about adding a pink ribbon to show your support for breast cancer awareness, research, and funding to find a cure?

In the past few weeks, stores around the country have had trouble keeping patriotic pins, ribbons, and flags on shelves as we've all proudly supported our nation at this critical and frightening time in our history. Perhaps it's time to make pink ribbons the new hot item and add awareness of this killer to our list of battles to fight.

Come on -- sport a pink ribbon. For your wife, your mother, your sister, your girlfriend, your best friend... or maybe for yourself. Let's raise awareness.

Let's find a cure.

In My Opinion

Before you get all panicky about a study, consider the source

CONNIE LAUERMAN

Scarcely a day passes when we're not bombarded with media reports of medical studies from the alleged effects of cell phones and apple-shaped bodies to shocking data about the possible dangers of vitamin C or still another worrisome report about hormone-replacement therapy.

How can a person make sense of this media overload?

For starters, don't get all worked up. Ascertain what kind of study researchers conducted, the size of the sample of participants and who conducted the study, where it was published and how it was funded.

"Consistency of evidence" is important, said Dr. Philip Greenland, chairman of the department of preventive medicine at Northwestern University Medical School.

"If you have a large number of studies that all show the same thing and one study seems to contradict everything else, you should ask yourself how likely it is that 20 studies are wrong and this one is right. It defies logic."

Medical studies generally fall into the following categories:

Observational studies relate people's lifestyles to the diseases they develop. The majority of evidence linking smoking and lung cancer, for example, has come from observational studies.

"It's obvious why we couldn't do clinical trials," Greenland said. "It's clearly viewed as an unethical thing to do if we believe this is a risky exposure. How can we justify exposing people to it?"

The tobacco companies, he said, have used that as ammunition, "saying, 'How can you implicate our product as being risky when you don't apply the same scientific evidence to cigarette smoking that you do to everything else?'"

Observational studies may be prospective, with researchers following participants and studying their lifestyle over time, gathering new information. Or they may be retrospective, meaning researchers compare a group of people with a disease against a group of people who did not get the disease. In the latter, participants must recall their past habits or exposures to potentially hazardous agents, or information on the record may be used.

Interventional studies, on the other hand, are designed to measure the effects of a treatment or lifestyle change.

The gold standard is the randomized, controlled, double-blind clinical trial. In this type of study, researchers randomly divide participants into groups that receive either a medication or other intervention or a placebo. The researchers follow the participants over time. Neither subjects nor researchers know which group is receiving what intervention (that's the double-blind part). But such trials don't always use a placebo. Instead a new treatment may be compared with the standard treatment.

"If there isn't any effective treatment out there, then there's generally no deep concern about using a placebo," said Dr. John Bailar,

professor emeritus at the University of Chicago and former statistical consultant for the New England Journal of Medicine.

Bailar said placebo use also is common when doctors are trying to find out the effects of making some variation in a standard treatment.

"For example, you might have a well-tested, accepted three-drug regimen for leukemia and (a doctor) wonders, 'Can I do better if I add Drug 4?' Well, then all the patients would get the basic three drugs, half would get a new drug and half would get a placebo that appears like that new drug. So you can't say they're untreated. But still, there's a placebo involved to preserve the blinding, so that there isn't any bias in making observations about how well the patients are doing."

Scientific research often begins with laboratory experiments in test tubes or with animals. Usually, though, the data from laboratory studies is preliminary, and it may be quite a while before there are applications of the research that would affect humans.

Nevertheless, some broadcasters recently reported a study about a link between vitamin C and cancer without much elaboration. In truth, a laboratory test tube study by researchers at the University of Pennsylvania seemed to indicate the nutrient would damage DNA, the body's genetic code, a step toward forming cancer cells.

But the study's lead researcher was more measured than much of the media, telling the Associated Press

that the findings did not mean that vitamin C causes cancer, although he added that those who really wanted to be cautious just wouldn't use supplementation.

To some extent, size matters in medical studies.

For example, when researchers doing observational studies are collecting data about people's habits to determine their risk when exposed to a hazardous substance, "the size of the study (number of participants) helps increase the precision of that estimate (of risk)," Greenland said.

A study of 257 office workers who used computers six to seven hours a day was done at the Mayo Clinic branch in Scottsdale, Ariz., and published in the journal *Neurology*. It found that only 10.5 percent of the participants met the clinical criteria for carpal-tunnel syndrome, the same rate found in the general population and less than the researchers expected.

The finding suggests that the long-held belief that typing on computer keyboards contributes to the syndrome is wrong.

The researchers said, however, that more studies with larger groups should be done to see whether the results could be repeated.

"If you get a reasonable sample size and a well-designed, well-conducted study, replication (of results) can add quite a bit of credibility to the findings," Bailar said.

The old axiom "consider the source" applies to evaluating information from medical studies.

Letter to the Editor

Dear Editor:

I would like to salute the ECU football team for a very impressive showing at Syracuse this past weekend.

Yes, the team looked much better on the playing field than they had in their earlier contests this season.

But it was their conduct off the field that really showed their mettle.

When the unbelievable happened and one of the officials dropped unconscious to the turf, it was an agonizing time for players and fans alike.

As the medical personnel worked to treat the official, the Pirate foot-

ball team stepped up and showed their character.

They spontaneously and collectively dropped to a knee in prayer for the fallen official. No hesitation and no shyness. Just pure concern for another human life.

It will be hard for this team to surpass that shining moment in Syracuse when they dropped to their knees in prayer.

That was a class act by a class team.

You made this Pirate fan proud.

Paul D. Wright
Student Media Adviser

The primary goal of the TEC Opinion page is to evoke discussion as well as action on topics pertinent to the ECU community.

