

Costume design requires more than imagination

"Macbeth" costumes under construction

Jennifer Brown
STAFF WRITER

A man puts hours and hours of work behind each play, but he is never seen or recognized during the course of the performances. Costume design is an integral part of every theatre production.

Jeff Phipps, of the ECU department of theatre and dance, is the designer of every costume that goes into every production here at ECU. For Phipps, the art of costume design has been a profession and a passion for the past 20 years.

"I worked professionally for 20 years and at the University of Miami and the University of Texas," Phipps said.

Phipps, in conjunction with the department of theatre and dance, is beginning to prepare for the long hours needed to put on this spring's production of "Macbeth." The amount of costumes that they already have imitating the style of the period in which this play is set determines the amount of new ones that will have to be made.

"Costume designers are the original recyclers," Phipps said.

The number of costumes needed for a production also depends on the number of people in the cast and the number of costume changes for each part. There are 32 actors and actresses in the "Macbeth" cast, and for main characters like Lady Macbeth, several costume changes are necessary.

According to Phipps, the amount of time that costume designers must spend preparing for each production also depends on the amount of detail that is put into each one.

See **COSTUMES**, page 7



Jeffery Phipps uses gouache paint and Japanese rice paper to design the costumes for upcoming Macbeth production. (photo by Emily Richardson)

Maya Angelou
Born in St. Louis, Miss. in 1928, this author, poet and entertainer spent most of her childhood living with her grandmother in rural Arkansas. Angelou is best known for her portrayals of strong African-American women. Her writing themes stress courage, perseverance, self-acceptance and realization of one's full potential. In her works she frequently presents strong female role models. Her most prominent writing includes her series of autobiographical books, beginning with "I Know Why the Caged Bird Sings." The series continues with "Gather Together in My Name," "Singin' and Swingin'," "Gettin' Merry Like Christmas," "The Heart of a Woman" and "All God's Children Need Traveling Shoes."



Sylvia Plath
This poet is known for incorporating savage imagery and themes of self-destruction in her work. Born in Boston, Mass. in 1932, Plath was educated at Smith College and at the University of Cambridge, where she was a Fulbright scholar. Her first book of poetry, "The Colossus," revealed her meticulously crafted, intensely personal style.



Kate Chopin
This writer is well-known for her depictions of culture in New Orleans and of women's struggles for freedom. Chopin was born in St. Louis, Miss. in 1850. She later married Oscar Chopin, a Creole cotton trader, and moved with him to New Orleans. After a business failure, the family moved to a plantation near Cloutierville, La. where her husband died in 1882. Two years later Chopin returned to St. Louis with her six children, where she maintained a literary salon and began her writing career.



Emily Elizabeth Dickinson
Dickinson is categorized as America's best-known female poet and one of the most prominent authors in American literature. Born in Amherst, Mass., Dickinson was the middle child of a prominent lawyer and one-term U.S. congressional representative, Edward Dickinson and his wife, Emily Norcross Dickinson. During her lifetime, she published only 10 of her nearly 2,000 poems in newspapers, Civil War journals and a poetry anthology. The first volume of poems, edited by Thomas Wentworth Higginson and Mabel Loomis Todd, was published in 1890, after Dickinson's death.



Anne Rice
Born in 1941, this writer is known for her best-selling novels about the supernatural. Rice was born Howard Allen O'Brien in New Orleans, and in her youth changed her first name to Anne. In Rice's first novel, "Interview with the Vampire," introduced the reader to vampire history and culture. The book is the first in a series of several other vampire books that together make up the "Vampire Chronicles." The series is noted for its sympathetic portrayal of vampires as romantic individuals who live outside mainstream society.



Alice Walker
This writer focuses her writings to portray the lives of poor, oppressed African-American women in the early 1900s. She wrote most of her first volume of poetry during a single week in 1964; it was published in 1968 as "Once." She won the American Book Award and the Pulitzer Prize for her best-known novel, "The Color Purple," which was praised for its strong characterizations and clear, musical quality of its informal language.

Winter WEIGHT GAIN strikes during holiday season

People suffer from fat traps, sedentary behavior

Susan Wright
FEATURES EDITOR

On average, people gain 10 pounds during the winter. The food and fun during the holiday season are two reasons why winter weight gain hits the majority of Americans.

