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# For whom the bell tolls at ECU



At midnight a "jester" emerges from Joyner Library's clock tower. On the left is what the tower looks like just before the jester appears. Below are photos showing the jester as he comes out. Once the jester makes his presence known, he begins lecturing onlookers of the futility of time. At 7 a.m. a rooster greets people in the morning. The cost to build and maintain the library's mechanics and themes is roughly \$30 million.



Contributed photo

### Creepy clowns really do exist on campus

LARA DEVRIES  
STAFF WRITER

A motley crew of onlookers and students not yet old enough to drink gathered in the cold Saturday at midnight to catch a glimpse of the fabled clown that legend has it, appears in the Media Glockenspiel of the clock tower across from Joyner Library. They focused their attention on the 12 television screens, watching a face to appear. The screens were merely a modern art exercise in modern art, complete with a myriad of red triangles and blue circles. At last, the clock struck midnight, and as all present leaned into the cold, eerie carnival music began to play, accompanied by musical laughter. One could

hear the gears inside the tower grinding and an opening slowly appeared in the center of the 12 screens. The face of a jester emerged and slowly moved forward. The music grew louder, and a voice recording began to drone about how futile time is. "Time is futile ..." said the Joyner Library Jester. The jester, however, was not the narrator of this stock-phrase advice and merely grinned a grin that must look more sinister in the dark. "It was certainly a psychedelic experience," said Matthew Belty, a bystander who came out to see "if the stories were true." The clock tower features other displays at set times of the day. At 7 a.m., a rooster appears accompanied by crowing, at sunset horns appear playing music and at sunset a carmen

appears with the sound of a blast and smoke for greater effect. Christopher Janney, a world-renowned artist and architect, designed the Media Glockenspiel, as well as all of Sonic Plaza. Completed in 1997, Sonic Plaza was part of a \$30 million renovation of the library. Some remnants of the original library can still be seen, such as the columns that hundreds of students pass under every day. These are now known as the Sonic Gates, complete with motion sensors to activate musical tones. What mystery can Sonic Plaza hold for us today? "Time really is futile and creepy clowns do exist," said Sarah DeVries, phone operator for Wireless Plus. This writer can be contacted at news@theeastcarolinian.com.

## Number of executions, death sentences declined in 2004, government reports



Death row is less likely these days.

WASHINGTON (AP) — The ranks of people sentenced to death and the number executed declined in 2004 as the nation's death row population kept shrinking, the government reported Sunday. Last year, a dozen states executed 59 prisoners, six fewer than in 2003, according to the Justice Department's Bureau of Justice Statistics. North Carolina executed four convicted killers in 2004, compared to 23 in Texas, seven in Ohio, six in Oklahoma and five in Virginia. North Carolina has executed three men this year, including Steven Van McHone, 35, on Friday. Another condemned man, the state plans to put 67-year-old Elias Hanna Syriani to death for the 1990 killing of his wife. A fifth execution is scheduled for Dec. 8. The report also said 125 people, including five women, who were convicted of murder received a death sentence last year. That was the smallest number since 1973. Last year, 22 death row inmates died of natural causes

or committed suicide, while an additional 107 had their sentences commuted, tossed out or overturned. As of Dec. 31, there were 3,315 people on death row, compared to 3,378 a year earlier. Tracy Snell, one of the report's authors, said the number of prisoners under death sentences has declined four years in a row, the result of a murder rate now at its lowest level in 40 years. One death penalty advocate said the threat of harsh punishment is responsible for that falling rate. "There are less murders, less murder victims and less death sentences because, in our view, we have been giving this problem the right medicine," said Michael Rushford, president of the Criminal Justice Legal Foundation in Sacramento, Calif. "Most states have effective habitual offender laws. These laws take the most likely group of potential capital murderers off the street," said Rushford, whose public interest law group works "to strengthen law enforcement's ability to assure that crime does not pay," according to its Website. Richard Dieter, executive director of the Death Penalty Information Center in Washington, said jurors increasingly are reluctant to recommend the death penalty. He cited recent cases where death row prisoners have been freed following media or legal investigations, the use of DNA evidence to exonerate those wrongly convicted and the increased availability of life-without-parole sentences as an alternative to capital punishment. "The thing that stands out to me is the breadth of the decline," said Dieter, whose group has been critical of how the death penalty

is applied. "I think if it were just one year or one of those numbers, it would be less consequential. What we're witnessing is a pull-back from the death penalty across the country." Today, 37 of the 38 states with death penalty laws allow juries to consider life without parole as an alternative. That option may come to have a large effect in Texas, which in 2004 executed 23 prisoners, or more than three times as many death row inmates than any other state. A Texas law that took effect Sept. 1 allows capital murder juries to consider life-without-parole for convicted offenders. California had the largest death row, with 637 inmates at the end 2004. California, Florida and Texas together account for 44 percent of the nation's death row population, according to the report.

- ### Death Penalty
- Data found in the report
- 1) The 59 inmates executed in 2004 had spent an average of 11 years on death row.
  - 2) Of those executed, 36 were white, 19 black, three Hispanic and one was Asian.
  - 3) One inmate was electrocuted. The rest were put to death by lethal injection.
  - 4) Ten federal prisoners were sentenced to death in 2004, or twice as many in any year since 1973.
  - 5) Fifty-two women were on death row, five more than a year earlier.
  - 6) The oldest death row inmate was 89; the youngest was 18.
  - 7) Preliminary data shows that this year, 13 states had executed 49 inmates as of Nov. 9 — seven fewer than during the same period a year earlier.



