

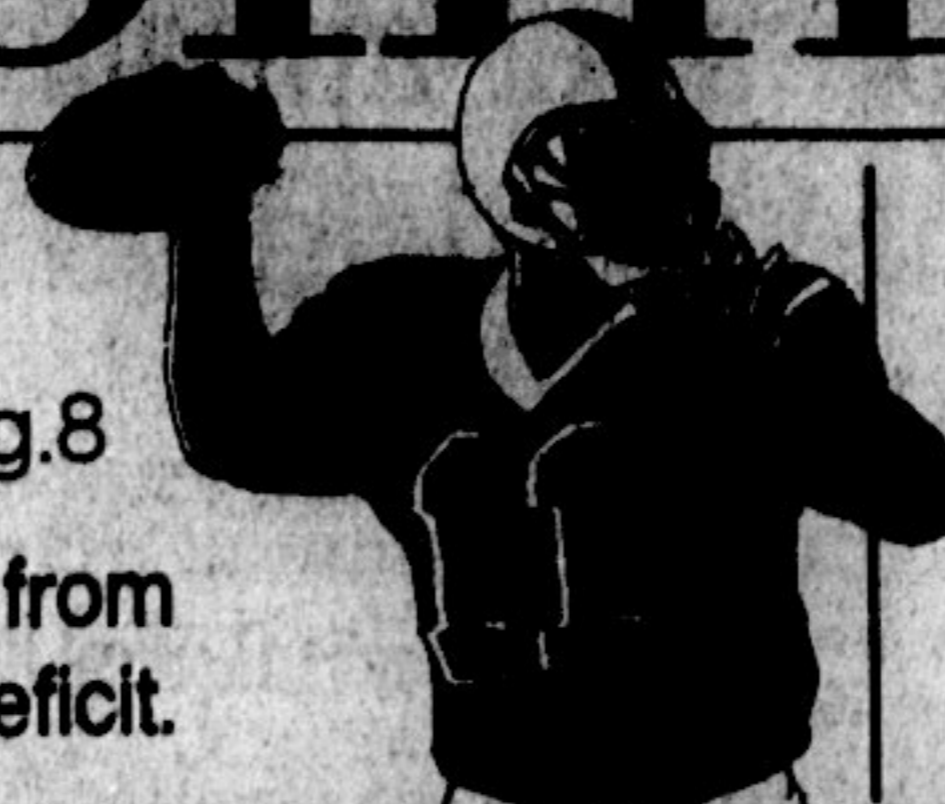
WHO'S AFRAID OF...? pg. 6

Control can help conquer fears and phobias.



PIRATES FALL TO UAB pg.8

Brooks, Blazers come back from deficit.



TODAY'S WEATHER

Sunny, and 10

TUESDAY, NOVEMBER 9, 1999

53 days to go until 2000

NEWS BRIEFS

A blood drive will be held from noon-6 p.m. tomorrow in Mendenhall Student Center.



Money for students and staff severely impacted by flooding is available through the ECU Family Relief Fund. Those who are interested may access an application through the public folder on exchange or pick one up in the Financial Aid and SGA offices.

The annual Chancellor's Awards for Excellence ceremony will be held at 3:30 p.m. today in Room 244 of Mendenhall Student Center.

The Office of International Affairs will set up information tables in order to let students learn more about international exchange and studying abroad opportunities. The tables will be located tomorrow on the first floor of GCB, on Nov. 17 in front of the Wright Place and on Nov. 24 again on the first floor of GCB.

The Fountainhead, the arts and entertainment magazine of The East Carolinian, is looking for a new editor. All interested applicants must have a minimum GPA of 2.0 and present a writing portfolio and a statement of intent to Holly Harris at TEC office, located on the second floor of the Student Publications Building. For more information call 328-6366.

A research team from North Dakota State University has developed a treatment for people who have experienced flood-induced trauma. They will be testing this treatment from 9 a.m.-5 p.m. today in Rawl Room 113.

The men's and women's basketball teams will play exhibition games tonight starting at 6 p.m. when the Lady Pirates go against the Slovakian National Team. In the men's game, ECU will play the USDBL All-Stars at 8 p.m.

Multicultural Reading Day will take place from 3-4:30 p.m. on Thursday, Nov. 11 in GCB 1032. If you wish to participate by reading one to five minutes from your favorite author or text, contact Dr. Seodial Deena at 328-6683 or Dr. Gay Wilentz at 328-6678 and supply the names of the author, text and length of reading time. Power point, electronic text and dramatization are strongly encouraged. Admission is free and refreshments will be served.

The City of Greenville will hold two public information meetings for flood victims interested in applying for a property buy-out or funds to elevate their structure. The first Hazard Mitigation Grant Program Public Information Meeting will be held at 6:30 p.m. tonight in the Willis Building on the corner of Reade and First Streets. The second meeting will be held at 6:30 p.m. on Wednesday, Nov. 10 at the Pitt County Agricultural Building, located on Government Circle off Old Creek Road.

ONLINE SURVEY

Did you register for classes online?

Vote online at tec.ecu.edu

The results of last week's question: Do you consider your academic adviser helpful?

65% YES 34% NO

Registration begins, students face many options

Opinions vary as to which system is best

Maura Buck
STAFF WRITER

This week students begin registering for spring 2000 classes, and many are overwhelmed by the options available to them.

Today, via the Internet, telephone, and terminal procedures, a student can register in various ways.

The oldest of the registering methods is the terminal. Students must bring their registration form signed by their academic advisor and their assigned registration code.

"I would certainly compose a list of alternate courses with your advisor including not only other section numbers, but also other courses to make the process a little easier," said Amy Bissette, assistant registrar.

In years past, students have been known to camp out and stand in line for hours on end. Despite those pitfalls,



Senior Ashley Batts pre-registers at Whichard for Spring 2000 semester. (photo by Emily Richardson)

many upper-class students feel more comfortable with the terminal method simply because it is the one most familiar to them.

"I'd rather see it on screen as the technician types it in rather than the Web or the telephone," said Gerri Ashe, a senior Communications major. "This way, I don't have to worry about an operator making a mistake or the Web site crashing."

Certainly there are some valid fears with the alternate

methods of signing up for courses, yet other students feel it is a welcome change to waiting in line at their department building.

An advantage to both the Web and the telephone registrations are the hours of operation. Throughout the week students can commence their scheduling process on their designated day at 6 a.m.,

See **OPTIONS**, page 2

SGA pay matches minimum wage

Income fair compared to other campuses

Angela Harne
STAFF WRITER

Like most students with campus jobs, the SGA executive officers look forward to their paychecks at the end of every month.

But exactly how much are they getting paid?

Overton Harper, SGA Treasurer, stated that the officers' monthly pay varies based on their position. The president, vice-president, secretary and treasurer receive \$400, \$250, \$200 and \$275, respectively.

According to SGA President Cliff Webster, all representatives also receive \$200 a semester for books.

SGA advisor, Dean of Students Ron Speier, said that the payments are approved by the student body legislature.

"I've been the advisor for the past 10 years," Speier said. "The

payment amounts have been changed over the years based on each representative's workloads. They have also been compared to other leadership roles on campus."

Opinions about their salaries vary among the student representatives.

"I think that our pay is very reasonable," said SGA Vice President John Meriac.

"When you weigh our office hours and work outside of the office, the pay evens up to about minimum wage."

"I don't think the pay is reasonable at all," Webster said. "A student cannot live off of \$400 a



SGA President Cliff Webster, V. President John Monroe, Treasurer Overton Harper and Secretary Jessica Dowdy

month. If I did not have an extra job, I would not be able to survive."

"The pay is reasonable," said Jessica Dowdy, SGA secretary. "I

See **SGA**, page 4

Graduate fair impresses other schools

35 programs draw students

Angela Harne
STAFF WRITER

After four years of school, a number of students are making decision to go back to school.

The Second Annual Graduate and Professional School Fair took place last Thursday with undergraduates searching for prospective schools in which they will help them get their master's or doctorate. Representatives from various schools set up booths from 10 a.m.-1:30 p.m. in the Multi-Purpose Room in Mendenhall Student Center.

"I found the fair very helpful," said junior Adam Carroll. "I'm interested in the law schools and there were many to choose from. Everyone was very nice and well-organized."

According to Dr. Max Poole, associate dean of graduate school, the fair was successful.

"This is a great honor for us," Poole said. "We are gaining national recognition. It's very impressive to me that so many graduate schools have come

"It's very impressive to me that so many graduate schools

have come from such great distances." —Dr. Max Poole, associate dean of graduate school

from such great distances." Graduate school representatives were impressed with students.

"I've seen a fair amount of students," said Anna Basnight of Graduate Admissions for Appalachian State University. "Many students have a good idea of what they're looking for. It's quite impressive."

"I am delighted to be here from the West Coast," said Sandy Lane, Bastyr University representative. "I just met a student who traveled from UNC-Wilmington for this fair. All the students are highly motivated and impressive."

The day was a busy one for students and the over 35 graduate school representatives.

"I've had a lot of traffic," said

David Snafer, a representative from N.C. State. "Students are focused and everything is very organized."

"This fair is amazing," said Terri Woods, ECU associate professor department of biology. "Usually you are lucky if you talk to one student, but I just finished talking to six. Students are excited and enthusiastic."

"This is my second year here," said Pam Reynolds, Chatham College representative. "We had several students from ECU apply last year and are now in our physical assistant school." Some students were disappointed with the fair.

"The fair was all right," said junior Christopher Columbus. "I'm a physical therapy major and some of the graduate schools were more helpful than others." "Unfortunately there was only one pharmacy school," said senior Ayne Adenew. "It would be really great if ECU could incorporate a pharmaceutical school."

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

SOM device gives hope to aneurysm victims

Cost of treatment estimated at \$20,000

Ashley Roberts
STAFF WRITER

The Food and Drug Administration has recently approved an endovascular device that is being tested at the ECU School of Medicine.

According to the Medical Center News and Information of University Health Systems and the School of Medicine, this device is used for treating abdominal aortic aneurysms without major surgery.

According to Dr. William Bogey, a vascular surgeon at the School of Medicine, an abdominal aortic aneurysm affects the main blood vessel coming out of the heart. An aneurysm is the "ballooning" out of the artery. This ballooning effect can cause the artery to burst, and the victim could bleed to death.

"Generally, but not always, those over 60 years old tend to be more likely to be diagnosed with an abdominal aortic aneurysm," Bogey said. "People that smoke or have hypertension also

tend to be higher at risk."

According to Bogey, an abdominal aortic aneurysm usually has no effect until it ruptures.

He described how a endovascular device would be placed into a patient.

"It is first inserted through incisions in the groin and then loaded into a fairly large catheter which can be released and will stick to the walls of the aorta," Bogey said.

Bogey further described how very small hooks are then latched onto the wall of the aorta. As a result, blood flows through the catheter instead of the aneurysm, which makes it less likely to rupture.

He stated that the total cost for the repair of an abdominal aortic aneurysm, with the help of this new device, will be approximately \$20,000.

"This device is brand new on the market and very few people know how to use it," Bogey said.

According to the ECU School of Medicine, treatment with the device had a 91 percent success rate.

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

Staff member watchdogs for bogus medical Web sites

Internet information not always accurate

Carolyn Herold
STAFF WRITER

Debra Warner, a librarian and Internet specialist at the Laupus Health Sciences Library, knows that some information posted on the Internet is inaccurate. Even information on medical Web sites that are supposed to be helping people.

Warner is interested in helping Internet users find valid medical Web sites. She has taught a Web-based course on evaluating information via the Web and will teach a course for librarians in SC in

January on the same thing. Warner has also worked to help the citizens of Eastern NC, with a news blur evaluating health sites aired on channel 9.

"[Evaluating sites] is an ongoing part of my position here at ECU," Warner said.

According to the research group FIND/SVP, there are approximately 12,000 medical Web sites, only half of which are considered respectable sources.

An article titled "Evaluation of Cancer Information on the Internet" in the Journal Cancer states that there is a six percent rate of clearly erroneous information on Web sites, some of this erroneous

See **MEDSITES**, page 4

CRIME SCENE

Nov. 3

Overdose—A student was transported to Pitt County Memorial Hospital after overdosing on allergy/sinus medication, cutting her wrists and taking an unknown pill in Belk Hall.

Larceny—A student reported that the passenger-side window of his vehicle was broken while parked north of the Student Recreation Center. A pair of sunglasses was the only reported missing item.

Possession of Weapon—A non-student was found in possession of brass knuckles in Clement Hall after it was reported that a gun was possibly in the room. A gun was not located.

Harassing Phone Calls—A student in Aycock Hall was issued a campus appearance ticket for misusing the telephone by placing calls to another student in Fletcher Hall and making sexual comments.

Nov. 4

Driving While Impaired, Second Degree Trespassing—A non-student was arrested for DWI and Second Degree Trespassing after officers had warned him not to come back when responding to a intoxicated and disorderly call from Belk Hall earlier. The DWI charge was later dropped.

Miscellaneous Call—A student in Cotten Hall reported that an unknown male had approached her in Mendenhall Student Center asking where she lived and then stated he had followed her and did know her address.

Larceny—A student in Greene Hall reported having some clothing stolen from a fifth floor dryer.

Tampering with a Motor Vehicle—Two students were issued state citations for tampering with a vehicle parked in Curry Court.

Nov. 5

Damage to Property—A staff member reported that a parking meter in the Fifth & Harding Street parking lot was damaged.

Communicating Threats—A student was issued a CAT for communicating threats to another student on the north side of Tyler Hall.

Failure to Appear, Possession of Marijuana, Possession of Drug Paraphernalia—Officers were dispatched to a room in Scott Hall for a possible Controlled Substance Act violation. While there, officers conducted a consent search in which marijuana and drug paraphernalia items were found. The two occupants of the room were issued state citations and CATs. One of the students was arrested for failure to appear in court on a previous offense.

Nov. 6

Vandalism—A non-student was arrested for damage to real property when a staff reported seeing him break a glass window to the Mendenhall Computer Lab.

Possession of Weapon on Campus—Two non-students were both arrested for misdemeanor possession of a weapon on campus. One was also charged with felony possession of a weapon on campus. Officers found two .270 caliber rifles and one 12 gauge shotgun in a vehicle.

24-Hour Lock-Up—A non-student was placed into 24-hour lock-up at Pitt County Detention Center after his sister, a student, requested that he leave. The subject was too intoxicated to do so.

Family of three in critical condition after apparent murder-suicide

ANAHEIM, Calif. (AP)—A family of three remained in critical condition Sunday after a man allegedly shot his estranged wife and toddler in a motel room before turning the gun on himself.

Ijaz Hussain, 29, of Whittier, his 26-year-old wife Eglia and 14-month-old daughter Jasmine were hospitalized in critical condition at the University of California, Irvine Medical Center in Orange, said Sgt. Michael Gray.

Early police statements erroneously said the father and daughter had died.

The family checked into the Parkway Inn Friday night. Officers were called there shortly after 5:30 a.m. Saturday by reports of gunshots.

Hussain apparently shot his wife and daughter and then himself, Gray said. A handgun was found at the scene, he added.

"The shooting may be the result of a domestic violence incident" but the nature of the dispute was unclear, he said.

Mrs. Hussein filed for divorce in April after four years of marriage, according to court records.

She had been separated from her husband for several months and was living with her sister and mother in the Los Angeles suburb of Whittier, her father, Dagoberto Perez, told the Orange County Register.

The couple had a history of domestic violence, police and relatives said.

"One day I came home and found that he had beaten her, so I kicked him out," said Perez, who had been living with the couple. His daughter left with Hussain, she added.

"He kept bothering, calling her, and she tried not to see him," said Mrs. Hussain's mother, Milka Perez. "But I guess he was putting too much pressure on her, and so she went with him—and that's what happened."

Hussain, a Pakistani immigrant, had been held at a federal detention center in Eloy, Ariz. pending a deportation hearing, but was released in August.

Families mourn victims of EgyptAir 990 crash

NEWPORT, Rhode Island (AP)—Relatives of the victims of EgyptAir Flight 990 gathered Sunday to bid them a wrenching farewell, with one woman wailing "My baby, my baby!" and others holding onto each other after an emotional service at the edge of the sea where their loved ones remain.