There is more to weight gain in the winter than a voluntary change in the types of foods that are eaten and the exercise that a person does. Sunnex, a company that manufactures low-intensity lamps for bright light therapy, believes that there is a chemical change that contributes to seasonal weight gain.

"In fall and winter, the signal to the area of the brain that registers a signal of satiety is suppressed in the evening," according to sunnex.com. "In this manner, nature encourages mammals to continue to eat and gain weight."

In the evening, when people often have the most access to snacks, their bodies do not signal that they are full. This is a survival technique that has been instilled in the body of all mammals, which now causes weight gain that is no longer necessary to survive cold weather and food scarcity.

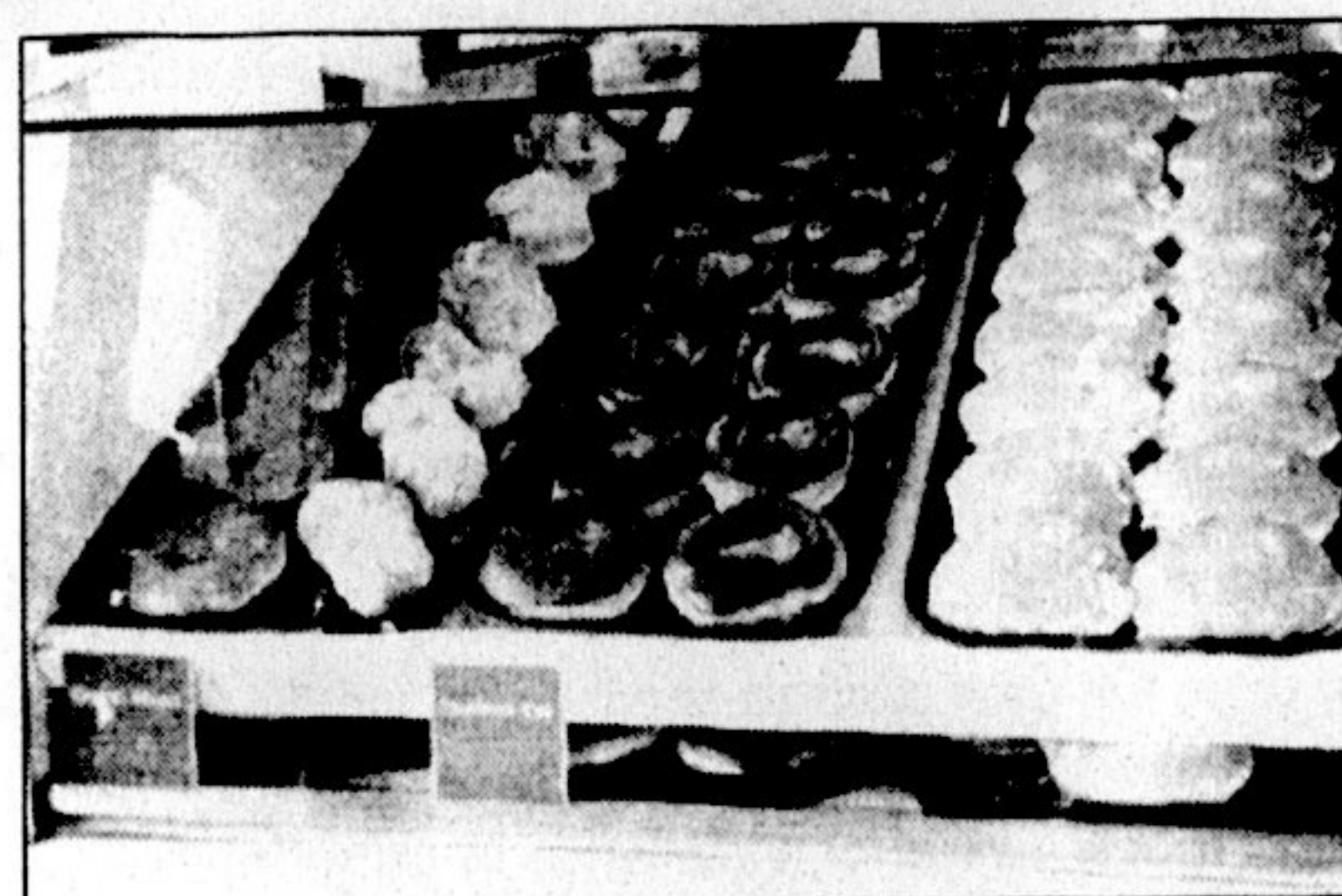
The food that people choose to eat, no matter what the time of day, also contributes to weight gain.