President Bush met with other Latin American leaders during the Summit of Americas Nov. 4.

## Bush should get warmer welcome in Asia than on recent trip to Latin America

BUSAN, South Korea (AP) — Even with Asian hostility toward some U.S. policies, President Bush's trip to the region this week is not expected to turn as acrimonious as his recent visit to Latin America. Bush departs Monday for a seven-day trip to visit enthusiastic allies Japan and Mongolia, along with China and South Korea, who may have differences with Washington but do not want them to disrupt relations. He also will attend the Asia Pacific Economic Conference summit in Busan, where 21 member states are expected to agree to support free-trade talks at the World Trade Organization. This trip will be vastly different from Bush's visit this month to the Americas Summit in Argentina. There, Venezuelan President Hugo Chavez led a stadium full of protesters against a U.S.-backed free trade zone that

failed to gain support of the 34 nations attending, sending Bush home early. "All in all, it'll be certainly a much warmer welcome in Korea than in Latin America," says Ralph Cossa, president of the Hawaii-based Pacific Forum Center for Strategic and International Studies. That does not mean, however, that protesters will stay at home. About 18,000 people carrying anti-globalization signs peacefully demonstrated in Seoul on Sunday in advance of the APEC summit, and organizers said thousands more will be on Busan's streets during the meeting. In Washington last week, Bush acknowledged the criticism of his policies in Asia. "I made some difficult decisions, and I understand not everybody agrees with them," he said. "But one of the things

I hope people do agree with in South Korea is that ... they've got a strong friend in the United States." The White House also played down expectations for Bush's trip. "He's not looking for any specific deliverables or specific outcomes," National Security Adviser Stephen Hadley said. Asia has a wide array of regional groups, but there is a growing sense that the talking is not very directed, giving Washington a chance to step up and lead at the APEC summit, said Jane Skanderup, director of programs at the Pacific Forum. "This is an opportunity for the U.S. to be very visibly engaged," she said. Skanderup said the Americans also could counter the appearance that China's

see BUSH page A2

## Announcements

### Gospel Choir

The gospel choir will perform at 7 p.m. Tuesday, Nov. 15 in Wright Auditorium. Tickets are \$3 with a student ID and \$5 for general admission. For more information, call Tarrick Cox at 328-1518 or coxta@mail.ecu.edu.

### 'The Importance of Being Earnest'

Oscar Wilde's play, *The Importance of Being Earnest*, will begin performances on Thursday, Nov. 17 and will run through Tuesday, Nov. 22. Performances will be held in McGinnis Theatre. Tickets are \$12 for the general public, \$10 for senior citizens and ECU faculty and staff and \$8 for ECU students. For more information, call 318-6829 or 1-800-ECU-ARTS.

### Brewster History Lecture

The ECU Brewster Lecture "A Tale of Three Cities: How the U.S. won WWII" will be presented at 8 p.m. Wednesday, Nov. 16 in OC-307 Science and Technology Building. ECU's History Department and the Thomas Harriot College of Arts and Sciences will host the 24th annual Lawrence F. Brewster Lecture in History. David Kennedy, the Donald J. McLachlan Professor of History at Stanford University, will offer the guest lecture.

### Medical Student Talent Show

The 2005 Medical Student Council Talent Show will be held Thursday, Nov. 17 at 7:30 p.m. in the Brody School of Medicine's Brody Auditorium. Tickets are \$5 in advance and \$6 at the door. There will be performances by students and faculty, as well as door prizes. This year's charity beneficiary is the Tiana Nicole Williams Endowment Fund. For more information, contact Kara Regan at regank@mail.ecu.edu.

### Alumni Tailgate

The Alumni Association's Tailgate 2005 will take place Saturday, Nov. 26 starting at 9:30 a.m. at Minges Gate two. The cost is \$5 per person, and children under 10 get in for free. Enjoy food, beverages, Pee Dee the Pirate and the Cheerleaders. For more information and to register, visit tailgate.piratealumni.com.

### Pilobolus Dance Theatre

PTOO, as it is affectionately called, is considered the "little luxury edition" of Pilobolus Dance Theatre, one of the dance world's most renowned ensembles. Its two bravura dancers present a seamless evening of new and classic Pilobolus works at 8 p.m. on Thursday, Dec. 1 in Wright Auditorium. Purchase Masterpiece Subscriptions by Sept. 28 for best options. Masterpiece subscription (all events): \$216 for public, \$198 for ECU faculty/staff, \$108 for youth, \$72 for ECU Students. Purchase Crown Subscriptions by Dec. 1 for best options. Crown Subscription (choice of six events): \$162 for public, \$150 for ECU faculty/staff, \$84 for youth, \$48 for ECU students. Advance individual tickets, if available, may be purchased beginning Nov. 13 for \$25 public, \$23 ECU faculty/staff, \$13 youth and \$10 ECU student. All tickets at the door are \$25. Group discounts are available for groups of 15 or more. For more information, visit ecu.edu/ecuarts.