We encourage a response from our readers. If you have an opinion in reaction to one of our columns or perhaps in regard to the overall presentation of TEC, please express your view in one of four ways: direct a letter or fax to the editor, email a response to the editor or simply phone in a response.

The 18,000 ECU students read our paper on a regular basis. There's no better way to express your opinion than to take the time to sit and react to a situation affecting the students of this university through our Opinion page.

To be printed, the letter must be signed and contain a phone number for verification. Letters will appear as space permits. The editor reserves the right to edit letters for length.

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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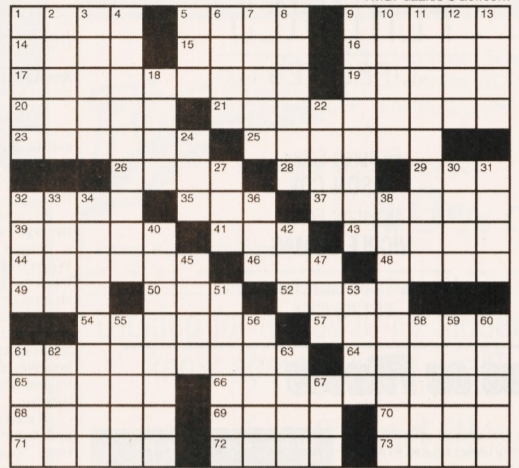
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THE Daily Commuter Puzzle Edited by Wayne Robert Williams

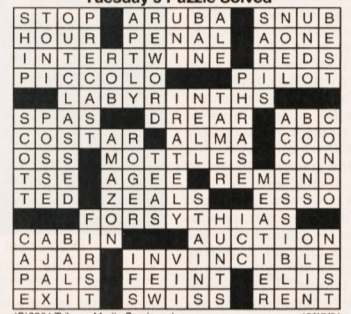
TMSpuzzles@aol.com

- ACROSS**
- 1 Mail event
 - 5 Speech impediment
 - 9 Posts
 - 14 No holds barred
 - 15 Bruins of coll. sports
 - 16 Arm bones
 - 17 Female apprentices
 - 19 Puccini opera
 - 20 Sweetheart
 - 21 Fates
 - 23 Trapped
 - 25 Ululated
 - 26 Trampled (on)
 - 28 Dawn
 - 29 Chong
 - 29 Feed
 - 32 Pocket bread
 - 35 Fellow
 - 37 Made over
 - 39 Pungent
 - 41 Sentimental drive
 - 43 "___ 66"
 - 44 Repair-shop car
 - 46 Capture
 - 48 Elevator man?
 - 49 Conclude
 - 50 Bub
 - 52 Statuesque
 - 54 Call forth
 - 57 Reverse dive
 - 61 Encomium
 - 64 Hackneyed
 - 65 Crockett's Waterloo
 - 66 Of the sky
 - 68 Constant traveler
 - 69 Told a whopper
 - 70 Cantrell or Turner
 - 71 Second decade
 - 72 Eve's grandson
 - 73 Countercurrent
- DOWN**
- 1 Second-year coeds
 - 2 Chef's protection
 - 3 Infamous Helmsley



10/17/01

Tuesday's Puzzle Solved



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- 4 Amuse
- 5 Ear-like projection
- 6 Chilled
- 7 Glossy
- 8 Quarterback, at times
- 9 Rebel, asea
- 10 By oneself
- 11 Thoroughly
- 12 Shoestring
- 13 Salton and Black
- 18 Observer
- 22 Eye drop
- 24 Collie or corgi
- 27 Tunneled
- 30 Opposed
- 31 PGA props
- 32 Washed-out
- 33 Laptop image
- 34 Brand
- 36 Thither's partner?
- 38 Eliza of "Pygmalion"
- 40 Deified men
- 42 Horse morsel
- 45 Slightly blue

- 47 Sack
- 51 Traffic ring
- 53 Highland miss
- 55 Geneva's lake
- 56 Advertising connection
- 58 Water nymph
- 59 Large African antelope
- 60 Kind of race
- 61 Breathe shallowly
- 62 Spiny African plant
- 63 Nile queen, briefly
- 67 Bradley and Begley

Get a look...

at the **Charlie's Angels of classical music - Eroica Trio**
Thursday, Oct. 4 at 8:00 p.m.
Wright Auditorium

The award-winning chamber music ensemble Eroica Trio is changing the face of the classical piano trio by breaking an age-old gender barrier. Their power-packed performances receive rave reviews wher-

puppeteer Jim West, who enchanted families last year with Aesop's Fables. Meet a menagerie of loveable, colorful puppet monsters as they tell fanciful tales in the style of Matisse to Mozart's music. Tickets are now available at the Central Ticket Office and, if purchased by 6:00 p.m. Friday, Oct. 5, cost \$5 for ECU students (with valid ECU One Card), \$8 for ECU faculty and staff. All tickets sold at the door will cost \$9.

Get in on it!

Get in on the free flix at Hendrix...

Free admission with valid ECU One Card. One guest allowed per student.

Pearl Harbor (R)
Thursday, Oct. 4 at 7:30 & Friday, Oct. 5 at 7:00 p.m.
Saturday, Oct. 6 at 9:30 p.m. & Sunday, Oct. 7 at 3:00 p.m.
 U.S. Army Air Corps pilots Rafe McCawley (Ben Affleck)

ever they go. Tickets to this S. Rudolph Alexander Performing Arts Series event are available at the Central Ticket Office and, if purchased by 6:00 p.m. Thursday, Oct. 4, cost \$11 for ECU Students (with valid ECU One Card), \$19 for ECU faculty and staff, and \$22 for the public. All tickets sold at the door will be \$22.

and Danny Walker (Josh Hartnett) are like brothers. They grew up together, learned to fly together, and fought in World War II together. But the horrors of the war and their love for the same woman, a Navy nurse named Evelyn (Kate Beckinsale), tears their friendship apart. Michael Bay recreates the horrific bombing of Pearl Harbor in this epic romance.