About 250 family members gathered on a clear, cold afternoon at a park overlooking the Atlantic Ocean as leaders of the Jewish, Christian and Islamic faiths offered readings, chants and prayers in three languages.

"Your loss is great, your pain deep, but you must find solace in the memory of those wonderful moments you shared with your loved ones," said Egyptian Ambassador Nebil Fahmy, who read from the Bible and the Koran.

Relatives were led to the water through a corridor formed by military personnel and caregivers including workers from Red Cross, National Transportation Safety Board and Salvation Army.

Some wept and wiped their faces with handkerchiefs as they dropped flowers into the sea, while others left their flowers in a wicker basket. One woman was so overcome that she had to be helped to the beach. Others wailed and wept.

A military honor guard carried the basket to a Coast Guard helicopter, which hovered overhead briefly before slowly departing. The Coast Guard said the helicopter would drop the flowers at the crash site Tuesday.

OPTIONS from page 1

two hours before the terminal method is available.

The other two methods are similar in nature. To access either source, the student must obtain a PIN (Personal Identification Number). This number is acquired through the Student Desktop at <https://intranet.ecu.edu/student/ecupin.cfm>. After following the directions, the PIN will be sent to the student's Exchange e-mail account within seconds.

The telephone number for the telephonic registration is 328-2149 and the Web address is <http://www.student.ecu.edu>.

Mike Slatken, a freshman in Exercise and Sports Science plans on registering on the Web because "it is so convenient. I think that it is ridiculous to stand in line for hours, not to mention a waste of time."

"It was a disaster," said Sharon Doucet, sophomore mathematics major. "I started dialing at 6 a.m. to find constant busy signals until 6:15 a.m. when it began to ring and then disconnect me. I ended up just going to a terminal."

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

Government looks at Microsoft remedies

WASHINGTON (AP)—The nation's top antitrust official says the government is "looking at a full range of remedies" to punish Microsoft following a judge's ruling that the software giant misused its monopoly powers.

Despite U.S. District Judge Thomas Penfield Jackson's preliminary findings against Microsoft, however, both the government and the company expressed a willingness to consider an out-of-court settlement.

In an open letter, Microsoft Chairman Bill Gates said the company is committed to "a fair and responsible" resolution. The company's chief operating officer, Bob Herbold, said on the Sunday talk shows that "there's nothing we'd like more than to settle this case."

Assistant Attorney General Joel Klein, who also appeared on three television programs, said, "Obviously settlement is always an option."

Neither Klein nor Herbold would suggest what an agreement might entail.

"We would need a settlement that deals with the very findings that the court made in this case, a settlement that produces consumer choice, in-

See GOVT, page 4

Brown & Brown

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ACROS

Ohio State photographs available for men's condition for men's the Ohio State U rugby team position first.

In front of the trial in Washington was photographer from The Twelve of the 3 were topless.

Suspended from two games, the scrutiny from un-

The administration considering possible said David Williams, the Student Affairs

Rugby is a club the team falls under of Student Affairs

Head Coach J team wants to with a plan where were topless in would be punished

"The student they did something great harm to the definitely clear," are very willing to and make amend-

The photograph came about when in front of the Lin take a group photograph was taken took another shot off while covering their hands. The I shot them putting on, Moore said.

According to which ran in Th patch Monday, th to market the p shirts that would pus-

Moore said th such plan.

"Let me assure no time any org plan by the club ket or distribute [or] calendars fea OSU women's Moore said.

ACROSS OTHER CAMPUSES

Ohio State U—Topless team photographs have long been a tradition for men's rugby teams, but the Ohio State University women's rugby team posing topless was a first.

In front of the Lincoln Memorial in Washington, D.C. the team was photographed by a photographer from The Washington Post: Twelve of the 37 team members were topless.

Suspended from practice and two games, the team is still under scrutiny from university officials.

The administration has been considering possible repercussions, said David Williams II, vice president of Student Affairs.

Rugby is a club sport at OSU, so the team falls under the jurisdiction of Student Affairs.

Head Coach Jon Moore said the team wants to present Williams with a plan where only the girls who were topless in the photograph would be punished.

"The students understand that they did something that caused great harm to the university, that's definitely clear," Moore said. "They are very willing to make up for that and make amends."

The photograph in question came about when the team stopped in front of the Lincoln Memorial to take a group photo. After the photograph was taken, a few players took another shot with their shirts off while covering themselves with their hands. The Post photographer shot them putting their shirts back on, Moore said.

According to the Post story which ran in The Columbus Dispatch Monday, the team had plans to market the photograph on T-shirts that would be sold on campus.

Moore said there was never any such plan.

"Let me assure you there was at no time any organized intent or plan by the club to produce, market or distribute pictures, T-shirts, [or] calendars featuring unclothed OSU women's rugby players," Moore said.

NCSU—A lot of North Carolina State University students helped out with Hurricane Floyd relief by donating money and supplies during the drives here on campus. The NCSU relief effort is now continuing with the College of Veterinary Medicine.

North Carolina's veterinarians and interested citizens, and the NCSU College of Veterinary Medicine faculty and students came together, according to the Hurricane Floyd Animal Relief Effort Web page, to form a field hospital for lost and hurt animals.

"The College of Veterinary Medicine field hospital was established to minimize the animal suffering associated with the impact of Hurricane Floyd," describes the Web page.

"Our number-one goal," said Kelli Ferris, director of the field hospital, in a recent news release, "has always been to reunite these animals with their owners."

The Web page also explains that donations have been made by local businesses, corporations and citizens, and these donations have paid for food and supplies that were necessary to treat over 500 lost pets.

Though the college initially helped out in the field, now most of the animals have been found and treated—and the main work remaining is locating the owners. This search is done using the Internet.

"We knew we needed a way for people across the state to see pictures of animals," said Leigh Ann Wilder, director of college relations in the College of Veterinary Medicine.

She said that for this reason, the college bought a digital camera and started taking pictures of animals that were found when the college worked with rescue efforts to find and treat animals.

Color pictures of located cats and dogs have been posted on the Web page. The Internet provides a perfect medium for getting the pictures available to people everywhere.

Violence committed by children on the rise

PHOENIX (AP)—Penny McCardole's stepfather used to push a garbage can up against his bedroom door at night, hoping the sound of it toppling over would wake him if the 13-year-old tried to kill him while he slept.

Greg Virden, Penny's stepfather, says he had good reason to be afraid.

Since she was 5, Penny has hit teachers, hurled desks and beat other kids. A buckled wooden door, torn from its hinges by the girl, leans against the kitchen wall in her Mesa mobile home.

That recent fit of rage landed Penny in juvenile hall, one of a steadily increasing number of kids being sent there for domestic violence.

In 1998, 1,779 kids in Maricopa County were cited for domestic violence, compared with 1,255 kids in 1994, said Cherie Townsend, director of juvenile court services for Maricopa County.

The increase is worrisome, experts say. But even more alarming, they say, is that the kids are getting more violent. A kid who once shoved his mother now punches her in the face. Dad gets

beat to the floor instead of just pushed aside. And parents who hit their kids get it in return, blow for blow.

"This is the most violent industrialized country on the planet, socially and culturally, so it's not surprising to see it in homes," said Thomas Haines, professor of social work at Arizona State University West. "...The severity of the violence does seem to be increasing. ...We're seeing violent crimes leading up to homicides within families."

This summer, a Phoenix teenager with a history of violent behavior at home reportedly killed his father with a baseball bat as the man slept on the couch, according to police.

Experts point to myriad reasons for this violence—turbulent family life, violence on television and in movies, mental illness—but they agree that all children are different, and so are their reasons for lashing out.

Penny's third-grade school picture shows a sweet-looking girl with pink hearts on the collar of her shirt. It was the last one she had taken.

Her mother, Wendy Virden, pulled Penny out of school shortly after that, deciding to teach the little girl at home. Wendy says the teacher

was so afraid of Penny that she did not make her do any schoolwork.

Penny was just 5 when she hit a teacher—for the first time. She did it again in first, second and third grades.

Now a teenager, she's still a sweet-faced young girl, but she talks tough about fighting with her stepfather, sometimes coming to blows.

Her stepfather recalls the fights with dismay. They put the household in turmoil and strained his relationship with his new wife of just a year and a half, he said.

In fact, the couple separated for a short time but are now reunited and getting counseling through their church.

"I wasn't the perfect Mom all the time, either," Wendy admits.

When Penny was younger, Wendy says she would leave Penny and her brother, now 17, alone while she went to the bar.

Penny was so hard to control that Wendy says she often resorted to grabbing her by the hair or hitting her. It was something she learned from her own parents, Wendy said. And something she taught her daughter.

At 6, Penny beat up a 5-year-old boy who wouldn't share his toys.

Even the point of her pencil snapping could send her into a rage. "She was a bomb," her mother said.

At Central Christian Church in Mesa, Penny growled at people who talked to her, even just to say, "Good morning."

"I wanted to curl up in a cave and stay there," she said. "I was mad at the world."

It was on Mother's Day this year that a fight between Penny and her stepfather got so out of hand that Wendy called police.

When officers arrived about 1:30 p.m., Penny was in her room, shaking the bunk beds so hard that they moved away from the wall. It was the night Penny wrenched the door from its hinges.

"When I get mad, I get strong," she said.

The girl's probation officer recommended counseling, Wendy said, rolling her eyes. Penny has been in counseling since she was in kindergarten. Wendy, now 36, has been going since she was 19. "It's not helping," she said.

They needed something more.

Nearly 100 arrested at fraternity party

BLOOMSBURG, Pa. (AP)—About 100 people were arrested on underage drinking and other charges in a weekend raid on a fraternity house near a police station.

Some of those arrested were as young as 15; most of were Bloomsburg University students or their younger brothers and sisters, police said.

Police estimated the basement beer party crowd at about 200 people.

The bust appears to be the largest in Bloomsburg in at least the last decade. It came as parents of many students were in town for the annual parents' weekend to showcase the university.

One woman was found unconscious in the basement and was taken to a hospital.

Plainclothes officers entered the party about 11:30 p.m. Friday and were charged \$5 at the door, Sgt. Leo Sokoloski said. Police had the house under surveillance for some time. Officers knew a party was planned when a delivery of canned beer arrived earlier in the day. A warrant to enter the property had been prepared in advance.

Fraternity members stationed outside listened to scanners tuned to police frequencies in hopes of learning of any bust before it happened, Sokoloski said. But police used coded frequencies that can't be

picked up on civilian scanners.

Local police issued 65 citations, Sokoloski said; he estimated that those cited by state police and liquor agents would bring the total to about 100.

Sokoloski noted that some of those busted are 15 and 16 years old. They were apparently visiting with parents for the weekend and went to the bash with older brothers and sisters.

"Big brother and big sister were showing them a good time," the sergeant said. No parents were found in the house, he said.

Officers and members of the GEO fraternity would not talk to reporters.

A Bloomsburg University spokesman said school officials are waiting to see that all the charges are true before taking action.

The fraternity risks losing its charter with the university. The students face individual hearings before the student conduct board. GEO is currently recognized by the university.

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PRIME SCENE

Nov. 3

Overdose—A student was transported to Pitt County Memorial Hospital after overdosing on allergy/sinus medication, cutting her wrists and taking an unknown pill in Belk Hall.

Larceny—A student reported that the passenger-side window of his vehicle was broken while parked north of the Student Recreation Center. A pair of sunglasses was the only reported missing item.

Possession of Weapon—A non-student was found in possession of brass knuckles in Clement Hall after it was reported that a gun was possibly in the room. A gun was not located.

Harassing Phone Calls—A student in Aycock Hall was issued a campus appearance ticket for misusing the telephone by placing calls to another student in Fletcher Hall and making sexual comments.

Nov. 4

Driving While Impaired, Second Degree Trespassing—A non-student was arrested for DWI and Second Degree Trespassing after officers had warned him not to come back when responding to an intoxicated and disorderly call from Belk Hall earlier. The DWI charge was later dropped.

Miscellaneous Call—A student in Cotten Hall reported that an unknown male had approached her in Mendenhall Student Center asking where she lived and then stated he had followed her and did not know her address.

Larceny—A student in Greene Hall reported having some clothing stolen from a fifth floor dryer.

Tampering with a Motor Vehicle—Two students were issued state citations for tampering with a vehicle parked in Curry Court.

Nov. 5

Damage to Property—A staff member reported that a parking meter in the Fifth & Harding Street parking lot was damaged.

Communicating Threats—A student was issued a CAT for communicating threats to another student on the north side of Tyler Hall.

Failure to Appear, Possession of Marijuana, Possession of Drug Paraphernalia—Officers were dispatched to a room in Scott Hall for a possible Controlled Substance Act violation. While there, officers conducted a consent search in which marijuana and drug paraphernalia items were found. The two occupants of the room were issued state citations and CATs. One of the students was arrested for failure to appear in court on a previous offense.

Nov. 6

Vandalism—A non-student was arrested for damage to real property when a staff reported seeing him break a glass window to the Mendenhall Computer Lab.

Possession of Weapon on Campus—Two non-students were both arrested for misdemeanor possession of a weapon on campus. One was also charged with felony possession of a weapon on campus. Officers found two .270 caliber rifles and one 12 gauge shotgun in a vehicle.

24-Hour Lock-Up—A non-student was placed into 24-hour lock-up at Pitt County Detention Center after his sister, a student, requested that he leave. The subject was too intoxicated to do so.

Family of three in critical condition after apparent murder-suicide

ANAHEIM, Calif. (AP)—A family of three remained in critical condition Sunday after a man allegedly shot his estranged wife and toddler in a motel room before turning the gun on himself.

Ijaz Hussain, 29, of Whittier, his 26-year-old wife Eglia and 14-month-old daughter Jasmine were hospitalized in critical condition at the University of California, Irvine Medical Center in Orange, said Sgt. Michael Gray.

Early police statements erroneously said the father and daughter had died.

The family checked into the Parkway Inn Friday night. Officers were called there shortly after 5:30 a.m. Saturday by reports of gunshots.

Hussain apparently shot his wife and daughter and then himself, Gray said. A handgun was found at the scene, he added.

"The shooting may be the result of a domestic violence incident" but the nature of the dispute was unclear, he said.

Mrs. Hussein filed for divorce in April after four years of marriage, according to court records.

She had been separated from her husband for several months and was living with her sister and mother in the Los Angeles suburb of Whittier, her father, Dagoberto Perez, told the Orange County Register.

The couple had a history of domestic violence, police and relatives said.

"One day I came home and found that he had beaten her, so I kicked him out," said Perez, who had been living with the couple. His daughter left with Hussain, she added.

"He kept bothering, calling her, and she tried not to see him," said Mrs. Hussain's mother, Milka Perez. "But I guess he was putting too much pressure on her, and so she went with him—and that's what happened."

Hussain, a Pakistani immigrant, had been held at a federal detention center in Eloy, Ariz. pending a deportation hearing, but was released in August.

OPTIONS from page 1

two hours before the terminal method is available.

The other two methods are similar in nature. To access either source, the student must obtain a PIN (Personal Identification Number). This number is acquired through the Student Desktop at <https://intranet.ecu.edu/student/ecupin.cfm>. After following the directions, the PIN will be sent to the student's Exchange e-mail account within seconds.

The telephone number for the telephonic registration is 328-2149 and the Web address is <http://www.student.ecu.edu>.

Mike Slatken, a freshman in Exercise and Sports Science plans on registering on the Web because "it is so convenient. I think that it is ridiculous to stand in line for hours, not to mention a waste of time."

"It was a disaster," said Sharon Doucet, sophomore mathematics major. "I started dialing at 6 a.m. to find constant busy signals until 6:15 a.m. when it began to ring and then disconnect me. I ended up just going to a terminal."

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

Government looks at Microsoft remedies

WASHINGTON (AP)—The nation's top antitrust official says the government is "looking at a full range of remedies" to punish Microsoft following a judge's ruling that the software giant misused its monopoly powers.

Despite U.S. District Judge Thomas Penfield Jackson's preliminary findings against Microsoft, however, both the government and the company expressed a willingness to consider an out-of-court settlement.