### New Musical

*John and Jen*, a new musical, will be performed at 8 p.m. Saturday, Dec. 10 and at 2 p.m. Sunday, Dec. 11 in the Studio Theatre. A truly original musical that takes a look at the complexities of relationships between brothers and sisters and parents and children, this story is set against the background of a changing America between 1950 and 1990. The event is free, but tickets are required and seating is limited. For more information, call 328-6829.

## News Briefs

### Local

#### NC public universities forced to cut jobs, supplies, courses

CHAPEL HILL, NC (AP) - The University of North Carolina will cut spending for student instruction by \$16.4 million this year despite increased state funding for many priorities across the 16-campus system, including money for building repairs and raises for state employees.

At UNC-Chapel Hill, budget cuts this year led to elimination of 46 class offerings. At North Carolina State University, 60 of the course sections have been eliminated and science labs will have fewer materials. At North Carolina Central University, money for teaching supplies was cut.

The fewer course sections and greater class sizes mean students will struggle to complete their studies within four years, according to a report issued this week by the UNC system. "Ironically, unavoidable reductions in advising and faculty contact hours means that many students will have less assistance in monitoring their degree progress at a time when it becomes much more difficult and critical to do so," said the 2005-06 Budget Reductions Report.

The report is a roundup of the impact of this year's \$31 million, or 1.72 percent, cut from last year's operating budget. Its release was met by dismay by some on the university system's oversight body.

"This is not good in terms of what's going on the campus," said Willie Gilchrist of Halifax, a member of the UNC Board of Governors. "I sure hope someone's reading this. We have to be real careful about our long-range plans if we don't have the money to fund those plans."

His comments contrast with the positive reaction UNC system officials had in August when state legislators

approved the state's annual budget. The state spending plan included victories for UNC advocates like \$73 million for full enrollment growth, \$57.5 million for repairs and renovations to university facilities, and pay raises.

On Friday, the UNC board approved a plan to cap tuition increases at about 10 percent for next year and to raise the pay of campus chancellors by between 8 percent and 16 percent. The latter move was criticized by other state employees, who will receive 2 percent salary increases. Other UNC board members continue to praise the General Assembly for funding what it did during a period of continuing financial trouble.

"There's just not enough money," said former governor James Holshouser, an emeritus member of the UNC board. "The educational experience is going to be impacted negatively if we can't turn the corner as a state." Asheville board member Ed Broadwell said legislators "really are under some adverse sets of circumstances."

### National

#### World's largest aquarium set to open in Atlanta - displays include pair of young whale sharks

ATLANTA (AP) - The whale sharks are kings of the 6-million-gallon tank, their presence palpable even before they emerge from the murky darkness like massive star cruisers in a science fiction film.

But once visitors to the new Georgia Aquarium have seen Ralph and Norton - the only whale sharks on display outside of Asia - they will still have at least 99,998 more fish to go. When the aquarium opens Nov. 23, it will become the world's largest by virtually all major standards of the industry. It was bankrolled almost exclusively by a \$200 million gift from

Home Depot Inc. co-founder Bernie Marcus.

Shaped like an abstract cruise ship looming over downtown Atlanta's Centennial Olympic Park, the aquarium is expected to attract as many as 2 million visitors in its first year.

The aquarium was designed to hold 8 million gallons of water and be home to more than 100,000 fish. By comparison, Shedd Aquarium in Chicago - the nation's largest indoor aquarium for decades - has 5 million gallons and about 20,000 fish.

The Atlanta aquarium's pair of juvenile whale sharks characterized by their streamlined bodies and depressed, broad and flattened heads could grow to more than 40 feet long, giving visitors a rare glimpse at the world's largest fish. At the time they arrived at the aquarium in June from Taiwan, one was measured at 15 1/2 feet and the other at 13 feet.

Also featured will be five beluga whales, two of them rescued from an amusement park in Mexico, in an 800,000-gallon tank.

The unusual fish on display, presentations that will include computer-generated images, spotlights and music and the sheer size of the project have aquarium officials around the world buzzing and even jealous, said Kristin Vehrs, interim executive director of the American Zoo and Aquarium Association.

But not everyone is happy. A handful of animal rights groups protested the plan to display whale sharks, saying the giant animals are more likely to die young in captivity. Aquarium officials and some independent biologists say those fears are based on old statistics and say the aquarium's whale sharks were destined to become seafood when they were acquired.

Some Atlanta-area residents are complaining about the ticket prices and lack of a family pass. For a family of five, the cost of individual annual passes will be nearly \$250, while one-day general admission would run \$96.50. For a single adult, a one-day pass is \$22.75. For children, a one-day ticket is \$17.

Planners say visitors will consider the price a bargain when they see what's in store. More than 40,000 annual passes have been sold, including 8,000 on the first day they were available.

### World

#### U.S. operation kills 37 insurgents - blast outside Green Zone kills two South Africans

BAGHDAD, Iraq (AP) - U.S. and Iraqi troops trying to stem the flow of insurgent fighters from Syria launched a dawn assault Monday on a border town, killing 37 militants.