Get around...

Indonesia—Java to Bali Overland
Tuesday, Oct. 16 at 4:00 p.m. and 7:30 p.m.
Hendrix Theatre
Dinner served at 6:00 p.m. in MSC Great Room

ECU's Travel-Adventure Film and Theme Dinner Series Travel presents filmmaker Grant Foster's Indonesia—Java to Bali Overland. Journey through Indonesia's tropical rainforests, sprawling rice paddies, sky-high mountains, and thriving cities. ECU students may receive two free film tickets with their valid ECU One Card. The optional theme-related dinner costs \$12 for ECU students and may be purchased with ECU meal plans and/or declining balance. Note that theme dinner tickets must be reserved by Oct. 11, 2001.

Snatch (R)
Wednesday, Oct. 3 at 7:30 p.m.
Thursday, Oct. 4 at 10:00 p.m. & Friday, Oct. 5 at 9:30 p.m.
Saturday & Sunday, Oct. 6 & 7 at 7:30 p.m.

In the tradition of Lock, Stock and Two Smoking Barrels, a massive diamond-heist-gone-wrong sets a chain of events in motion that brings career criminal Frankie Four Fingers (Benicio Del Toro), boxing promoter Turkish (Jason Statham), and gypsy boxer Mickey O'Neil (Brad Pitt) into each other's lives. This slick, mod-ish crime thriller, riddled with pop violence, is set in the London underworld.

Get in on family fun...

Mozart, Monsters, & Matisse
Saturday, Oct. 6 at 2:00 p.m.
Wright Auditorium

ECU's Family Fare Series presents the musical puppet show, Mozart, Monsters, and Matisse, brought to you by master

Interview with the Vampire (R)
Friday & Saturday, Oct. 5 & 6 at midnight
 Stylized film adaptation of the best-selling novel of the same name by Anne Rice about a vampire recounting his bloody past to a twentieth century journalist. This 1994 film stars Tom Cruise, Brad Pitt, Kristin Dunst, and Christian Slater.

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 Monday Night Football (4 TV's)

Friday
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 Half price appetizers (4-7)
 Live band

Tuesday
 \$0.90 Draft
 Lunch Buffet
 Half price appetizers (4-7)

Saturday
 Lunch Buffet
 Half price appetizers
 Live band

Wednesday
 Lunch Buffet
 Half price appetizers (4-7)
 Karaoke with DJ

Sunday
 \$0.90 Draft
 Lunch Buffet
 NFL on 14 TV's
 and on Big TV (All Games)

Thursday
 Lunch Buffet
 Half price appetizers (4-7)
 Ladies Night (Ladies everything half price)



FEATURES

LIFELINES

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Focus on Fitness

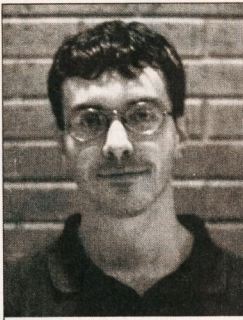
For the past several articles, I've been covering topics related to what equipment to use to increase various types of strength. In this article I will be continuing that trend by discussing increasing strength in specific exercises. These two topics seem to be relatively self-explanatory, but are, in fact, more complicated than they seem.

To begin, increasing the strength in a specific exercise involves increasing strength in one or more muscles that act on moving the weight against gravity in the desired direction. If the exercise is a compound movement (movement involving multiple joints, muscles and/or muscle groups) then the task is more difficult, requiring an increase in strength in more than one muscle. In the case of training for increased strength in a compound exercise, you must keep in mind that there are a variety of factors that will be instrumental in accomplishing the goal.

These factors include: identifying the muscles responsible for moving the weight, identifying any weak links and using correct form.

First, you must identify and understand the primary and secondary mover(s) of the compound exercise. In the case of the bench press the primary mover is the pectorals major (chest); and the secondary movers are the triceps and deltoids (back of arms and shoulders). These secondary movers also act as stabilizing muscles, instrumental in maintaining proper form. This fact is one of the primary components in the next topic, maintaining proper form.

In a compound exercise, such as the bench press, maintaining proper form is important in effectively working the primary mover. In order to maintain proper form, the secondary muscles must work to alleviate part of the resistance from the primary mover and in the case of the bench press, stabilize the movement of the arms. Basically, the idea is that the primary mover in a compound exercise is the muscle being focused on and the purpose of the secondary muscles are to help; allowing heavier more demanding loads to be placed on the primary mover. If form in the exercise isn't kinesthetically correct, the primary mover will not bear a brunt of the weight, the secondary movers will take more of the load and the various joints involved are likely to be overstressed. An example of this, in the case of the bench press, would be attempting to work the chest while taking an excessively narrow grip on the bar. This facilitates putting more of a workload on the triceps and shoulders, due to an increased degree of bending in the elbow and shoulder joints as the weight descends to the chest. Conversely, taking a wider grip on the bar lessens the degree of bending in the elbow and shoulder, decreasing the load of the secondary movers and putting more of



Brad Foust
Personal Trainer

the workload on the primary mover (chest). As you can see, the role of the secondary movers is instrumental in maintaining stability and effectively working the primary mover. So, any significant weakness in said muscles would obviously cause problems and would label them weak links in the movement.

In any compound exercise, weak links are generally thought of as being muscles lacking sufficient strength to help keep form in the exercise kinesthetically correct. These weak links can either take the form of the primary or secondary mover(s), and need to be identified to allow for the successful completion of the movement. In our example of the bench press, weakness in the deltoids and triceps would directly effect ability to control the weight, and maintain a smooth linear movement.