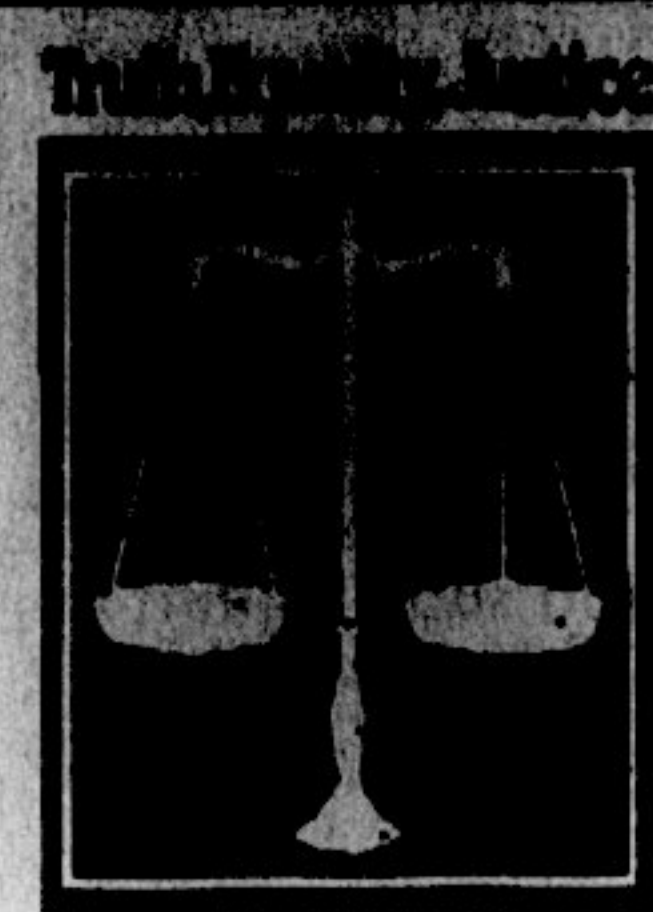
In an open letter, Microsoft Chairman Bill Gates said the company is committed to "a fair and responsible" resolution. The company's chief operating officer, Bob Herbold, said on the Sunday talk shows that "there's nothing we'd like more than to settle this case."

Assistant Attorney General Joel Klein, who also appeared on three television programs, said, "Obviously settlement is always an option."

Neither Klein nor Herbold would suggest what an agreement might entail.

"We would need a settlement that deals with the very findings that the court made in this case, a settlement that produces consumer choice, in-

See GOVT, page 4



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Families mourn victims of EgyptAir 990 crash

NEWPORT, Rhode Island (AP)—Relatives of the victims of EgyptAir Flight 990 gathered Sunday to bid them a wrenching farewell, with one woman wailing "My baby, my baby!" and others holding onto each other after an emotional service at the edge of the sea where their loved ones remain.

About 250 family members gathered on a clear, cold afternoon at a park overlooking the Atlantic Ocean as leaders of the Jewish, Christian and Islamic faiths offered readings, chants and prayers in three languages.

"Your loss is great, your pain deep, but you must find solace in the memory of those wonderful moments you shared with your loved ones," said Egyptian Ambassador Nebil Fahmy, who read from the Bible and the Koran.

Relatives were led to the water through a corridor formed by military personnel and caregivers including workers from Red Cross, National Transportation Safety Board and Salvation Army.

Some wept and wiped their faces with handkerchiefs as they dropped flowers into the sea, while others left their flowers in a wicker basket. One woman was so overcome that she had to be helped to the beach. Others wailed and wept.

A military honor guard carried the basket to a Coast Guard helicopter, which hovered overhead briefly before slowly departing. The Coast Guard said the helicopter would drop the flowers at the crash site Tuesday.

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ACROS

Ohio State photographs had condition for men's the Ohio State U rugby team pos first.

In front of the rial in Washington was photograph pher from The Twelve of the 3 were topless.

Suspended f two games, the scrutiny from ur

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Rugby is a clu the team falls un of Student Affair

Head Coach J team wants to with a plan where were topless in would be punish

"The student they did somet great harm to the definitely clear," are very willing to and make amenc

The photogr came about wher in front of the Li take a group pho tograph was tak took another sho off while coverin their hands. The shot them puttin on, Moore said.

According to which ran in TH patch Monday, th to market the p shirts that would pus.

Moore said th such plan.

"Let me assur no time any org plan by the club ket or distribute [or] calendars fea OSU women's Moore said.

ACROSS OTHER CAMPUSES

Ohio State U—Topless team photographs have long been a tradition for men's rugby teams, but the Ohio State University women's rugby team posing topless was a first.

In front of the Lincoln Memorial in Washington, D.C. the team was photographed by a photographer from The Washington Post: Twelve of the 37 team members were topless.

Suspended from practice and two games, the team is still under scrutiny from university officials.

The administration has been considering possible repercussions, said David Williams II, vice president of Student Affairs.

Rugby is a club sport at OSU, so the team falls under the jurisdiction of Student Affairs.

Head Coach Jon Moore said the team wants to present Williams with a plan where only the girls who were topless in the photograph would be punished.

"The students understand that they did something that caused great harm to the university, that's definitely clear," Moore said. "They are very willing to make up for that and make amends."

The photograph in question came about when the team stopped in front of the Lincoln Memorial to take a group photo. After the photograph was taken, a few players took another shot with their shirts off while covering themselves with their hands. The Post photographer shot them putting their shirts back on, Moore said.

According to the Post story which ran in The Columbus Dispatch Monday, the team had plans to market the photograph on T-shirts that would be sold on campus.

Moore said there was never any such plan.

"Let me assure you there was at no time any organized intent or plan by the club to produce, market or distribute pictures, T-shirts, [or] calendars featuring unclothed OSU women's rugby players," Moore said.

NCSU—A lot of North Carolina State University students helped out with Hurricane Floyd relief by donating money and supplies during the drives here on campus. The NCSU relief effort is now continuing with the College of Veterinary Medicine.

North Carolina's veterinarians and interested citizens, and the NCSU College of Veterinary Medicine faculty and students came together, according to the Hurricane Floyd Animal Relief Effort Web page, to form a field hospital for lost and hurt animals.

"The College of Veterinary Medicine field hospital was established to minimize the animal suffering associated with the impact of Hurricane Floyd," describes the Web page.

"Our number-one goal," said Kelli Ferris, director of the field hospital, in a recent news release, "has always been to reunite these animals with their owners."

The Web page also explains that donations have been made by local businesses, corporations and citizens, and these donations have paid for food and supplies that were necessary to treat over 500 lost pets.

Though the college initially helped out in the field, now most of the animals have been found and treated—and the main work remaining is locating the owners. This search is done using the Internet.

"We knew we needed a way for people across the state to see pictures of animals," said Leigh Ann Wilder, director of college relations in the College of Veterinary Medicine.

She said that for this reason, the college bought a digital camera and started taking pictures of animals that were found when the college worked with rescue efforts to find and treat animals.

Color pictures of located cats and dogs have been posted on the Web page. The Internet provides a perfect medium for getting the pictures available to people everywhere.

Violence committed by children on the rise

PHOENIX (AP)—Penny McCordole's stepfather used to push a garbage can up against his bedroom door at night, hoping the sound of it toppling over would wake him if the 13-year-old tried to kill him while he slept.

Greg Virden, Penny's stepfather, says he had good reason to be afraid.

Since she was 5, Penny has hit teachers, hurled desks and beat other kids. A buckled wooden door, torn from its hinges by the girl, leans against the kitchen wall in her Mesa mobile home.

That recent fit of rage landed Penny in juvenile hall, one of a steadily increasing number of kids being sent there for domestic violence.

In 1998, 1,779 kids in Maricopa County were cited for domestic violence, compared with 1,255 kids in 1994, said Cherie Townsend, director of juvenile court services for Maricopa County.

The increase is worrisome, experts say. But even more alarming, they say, is that the kids are getting more violent. A kid who once shoved his mother now punches her in the face. Dad gets

beat to the floor instead of just pushed aside. And parents who hit their kids get it in return, blow for blow.

"This is the most violent industrialized country on the planet, socially and culturally, so it's not surprising to see it in homes," said Thomas Haines, professor of social work at Arizona State University West. "...The severity of the violence does seem to be increasing. ...We're seeing violent crimes leading up to homicides within families."

This summer, a Phoenix teenager with a history of violent behavior at home reportedly killed his father with a baseball bat as the man slept on the couch, according to police.

Experts point to myriad reasons for this violence—turbulent family life, violence on television and in movies, mental illness—but they agree that all children are different, and so are their reasons for lashing out.

Penny's third-grade school picture shows a sweet-looking girl with pink hearts on the collar of her shirt. It was the last one she had taken.

Her mother, Wendy Virden, pulled Penny out of school shortly after that, deciding to teach the little girl at home. Wendy says the teacher

was so afraid of Penny that she did not make her do any schoolwork.

Penny was just 5 when she hit a teacher—for the first time. She did it again in first, second and third grades.

Now a teenager, she's still a sweet-faced young girl, but she talks tough about fighting with her stepfather, sometimes coming to blows.

Her stepfather recalls the fights with dismay. They put the household in turmoil and strained his relationship with his new wife of just a year and a half, he said.

In fact, the couple separated for a short time but are now reunited and getting counseling through their church.

"I wasn't the perfect Mom all the time, either," Wendy admits.

When Penny was younger, Wendy says she would leave Penny and her brother, now 17, alone while she went to the bar.

Penny was so hard to control that Wendy says she often resorted to grabbing her by the hair or hitting her. It was something she learned from her own parents, Wendy said. And something she taught her daughter.

At 6, Penny beat up a 5-year-old boy who wouldn't share his toys.

Even the point of her pencil snapping could send her into a rage.

"She was a bomb," her mother said.

At Central Christian Church in Mesa, Penny growled at people who talked to her, even just to say, "Good morning."

"I wanted to curl up in a cave and stay there," she said. "I was mad at the world."

It was on Mother's Day this year that a fight between Penny and her stepfather got so out of hand that Wendy called police.

When officers arrived about 1:30 p.m., Penny was in her room, shaking the bunk beds so hard that they moved away from the wall. It was the night Penny wrenched the door from its hinges.

"When I get mad, I get strong," she said.

The girl's probation officer recommended counseling, Wendy said, rolling her eyes. Penny has been in counseling since she was in kindergarten. Wendy, now 36, has been going since she was 19.

"It's not helping," she said. They needed something more.

Nearly 100 arrested at fraternity party

BLOOMSBURG, Pa. (AP)—About 100 people were arrested on underage drinking and other charges in a weekend raid on a fraternity house near a police station.

Some of those arrested were as young as 15; most of were Bloomsburg University students or their younger brothers and sisters, police said.

Police estimated the basement beer party crowd at about 200 people.

The bust appears to be the largest in Bloomsburg in at least the last decade. It came as parents of many students were in town for the annual parents' weekend to showcase the university.

One woman was found unconscious in the basement and was taken to a hospital.

Plainclothes officers entered the party about 11:30 p.m. Friday and were charged \$5 at the door, Sgt. Leo Sokoloski said. Police had the house under surveillance for some time. Officers knew a party was planned when a delivery of canned beer arrived earlier in the day. A warrant to enter the property had been prepared in advance.

Fraternity members stationed outside listened to scanners tuned to police frequencies in hopes of learning of any bust before it happened, Sokoloski said. But police used coded frequencies that can't be

picked up on civilian scanners.

Local police issued 65 citations, Sokoloski said; he estimated that those cited by state police and liquor agents would bring the total to about 100.

Sokoloski noted that some of those busted are 15 and 16 years old. They were apparently visiting with parents for the weekend and went to the bash with older brothers and sisters.

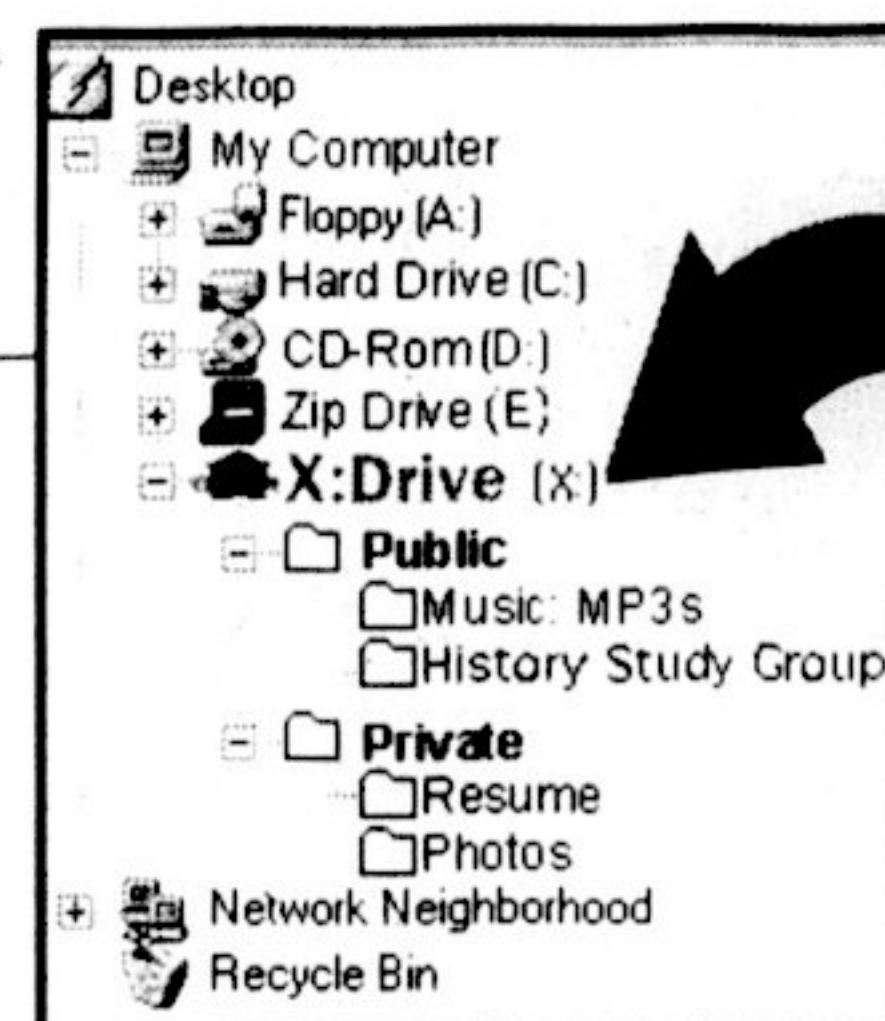
"Big brother and big sister were showing them a good time," the sergeant said. No parents were found in the house, he said.

Officers and members of the GEO fraternity would not talk to reporters.

A Bloomsburg University spokesman said school officials are waiting to see that all the charges are true before taking action.

The fraternity risks losing its charter with the university. The students face individual hearings before the student conduct board. GEO is currently recognized by the university.