Police in Baghdad said a car bomb detonated near one of their patrols outside a gate leading into the fortified Green Zone, killing two South Africans. Operation Steel Curtain entered a new phase when U.S. and Iraqi forces moved into the Euphrates River valley town of Obeid, about 185 miles west of Baghdad.

"Five targets were struck by coalition airstrikes resulting in an estimated 37 insurgents killed. The insurgents were engaging coalition forces with small arms fire at the time of the strikes," the statement said. "Preliminary reports indicate an estimated 25 insurgents have already been captured and are currently detained."

The troops assigned to the 2nd Marine Division have already fought their way through two neighboring towns, Husaybah and Karabillah. U.S. forces believe the border towns have been an entry point for insurgent

fighters and weapons into Iraq.

The Baghdad blast killed two South Africans and wounded three others working for a State Department security contractor, DynCorp International, U.S. Embassy spokeswoman Elizabeth Colton said. The blast was followed by small arms fire and billowing black smoke that could be seen across the city.

The blast apparently targeted a convoy leaving the Green Zone, the headquarters of the Iraqi government and U.S. forces in Iraq.

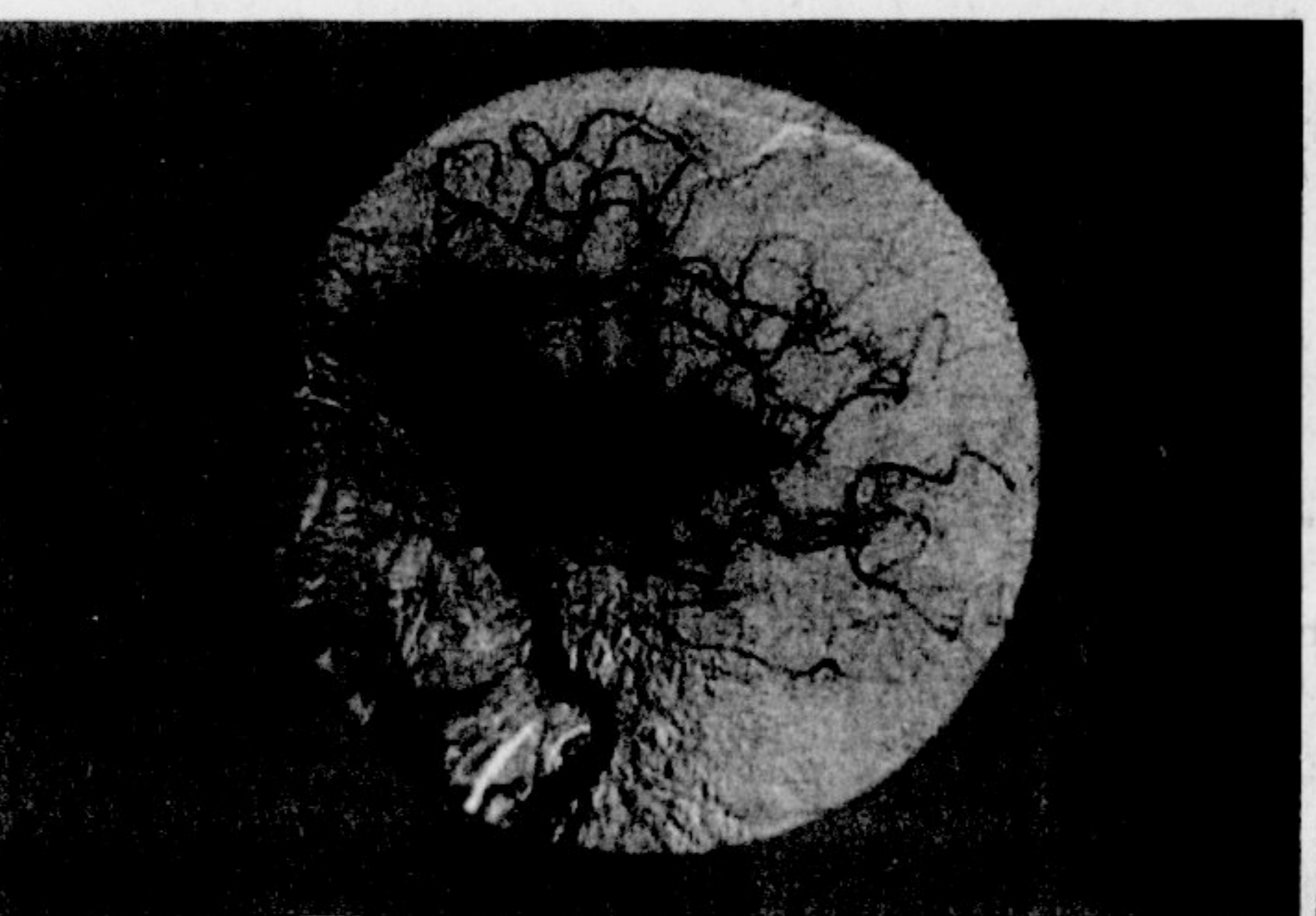
The blast occurred near the Iranian Embassy, about 100 yards north of the Green Zone gate, which is surrounded with blast walls. Two Apache attack helicopters were soon flying over the scene as the smoke cleared and sporadic gunfire continued in the area.