An example of this would be bringing the bar down and touching the chest in various places on each rep, as opposed to bringing the bar down to the same point on the chest and rising back up along the path it descended. Attention should be paid to any secondary muscles that experience significant soreness the day after performing a compound movement. This would mean that the secondary muscles were not able to bear their share of the weight and became fatigued much more thoroughly than the primary mover. A remedy for this situation would be taking time to train the weak-link muscles with single joint, isolation exercises, so as to increase their individual strength and allow them to work more synergistically in the compound exercise.

That almost wraps up strength training for specific exercises. In the article next week, I will touch briefly on single joint exercises and then move on to the next strength-training topic. Until then, keep soaking up all that training knowledge out there and don't forget to get in the gym and practice some of what you learned.

The ideas and opinions expressed above do not reflect those of the Student Rec Center or its staff.

Ready, Set, Yoga

Name of Pose:
Downward Facing Dog



Mind/Body Benefits: If you have ever observed a dog stretching after a nap, with its rump high in the air and its chest curving towards the ground, you will know why this is called Dog Pose. Downward Facing Dog works and challenges your entire body especially your wrists, shoulders and legs. Also, having the head below the heart allows for greater blood flow to the face and brain, nourishing those areas. It takes tremendous discipline and courage to remain calm in Dog, though these faculties are developed.

Pose Performance: Come to all fours with your hands under your shoulders and your knees under your hips. Dig your toes under and

then breathe in deeply and prepare yourself. Now, as you exhale, gently lift your hips up into the air and press your arms and hands firmly into the ground. You will immediately feel the long stretch in the back of your body. Don't rush things while you are here, or try to push beyond your body's capabilities. Instead, breathe deep into your body as it opens gradually, moment by moment. Receive and enjoy the full-body stretch that Downward Facing Dog Pose brings.

The Dangers of Dieting

Fast ways to lose weight can cause long-term health risks

ANNA HALL
FEATURES WRITER

Many students find that dieting can be a beneficial method to lose weight and improve health, but there are many underlying dangerous risks.

Weight-conscious people sometimes go to extreme measures to look a desired way. When dieting is taken too far, the chances of developing eating disorders and abusing drugs such as laxatives, diuretics and diet pills increase.

Anorexia and Bulimia are two common eating disorders, especially in females in their late teens and early 20s.

Dr. Valerie Kissler-van Reede, psychologist at the Center for Counseling and Student Development said, "The numbers vary depending on how you define illness."

Anorexia is characterized by a significant weight loss resulting from excessive dieting and only includes approximately .5 percent of the population.

Most women and an increasing number of men are motivated by the strong desire to be thin and a fear of becoming obese. They consider themselves to be fat, no matter what their actual weight is.

Symptoms of Anorexia include noticeable weight loss, excessive exercise, fatigue and an obsession with food, calories or recipes.

Bulimia is defined by a cycle of binge eating followed by purging to try and rid the body of unwanted calories. A binge is different for all individuals. For one person a binge

may range from 1,000 to 10,000 calories, for another, one cookie may be considered a binge.

Purging methods typically involve vomiting and laxative abuse, but excessive exercise, fasting, and use of diet pills are also common.

Bulimia is more widespread and approximately 5 percent of college women suffer from it. Some symptoms are binge eating, secretive eating and bathroom visits after eating.

Another eating disorder that is not as well known is compulsive overeating, one that involves uncontrollable eating and consequent

are binge eating, going on many different diets and withdrawing from activities because of weight.

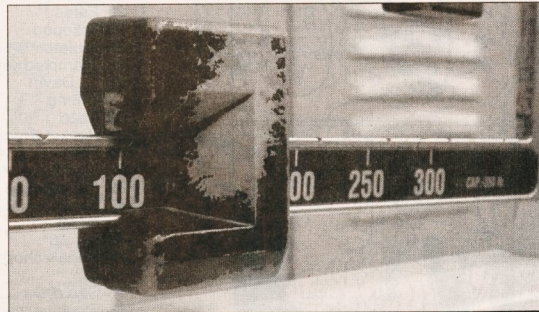
Anorexia, Bulimia and compulsive overeating are disorders commonly associated with depression, mood swings and disassociation from others.

Health risks are not only associated with disorders. The sale of diet pills continues to be on the rise in our society.

"I've got friends that spend so much money on diet pills, Slim Fast and stuff like that," said freshman Leann Clinker.

Many people are led to believe that they are a safe and effective way to lose weight. Most diet pills on the market are not safe and can cause serious side effects, including death.

Acutrim and Dexatrim, two popular brands of diet



Proper dieting and good fitness can help students with weight loss.

weight gain. Compulsive overeaters use food as a way to cope with stress, emotional conflicts and daily problems.

Common signs of the disorder

pills, contain a combination of phenylpropranolamine and caffeine. Phenylpropranolamine is a stimulant that increases heart rate and

see DIETING page A7

see COLLEGE page A7

"I had the strangest dream last night"

Dream analysis and interpretation for the beginner

WHITNEY RUSSELL
FEATURES WRITER

Sigmund Freud once said, "The interpretation of dreams is the royal road to a knowledge of the unconscious activities of the mind."

Everyone dreams, according to E.J. Bartek's Dream-analysis for Self-analysis and the Association for the Study of Dreams (ASD). Rapid Eye Movement (REM) studies have shown that there can be as many as two hours of dreaming three to four times each night. REM sleep allows people to experience their clearest dreams because the brain is extremely active during this cycle.

Approximately an hour and a half

of brain wave activity. During the sleeping state, the mind can see and record dreams.