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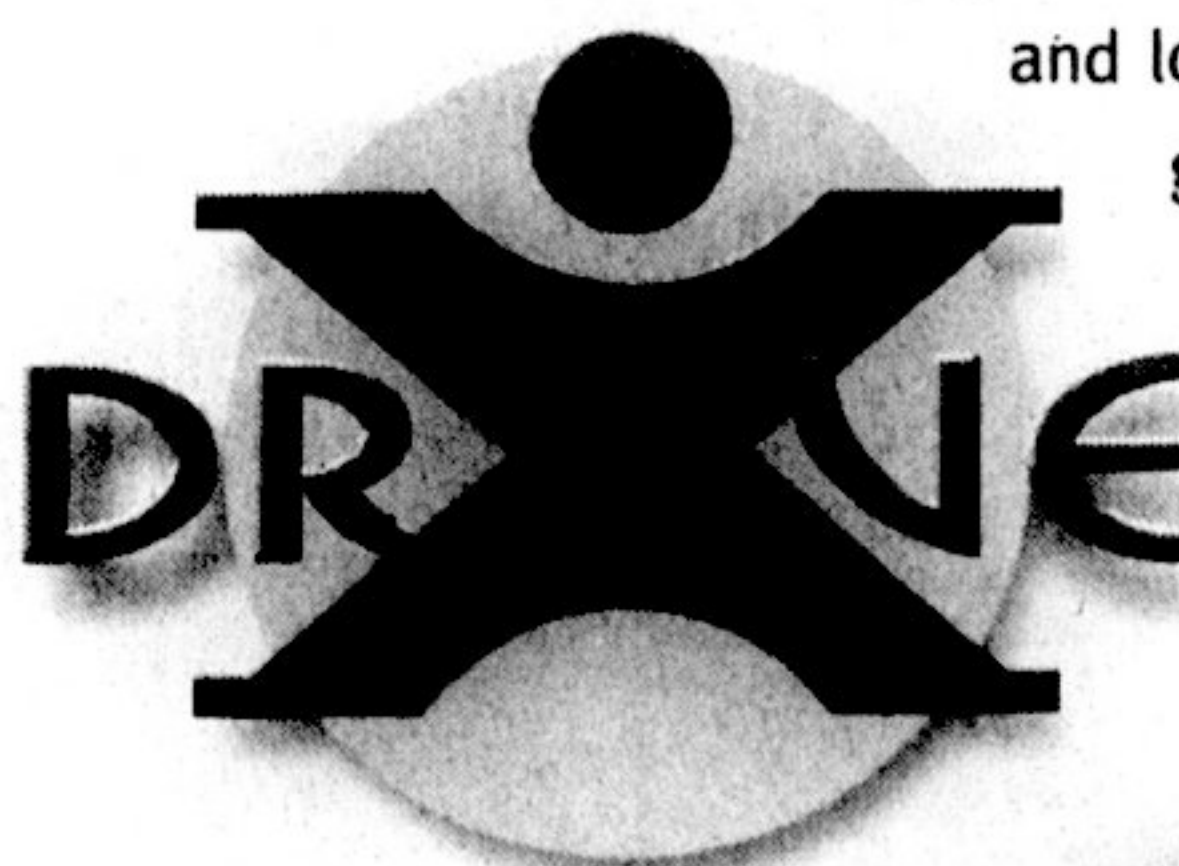
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SGA from page 1

work hard but I am glad I get what I get. Every little bit helps."

"[The pay] is reasonable," Harper said. "Although it depends, because sometimes months are slow, but other times it is really busy and the work never seems to end. Then when you realize you are making less than minimum wage, it's not so great."

According to Speier, SGA salaries are always compared to student government representative wages at other NC campuses.

"I think the incomes are fairly

prepared," Speier said. "All decisions go before the student body [legislature]. The meetings are open and all opinions are heard."

At NCSU, representatives are paid monthly. The student body president makes \$3,600 a year, the student body treasurer makes \$3,300 a year. The president of the Senate and the chief of justice both earn \$3,300 a year.

At UNC-CH, representatives are paid by semester. The executive president and the judicial attorney general make \$2,400 a year.

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

MED SITES from page 1

information is in the Encyclopedia Britannica.

There is an honor code system that some sites use to ensure the viewer that the information contained on their site is correct. These sites have a button that states they are a member of the HON code of conduct.

These honor code sites have to adhere to guidelines for admittance into the system. Any medical advice is given by a trained and qualified professional, unless specifically stated otherwise. The in-

formation provided is intended to support, not replace a qualified health care worker's advice.

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

GOV'T from page 2

novation and competition in the market," Klein said on "Fox News Sunday."

He cited "serious issues here about law enforcement and the antitrust laws. And of course if Microsoft were prepared to engage on those issues, we would be prepared as well."

In Gates' letter, which appeared as a full-page advertisement in The Washington Post, he wrote that "Microsoft is committed to resolving this matter in a fair and responsible manner, while ensuring that

the fundamental principles of consumer benefit and innovation are protected."

"At the heart of this case," he said, "is whether a successful American company can continue to improve its products for the benefit of consumers."

The letter, addressed "To Our Customers, Partners and Shareholders," also appeared on Microsoft's World Wide Web site, dated Friday, the day Jackson released his ruling. It was similar to a statement Gates read on the same day.

Attention First-Year Students

The Office of Orientation and the First-Year Experience presents

"Wanted: Students Who Want Jobs on Campus"

When: Tuesday, November 9th at 3:30 p.m.

Where: Multipurpose Room, Mendenhall

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NEWS

1. HOT DOG RECOGNIZED AS NORTH CAROLINA'S NEW STATE BIRD



OUR VIEW

A lot of students can remember back a couple of years to when SGA members voted to raise their salary. The general uproar was considerable, but eventually blew over without any major effects. Many students were upset to learn that their SGA representatives had the power to increase their own pay by vote.

So what's the going rate for presidents, secretaries, vice presidents and treasurers around here these days?

This year's administration is making a pretty competitive salary compared to those at other schools.

NCSU student body presidents make \$3,600 a year. Compare that with Cliff Webster's \$4,800 salary. UNC-CH executive presidents come in at rock-bottom with a \$2,400 yearly salary.

Even so, our SGA president takes his salary to task, claiming, "A student cannot live off of \$400 a month."

Webster, while being the highest-paid SGA official, also says he has to have another job to survive.

The SGA executives say that they're being paid about minimum wage, which is probably true, considering all the long hours and dedication they put into their jobs. But compared to officials at other schools, they live like kings.

The question is, do we as students feel comfortable with the status quo? Do we think our representatives are paid too much? Too little? Just right? How do we feel about our representatives working at two jobs just to make ends meet?

It's up to the administration to vote for their own pay, but an informed student body makes all the difference in the outcome of the vote. Knowing what we think about the issue will make the SGA more likely to comply with our wishes.

Next time the question comes up, we need to consider how much we're willing to pay our hard-working representatives. Next time, perhaps we should get the facts before we get upset about a pay-raise. After all, they're only making minimum wage.

The question is, do we as students feel

comfortable with the status quo? Do

we think our representatives are paid

too much? Too little? Just right? How

do we feel about our representatives

working at two jobs just to make ends

meet?

LETTER FROM THE EDITOR Support your campus voice

Thank you so much for your continued support of The East Carolinian. Without your input and continued readership, it would be impossible for us to go about the business of reporting campus news. Currently this is a time of great transition for us, and I would like to share with you some of our current struggles and triumphs.

Firstly, we have been engaged in a progressive redesign of the publication throughout this semester in order to make your newspaper more reader-friendly. We have added teasers on the top of the front page highlighting important stories inside the paper, and have provided sidebars of fast facts down the side of each section to allow you to get the information you need quickly.

This new focus on user-friendly devices has also led us to revamp our Web site to include discussion boards, comics and a listing of our classified ads. In that vein, we have made an attempt to combine the two mediums with the addition of the writers' e-mail addresses at the end of every story or column, an addition which leads to this editor's primary concern—student participation in TEC.

I, and the more than 50 staff members that work each week to put out editions of your campus newspaper would love to see your faces, hear your voices and read your e-mails. It is our goal and our responsibility to give voice to every type of student concern, but it is difficult for us to do this without hearing from the

people for which we publish.

I urge you to take advantage of the forum that you have right at your fingertips. Please send us your story ideas, letters and pictures. Or, more importantly, we want you on our staff covering the news and issues that are vital to us all. From sports to human interest stories to design positions, there is a job here for every interest and talent.

Right now, we are seeking a new editor for our award-winning arts and entertainment magazine, Fountainhead. This publication will not appear on the stands for a month as we endeavor to redesign the look and re-evaluate the type of material we include within its covers. If you, or anyone you know, would like to have input on this process, or apply for the editorial position, please give us a call at 328-6366.

Lastly, as many of you may have noticed, several of the latest editions of TEC have been reaching the racks early in the afternoon instead of early in the morning. These editions of the paper have been prepared with no less care and attention than issues in the past. However, we have been faced with several technical printing problems that have caused us to deliver the paper to campus later than we would wish. We appreciate your continued patience as we continue to work through these difficulties.

Again, please feel free to contact us about any concerns or ideas you may have.

Remember, we are your campus voice.

This writer can be reached at editor@studentmedia.ecu.edu.

OPINION COLUMN

Take control over TV's adverse effects

Christie Marra
OPINION COLUMNIST

Here's an idea from my little corner of the world to yours: action—don't talk about it, be about it. I got that from a skateboard company, and it makes perfect sense in response to Kenton Bell's article about the media. All over the place people complain about how much violence there is on TV and the negative ideas that it puts into the minds of our youth, but no one seems to do much about this problem. We all have the power to stop the madness and regain control of our lives. Lucky you, I am going to tell you exactly what needs to be done.

I grew up with TV and Sesame Street like any other kid out there. When I lived at home, my parents had cable and all the other stuff. My first two years here, I had TV and cable, until now. Now, I have none of the above. Yep, that's right. I am probably one of the few students/Pitt County residents without this modern "necessity." Honestly, I miss Saturday morning cartoons, but I have gained something in the midst of my yearning for Sylvester and Speedy Gonzalez.

Since my involuntary hiatus from the "magical box" I have become a far better conversationalist than I could have ever imagined. Sorry to blow my own horn (actually I'm not) but without the TV you are actually forced to hold lengthy conversations with your company, listen to music with them, and become an active part of

life instead of a mindless vegetable transplanted into the sofa.

In regards to the action statement from the beginning, each one of us has the power to become sparkling conversationalist and put an end to the mind-numbing informercials, brain-rotting soap operas and mindless other programs. This power lies in the palm of your hands or the cracks in between the cushions of your couches—the remote and the off button. Yes, when both are used as a team, they can solve many of the problems you are facing today.

Someone I know said the TV was evil. Actually I agree with him, look at what it has done for society today. People complain about there not being enough communication in their relationships—well get off your ass, turn off your TV, and actually talk to your significant other. If you have kids and you don't like the shows they watch, you can regain your dwindling control just by pressing that little button and sending your children to play in traffic. It's amazing how when the TV is involved people will magically turn into blindly obedient slaves.

So, each and every one of us can regain control of our lives and quite possibly become better conversationalist without that damn TV. Instead of complaining about nothing being on TV or having a relationship that lacks what is essential to it, just press the button. I know you can do it, so why haven't you done so already?

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OPINION COLUMN

Deviant political behavior influences our vote

Marvelle Sullivan
OPINION COLUMNIST

Presidential campaigns and elections never cease to amaze. There is no way to prepare or expect the twists that occur in each stage of the seemingly long and drawn out process. Oddly enough, voting behavior is one of the few variables that possesses a somewhat relative predictability. Electoral patterns based on gender, age, race, religion, etc. are reliable determinants when forecasting election results, especially on the national level.

However, the current presidential race is presenting a true voting behavior puzzle. Clinton's success in the two previous elections is largely due to his overwhelming support from the female electorate. Despite his moral shortcomings that would seemingly dissuade female voters, his political agenda is tailored to promoting women's issues and concerns in many aspects through health care plans and other related focuses. Women obviously found Clinton's politics more important than his private escapades.

Generally, one would conclude that if a candidate existed that would both continue Clinton's strides and could possess some sense of personal and family values, this candidate would be a shoe-in for the female vote. We have that described candidate, but we do not have that strong female support.

Al Gore is constantly trailing George W. Bush, Jr. in the polls among women. The Democrats are understandably shocked and amazed that someone with Gore's experience, ideology and (seeming) character is still not locking in the very vote that ushered Clinton in the Oval Office—not once, but twice!

It is almost comical that women are preferring Bush, someone whose background is questionable (i.e. alleged cocaine use and marital infidelity) and is very gray on women's issues to someone like Gore who champions both family and female values. It's not that the decision is necessarily bad, but rather it is baffling, and women are not the only Clinton-supporting voting segment that is leaning away from Gore. The female turn is just a prime example of a large political phenomenon.

This brings the puzzle to the underlying questions: Is it really possible that we are now in an age when voters (particularly women) really do favor the candidate that is associated with more human-like or tragic flaws, even if that means straying from traditionally concrete voting behavior?

Is the kind of charisma that drives politicians (like Bush, Jr., Kennedy and Clinton) to less than socially desirable behavior more magnetic and attractive than the steadfastness of such politicians that provide much less excitement and enthusiasm (like Gore, Carter, and Ford)? Or, is it just that our societal norms and expectations are changing and that the political arena is an example of politics imitating life?

The answers to these questions can not be determined at this point. To be sure, the 2000 election will provide very interesting insight into the changing nature of the modern political era.

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OPINION COLUMN

Daily stressors take toll on writer

Ryan Kennemur
OPINION COLUMNIST

Hello my friends! Long time, no see! I haven't had an article for the past couple of weeks, and some people thought I might have been fired or something. But make no mistake, the Ryan Dogg is like the Energizer Bunny, the only difference being that he doesn't shed acid if left out in the open too long.

Well, let's get to it. A lot of things are going on these days in my life. Over the past month, I have had multiple projects, exams, deaths in the family, two-thirds of my income (The Fountainhead is taking a hiatus) taken away and various other forms of stress to deal with. You're probably asking yourself, "How do you deal with it, Dogg?" My only answer to this is—I don't.

Just like the majority of the students here at ECU, I have no earthly clue as to how to handle stress. I go out and exercise, throw rocks through windows and run from the police, but I can never get past the tension that builds right there in the small of your back...you know that spot...right the I wake up at 8 every morning and read up for my classes, even though I don't have class until noon. This is just to keep up with my studies, so it's not like I'm reading about why Miss April doesn't like hang gliding. That's usually reserved for between classes, anyway. But my point is that I just don't have any true "Ryan time" anymore.

I know that all of this work is for my future career, but sometimes a person just needs to get away. I'd love to be able to just sit back and let my parents pay for everything, but this is the life I have chosen. I

lived in Belk for three years, and believe me, that was easier than paying bills and dealing with landlords. The biggest complaints I ever had in the dorm were about the heat, the parking, and the fact that my roommate and his girlfriend would wake me up in the middle of the night with their "wrestling."

So, what do we (you and I) do about these stressors that have found their way into our lives? We could schedule time each day to do whatever we want, or we could stop procrastinating and get our assignments done right when we get them, or we could just flunk out of school and live poor and homeless. Well, scratch that last one. I like Bojangles too much to give up my future. I guess I may never know how to effectively deal with stress. Hmm...maybe Miss April knows...

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OPINION COLUMN

Beware of corporate monopolies

Jeff Buck
OPINION COLUMNIST

Merger. This seems to be a very recurring word in the news these days. From pharmaceuticals to web browsers, everyone is buying out who ever is left. While this may seem like no big deal, it is.

In the business world you know the bottom line and that is money. It can keep you going and it can break you. When a company becomes large enough it has access to money that can be used to form a monopoly in the industry. To monopolize, you simply eliminate competitors and lower production cost. In other words, if you sell books, buy out all your competitors, buy paper mills and lumber supplies.

So what does it have to do with you? The answer to that lies in what happens after a merger. When two

companies merger, they usually claim to have a bigger company that can do bigger and better things with its products for the consumers; however, it usually ends up as a bigger hold on the industry, which leads to higher pricing and doing about whatever it wants.

Take the recent pharmaceutical merger. You like Advil? One of the companies makes this and if they own a big enough share of the market, they can eliminate other headache remedies. Then what else could you buy? If you can't buy something else you will either pay what they want you to pay or keep the migraine.

Now, don't go crazy thinking that Advil will cost you 20 dollars a pop. The company will try to keep its prices down and the good old government will step in if necessary. But, you can look at other industries and see that this ideal balance and

check system doesn't always work the way it should. The railroad industry in the 19th century is a great example. Have you heard of Rockefeller? Yes, he was a man that monopolized the rail industry and made millions. Have you heard of Bill Gates? He is currently being accused of a monopoly in the computer industry.

It is simple to see that many companies sell out every day, and no one is hurt. Some companies buy out others and gain lots of the market. But, we must stay alert and beware of the giant evil "corpses" and what they are planning to do. Most of all, we need to know what can go wrong and make sure that it doesn't happen. So look out for yourself. After all, history can repeat itself.

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FEATURES BRIEFS

Mystic's Favorite: Tarot Cards

Tarot is the name given to a deck of cards mainly used for fortunetelling. The cards were first introduced into Europe by Crusaders or by the Roma (Gypsies) between 1095 and 1270 and are known to have been in use in Italy during the early 14th century. Today, increasing numbers of people use tarot cards as a tool for self-exploration and personal growth. Their exact origin is uncertain.