On most days in Baghdad, at least one car bomb detonates in the city, mostly targeting Iraqi security services or U.S. troops. Direct attacks on the Green Zone are relatively rare.

In the western town of Ramadi, a Sunni stronghold, a roadside bomb detonated shortly after a U.S. patrol passed, destroying two buses and killing five civilians and wounding 20 others, police Capt. Nassir Al-Alousi said.

The attacks followed demands by Sunni Arab politicians for an end to U.S. and Iraqi military operations, claiming they threaten Sunni participation in the Dec. 15 parliamentary elections a key U.S. goal. The U.S. command also announced Sunday the deaths of three more American troops.

U.S. commanders have said offensives, especially those in the western province of Anbar near the Syrian border, are aimed at encouraging Sunni Arabs to vote next month without fear of intimidation by insurgents opposed to the political process.



Arteries are elaborate and call for careful precision when treating.

## Unclogging heart arteries becoming popular treatment

DALLAS (AP) - It hasn't become quite as routine as having your teeth cleaned, but a growing number of people are going to hospitals to get their heart arteries unclogged and going home the same day.

New research presented Sunday at an American Heart Association conference suggests the approach is safe. It found complications were no greater in people who went home a few hours after having angioplasty than in those who were hospitalized overnight.

Doctors have been reluctant to adopt the outpatient method but "this is the kind of study that's going to turn the trend," said Dr. Timothy Gardner, a Delaware cardiologist who heads the meeting committee but had no role in the research.

"Insurers are getting cranky" about hospital costs and will be enthused about ways to cut them, he said. Patients, however, might not like being rushed out the door. Some may view it as the cardiac equivalent of "drive-through deliveries," where new moms are sent home the day they give birth.

Angioplasty is one of the most common medical techniques in the world. About 600,000 are done each year in the United States alone.

Through an artery in the leg near the groin, doctors snake a tube to blockages that are clogging vessels and preventing them from supplying enough blood to the heart. A tiny balloon is inflated to flatten the crud, and a mesh scaffold called a stent is left behind to prop the artery open.

Two kinds of complications can occur: bleeding from the leg incision and relogging of the heart artery.

To avoid the first type, Canadian researchers led by Dr. Olivier Bertrand of Laval Hospital Research Center in Quebec did angioplasty a different way - using an artery in the arm near the wrist instead of one in the leg - which greatly reduces bleeding.

Next, they tested the need to keep patients overnight by giving half of those in the study a single dose of anti-clotting medication and sending them home 4 to 6 hours afterward. The other half got standard treatment: the single dose plus a 12-hour intravenous one given overnight in the hospital.

Six months later, the rates of major bleeding, heart attacks or need for repeat procedures to treat blockages were nearly identical in the two groups: 30 among the 504 patients given the single drug dose versus 28 in the other 501.

### Bush from page A1

growing international profile makes it the regional heavyweight.

"The danger is that the region perceives China being more of a leader," she said. "It does make the region nervous. They want the U.S. to stay engaged as they do in Japan."

Bush's first stop is Japan. Japanese Prime Minister Junichiro has been eager to cozy up to Washington, and his popularity has not suffered despite Bush's popularity woes at home and abroad. One hurdle could be U.S. hopes to get a ban on beef imports lifted two years after it was imposed because of concerns about mad cow disease.

Bush then heads to South Korea for APEC summit talks on the group's goal of establishing free trade between member economies by 2020.

He said last week he would be representing workers and business along with the United

States in the talks. In a nod to globalization opponents, he said the meeting "will also help us work together to alleviate poverty."

Senior officials from the 21 participating countries agreed Sunday that their leaders must issue a "powerful statement" at the annual summit to try to save stalled global trade talks from collapse and intensify measures to fight threats such as terrorism and a possible flu pandemic.

Bush also will meet separately with South Korean President Roh Moo-hyun, elected in 2002 on promises he would not "kowtow" to Washington. South Korea has differed with Washington over covering costs of American troops stationed in South Korea and U.S. plans for the soldiers to become a regional force.

Heading to China, Bush is expected to deliver muted criticism about Beijing's human rights policies and call for tougher measures against

copyright violations. The White House irked China before the trip when Bush met the Dalai Lama and the administration released a report labeling Beijing a serious violator of religious freedom.

"We urge the U.S. government to stop interfering in China's religious affairs," Chinese Foreign Ministry spokesman Liu Jianchao responded. Beijing opposes meetings with the Dalai Lama, whom Liu called "a political exile who undertakes secessionist activities abroad."