"People have less access to fruits and vegetables during the winter, and they tend to eat food that contains more calories," said Sylvia Escott-Stump, dietetics programs director at ECU.

There are also more social gatherings during the holiday season, and people can overeat because of social pressure. In order to avoid this trap, it is best to either circle the table looking for something low in calories or to try a small amount of everything.

"If you sample some of everything, the hostess will not be offended," Escott-Stump said.

Typical holiday foods carry a lot of calories that



Krispy Kreme doughnuts are warm and sweet, but they are also full of fat and calories. (Photo by Patrick Raulet)



Junior Renee Engstrom utilizes the abdominal machine at the Rec Center to burn extra holiday pounds. (photo by Patrick Raulet)

people do not usually consume during the year. For example, one-half cup of eggnog contains between 500-600 calories, depending on how rich it was made to taste.

"More people drink socially during the holidays as well, and alcohol intake is a source of calories that many people forget," Escott-Stump said.

If a person was to consume an extra glass of eggnog a day, they would gain one pound every week during the holiday season. A pound of fat is the equivalent of 3,500 calories. If a person gained 17 pounds during the holiday season, it would take four to five months to lose it and keep it off.

"It is healthy to lose between half-a-pound and a pound per week," Escott-Stump said. "If you lose more than this on a fad diet or by depriving yourself of food, it will come back."

The best way to lose any extra pounds is through a combination of exercise and healthy eating. Exercise raises the metabolic rate in a person's body, this rate determines how many calories a person burns doing a certain activity.

"As we age, the metabolic rate slows per decade," Escott-Stump said. "This makes it more difficult for a person to lose weight."

According to Escott-Stump, the traditional college student has a high metabolism because they are still young. Weight gain can still happen because their eating habits typically change over the holidays. When they go home, they are around a lot of food that they don't have access to at school.

"Usually I gain weight during the holiday season," said Abby Lindsay, freshman. "I eat all my parent's food, and I am not used to eating that much."

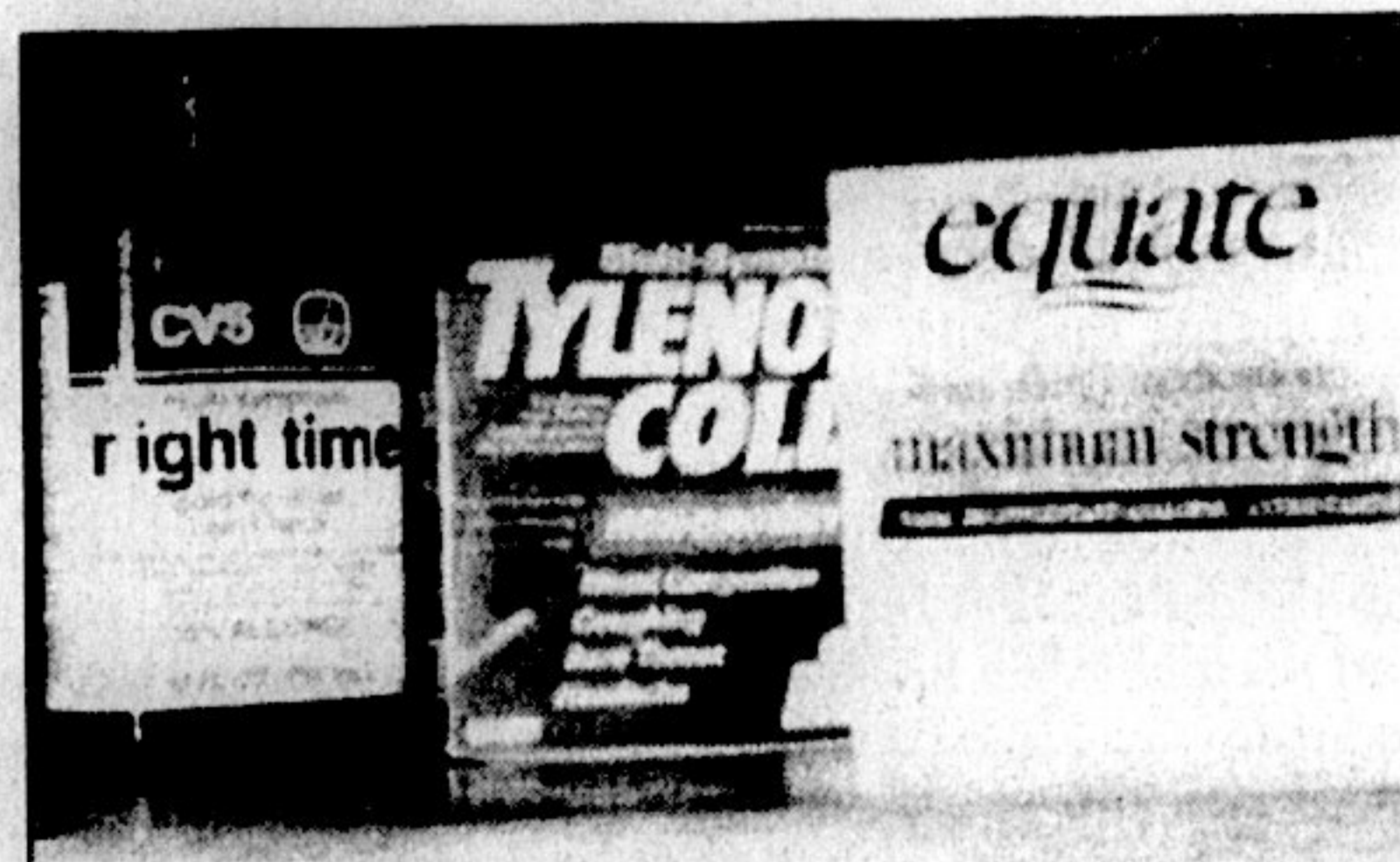
Although all of those treats and holiday drinks may taste good while the season lasts, once it is over, it could take at least three or four months to lose the 10 pounds you gained. If you do overindulge this holiday season or have any questions about weight loss or gain, contact Sylvia Escott-Stump at 328-1352. Dietitians are available to assist you.