A full tarot deck consists of 78 cards: the Minor Arcana (56 suit cards) and the Major Arcana, also known as trumps (22 pictorial symbol cards). The Minor Arcana, looking somewhat like a deck of modern playing cards, consist of suits of wands (clubs), cups (hearts), swords (spades) and pentacles (diamonds). Each suit contains 14 cards: four court cards (king, queen, knight and page) plus cards numbered from ace to 10. The Major Arcana consist of a fool (also called a madman) card and pictorial cards numbered from one to 21.



The Universal Waite Tarot

For many decades, The Rider Waite Tarot Deck has been the most popular Tarot deck sold. Now in this new publication of that Tarot artist, Mary Hanson-Roberts recolors the originals in softer colors that are easier on the eye and therefore more conducive to meditation.



The Robin Wood Tarot Deck

The illustrations are lifelike and friendly. Unlike other decks that portray emotionless figures, Robin Woods' characters wear expressions of wisdom, approval, joy, concern, fear and contemplation, making this one of the easiest decks to read.



The Renaissance Tarot Deck

A full-color, 78-card deck rendered in golden hues and delicate pastel shading. The 22 Major Arcana cards feature all 12 deities of Olympus, plus other classical gods and demigods. The four suits in the 56 Minor Arcana are represented by four classical myth cycles with an interlocking system of planets, constellations, seasons and elements.



The Sacred Circle Tarot

The Sacred Circle Tarot is a new concept in tarot design, combining photographs, computer imaging and traditional drawing techniques to create stunning images. It draws on the sacred Pagan heritage sites of Britain and Ireland and their landscapes. Key symbols unlock the deepest levels of Pagan teaching.



The Old English Tarot

This deck is set against a tapestry of medieval England. The Major Arcana features traditional scenes and figures while the Minor Arcana is a visual journey into an era that spans the imagination.



The Druid Animal Oracle

The 33 animals in the deck, brilliantly illustrated by Bill Worthington, represent specific powers and areas of knowledge to connect us with ancient Celtic earth-based spirituality.

All tarot cards courtesy of Chivalry Sports Renaissance Store at www.renstore.com/tarot.shtml.

Keep style trends, avoid split ends

Weaves save damaged tresses from additional distress

Nina M. Dry
ASSISTANT FEATURES EDITOR

It seems as if hair styles change as fast as a New York minute. It can be difficult on the pockets (and on one's hair) to keep up with all the new 'dos and colors. And wouldn't it be nice to change the length of your hair without a pair of scissors touching one strand of it? Well, all of this and more is possible with the wonderful world of hair extensions.

Hair extensions have been growing in popularity among many women. Even in Hollywood, many celebrities such as Jennifer Lopez, Brittany Spears and Toni Braxton have accentuated their own locks with extensions. According to Gregg Gilchrist, owner of Gregg's Total Care Salon, in his four years in business, he sees hair extensions as a growing field and has seen an in-

crease of its use in the area. Also the purpose of why women use them has changed over the years.

"Previously, extensions and weaves were used to cover damaged and weak areas in the hair," Gilchrist said. "Now instead of changing the color, length or the style of one's hair, one can use the extensions. It's a way to get the desired style without changing the texture of one's hair."

Women can either go to a salon and have a hair technician put weaves in for them or purchase the hair at a beauty supply shop and put it in themselves. The hair comes in a variety of lengths, colors and textures. According to Samantha Edmondson, employee at Sally's Beauty Supply, the two types they sell are synthetic and human hair extensions.

"Most of the time we sell synthetic hair, but a lot of women buy human hair because of its texture," Edmondson said. "It's softer and finer [than synthetic hair]."

Also the cost of hair extensions vary depending on the length and type one purchases.

"Hair prices range from as cheap as \$.79 to \$20 per package," Edmondson said.



Wigs cover the whole head while hair extensions and traditional weave add to the length of one's own hair. (Photo by Emily Richardson)

There are many reasons why women have chosen to go with hair extensions. Some women want to try different styles now and again without putting a lot of stressful hair products like colorants, bleaches and perms in their own hair.

See WEAVE, page 7

FEAR IMMOBILIZES, INVIGORATES PEOPLE



Control necessary for conquering situations

Susan Wright
FEATURES EDITOR

Your throat is dry, your hands are clammy and you have to give a speech in 30 seconds. If this sounds familiar, you may suffer from a fear of public speaking. Fear, in one form or another, affects almost everyone, and it can usually be overcome by gaining control.

According to Dr. Susan McCammon, a psychology professor, some of the most common fears are of public speaking, flying, enclosed spaces and heights.

The type of fear an individual has is partially dependent on his or her age. After the age of two, one can develop a fear of the dark that may last a short time. Occasionally, this fear can persist until adulthood. In early adolescence, people tend to fear tests and examinations. This fear is also prevalent in college-age stu-

Sex is another determinant in the prevalence of certain fears. Women are more likely to have environmental fears, such as a fear of big animals, spiders and snakes. The fear of heights, however, is pretty equally distributed throughout both of the sexes.

A phobia, however, is a subcategory of fear with a few subtle differences.

"A fear becomes a phobia when it is out of proportion to the situation, it cannot be reasoned away and it causes the person to avoid the feared thing," McCammon said.

About ten percent of the population has a diagnosable phobia of something, whether it be claustrophobia or arachnophobia. These phobias do not just appear in a person's head; they are usually thought out unconsciously by the person who experiences them.

"A phobia is created over time," said Dr. Beverly Harju, associate professor in the psychology department.

Harju gave an example of a woman who had a fear of flying and couldn't understand why. The woman would become sick within minutes of boarding a plane and soon began fearing her and her husband would die on a plane. The woman did not want to leave her child without parents because this was what had happened to her when she was a child. After realizing the reason behind her fear of planes, she began taking control of the situation, and her fear of flying began to dissipate. Control is a vital component of fear control.

"When a person is afraid, they are often lacking self-confidence," Harju said. "They feel unable to control the situation. They must focus on the choices that they do have: 'How am I going to manage the situation?'" A person who has a fear or phobia of something should face their fear.

"If you're afraid of something

and you avoid it, your fear won't extinguish because you'll never have the opportunity to see that the bad consequences aren't true," McCammon said.

According to McCammon, avoidance of the feared object can intensify the fear at the same time that it can cure it. It is a tricky situation to get rid of a fear or phobia, but in most cases, it is possible.

Post-traumatic stress disorder (PTSD), which is caused by a traumatic experience, causes the person to act in much the same way they would if they were experiencing a reaction to a fear or a phobia.

"Some of the symptoms of PTSD are recurring nightmares, intrusive images and the feeling like it is happening all over again," said Dr. Jane Ross, staff psychologist. "PTSD is caused by external or internal cues and it can affect appetite, sleeping habits and concentration."

According to Dr. Ross, the severity of the event determines the level and severity of post-traumatic stress symptoms. A situation such as the flooding that occurred recently would usually cause post-traumatic stress, but there have not been many documented cases at ECU.

"Not very many people are coming in with PTSD because of the flood," Ross said. "The sooner you talk about and deal with something, it becomes less and less likely that there will be people suffering from PTSD because of the event."

Fear, phobias and PTSD are both physiological and psychological occurrences. People suffer from all three stressors, and control is the best way to pacify each of them. A psychologist can help people realize and overcome their fears. One must take control and acknowledge the cause in order to keep from living his or her life in fear.

MISCELLANEA

Kenton Bell



Fascinating Facts

**Are there really pink elephants? In regions of India where the soil is red, elephants take on a permanent pink tinge because they regularly spray dust over their bodies to protect themselves against insects.

In the kingdom of Bhutan, all citizens officially become one year older on New Year's Day.

**Of the 206 bones in the average human adult's body, 106 are in the hands and feet. (54 in the hands and 52 in the feet)

**The average air speed of the common housefly is 4.5 mph. A housefly beats its wings about 20,000 times per minute.

**The diameter of the wire in a standard paper clip is 1 millimeter, or about 0.04 inch.

**The 1997 Jack Nicholson film, "As Good As It Gets," is known in China as "Mr. Cat Poop."

**Famed Chef Wolfgang Puck chose the Italian word "Spago" as the name for his popular chain of restaurants. In Italian, spago means "string" or "twine," which are slang for spaghetti.

**Giraffes are the only animals born with horns. Both males and females are born with bony knobs on the forehead.

**The English word pajamas has its origin in Persian. It is a combination of the Persian words pa (leg) and jamah (garment).

**Noah Webster was referred to as "the walking question mark" during his student days at Yale.

**46 percent of the world's water is in the Pacific Ocean. The Atlantic has 23.9 percent; the Indian, 20.3; the Arctic, 3.7 percent.

**The numbers on opposite sides of a die always add up to seven.

**The state of Oregon has one city named Sisters and another called Brothers. Sisters got its name from a nearby trio of peaks in the Cascade Mountains known as the Three Sisters. Brothers was named as a counterpart to Sisters.

Quintessential Quotes:

"A man is but a product of his thoughts; what he thinks, that he becomes."

- Mohandas K. Gandhi

"We are shaped and fashioned by what we love."

- Johann Wolfgang Von Goethe

"Few things are harder to put up with than a good example."

- Mark Twain

"Never mistake motion for action."

- Ernest Hemingway

Challenge Question:

Which president is the only one never to use the letter 'i' in his inaugural speech?

Answer to Last Question:

What is the highest-rated single TV show of all time? The final episode of M.A.S.H.

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INTERESTING MAJOR HOSPITALITY MANAGEMENT

People-oriented careers offer changing opportunities

Jennifer Brown
STAFF WRITER

At ECU, students are learning how to deal with people and cater to their many needs in the hospitality management program. As a hospitality management major, a student learns how to survive managing restaurants and lodging facilities successfully.

According to Dori Finley, professor and chairperson of Hospitality Management, the program prepares students for positions in restaurants and lodging facilities.

"The students usually start out in assistant manager positions and move up," Finley said.

The program has been at ECU for 12 years and has been growing continually.

According to Jim Chandler, an assistant professor

in hospitality management, there are over 200 students in the program. It is the largest program in North Carolina and the third largest in the Southeast.

"I would recommend this career to anyone who enjoys a variety of activities and working with other people," Chandler said. "It is very challenging, very rewarding and can make lots of money."

Alex Cheek is an officer in the Hospitality Management Association (HMA) and has been working as a front desk clerk at the Hilton since January 1998. Cheek loves the program because it gives students like himself a chance to ***

"I like helping people, and the field has a lot of opportunities and the flexibility to move around," he said. "Every semester is a new thing."

Cheek loves the diversity of the classes in the program and being able to be involved in the community. Several of the classes allow students to give back to the community. For example, one class is based around students preparing and serving a meal to 40-50 people. The students must come up with the menu, theme and budget.

Another class brings in executives from different businesses to speak about their fields and set up interviews for the students. One class also allows students to examine and propose ways to better their community.

Students in the program are now examining more family-oriented restaurants in Greenville while one particular class allows students to examine a hotel and analyze what makes it work.

"When you see what all goes into running a hotel, you really have an appreciation for what the hourly employees do every day," Cheek said.

Cheek also complemented the hospitality management faculty, adding that the staff are always ready to help.

"Coming to work and knowing that you are going to make a difference is so rewarding," Cheek said.

Hospitality management is a field that is expanding quickly every day.

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Students transcribe thoughts, feelings surrounding Floyd in verse

Editor's note: The following poems were

written by sociology students during the

aftermath of the hurricane.



"Untitled"

Bryan Joyner

Through the night he crept in and stayed for a day, destroying whatever would get in his way. He caused lots of turmoil, destruction, and fear, he left with one hell of a rebuilding year.

Thousands are homeless now, millions in damage, the storm caused more flooding than one town could manage.

Floyd is now gone and the high winds are dead, but I can't help wonder if the worst lies ahead.

"Floyd"

Jennifer Kistler

NO water, only rain
NO electricity, only batteries
NO gas, only candles
NO phones, only neighbors
NO WAY OUT

"Unreplaceable"

Jacqueline Brimley

When we first heard of Floyd, we hoped he would come. The only reason for this was to sleep-in some. The day after the storm we woke up

to see That the city had gone through a catastrophe.

A glance through the window showed a few broken trees.

I still wonder why we felt so at ease. Little did we know the hurricane would give

My best friend's belongings to the river where she used to live.

Her life-long possessions weren't the only things gone. Eliza, her kitty, was found dead on her neighbor's lawn.

Her life and her hopes taken away, And now she doesn't even have a place to stay.

With no job and no money and in debt to a school loan,

The only way out was to withdraw from school and go home.

Abandoned at youth, the only family she had

Was a man not related that she sometimes called dad.

Even though Floyd did not harm anything of mine.

He took away my closest friend and all our future good times.

Sitting on the couch I lay Thinking, Tar River to flood, no way!

The next day Floyd had done its told The apartment now starts to turn to mold.

The street, beside the pool house, now a lake

I can't believe my eyes, for goodness sake.

Under water are cars and trucks

This indeed, very bad luck I head to my dorm traveling on Elm Street

The roads ahead now not so neat. Cop pulls me over, writes me a ticket for breaking curfew

Me I didn't know, the cop well he knew.

He sends me back; this could be bad If I was to die what would now be sad.

Floodwaters now becoming oh so high

Just why can't everything be dry? The sun falls and now its night

Water coming up through the rug,

what a sight. Must get out soon

Under this dark and dreary moon. I finally get to safety back in my room

Realizing now that just could had been my tomb.

"Floyd's Grip"

Brandon Howell

The sky was dark, the winds were strong

the rains poured down all night long

the storm created new fears and brought about many tears

the flood waters rose and nobody knows

the damage that was done that the winds of Floyd spun

homes were shattered and families were scattered

all across the state we all had to wait

for the hands of Floyd to let us go

"Natural Disaster"

Joseph Takacs

It started as a tropical depression

In the deep Atlantic Soon winds at 155

Everybody was frantic

With bottled up memories From Hurricane Fran

The whole East Coast was preparing



Not knowing where he would hit land

With the weather men predicting No further that Georgia, at the most Floyd took a turn to the north And threatened the Carolina coast

On Thursday night still, He was very much alive Although losing strength Winds were still at 125

With all the high winds There were thoughts of pure slaughter But what the Carolinians didn't expect

Were the high floodwaters

From Wilson to Greenville And Rocky Mount to Tarboro The devastation and destruction Was widespread and thorough

People all the sudden Had nothing and were homeless Some people were lucky That they still had their family to

Photos by Emily Richardson

Be a Hero, Save a Life, Give Blood Mendenhall Student Center

Sponsored by:
Epsilon Sigma Alpha

Wednesday
November 10th
1999



12:00 - 6:00 PM

The Ian Haus Film Series

o o o

Interested in making ADULT films?

Well too bad, but we are interested in Filmmakers who would like their independent works shown on the big screen at Hendrix Auditorium. The Student Union Films Committee is bringing you the opportunity to have your works shown on Wednesday's and Friday's at 7:30pm and on Sunday's at 3:00pm. All that is required of you is to submit a non-returnable VHS cassette of your work to **Cathy Black in room 236 Mendenhall.** All videos turned in will be reviewed and only a select few will be chosen. If you have any questions you can reach **Jesse McGill** at ian.mcgill@mailcity.com or give **Cathy** a call at **328-4715.**

Get To Work and Create Something!

WEAVE from page 6

"People are definitely getting away from chemical styling. They are more concerned with the health of their hair," Gilchrist said. "People are becoming more health conscious about their hair."

According to Edmondson, some women may want to style their hair like their friend's, but just don't have the right cut or length to do so. Others simply may not have the patience to let their natural hair grow.

"Some women's hair may not grow as quickly, so getting an extension is the easiest way to get the desired style," Edmondson said.

There are different ways to have a hair extension placed in with one's own hair: it can be bonded or sewn in. According to Gilchrist, to have the hair bonded, there is a special type of hair glue that attaches the hair tracks to the root of one's hair. With the other option, sewing it in, the stylist braids your natural hair and then the extension is sewn or stitched into the braid. This process takes about an hour and

a half. Of the above methods, Gilchrist suggests having extensions sewn in.

"It's more expensive, but it's safer," Gilchrist said. "The glue can cause a chemical reaction with one's natural hair oils."

Another option for hair elongation which is becoming more popular is wig extensions. According to Gilchrist, the stylist formats a net to one's head and weaves the hair into the net.

"We have a technician in our salon who does this," Gilchrist said.