Although physical reasons for dreaming are understood, the emotional and mental causes are less clear. There are quite a few theories behind the causes of dreaming. People tend to believe in what they experience during dreams. Many students, like Megan Styron, senior management major, are unsure of the theory that holds true for them.

"I think they have something to do with the subconscious," Styron said. Many experts and researchers agree.

In Joseph Weiss' article, "Dreams and their Various Purposes", he states that what someone dreams about often mirrors what he or she is most concerned with in life. Often problems and concerns cannot be put into perspective, and therefore bother many people.

may also have difficulty remembering a dream if he or she has not had immediate stresses.

Almost everyone who believes in the effects of dream analysis advocates keeping a pen and paper or a tape recorder beside the bed. Waking up slowly, without focusing on the upcoming day, is also a key to remembering dreams.

The skill of recalling a dream takes effort and improves, generally, from remembering a dream in pieces, to recalling an entire dream completely and clearly. Recording a dream immediately after waking is very important to help the dreamer build on what he or she remembers.

In order to analyze a dream, you may need to break it down into its key components. The dream's characters, actions, emotions, objects and surroundings are important aspects to interpreting a dream. Each aspect of the dream should be written

Common Dream Meanings

Dreams of Falling

As a symbol, falling highlights a loss of emotional equilibrium, anxiety or self-control. You may fear "letting go" in real life. It may represent your insecurity, a lack of self-confidence, a fear of failure or an inability to cope with a situation.

Dreams of Being Chased

Like dreams of falling, being chased reflects the dreamer's feelings of insecurity. Circumstances may be closing in on you or you may feel at the mercy of feelings that get out of control. You may have feelings of guilt or fear of being caught for something you have done.

Dreams of Buildings

Buildings and houses are symbols of yourself. The upstairs represents your conscious mind and the lower floors and cellar your hidden self. The cramped feeling of the cellar indicates frustration and a need to expand your activities or thinking. Decayed or crumbling buildings indicate that your self-image has suffered.

Dreams of Accidents

Your dream is not necessarily a premonition of the future. Nightmares of this type reveal deep anxieties and fears. The car crash may symbolize your emotional state. Are you driving yourself too hard? Perhaps you should slow your life down a bit.

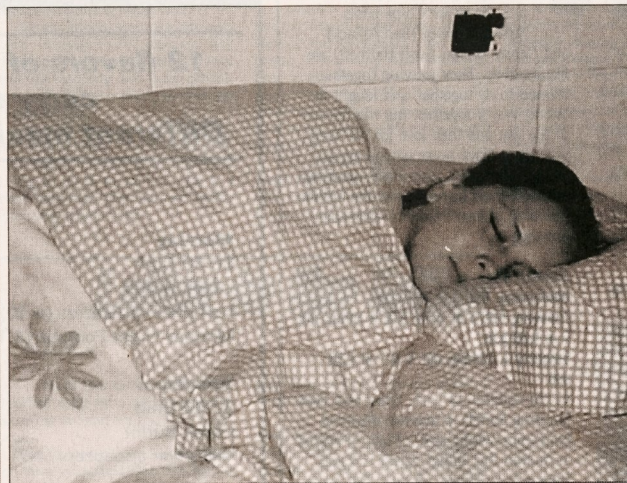
Dreams of Finding Treasure

Digging up buried treasure or finding money symbolizes rediscovering a part of yourself. Is there something that you have neglected or repressed? The dream may symbolize other things too: power, independence, or security.

Dreams of Being Nude in Public

This is a well-known anxiety dream. Dreams like this are sometimes interpreted as a fear of sexual relationships. Alternatively, it can signify the "naked truth" about yourself. Perhaps you fear failure or that you will make mistakes and be ridiculed? In your waking life you will need to overcome your feelings of vulnerability and learn self-confidence.

Info compiled from www.dreamsleep.net.



Senior Tara Cruthis slips off to a sleep filled with dreams from her subconscious. Most psychologists believe that dreams help to explain repressed feelings and emotions.

after falling asleep, dreaming cycles begin. Visual and motor impulses become active, which leads the brain to produce images and memories in, sometimes, unusual ways. The brain will then create a narrative for the scenes, which often reflects long-term problems or issues for the dreamer.

When you are asleep, your physical body, a very controlling factor in waking life, is no longer in control. Therefore emotional and mental faculties can take over, combined with the imagination, to create dreams. Varying consciousness states at any time cause varying levels

Janice C. Smith, licensed professional counselor in Greenville, said, "dreams can bring to the surface thoughts and feelings about what is going on in a person's life."

Before analyzing our dreams, we need to be able to remember them in as much detail as possible, but not everyone can do so. Often, simply by waking, a dream is forgotten. Dreams are very difficult to remember partially because the physical body had no part in the dream. Sometimes, a person cannot recall a dream immediately because they awake too quickly, by a sudden loud noise, such as an alarm clock. One

often reflect a long-term struggle for the dreamer. To attempt an interpretation, the person must look for similarities between feelings each time that the particular dream occurs.

Another phenomenon, nightmares, are often due to trauma, stress, illness and emotional problems. However, there are occasionally people who have frequent nightmares that do not reflect stresses in their lives.

Despite the many books and websites offered to decode or interpret a dream based simply on the

see DREAMS page A7

Dieting from page A6

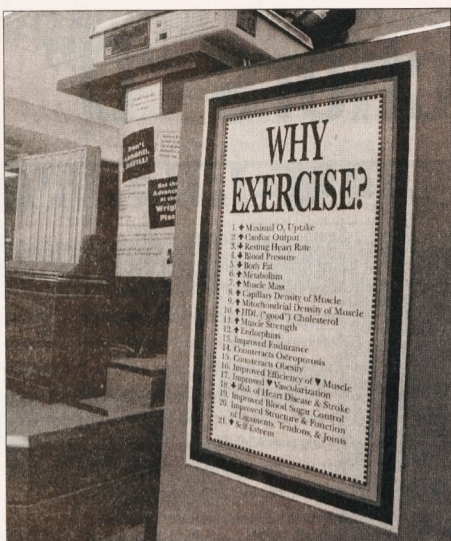
can cause dizziness, high blood pressure, nausea, anxiety, dry mouth and diarrhea.