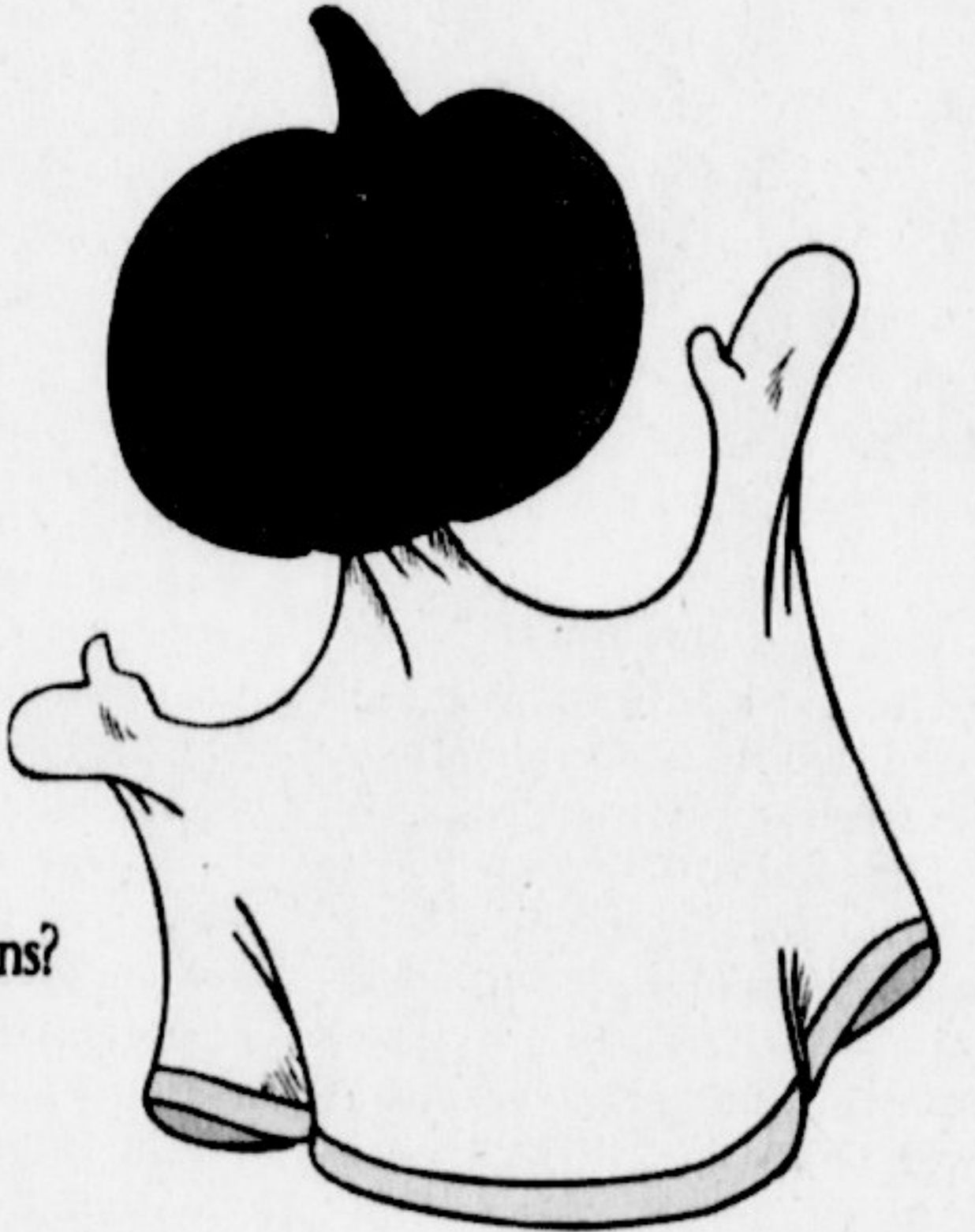
Bush's last stop is Mongolia, where he will be the first sitting U.S. president to visit. The landlocked country has reached out to the United States to avoid the sway of big neighbors China and Russia, sending 120 troops to Iraq and about 50 to Afghanistan. The visit will last just a few hours.

"They're going to love him in Mongolia ... he may want to stay three days," Cossa said.

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## Our View

There is nothing wrong with being a 'dork who studies all the time'

Honor Roll, Dean's List, Chancellor's List, Cum Laude, Magna Cum Laude, Summa Cum Laude ... Do these terms sound familiar to you? They probably won't if you are a student who doesn't study enough.

The aforementioned titles are acknowledgments of those who have achieved academic success over the course of a semester and through the course of undergraduate career. They have high requirements, not the least of which include getting grades higher than a "C" once in a great day. These distinctions are the kind of things employers and graduate school admission officers look for when they offer jobs or admission. However, it has become the case that anyone who puts forth the effort needed to achieve such recognitions is considered a "dork who studies all the time." Not all of our readers are such cynics but there are still some who think studying, rather than indulging in mindless pleasure, is the fine art of a dork. The funniest thing of all is that some think they will finish school and become lavish entrepreneurs or even big shots in the government.

We at *TEC* do not wish to start a diatribe on how partying is bad but we would like to remind you what your role is. You are college students and the state of North Carolina has taken it upon itself to subsidize your education for you to occupy yourselves as students. The government has a lot of money constantly tied up in higher education and they expect to get something out of the investment. Moreover, the taxpayers do.

Oh, if the taxpayers knew how much you waste? Perhaps *TEC* should tell them? Just kidding, we will not do that. We are your friends still.

On the other hand, you make us look good. Some of us are dorks who study all the time and our self-esteem would be crippled without your pitiful attempts to show up to class twice a week. Cheers to you, we would be average at best without you.