According to Gilchrist, women should maintain their extensions every four to five weeks and there is no set time period of how long you can keep the extensions in.

"The length of time you keep them in depends on how well they are maintained," Gilchrist said.

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FLEXIBLE HOURS!
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Lions roar past Rams behind Frerotte



Stewart dominates in desert for second win

Pirates burned by Blazers

Brooks leads UAB back from 14 point deficit

Stephen Schramm
SPORTS EDITOR

Late in the first half, down 17-3 with their best player en route to the hospital, UAB looked to be down for the count. In a twenty minute span, the Blazers rattled off 33 unanswered points, shut down the Pirate offense and secured the first win over a ranked team in the school's history, beating the 17th ranked Pirates 36-17 in Birmingham.

"We thought that we had everything under control at halftime," said Head Coach, Steve Logan. "Then in the second half, it was one thing after another, which was a lot to their credit."

UAB's Rodrigis Brooks left the game in the second quarter with a neck injury. He was carried off the field on a stretcher and was taken to the hospital for x-rays.

"A guy (ECU's Keith Stokes) caught the ball out in the flat and I came up to make the tackle and when I hit the guy, one of our defenders came up from the back and hit the front of my helmet," Brooks said. "The left side, my arm and neck went numb. It was kind of scary. At first it did not bother me, then the pain started shooting down my left arm and body."

Brooks returned in the third quarter to put the hurt on the Pirates with a 59-yard punt return that set up a touchdown and a 91-yard interception return for a touchdown in the fourth quarter.

"He has been getting it done all year long," said UAB Head Coach, Watson Brown. "He is leading the country in punt returns, and I don't know if he is leading the country in interceptions, but he is a play maker. He could play for anybody in the country."

After an injury to starter Daniel Dixon, UAB was forced to start redshirt freshman, Thomas Cox at quarterback.

"Thomas knew Wednesday afternoon that it was very likely that he was going to be the starter today," Brown said. Daniel (Dixon) stepped on a shoe in practice Wednesday and went down hard and has not practiced a snap since."

Cox went 10-20 for 122 yards and a touchdown. He also rushed for two scores.

"The young man had great poise and I only remember one bad play when he fumbled in the first half. He played great in the whole game," Brown said.

The win was UAB's first win over a ranked team in the school's short football history.

"It's just another step. Every time we do something it is a first," Brown said. "I told them before the game that they have to understand that as that ticker goes across the screen on Headline News and ESPN or wherever our score is all over the country all day long so I think that people around the country will know that UAB plays football now," Brooks said.

For the Pirates it was their second conference loss and effectively knocked them out of the C-USA championship hunt.

"We have some work to do," Logan said. "We have to watch some film and prepare for next week."

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

Volleyball falls to James Madison

Pirates lose to Dukes in three straight games

Emily Koperniak
STAFF WRITER

The ECU women's volleyball team lost a difficult match to James Madison University Friday here at Minges. The Pirates lost three straight games (15-8, 15-10, 15-1) to the Dukes. This CAA game puts the Pirates at 8-13 for the season and 3-6 for league play.

"I think the first couple of games we played real good but the third game was like a whole totally different team. I saw some good stuff in the first couple of games that made me think we were going to win, or win the best out of five," said Lucinda Mason. "The third game it was like nobody had any fire, any momentum, no determination or anything. I think we need to work on defense, blocking, and serving."

Mason as well as Shannon Kaess each added seven digs.

Throughout the first game, East Carolina managed to keep within a two-point difference. James Madison pulled ahead late and claimed the first victory of the night. JMU outshot ECU.

James Madison did not seem to come on as strong throughout the second match as their hitting percentage decreased. This advantage did not help ECU as their percentage fell into a negative value as well.

"We came on strong the first two games and in the third game we beat ourselves. No one was talking, no one was playing defense the way they were supposed to, and no one has hitting the ball," said Cinta Claro. "After that second game we just lost everything that we came into the whole match with."

Claro subbed as setter for Lisa Donovan who was injured. She contributed twelve assists, four digs, and five kills for the night.

The third game brought the Pirates down. The Dukes scored ten points before ECU was even able to score. James Madison University outshot the Pirates throughout the entire match.

"I think we need to work on talking, defense, basically everything. We all just need to decide whether we want to finish this season strong or whether we just want to give up and quit," Claro said. "I think someone on this team needs to step up and say, 'Look here's the line, you either need to cross it or you stay behind.'"

East Carolina will host UNCW, Wednesday, Nov. 10 at 7 p.m.

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

Pirate players return in top form

Stephen Schramm
SPORTS EDITOR

The 1999-2000 men's basketball season effectively began in March with the announcement that after four seasons at the helm of the Pirates, Joe Dooley would be stepping down as head coach. On March 31, Bill Herrion was named the new head basketball coach.

Herrion comes to ECU after eight seasons at Drexel University in Philadelphia. Herrion compiled a record of 167-71 as coach of the dragons. His winning percentage of .702 puts him 15th among active coaches. The change at the top created much excitement among fans.

The team will not experience much change on the court from the team that went 13-14 last year.

Among those coming back is 6-9 power forward and 2000 CAA Player of the Year candidate Evaldas Jocys. The Lithuanian led the Pirates in scoring last season, averaging 13.8 points per game and 6.2 rebounds.

Also returning is guard Garrett Blackwelder. Blackwelder started all 22 games and was second on the team in scoring with 11.8 points per game.

Junior David Taylor, senior Neil Punt and sophomore Brandon Hawkins give the Pirates experience. Seven-footers Quincy Hall and Alphons van Ireland will provide height in the post.

All of the returning talent should make for many position battles.

"I think there's all five position battles," Herrion said. "That's how we build our program, and that's

Pirates look to rebound in 2000



Evaldas Jocys (left) was the Pirates leading scorer last season, while Garrett Blackwelder started all 22 games (file photo).

how we approach practice, every day. I've never been a big guy on starting lineups. Obviously you've got to start five players every game. But we really base our team on practice and the program on competition every day at every position. Right now we've got some great competition at all five spots," Herrion said.

Despite the returning scorers, the most noticeable changes will not come on offense. "We will play harder defense," Jocys said.

With the Pirates returning their top seven scorers, they are considered among the contenders for the league crown. "Our ultimate goal is to win the league championship in March and go to the NCAA tournament," Herrion said.

The Pirates will face a tough CAA schedule.

"It's a pretty strong conference, George Mason, Old Dominion and Wilmington are going to be tough to beat," Blackwelder said. "Pretty much every team is going to be tough to beat."

The Pirates will take the floor tonight in their first exhibition game.

"We've been practicing now for about three weeks," Herrion said. "I think we're getting a little bit sick and tired of banging against each other. So I'm really anxious for Tuesday night, our first exhibition game," Herrion said.

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

Swimmers rally past ODU, W&M

Pirate women win two, men lose one

Ryan Downey
STAFF WRITER

The men's and women's swim teams had two outstanding meets this weekend. The women's team had a strong victory over Old Dominion this past Saturday. The women took control early in the meet and never let up cruising to a 152-85 victory that was more of a rout than the score might make it seem.

"We did very well and worked hard as a team, we worked hard until the last relay even though we had already won," said Erin Brauer.

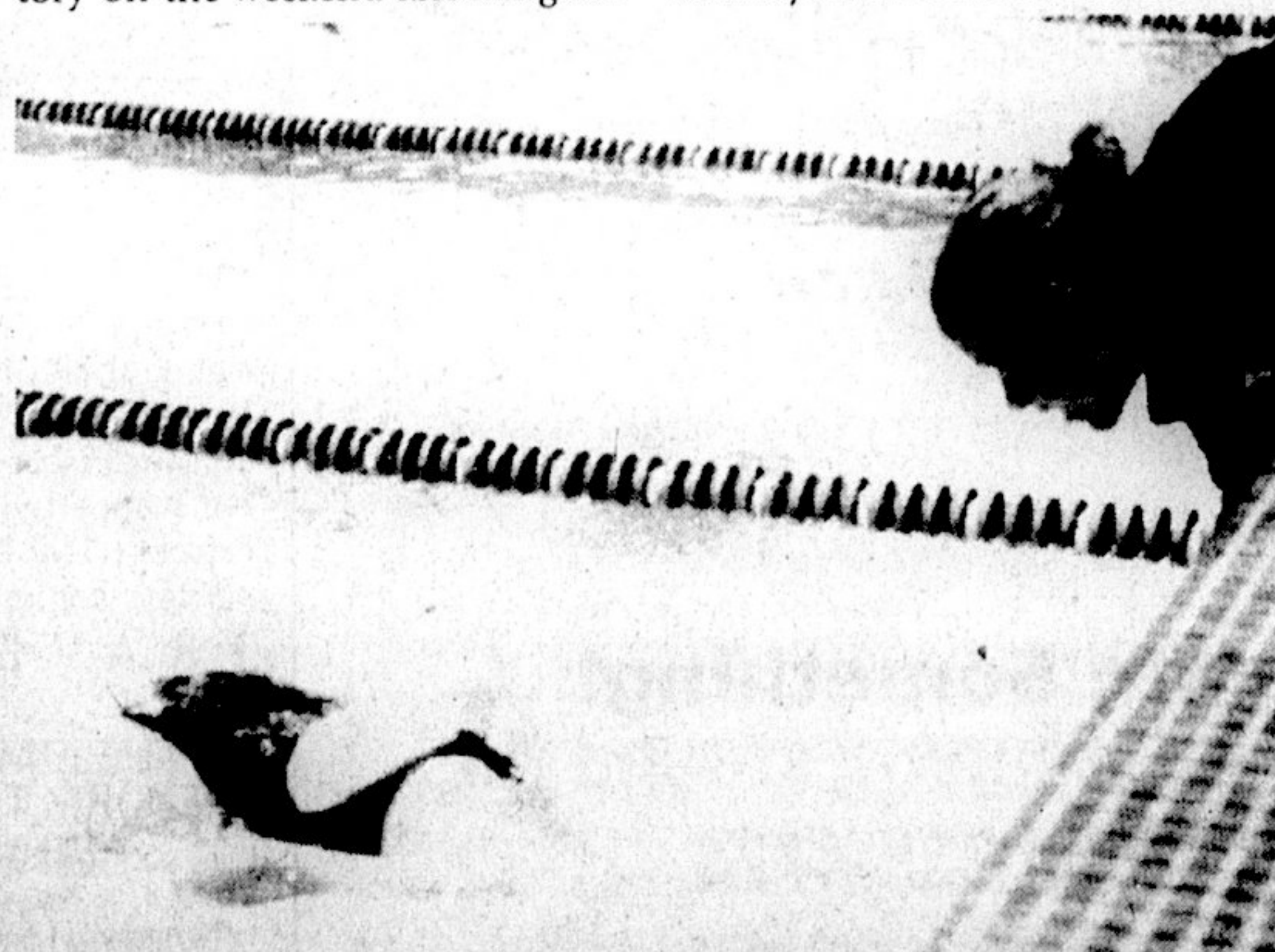
Saturday's victory was the women's fourth of the year and second in the conference which sets up a chance at 5-0 for Sunday's meet against William and Mary.

The men lost Saturday to an Old Dominion team—picked to finish first in the conference this year—in an exciting match that came down to the very last relay. The Pirates led early on in the meet but were unable to hold on at the end when ODU started their final push.

The men's team was not discouraged after the loss which was a much closer meet this year than last year.

"I think we swam really well," said Mathew Jabs. "Last year they came in and beat us bad but this year we took them to the final race, some teams are stronger in their first halves we did what we wanted when we knocked them back early."

Sunday was a great day for both the women's and men's teams. The women picked up their second victory on the weekend knocking off



Freshman Molly Speers counts for a teammate in the 500yard freestyle (photo by Emily Richardson).

Intramural sports updates (as of Monday, November 8):

Wiffleball Playoff contenders

Fraternity Gold Finalists - Phi Kappa Tau, Theta Chi
Men's Gold Finalists - Damn Yankees, Sox
Men's Purple Finalists - The Cubs, Almighty Gringos

Co-Rec Finalists

Room Temperature,
Big Ballers Too

3-on-3 Basketball Fraternity Gold

Theta Chi A 2-0
Lambda Chi Alpha A 2-0
Sigma Nu A 2-0
Sigma Phi Epsilon A 1-1
Sigma Alpha Ep A 1-1
Kappa Sigma A 1-1
Pi Kappa Alpha A 1-1
Pi Lambda Phi A 0-2
Phi Kappa Tau A 0-2
Pi Kappa Phi A 0-2

Fraternity Purple
Theta Chi B 2-0
Sigma Phi Epsilon B 2-0
Sigma Pi 2-0
Pi Kappa Alpha B 2-0
Sigma Alpha Epsilon B 1-1
Lambda Chi Alpha B 1-1
Alpha Sigma Phi 1-1
Phi Kappa Psi 1-1
Kappa Sigma B 0-2
Phi Kappa Tau B 0-2
Pi Kappa Phi B 0-2

Men's Gold

Fab. College All-Stars 2-0
The Roaches 2-0
Slackers 2-0
Young Bucks 1-1
Too Cool 1-1
We Ready 1-1
Muff Divers 1-1
Umstead Ballers 0-2
Rain 0-2
The Jaunts 0-2

STANDINGS from page 9

<p>Men's Purple</p> <p>Wilson - Tar All-Stars 2-0 Bling Bling 2-0 The Basketball Team 2-0 Hand Tosses 2-0 Big Ballers 1-0 The Galleyz 1-1 Rollin' Yodas 1-1 Sigma Phi Epsilon C 1-1 Caucasian Persuasion 1-1 Dirty Nicks 1-1 The Riddlers 1-1 Rock Bottom 0-1</p>	<p>Flyers 0-2 Air Force 0-2 Bo Tox 0-2 Hooters 0-2</p> <p>Women's Gold</p> <p>Regulators 2-0 Brawlers 1-1 The Donnettes 1-1 The Zippers 0-2</p>	<p>Co-rec Flag Football</p> <p>Gold</p> <p>Knuckleheadz 1-1 Everybody Gets Lei'd 1-1 Warriors 0-2</p> <p>Purple</p> <p>Kellum & Jones 2-0 The Cocks 2-0 Richmond Raiders 1-0 Flyers 2-0</p>	<p>Silent Attack 2-0 Pray For Rain 1-0 Sharks 1-0 All-Stars 1-0 Prime Time 1-1 Da Freaks 1-1 Spyder 1-1 Ambassadors Team 1 0-1 Ambassadors Team 2 0-1 Da Fuzz 0-1 Gina and the Horses 0-1 Pimps N' Ho's 0-1 Crazy Utters 0-1 DG Wannabes 0-2 Case by Case 0-2 Ruff Ryders 0-2</p>	<p>Soccer</p> <p>Fraternity Gold</p> <p>Sigma Phi Epsilon "A" 2-0 Pi Kappa Phi "A" 2-0 Theta Chi "A" 2-0 Kappa Sigma "A" 2-0 Delta Sigma Phi 1-1 Sigma Pi "A" 1-1 Sigma Alpha Epsilon "A" 1-1 Sigma Nu 1-1 Delta Chi 0-2 Phi Kappa Tau "A" 0-2 Lambda Chi Alpha "A" 0-2</p>	<p>Pi Kappa Alpha "A" 0-2</p> <p>Fraternity Purple</p> <p>Delta Chi "B" 2-0 Sigma Phi Epsilon "B" 2-0 Kappa Sigma "B" 2-1 Phi Kappa Psi 1-1 Sigma Alpha Epsilon "B" 1-1 Theta Chi "B" 1-1 Pi Kappa Phi "B" 1-1 Phi Kappa Tau "B" 1-1 Lambda Chi Alpha "B" 1-1 Pi Kappa Alpha "B" 0-2</p>
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We will provide dictionaries but students are welcome to bring their own. All words must be English, and no proper nouns, legalese, or medical jargon. A special prize goes to the most orthographic professor and booby prizes to the rest. Contact Professor Palumbo through voice-mail at 328-6548 or leave a piece of paper with your name and your professor's name under his door in the Large English Dept. Suite. You may also e-mail Babs Freeman (thebabs@startrekmail.com).

This is meant to be FUNraising activity and not too serious.