Ephedrine is also found in many popular diet pills and food supplements and is the most dangerous. It has been linked to many deaths from heart attacks, strokes and seizures. Its side effects can include irregular heart rates, diarrhea, breathing problems and cardiac arrest.

Diet pills are not an effective or healthy way to lose weight. They are very dangerous and can lead to serious medical problems and death.

There are various fad diets that can also cause health risks. The Dr. Atkins diet, one that omits all carbohydrates, is by far the most popular diet right now.

"Carbohydrates are the body's primary source of fuel and the most efficient way that our bodies use nutrients," said Director of Nutri-



Posters like this one remind students the importance of fitness.

tion of Campus Dining Services, Joanna Meloche.

According to Meloche, when you cut carbs, you boost the fat and cholesterol in your diet, increasing the risk of heart disease.

The reason that some people lose weight on diets such as this is because by cutting carbohydrates, they automatically cut calories.

"Losing weight is all about cutting calories," Meloche said. According to Meloche, when you eat a meal, at least half of it should be complex carbohydrates such as pasta, bread, fruits and vegetables.

Practicing a healthy diet means eating in ways that meet but don't exceed your nutritional need. It is a knowledge-based skill and involves constant practice and adherence throughout your lifetime.

If you or someone you know has an eating disorder or any type of problem concerning eating habits, the Center for Counseling and Student Development has qualified doc-

tors that specialize in this area. Call 328-6661 for help.

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

Dream from page A6

symbols in it, few people really put faith in this simple solution. Most people see their dreams as meaningful to them. They may learn more about themselves, to better understand reasons for actions or feelings, through dream analysis. Many people also gain a creative drive from their own dreams. Simply using a dream dictionary is not usually effective because all aspects of a dream hold personal meanings.

"I tend to not trust books with dream definitions. I don't think that people who chose to spend money on them get much out of them," said Smith.

The best approach to take when attempting self-analysis is to look for similarities between feelings

conjured up through dreams, and actual situations in life. A dream diary may benefit someone who wants to keep track of dreams for future examination.

Dream recollection and analysis is a very complicated process with hundreds of different methods. There are unlimited sources for learning about what method or theory works best for you. For more information about dreams and dream analysis, a few sources to try are:

- www.asdreams.org (The Association for the Study of Dreams)
- www.karlwolfe.com
- www.newagedirectory.com

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

College from page A6

The AMA and 10 schools working to curb binge drinking are putting out their poll results now to create a buzz at the beginning of the school year, a time when thousands of college freshmen are exposed to the campus drinking culture for the first time.

Some students don't see a big problem, though. Marquette University freshman Jon Schultz, 18, said from what he had seen since classes started, most students limit their drinking to weekends. He and his friend Joe Tassone, 18, usually have a beer and a shot or two at a house party, Schultz said.

"They should just hope that their kids are smart and know when to do their schoolwork," said Schultz.

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Sports Editor
KYLE BARNES

 sports@theeastcarolinian.com
 252.328.6366

ECU Sports Outlook

Today

 Men's Soccer vs. Appalachian State
 Greenville, N.C. 3 p.m.

Thursday, Oct. 4

 Women's Soccer vs. Campbell
 Greenville, N.C. 3 p.m.

 Men's and Women's Swimming
 Greenville, N.C. 3 p.m.

Friday, Oct. 5

 Volleyball at Marquette
 Milwaukee, WI 7 p.m.

Saturday, Oct. 6

 Football at North Carolina
 Chapel Hill, N.C. 3:35 p.m.

 Volleyball at DePaul
 Chicago, IL 7 p.m.

 Men and Women's Cross Country hosts
 Overton-Pirate Invitational
 Greenville, NC

Men's soccer loses close battle to Memphis

FROM STAFF REPORTS

COLLIERVILLE, Tenn. - Senior Sean Fraser had a goal and two assists, as Memphis snapped a three-game losing streak and picked up its first win of the season with a 3-2 win over C-USA newcomer ECU at the Mike Rose Soccer Complex, Saturday evening.

Memphis (1-4-2, 1-1-1 C-USA) appeared fresh and attacked from the first whistle after relying on constant offensive pressure from Fraser, Lars Thorstensen and John Reilly, who each had a goal and posted five shots a-piece in the win. The Pirates had entered the match on a one-game winning streak but fell to 4-3 on the season and 1-2 in league play after the loss.

With the win, the Tigers improved to 1-1-1 in conference action after posting a season-high 21 shots which resulted in a career-high 12 saves from Pirate keeper R.J. Marvinney. Memphis outshot ECU 21-10 and held the edge on corner kicks 4-2.

The Pirates struck first in the second minute of play when Josh Foltz collected a pass from Joe Ellington for the 1-0 advantage. ECU would hold the lead for the ensuing 30 minutes before the Tigers equalized in the 34th minute when Fraser knocked home his second goal of the season

after taking a pass from defender Stephen Lewis which sent Memphis into the intermission tied at one.

The Tigers took their first lead of the match roughly twenty minutes into the second half when Fraser beat two ECU defenders and sent a looping ball to Thorstensen who briefly settled the bouncing pass, before slamming home his second goal of the year.