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

Volunteers needed for drug testing

Clinicalstudies.com connects researchers, subjects

Kenton Bell
STAFF WRITER



Before testing, the drugs people take everyday could have had horrendous side effects. (Photo by Patrick Raulet)

A student can earn up to \$3,000 in one weekend by agreeing to be a test subject for medical research. Clinicalstudies.com connects researchers and potential subjects via the Internet.

The Internet web page was started in May, and since then, 800 people have registered to be research subjects. Fifty percent of the people who registered are college students.

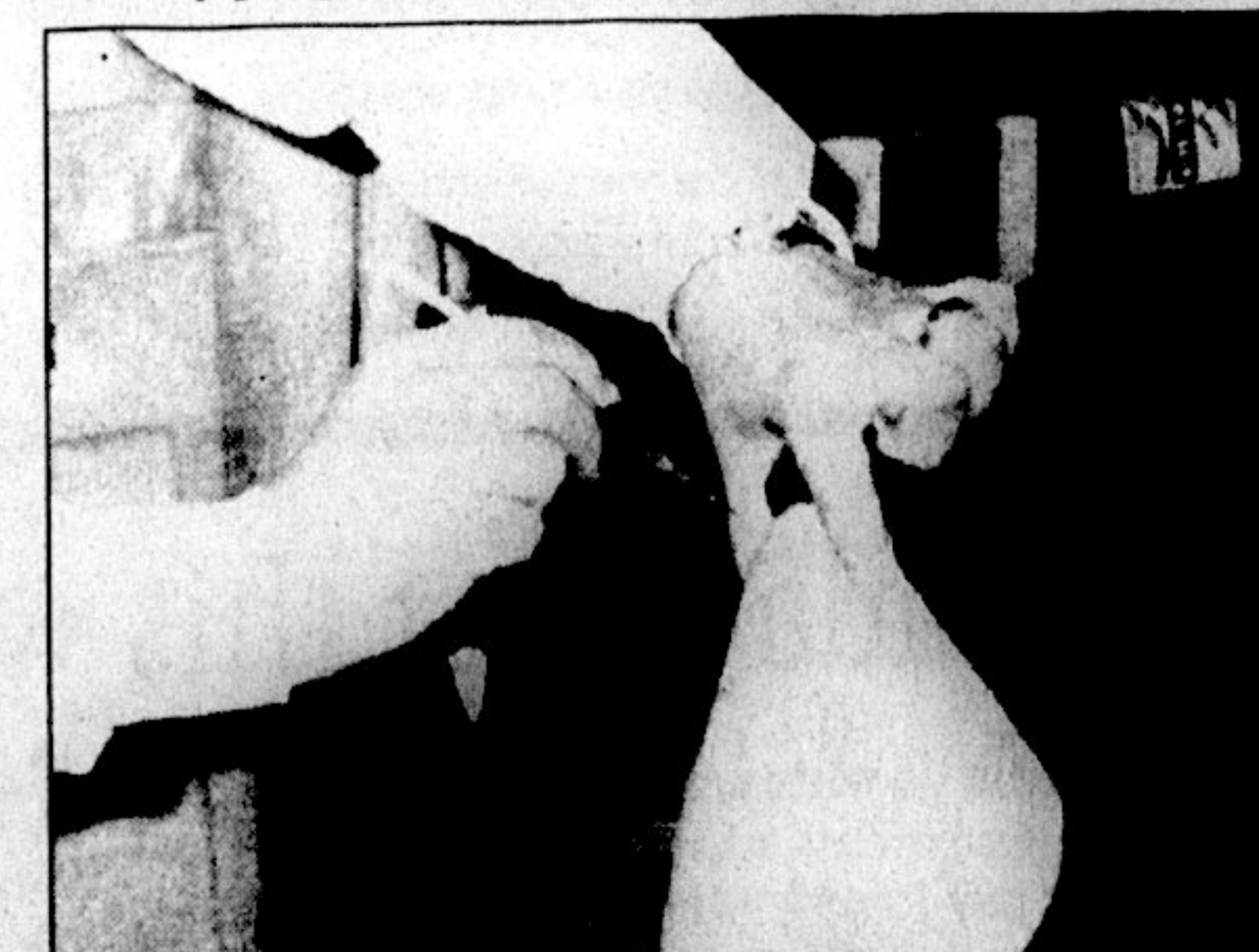
Clinical study relates to the avenue of medical research conducted with patients to determine the validity of new experimental treatments. The studies are designed to develop a working hypothesis about benefits of certain drugs. The studies are set up to compare these drugs against a control group which receives a placebo in place of the actual drug.

Information available on clinicalstudies.com points to concerns relating to the benefits of the specific studies and the qualifications for participation in

them. Persons who are selected to participate are carefully screened to ensure the validity of the tests and the safety of the patients.

"In order to reduce the number of variables that must be considered when evaluating test results, most studies seek to enroll patients with similar characteristics," said Denise Tomczak, director and creator of clinicalstudies.com. "Therefore, each study requires patients with specific traits, such as illness or state of health, ethnic background, medication history, gender, etc. If you fit the characteristics for a particular study, you may be eligible to participate."