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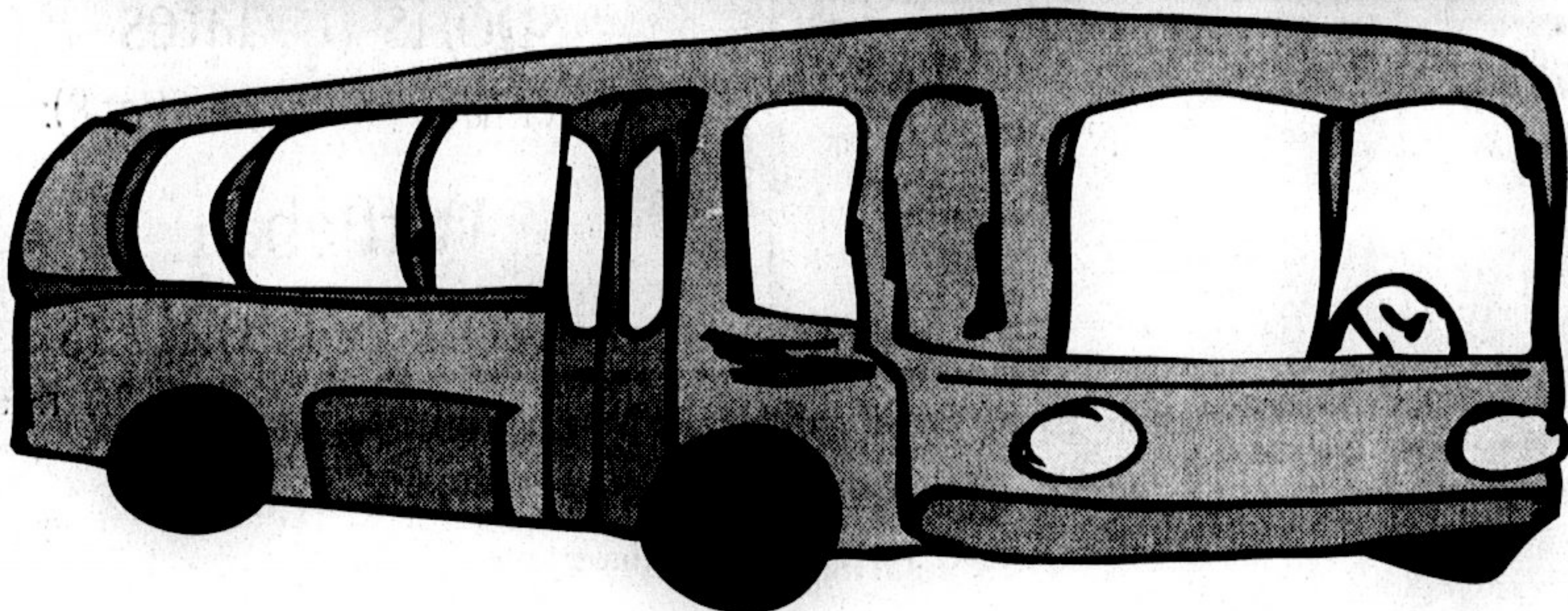
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What would be your dream role?

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NOV 10 & 11

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AMERICAN PIE

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NOV 11, 12, 13 & 14

movie reviews

VERY BAD THINGS (R)
A group of friends head to Las Vegas for a bachelor party, only things go wrong and a woman is killed. Soon, the bodies are piling up and the friends find themselves turning against one another as the cover builds.

AMERICAN PIE (R)
At a high-school party, four friends (Jim, Kevin, Finch, and Oz) find that losing their collective virginity isn't as easy as they had thought. But they still believe that they need to do so before college. To motivate themselves, they enter a pact to try to be the first one to "score." And of course, the senior prom is their last best chance. As the fateful date draws near, the boys wonder who among them will get lucky. More importantly, do they really want to do it at all.

SHAKESPEARE IN LOVE (R)
Romantic comedy set in London in the late 16th century: Young playwright William Shakespeare struggles with his latest work "Romeo and Ethel the Pirate's Daughter." A great fan of Shakespeare's plays is young, wealthy Viola who is about to be married to the cold-hearted Lord Wessex, but constantly dreams of becoming an actress. Women were not allowed to act on stage at that time (female roles were played by men, too), but dressed up as a boy, Viola successfully auditions for the part of Romeo. Soon she and William are caught in a forbidden romance that provides rich inspiration for his play.

For additional information contact the: **Central Ticket Office, Mendenhall Student Center, East Carolina University, Greenville, NC 27858-4353, or call 252.328.4788, toll free 1.800.ECU.ARTS, or V/TTY 252.328.4736, 8:30 a.m. - 6 p.m., Monday - Friday. Individuals who require accommodations under ADA should contact the Department for Disability Support Services at 252.328.4802 forty-eight hours prior to the start of the program.**

Events

10 Wicked Wednesday
Mercury Cinema: Very Bad Things
7:30pm / Hendrix

11 Thirsty Thursday
Blockbuster Film: American Pie
7:30pm / Hendrix
Mercury Cinema: Very Bad Things
10pm / Hendrix

12 Fabulous Friday
Blockbuster Film: American Pie
7:30pm / Hendrix

13 Sensational Saturday
ECU FOOTBALL: Cincinnati
4pm / Ficklen Stadium
Blockbuster Film: American Pie
7:30pm / Hendrix

14 Super Sunday
Blockbuster Film: American Pie
3pm / Hendrix

17 Wicked Wednesday
Mercury Cinema: Shakespeare In Love
7:30pm / Hendrix

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AAAA! SPRING Break Specials! Bahamas Party Cruise 5 days \$279! Includes most meals! Awesome beaches, nightlife! Panama City, Daytona, South Beach, Florida \$129! springbreaktravel.com 1-800-678-6386

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AAAA! CANCUN & Jamaica SpringBreak Specials! 7 nights, air, hotel, meals, drinks from \$399! 1 of 6 small businesses recognized for outstanding ethics! springbreaktravel.com 1-800-678-6386

QUEEN SIZE mattress, box-spring and frame \$100. Surfboard 6'2". WRV, thruster, ultra-light, leash included. \$250. Desk with attachable light and storage space \$45. Everything is in excellent condition and all prices are negotiable. Call 830-3933.

PENTIUM 120MHZ 16 megs RAM 1.2 glg harddrive win. 98 office 97 cd rom free 14" color monitor free printer \$350.00. Call David 353-5103.

CERTIFIED DIAMOND Solitaire Ring 6Z point Trillion Cut SI-clarity H-color appraised at \$3300. Beautiful must see. She'll love it! \$2400 obo. Matt 328-8125.

ADVERTISE IN THE CLASSIFIEDS. IT WORKS!

SERVICES

DJ FOR Hire: Book now for your event. Special discounts for students. Music for any occasion and full lighting available. Competitive pricing and guaranteed fun! Call Jeff 757-2037.

FREE CD of cool indie music when you register at mybytes.com, the ultimate website for your college needs.

LEARN TO SKYDIVE!
CAROLINA SKY SPORTS
(919)496-2224

HELP WANTED

WAREHOUSE WORKER needed! Duties include pulling boxes from shelves, locating files within and entering data in computer. Must be able to lift up to 30 pounds. Hours are M-F 1p-5p. \$7/hr. Call 353-8007 for more information.

LOOKING FOR several guys and gals for local radio station phone promotion. Earn \$6 per hour plus bonus. Will train for full and part time, morning, day and evening hours available. Near campus location at 223 West 10th St. Suite #107 (inside Wilcar Executive Center) just down the street from McDonalds and Krispy Kreme. Apply ASAP in person only 10am through 6pm (no calls please).

DANCERS EXOTIC Legal lap dancing \$1000-\$1500/week. First in the state. Show up ready 8pm. Sid's Showgirls, Goldsboro

ACT NOW! GET THE BEST SPRING BREAK PRICES! SOUTH PADRE, CANCUN, JAMAICA, BAHAMAS, ACAPULCO, FLORIDA & MARDIGRAS. REPS NEEDED. TRAVEL FREE, EARN \$\$\$ GROUP DISCOUNTS FOR 6+ 800-838-8203/ WWW.LEISURETOURS.COM

EARN FREE Trips and Cash! Spring Break 2000. Cancun, Jamaica. For 10 years Class Travel International (CTI) has distinguished itself as the most reliable student event and marketing organization in North America. Motivated reps can go on Spring Break FREE and earn over \$10,000! Contact us today for details! 800/328-1509 www.classtravelintl.com

DO YOU need a good job? The ECU Telefund is hiring student to contact alumni and parents for the ECU Annual Fund. \$5.50 per hour plus bonuses. Make your own schedule. If interested, call 328-4212, M-TH between the hours of 3-6 p.m.

YEAR 2000 internships "Don't get a summer job...run a summer business" www.tuitionpainters.com email: tuipaint@bell-south.net 353-4831.

GREAT HOURS and great pay!!! Bow cleaners is seeking individuals to fill part-time positions as customer service representatives. Hours: 3p.m. to 7 p.m. M-F; 8 a.m. to 5p.m. (every other weekend). Qualified individuals must have: a positive and quality conscious attitude, sales personality, basic computer skills. Applications accepted at the Bells Fork location.

POSTMENOPAUSAL WOMEN needed for research study. Must be a non-smoker, non-obese, sedentary, & not currently on hormone replacement therapy. Call 328-4677 (Dr. Hickner) or 328-4684 (Mary Ellen). Reimbursement \$200.

ENTERTAINERS NEEDED dancers needed. Make over \$1500 weekly. Must have transportation, phone and be DRUG FREE. Call 758-2737 for more information.

NEED A PART TIME JOB? RPS INC.

Is looking for individuals to load vans and unload trailers for the am shift hours 3:00am to 8am. \$7.50/hour. tuition assistance available after 30 days. Future career opportunities in operations and management possible. Applications can be filled out at 2410 United Drive (near the aquatic center) Greenville

Part-Time Jobs Earn Money And Resume Experience Working For

ON LINE COLLECTIONS

Earn Up To

\$7.00

Per Hour

Mon-Fri 5 to 9 p.m.

Sat. 8 a.m. to Noon

ONLINE Collections is looking for the 5 most aggressive people in Greenville to work as telephone collectors. The perfect part-time job. Excellent pay. Our grads get hired based on their experience working for us. Minimum 20 hours per week. Contact Henry Parker at 757-2151.

HELP WANTED

GO DIRECT!! #1 Internet-based Spring Break company offering WHOLESALE pricing! We have the other companies begging for mercy! All destinations! Guaranteed Lowest Price! 1-800-367-1252 www.springbreakdirect.com

MANAGE a business on your campus \$5 Versity.com, an Internet note-taking company is looking for an entrepreneurial student to run business on your campus. Manage students, make tons of money, excellent opportunity! Apply on-line at www.versity.com! contact jobs@versity.com or call 734-483-1600 ext. 888

WANTED: PAYING \$6.50/hr plus bonuses for qualified telemarketers. No Friday or Saturday work. Hours 5:00-9:00 PM Monday - Wednesday; 4:00-9:00 PM Sunday. Call Energy Savers Windows & Doors, Inc. at 758-8700.

PART-TIME Instructor needed to provide individualized instruction in a positive learning environment. Possible hours Monday-Thursday (3:30-8:30). Individual must be competent in the areas of algebra, geometry, calculus, biology, and chemistry. Pick up application at Sylvan Learning Center, 2428 S. Charles Blvd. Greenville, NC.

FREE BABY BOOM BOX + EARN \$1200! FUNDRAISER FOR STUDENT GROUPS & ORGANIZATIONS. EARN UP TO \$4 PER MASTER CARD APP. CALL FOR INFO OR VISIT OUR WEBSITE. QUALIFIED CALLERS RECEIVE A FREE BABY BOOM BOX. 1-800-932-0528 EXT. 119 OR EXT. 125 WWW.OCMCONCEPTS.COM

SOCCER COACH is needed for a U-12 traveling soccer team. For more information contact Lisa Gay at 752-9011.

PERSONALS

THE CARD Post. Report #343.3. Progress Inn. The Card Post's '99 Election Paper Forum' was mailed 10/23. 4pm. Began calling 10/25, 6pm to verify receipt...& with none received yet, though a few candidates said addresses mailed to are not their usual mailing addresses. Checked voting office 10/26 & was told addresses on list are for 'residency'...though may not be candidates choice mailing address. Called all 57 candidates from same list 10/26, 6-9pm. Results: received 21, left message on answering machine of 13, they said call back next day 10, busy, busy, busy 2, no answer 2, would page confirmation 2, disconnected 1, wrong number 1, phone number does not receive anonymous calls (recording) 1, out of race 1, dysfunctional answering machine 2. Will recheck 10/27. Prosper 'n Live Long, TKD.

THE CARD POST. Report #343.2. Squeak Inn. While waiting for the response from the Wayne Co. Chamber of Commerce's 10/27 Forum's moderator...the following questions were forwarded to the Chamber's President &/or coordinator of the 10/27 Chamber Forum: (1) How does the Chamber decide which media...& which media representative(s) participate in the forum? (2) What is the best way to interview media representatives/participants prior...& after the forum? (3) Is it possible for a citizen reporter to be present & participate? With checking back at 3pm 10/26...assistants for both confirmed that no response was available. Will check back for availability for post-forum Report. Prosper 'n Live Long. Tom Drew. P.S. The sing'n wheel...sounds to please!

THE CARD Post. Report #343. X-Cell Inn. The following 4 questions received for 'The Card Post's '99 Election Paper Forum' will be mailed 10/23 to all candidates: (1) What is your definition for the word 'forum'? (2) Is the 'forum' the foundation for democracy & education? (3) Do you recognize the intellectual property rights of all citizens...of democratic countries...who have ideas to save money in all areas of government? (4) What is fair trade for those ideas? Should response exceed budget of publishing answers here 10/31...public access information will be published here 10/31. Presently seeking to interview moderator of the Wayne Co. Chamber of Commerce's 10/27 candidate forum...for a pre-forum report here 10/26. Prosper 'n Live Long. Tom Drew.

GREEK PERSONALS

TO ALL our dates: you made Semi-Formal great! Friday night was a blast! We love you guys! Love, Zeta Tau Alpha

GAMMA COOKOUT Thursday November 11 at the Alpha Phi house from 4:30 to 7 p.m. A canned food donation is required for admission.

SPRING BREAK 2000
Free Trips, Free Drinks, Free Meals!
Jamaica, Cancun, Florida, Barbados, Bahamas
Book now for Free Meals & 2 Free Trips
Book by December 17th for Lowest Rates
1-800-426-7710
www.sunspashtours.com

GREEK PERSONALS

CONGRATULATIONS SIGMA Sigma Sigma on your soccer intermural victory over Alpha Xi Delta, love your sisters.

DELTA ZETA would like to thank Sigma Epsilon for the social last Friday. Love Delta Zeta.

DELTA ZETA would like to thank Kappa Alpha for the social last Thursday. We had fun shaggin in the sands. Love Delta Zeta.

DJ FOR Hire: Sororities and Fraternities book now for your formal and other functions. Guaranteed lowest price and guaranteed quality service! Latest hits and old favorites make your get together an event to remember. Full lighting systems available upon request. Please call soon, limited dates available! Cakalaky Entertainment (Jeff) at 757-2037.

THANKS DELTA Chi, Alpha Delta Pi, Sigma Alpha Epsilon for the pumpkins. Love the sisters and new members of Alpha Xi Delta.

ALPHA XI Delta would like to thank the brothers of Phi Kappa Psi for the bomb social Tuesday night.

CONGRATULATIONS NEW members of Sigma Sigma Sigma in placing second in the homecoming skits, lover your Sigma sisters.

TO THE XI class of the Phi Kappa Psi, thanks for the show-Love Alpha Xi Delta.

THE SISTERS of Delta Zeta would like to thank the new members for the best big sis party ever. We all had a good time.

CONGRATULATIONS TO the new program council of Zeta Tau Alpha: Alumnae Chair: Ann Vogel, Asst. Treasurer: Jaime Grafton, Asst. New member chair: Hillary Andrews, Corresponding Secretary: Jenn Rihgtstell, Fundraiser chair: Jeni Andrews, Gamma rep: Stephanie Costanzo, House Manager: Marci Petrocci, Intramurals: Lindsay Grimes, Judicial chair: Casey Rushton, Service Chair: Lauren Dwyer, Sisterhood chair: Mackenzie Vehlies, Social Chair: Meredith Braun, Special Events: Misty Caskey, Sunshine chair: Jenn Wrenn, Standards chair: Nikki Frith.