Things would get interesting during a two-minute span late into the second half when both teams scored with consecutive strikes. The Pirates struck first and eventually tied the match at two, off a brilliant re-start that began after Marvinney turned away a shot from Tiger forward Reid Greenslade.

The ECU keeper then fed a sprinting Brian Deutsch down the right sideline who crossed a ball to Sean Dugan for ECU's second goal of the night. Fortunately for Memphis, the tie quickly evaporated less than 1:30 later when Fraser collected his second assist on the night.

His shot, which was saved by Marvinney, produced a rebound in the mouth in the goal, which Reilly banged home for the game-winner.

ECU returns to action on Wednesday, Oct. 3 against Appalachian State. The match is slated for 3 p.m. at Bunting Field.

Fall Intramural Sports

There are many campus activities available to students, but perhaps none of them are more wild and fun-filled than Intramural Sports at the Student Recreational Center. The program is once again preparing to embark on another exciting season for recreational athletes campus wide. As the month of October arrives, football, volleyball and wiffleball are currently underway and one of the most popular sports is about to be launched. Intramural soccer is back, and the participants are ready to explode on the fields. If you plan on taking part in the action, attend the registration meeting on Monday, October 8, at 5 p.m. in Mendenhall Student Center Multi-Purpose Room. Any team captains interested in registering a team should plan on attending as well as any unaffiliated players seeking placement on a team. Official registration into league play will be available either following the meeting on October 8 or on Tuesday, October 9 from 10 a.m. to 6 p.m. in SRC room 128.

All-American defensive leader anchors "D"

Griffin gives heart and soul to Pirates

 RYAN ROCKWELL
 ASSISTANT SPORTS EDITOR

To say that Pernel Griffin is one of the greatest athletes at this school is an understatement. To state that Griffin is one of the most outstanding players to ever wear the purple and gold seems realistic. To comprehend the kind of leadership, warmth, and determination he displays daily, is inspiring.

Griffin was born Oct. 8, 1979 to Elbert and Barbara Griffin in Williamston, N.C. At Williamston High he became a standout athlete in football and track, while also playing basketball. He quickly showed his prowess on the football field and established a close working relationship with his coach, Harold Robinson.

"He talks to me on a daily basis," said Griffin. "He always criticizes me on the things I do and I love him for that."

Robinson got Pernel's name out to college scouts who came and saw Griffin play, without his knowledge. Griffin did not learn of his coach's efforts until after he had committed to attend ECU.

"I'm glad he didn't tell me. I probably would have choked," Griffin said.

Before long the critics took notice of Pernel's ability. During the 1997-recruiting year he was ranked by Southern Recruiting as the number 2 prospect in the state.

Although many schools pursued Pernel, East Carolina felt the most comfortable.

"When you get older, you start looking at other programs to find out what they are all about," Griffin said. "Coach Logan made me feel at home."

Indeed Head Coach Steve Logan and Griffin have the kind of relationship most coaches wish for.

"A lot of players and coaches have a coach to player relationship," said Logan. "Pernel is a very mature young man. He's allowed me to have a man to man kind of relationship with him. That's the best kind to have."

A product of Eastern North Carolina, Pernel believed that ECU offered him and his family just the things they were looking for.

"I wanted to play close to home. I wanted my parents to come to the games and see me play. They've been a great asset in my life; they've been a great supporter of me," Griffin said.

After being red-shirted in 1997, Griffin did not waste any time demonstrating his great ability, becoming an immediate success. In 1998 Griffin started all 11 games at

PERNELL GRIFFIN



ECU CAREER TACKLES

1. Harold Randolph (1974-77) 439
2. Mark Libiano (1992-95) 398
3. Jeffrey Warren (1977-80) 388
4. Pernel Griffin (1998-pr.) 376
5. Jeff Kerr (1996-99) 372
6. Mike Brewington (1976-79) 371

 Senior • Linebacker • 6'11"
 253 lbs. • Williamston, N.C.

- Had a school-record 24 tackles, including 13 solos and one for a loss, and recovered a fumble in season opener against Wake Forest
- Credited with 15 tackles and two pass breakups at Tulane
- Had 13 tackles, including one for a loss, vs. William & Mary
- Had 17 tackles and two pass breakups at Syracuse
- Selected as Conference USA Preseason Defensive Player of the Year as well as first team All-Conference USA by league coaches
- Named to preseason watch list for the Butkus Award, presented annually to the nation's best collegiate linebacker
- Named to the Rotary Lombardi Award watch list
- Named second team Preseason All-American by two publications
- First team All C-USA in each of the past two seasons
- Led the 2000 Pirates in tackles with 87, despite playing in just eight games
- Has recorded double-digit tackles in 17 of his 34 career starts, including all four games in 2001
- Named first team Freshman All-American by Football News in 1998

inside linebacker, ranking second in tackles to Jeff Kerr, with 99. He was named to the first team Freshman All-American team by Football News and registered a spot on the Conference USA All-Freshman team.

"I expected him to come in and take over the show when we recruited him," Logan said.

During the '99 season, Griffin became the Pirates production leader on defense with an awesome 121 tackles and four sacks. He became first team All-Conference USA and recorded 17 tackles in probably the most memorable game in ECU history, a 27-23 victory over the Miami Hurricanes in Raleigh. Griffin cites the strength and unity of the Pirates after Hurricane Floyd, which preceded the win over Miami.

"We've been through a lot of adversity. Guys lost homes and cars a few years ago. It feels good to look at the guys who lost houses and cars still here, still working hard, still trying to get that conference championship," he said.

Last season, Griffin anchored a defense that improved under the direction of then second-year and current Defensive Coordinator and Inside Linebackers Coach Tim Rose. Despite missing three games in 2000 with an MCL injury to his knee, Griffin led the Pirate tackling with 87 and again was named to the All-Conference team.