Some studies, such as those testing to see if a medicine is safe for human consumption, look for young healthy people, such as college students. All of the drugs



The medicine injected into this student has been tested on other students. (photo by Patrick Raulet)

have been tested on animals before they are given to people, and the test subjects are also given a list of known and possible side effects.

"Phase I testing, which does not test a drug against a disease, but for safety, pays the most money of all of the studies," Tomczak said. "It pays up to \$3,000 per weekend."

A different type of testing is when the drug is tested

See **CLINICAL**, page 7

DINING CRITIQUE

Courtyard Tavern serves up delicious dishes

Nina M. Dry
ASSISTANT FEATURES EDITOR



Students dine at Courtyard Tavern in style. (photo by Emily Richardson)

"You want to go where people go; people are all the same. You want to go where everybody knows your name." This tune from "Cheers" fills my head every time I think of what I consider to be Greenville's best kept secret: The Courtyard Tavern.

I've passed it many times while heading over to the local Big K, but it wasn't until recently that I decided to stop in and was immediately hooked. With its warm atmosphere complemented by rich earth tones, the immediate feeling of being welcomed was evident. I felt as if I were walking into a holiday TV special without the roaring fire and the 'chestnuts roasting on an open fire' song playing softly in the background. After a long day at work or school, this is definitely the place I would recommend for a chance to come in and unwind.

The service was incredible because I was immediately greeted with a genuine smile and seated at the nearest available booth. The booth I was sitting in was

See **COURTYARD**, page 7