## Our Staff

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Serving ECU since 1925, *TEC* prints 9,000 copies every Tuesday, Wednesday and Thursday during the regular academic year and 5,000 on Wednesdays during the summer. "Our View" is the opinion of the editorial board and is written by editorial board members. *TEC* welcomes letters to the editor which are limited to 250 words (which may be edited for decency or brevity). We reserve the right to edit or reject letters and all letters must be signed and include a telephone number. Letters may be sent via e-mail to editor@theeastcarolinian.com or to The East Carolinian, Self-Help Building, Greenville, NC 27858-4353. Call 252-328-9238 for more information. One copy of *TEC* is free, each additional copy is \$1.



## Opinion Columnist

Is anyone willing to step up to the plate?

'Looking for a few, or one, brave person'

TONY MCKEE  
CONSERVATIVE CORNER

Wanted: Opinion Columnist for ECU college newspaper, *The East Carolinian*. Do not need to be Journalism major, but good writing skills are essential. Prefer applicant with strong Conservative beliefs so as to counteract inherent Liberal slant in the media and on campus. Successful applicant must possess the following:

1. Strong moral character and courage of convictions.
2. Ability to communicate ideas and beliefs concisely.
3. Desire to re-educate the masses that have been brainwashed by 12+ years of Liberal fallacies taught in school.
4. Must be willing to stand up to possible retaliation or retribution from Liberal professors, graduate students and/or general faculty.
5. Must have excellent self image and be capable of withstanding the predictable, and inevitable, Liberal attacks that substitute for informed debate these days. These attacks will include, but not be limited to calling into question your intelligence, parentage and heritage. There may also be charges of hate monger, warmonger, racism, sexism and every other conceivable "ism," homophobia, being "trailer trash," not thinking "correctly" and being out of touch with the "mainstream." Additionally, there will be untold Letters to the Editor and online comments saying you should be fired, thrown into prison, drawn and quartered, etc.

All interested applicants should contact the Editor for further information.

(Let me make one thing perfectly clear to all you litigious souls out there, this "Help Wanted" announcement is my doing and is not an official *TEC* announcement. Better luck next time.)

This announcement serves a threefold purpose. First, it lets everyone know that it's not as easy to do what I do as you may have thought and second, it lets everyone know that I will

eventually have to leave these hallowed halls and go make an honest living. I won't be leaving for a while though, so don't start partying yet. I just like to plan ahead. Third, it provides the perfect segue into this week's column. Imagine that.

There is a corrosive atmosphere of fear, anxiety and oppression here at ECU, as well as almost every college in this country. Unproven theories are taught as fact while viable, proven alternatives are glossed over or ignored. Bigotry, intolerance and hatred are daily displayed, even encouraged, in classrooms and all over campus.

Long standing, morally sound thoughts, feelings and actions are criticized and ridiculed while immorality and catchy fads are praised and glorified. Laws of the land are selectively ignored, or they are enforced only when it would be an embarrassment to not do so. Honest, open debate is nearly impossible. The suppression of free speech is rampant and officially sanctioned. God, and (certain) religious beliefs, are passed off as "superstitions" for the unenlightened masses.

This, I am sorry to say, is the college experience for anyone of other than the Liberal persuasion. This category includes, Conservatives, Libertarians, liberals who believe in God and all other poor souls who do not profess belief in all Liberal causes. To be a non-Liberal on a college campus today is to be a pariah among your peers. At best you are viewed as an oddity, a misguided anachronism. At worst you are openly attacked for what you believe.

Non-Liberals are expected to sit quietly while mass infanticide is passed off as a matter of "choice," similar to deciding which job offer to accept. To disagree carries the risk of severe ridicule and righteous outrage.

Non-Liberals are not allowed to object to being told that humans oozed from the sea or that God was created by cavemen as a way to explain the thunder without suffering incredulous looks and (not so) muted laughter.

If a non-Liberal were to mention that Global Warming is just a theory, unproven and disputed

by many reputable and highly respected scientists, the chorus of "boos" and "that's a lie" would be deafening.

Were a non-Liberal to openly espouse a belief in God, praise the Christian faith or, conversely, point out that the Muslim faith is a prime breeding ground for religious fanatics, the objections would be heard throughout the building. And were that same non-Liberal to attempt to justify their statements with facts, the uproar and shouts of "intolerance" and "hate speech" may well register on the Richter scale.

And God help the poor non-Liberal who factually points out that offering benefits and other rights of citizenship to illegal immigrants is nothing more than supporting breaking the law! The reception to that would be even worse than pointing out that the Liberal faculty and student body at ECU are blatant hypocrites who believe they are above the law. (This last was proven, much to the chagrin of many. It was pointed out that the vast majority of people drinking at Halloween celebrations, Greek parties, New Years celebrations, etc. were under the legal age, yet these actions are allowed to continue and the laws are not enforced.)

The obvious bigotry and intolerance towards non-Liberals is nowhere more apparent than in the cynically named "Free Speech Zone." There, put on display like some side show freak, non-Liberals are graciously "allowed" to utter non-approved thoughts, supposedly without fear or retribution. As long as they "stay in their place" that is.

This is what being a non-Liberal at ECU and other colleges entails. This is what anyone brave, or foolish, enough to openly challenge the system will face. At a minimum. So, how about it?

Does anyone out there feel they can handle the abuse, hatred, bigotry and intolerance that will come your way for speaking your mind and putting your thoughts on paper? If you think you have what it takes, contact Jennifer Hobbs, editor extraordinaire, at *TEC*. Good luck and God Bless.