"Very early on I handed over the defense to him," Logan said.

"He's a rare combination," said Rose. "He impacts us every time he's in there. He's an All-American player

and an All-American leader."

Not surprisingly, Griffin has begun 2001 on a torrid pace, with 65 tackles in the first four contests. He has been named the 2001 pre-season Conference USA defensive player of the year. He is also a Lombardi Award candidate, the highest award given to a linebacker in the college ranks.

In the Pirates last game, Griffin passed Jeff Kerr for fourth on the all-time list for tackles. He recorded 17 tackles in the contest against Syracuse, bringing his career total to 376. However, despite all of his achievements at ECU, Pernel sees the college experience as something to be most proud of.

"I'm just proud I got to come to college and to meet people from all over the country, all over the world," Griffin said.

With a positive attitude, great work ethic, and a close relationship with his coaches and teammates, Griffin has become a leader on the field and in practice.

"I have changed from being a 'show' leader to a 'tell' leader. I had to be more vocal this year," Griffin said. "By me being more vocal, I guess that would get the attention of the younger guys. You have to lead by example, as well as being a vocal leader."

Coach Logan sees Griffin as a perfect fit for his definition of leadership.

"I don't cotton up to that lead by example adage. You have to be vocal and confront your peers. We demand that from our leaders, here,"

Logan said.

Griffin's coaches love the desire and the undeniable passion.

"We have a teacher student relationship," Rose said. "He's an 'A' student. He comes to practice every day with a great attitude. He is a leader by example."

Griffin is on pace to be one of the most prolific defenders in ECU history, yet never loses sight of the little things that got him there.

"I want people to realize that I always run to the ball, that I always give 110 percent whether I'm hurt or healthy," Griffin said. "I thank God because he gave me the strength and talent to show the country what I have to offer."

Although this ECU team is off to a tough 2-2 start, Griffin sees the potential for greatness.

"You have to play for one another and once we get the chemistry down, we will be an awesome team," Griffin said. "There is no limit to what this team can do."

After accomplishing so much, Griffin and his coaches hope the NFL takes advantage of all he has to offer.

"I'd be awfully shocked if he's not playing on Sundays," Rose said.

This weekend the Pirates take on the Tar Heels in Chapel Hill at 3:30 p.m. When the Pirates are on defense be sure to find number 47 in the middle of the field.

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

Women's soccer splits Tulane, Southern Miss

Duffy, Gray assume scoring duties

JESSICA JONES

The ECU women's soccer team had a busy weekend. The Lady Pirates were defeated in a conference match by Tulane on Friday, 2-0. On Sunday, ECU bounced back, and captured its third win in Conference USA, beating the Golden Eagles of Southern Miss 2-1.

"Tulane was tough and we could have communicated more, lack of communication was a problem for us," Van Coverden said.

In the Tulane match on Friday, ECU was out-shot 7-2 in the first frame, but held the Green Wave scoreless at the break. Tulane freshman Brooke Parker received a pass that topped the ECU defense and went past ECU goalkeeper Lauren Wolff. It was the fourth goal of the season for Parker. Wolff had three saves against the Green Wave on Friday.

ECU came back out of halftime with their energetic game faces on. The Lady Pirates unloaded five shots and had six opportunities from the corners, but still couldn't punch a score into the net.

"Tulane deserved to win today, they out-worked us on the field," said head coach Rob Donnerwirth. "We need to find a way to generate more scoring opportunities when we are on the road, and that didn't happen today."

Sunday's match against Southern Miss proved to be a more positive

experience. ECU closed the weekend with a C-USA victory against the Golden Eagles 2-1. Junior co-captain Amanda Duffy scored her fifth goal of the season in the first half of play. Just five minutes after Southern Miss scored its first goal, Duffy tied the score, 1-1.

The match remained knotted until senior co-captain Kelly Gray launched a free direct kick into the Golden Eagles net, scoring ECU's final goal with four minutes remaining on the clock.

Wolff had another solid game producing eight saves against the Golden Eagles.

"We started off rough and we pulled it together in the second half," said Wolff.

"It was a good win for us considering we were a little banged up," Donnerwirth said. "Southern Miss has a solid team with some really good players. We just executed at the right times and made some good decisions when opportunities presented themselves."

"The Southern Miss game set the tone for us, and the next few conference games are going to be big because we are going to be playing some of the top teams," said sophomore Emily Van Coverden.

The Lady Pirates improved to 5-4 overall and 3-1 in C-USA. The Pirate's next match will be at the Bunting Field Soccer Complex, on Oct. 4, at 3 p.m. ECU will play hosts to Campbell in a non-conference match up.

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

Fall Scrum kicks-off 2001



Photograph by Kenny Smith

The ECU men's rugby team kicked-off the 2001 season in Greenville last weekend against Camp LeJune. The men lost a close first match, 7-5. In its 27 year of existence, rugby is one of the highest established club sports at ECU. The Pirates will travel to Appalachian State University this weekend to compete in Octoberfest. People who are interested in becoming new members are encouraged to visit practices. The men's team practices every Tues.-Thurs. from 4-6 p.m.

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Thursday, Oct. 4 10 am - 3 pm Student Plaza
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Ronald E. Dowdy
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Trade In Your Tarheel Blues For PURPLE PRIDE!

Wednesday, Oct. 3 - Saturday, Oct. 6

Bring in your old UNC t-shirt, sweat-shirt or hat and ECU Dowdy Student Stores will take 25% off any regular priced similar apparel item!

Drop off item at customer service counter to receive coupon. One discount per customer. Clean condition only, please. No other discounts apply. Prior purchases excluded. All UNC apparel will be donated to the Salvation Army.

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Large print

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