ALPHA DELTA Pi would like to thank Pi Kappa Alpha for the "Anything for a Dollar" social. We had a great time.

WE ARE proud to have Alpha Phi as our sister sorority! Love the sisters and new members of Alpha Xi Delta.

EPSILON SIGMA Alpha would like to congratulate our new pledges. We hope your years in ESA are as memorial and special as ours have been. Love your sisters.

PANHELLENIC WOULD LIKE to congratulate these sisters of the week: Alpha Delta Pi- Lesley Miller; Chi Omega- Gillian Rafferty, Alpha Omicron Pi- Dana Dunn; Delta Zeta- Heather Schultises; Zeta Tau Alpha- The newly initiated sisters; Alpha Phi- Taylor Leonard; Pi Delta- Tabitha Redding; Panhellenic Council- Tyler Blackwelder and Emily Smith; Alpha Xi Delta- Marybeth Petteway; Sigma Sigma Sigma- Sage Hunihañ and Gamma Sigma Sigma- Bianca Dishman.

THE SISTERS and new members of Alpha Xi Delta would like to congratulate our volleyball team on winning the championship.

OTHER

LOST CAMERA on Staniel Dr., near flood waters maybe. Was in a pink and black shoulder case. If found please contact Heather at 757-1372.

FREE CD of cool indie music when you register at mybytes.com, the ultimate website for your college needs.

ANNOUNCEMENTS

JOIN B-GLAD every Wednesday at 7:30pm in the Pirate Underground.

ROCK CLIMBING at Stone Mountain, Nov. 19-21. Let your feet do the talking at this premiere friction climbing area. We will climb Sat. and Sun. Beginners are welcome but belaying experience is recommended. Registration Deadline is Nov. 10, 5pm. Cost is \$65/mem-\$80/non-mem. For more information please call 328-6387.

COPING WITH Grief and Loss: This group is designed to provide support to students who have experienced the death of a loved one. Meeting every Monday at 3:30. If you are interested, please call The Center for Counseling and Student Development at 328-6661.

THE AEROBICS Fitness Challenge '99. Monday Nov. 1-Monday Dec. 6. Due dates, holidays, exams, long nights and short days. We challenge you to stay focused and stay fit despite the distractions. We are giving you 31 days to complete 16 group fitness classes. The rewards include free T-shirts and free passes for the spring semester 2000 and most of all, Accomplishment. For more information please call 328-6387.

ANNOUNCEMENTS

TABLE TENNIS Tournament, Nov. 10. Are you interested in participating in a table tennis tournament? Come register at the SRC 128, 10am-6pm on Nov. 9. For more information please call 328-6387.

ECCO BOWLING Night Nov. 10 at AMF, from 10-12. \$6 all you can bowl!

CHOOSING A Major and a Career: A one-session workshop that helps you explore your interests, values, abilities, and personality and find out which occupations match well with you. The Center for Counseling and Student Development is now offering this workshop on Thursdays at 3:30-5. Contact the Center at 328-6661 if you are interested.

ASSERTIVENESS TRAINING: A two-session workshop that teaches you the importance of being assertive and helps you become more aware of why it is difficult for you to do so. The Center for Counseling and Student Development is offering the following workshop on November 9 & 16; 3:30. If you are interested please contact the center at 328-6661.

HUMBLE YOUR professor at the Sigma Tau Delta spelling bee. For a meager \$1 per word you can test your professor's spelling abilities. Date is Nov. 11, location is Joyner East Rm 201. See posted flyers for more information.

CHOOSING A Major and a Career: A one-session workshop that helps you explore your interests, values, abilities and personality and find out which occupations match well with you. The Center for Counseling and Student Development is now offering the following workshop Tuesday November 9, 11:00. Contact the Center at 328-6661 if you are interested.

LESSONS OF Success and Survival for Adult Students: Understand your career development, dual relationships, and changing your career as an adult. Starts November 10, at noon-1pm at Wright Hall, room 312. If you are interested please contact the center at 328-6661.

BACKPACKING AT Mt. Mitchell. You'll never forget the incredible views all along the this hike and a sense of accomplishment as you experience two days of uphill hiking at the highest mountain east of the Mississippi. Spots are limited so sign up ASAP. Trip dates: Nov. 12-14. Cost is \$50/mem-\$65/non-mem. For more information please call 328-6387.

CYCLEMANIA! COME participate in the fitness craze! Session runs from Nov. 1-Dec. 8. Earn five Fitness Bucks for attending ten RPM classes during the five week session. Fitness Bucks can be redeemed for a Cyclemania T-shirt or applied toward an SRC fitness program. Sign up at any RPM class during the effective dates. For more information please call 328-6387.

CREATION VS. Evolution: Is seeing believing? New Life Christian Fellowship sponsors a talk and discussion with M.I.T. and Duke University graduate Dr. Brian J. Miller on Nov. 11 at 7:00pm in GCB room 1026.

Advertise in The East Carolinian classifieds

OPEN LINE AD RATE \$4.00
for 25 or fewer words/
additional words 5¢ each

STUDENT LINE AD RATE \$2.00
for 25 or fewer words/
additional words 5¢ each

Must present a valid ECU I.D. to qualify. The East Carolinian reserves the right to refuse this rate for any ad deemed to be non-student or business related.

CLASSIFIED AD EXTRAS RATE . . \$1.00
add to above line rate for either **BOLD** or **ALL CAPS** type.

All classified ads placed by individuals or campus groups must be prepaid. Classified ads placed by a business must be prepaid unless credit has been established. Cancelled ads can be removed from the paper if notification is made before the deadline, but no cash refunds are given. No proofs or tearsheets are available. The Personals section of the classifieds is intended for non-commercial communication placed by individuals or campus groups. Business ads will not be placed in this section. All Personals are subject to editing for indecent or inflammatory language as determined by the editors.

CLASSIFIED AD DEADLINE
..... 4 p.m. FRIDAY
for the following TUESDAY'S issue
..... 4 p.m. MONDAY
for the following THURSDAY'S issue

STUDENT LIFE

A BIWEEKLY GLANCE AT WHAT'S HAPPENING WITH THE DIVISION OF STUDENT LIFE



Kick Weight Gain

Can you believe another holiday season is upon us? Here come the goodies! Stuffing and gravies and puddings and pies, candies and cookies stacked miles and miles high! Halloween seems to start-off the holiday food madness. Then comes Thanksgiving with its hard-held traditions: family gatherings, football on t.v., plenty of hearty, home-cooked food and the after-dinner dash for the couch. It's not just the turkey that ends up being stuffed! By Christmas, "ho, ho, ho" can quickly turn into "oh no, oh no, oh no, I can't fit into my clothes!"

Americans average a 4-6 pound weight gain over the holidays. Good news - you can fight the battle of the holiday bulge if you take precautions. To stuff thy turkey without stuffing thyself at your holiday gatherings, take the following tips into consideration.



1. First and foremost be selective. Remember, it's the first bite that counts. After the fifth cookie or second piece of pie, they all taste the same. So, take a sample rather than pigging out, while savoring flavor and the company.
2. Decide ahead of time what and how much you will eat and drink. Then stick to your plan — even if you deviate a little from your original eating goals, at least you didn't go in with an attitude of feeling you have a license to overeat simply because it is the holiday season.
3. Limit alcohol. Even one beer or wine spritzer can break down your defenses and lead you to overeating. If you want to drink, dilute your cocktails or alternate one alcoholic beverage with two non-alcoholic beverages. And go easy on the eggnog!
4. Be polite, not nice. Rehearse ahead of time how you gracefully will say "no" to offers of homemade foods you really don't want.
5. Do not skip meals. Omitting breakfast or other meals will lead to overeating at the party or Thanksgiving meal. Enjoy a light and nutrient-dense breakfast and lunch. Don't go to any holiday event on an empty stomach.
6. EXERCISE! EXERCISE! EXERCISE! The holiday season often leaves us feeling tired, ragged and run-down. At a time like this many people feel they have no time for exercise. Regardless, this is the most crucial time period to start or increase your current exercise routine. Make a commitment before Jan. 1st comes around! Make the commitment to get up before class to walk, run, bike, row or ski at least 30 minutes 4-5 days per week. Add some weight training 2-3 times per week.

You'll be amazed how well you'll handle the pressures the holiday season sends your way, not to mention what it will do for your waistline. Do yourself a favor and take a 45-minute walk before your Thanksgiving meal. You'll feel refreshed and energized before those activities begin, increase your metabolism and put a curb on your appetite so you don't gobble, gobble, gobble!

"Kick Butt" ... Great American Smokeout, ECU Style



O.K.—It's time! Let's not wait for a New Year's Resolution or some other excuse to pack away our Puffs. Thursday, November 18th marks the date for the annual American Cancer Society, Great American Smokeout! ECU Division of Student Life will be tying into this event in an effort to reduce the amount of smoking that takes place here at good 'ol ECU.

Head to the Union (Mendenhall that is) on Thursday the 18th for a FREE DINNER and giveaways (around 5:00)!! To be eligible all you have to do is fuel our Bon Fire with some type of tobacco product or accessory (cigarette, cigar, dip, lighter, ashtray, etc.). While you eat and gather all of your giveaway goodies, you'll also receive information on HOW TO QUIT!! No, we don't expect for you to stop on the spot that day, but you will receive information on Smoking Cessation Programs, scheduled to begin early in the millennium!!

You don't have to be a smoker to get involved with this event. Bring your smoker friends and tell them to "Get Your Butt Out of My Face" (cigarette butt that is), and come enjoy all of the FREE FOOD and FUN!! For more information you can contact Health Promotion at 328-6793, Student Health at 328-6794 or Center for Counseling and Student Development at 328-6661.

As campus life runs along each day, photographers will be out and about to capture us, the students, at our best. If you can identify yourself in any of our pictures, present yourself to MSC 109 to the staff there. Rewards will be on hand for your efforts, so keep a close eye on those pictures.



Kick In

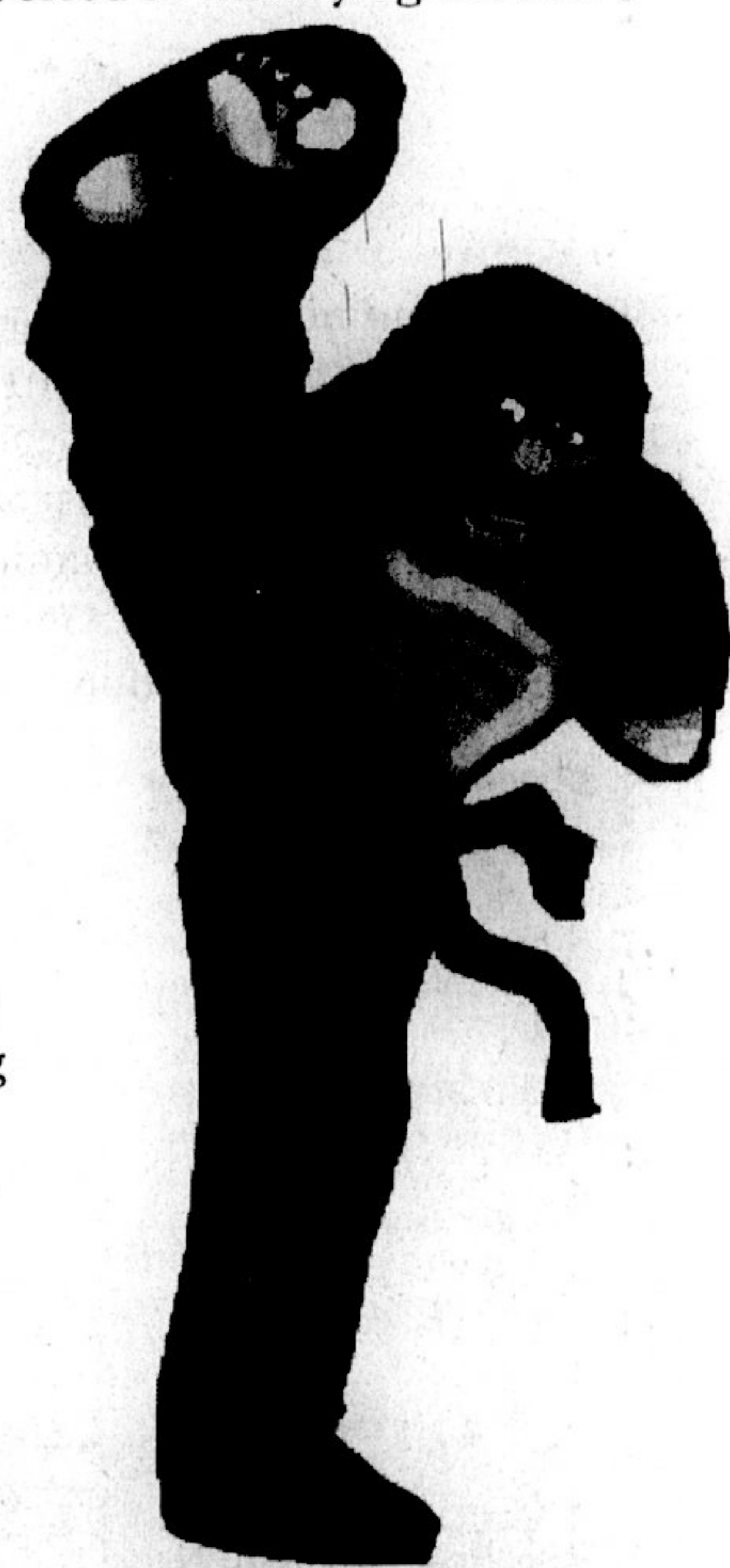
Trade Your Ideas For Food and Eat For FREE!

We want your ideas and opinions about how to improve campus restaurants, meal plans, and menus. Join others at monthly Student Food Advisory Council meetings to offer comments, suggestions, and compliments about your dining experiences at ECU. Meeting attendees enjoy a scrumptious free catered meal prior to the SFAC meeting and have the opportunity to meet and socialize with the entire dining service management team. To make a reservation for our November 10th meeting call 328-2337. Unable to attend? We're still eager to hear from you. Feel free to complete an Edible Suggestion card at anytime and drop it in our collection boxes located at any of our seven campus restaurants.

Kickboxing

In light of the global popularity of kickboxing, many forms of the sport have taken to the exercise studio creating excitement, confusion, and even controversy. How do you choose a kickboxing class, instructor, or video that is effective and safe for everyone? Videos, while great for home use, fall short of providing individual pacing and feedback specific to your form and technique. This information is paramount in decreasing your injury risk. In addition, videos cannot prescribe appropriate pacing or provide an ongoing source of motivation to keep you coming back for more. When seeking a live kickboxing fitness class, make sure you look for instructors that are trained to teach exercise to general population adults. Kickboxing, while great fun, is a sport requiring specific skills and athleticism. The instructor should be well versed in modifying the movements for those of us who are not trained in the sport of kickboxing. Music speed, repetition, body positions and kick height are just a few of the things that need to be suited to the individual. Seek out instructors that are certified exercise leaders with training and experience in fitness kickboxing techniques. Organizations such as the Aerobics Fitness Association of America or the American Council on Exercise now offer practical and written exams for instructors in fitness and kickboxing.

ECU Recreational Services can take out some of the guesswork with the extremely popular Cardio-Boxx workout. This class features one hour of effective punching, kicking, and sport drills designed to improve cardio-vascular health, muscle strength, and body composition. Each class is taught by instructors prepared to evaluate your technique thereby reducing injury risk while ensuring great results. All of the movements employed are suited to the general population, as well as modified for fitness versus sport. Fitness Kickboxing is fun, effective, easy to follow and is earning its place in the fitness arena. Just remember that the workouts are for health, fun and vitality, serving in no capacity as self-defense or martial arts training.



What's Up

Alcohol Awareness Week
Nov. 29 - Dec. 3
For more info, call 328-6794

Candidate's Thoughts
Thanksgiving Dinner
Thanksgiving Dinner
Thanksgiving Dinner

Career Decisions and
Thanksgiving Dinner
Thanksgiving Dinner

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