## Pirate Rant

Some of our troops don't even know why they're overseas. So how on earth do you expect civilians to know?

To the person who thinks that just because a guy takes a female home he likes her: no, he took her home because he wanted to have sex with her. There's a difference. You don't necessarily have to like someone to have sex with him or her. Maybe he liked her body doesn't mean he liked her personality. Most girls could find someone to go home with any night of the week if they wanted, but that doesn't mean he's going to call the next day!

My professor said "um" 250 times in a 20-minute span.

The rants have been a bit lame lately ... I think it is time to end the madness about the whole earring in the bed fiasco. I bet it's the same person responding to their own rants to keep that mess going ... Let's find something new to rant about. Thanks!

"What's so heroic about having a child and not taking care of him or her?" ... It's called adoption genius!

I have no idea about what has happened to Greenville in the past 24 hours. We have had a student shot and several people assaulted.

To the guy who arrives to class late everyday because you have to "go through hell" to park a mile away, and then you distract everyone in the class and tell them to take their meds and mind their own business. Why don't you just save up about \$75 and get a C-pass and take the bus. That way, you're on time, and your classmates aren't distracted.

When you are alone in a group room in the library, and a group asks for the room, get out! Policy is on the group's side and we don't want security to escort you out again.

You cannot turn left on red at any point in time, especially not when someone is crossing the road! Please learn to drive!

Girls, how many times must I tell you, friends are much more important than boys! Stop messing with him, he's a sketchball.

Isn't it crazy how much stores and television commercials are already promoting Christmas when Thanksgiving hasn't even got here yet? Happy holidays!

I love everything about college life, the food, freedom, clubs and organizations, the freebies, new faces, dorm life ... but there is no place like home.

Thanks ECU for my highly marketable degree, I could have never landed this awesome job selling cell phones without it.

If you say that you're my friend, than act like it. Don't smile in my face and curse me behind my back. Trust me, you will reap what you sew.

To all the girls who wear their mini skirts with sweaters and boots, do us all a favor and pick a season.

I can't wait to be a sophomore next year so I can register for my classes earlier - instead of waiting for the day that goes with the last digit of my social security number.

Most of my best and my most trustworthy friends in the world aren't straight ... so what does that tell you about the straight population?

Maybe girls wouldn't have to complain about mixed signals if guys would just step up to the plate and express themselves. We are all human.

To the person who came to ECU just to party - how about you leave and stop wasting your parent's money by partying. Then the problem will be fixed.

OK, the percussion water wall is the best piece of art I have ever seen. But please someone clean it! It's been looking really nasty lately!

Amen to the rant about people smoking at the entrances to buildings.

To all you drivers who cut through the road between Miami Subs and East Coast Music, trying to get to Charles Blvd. learn your driving rules! It is a two way stop. I don't care how long you have been sitting at the stop sign. If I am going straight you must yield! I am tired of almost being hit everyday.

Why does the Communication Department at ECU force me to do volunteer work, I could be using that time to look for a job!

To the guy on Monday who stopped by the Health building to ask me if I was OK, I know I said I was, but I wasn't. Your simple compassion made me have some hope for humanity. When I said thanks I really meant it. Thank you.

Is it just me or does it seem like at least five cars run every spotlight in Greenville?

Why is it when there are plenty of sidewalks, bikers still ride on the street and almost cause accidents?

Please don't take time to talk to the teacher about your flight you have to take, or why you won't be here after class. I don't pay money to listen to why your life is hectic and stressful, and I guarantee mine is right up there with yours.

I'm so sick and tired of being the only one who talks in my class. You all need to open your mouths and show that there is cognition in there somewhere. And don't look at me like I'm weird just because I talk a lot, I contribute.

What's happened with WZMB this semester?

Wow! I was privileged enough to pay \$9.06 for a drink, a bag of chips, and a nasty wrap that was more lettuce than anything else. I could have gone to McD's and got 3 Big Macs, which would have surely tasted better. Wright Plaza needs to rethink the prices that they charge students for food.

Editor's Note: The Pirate Rant is an anonymous way for students and staff in the ECU community to voice their opinions. Submissions can be submitted anonymously online at [www.theeastcarolinian.com](http://www.theeastcarolinian.com), or e-mailed to editor@theeastcarolinian.com. The editor reserves the right to edit opinions for content and brevity.

## In My Opinion

(KRT) - The two of us were born more than 50 years and nearly 160 miles apart. But we are connected to each other - and to our fellow Americans - in ways that transcend age and geography.

Both of us are Army veterans, born and raised in Kansas. And both of us nearly lost our lives on the battlefield. We were wounded near Castel d'Aiano, Italy, on April 14, 1945, and in Ramadi, Iraq, on April 6, 2004. We were struck down by Italian bullets and Iraqi rocket propelled grenades.

These connections of military experience, circumstance and history, are eternally meaningful for the two of us and for millions of other veterans. On this Veterans Day, when we honor our brothers in arms, we also pay tribute to Americans on the home front, to the enduring power of their letters and their packages and to the transcendent grace of their gratitude and prayers.

Support the troops. It is a noble idea, and a long-standing American tradition. At

its simplest, it means getting a letter from home. In World War II, letters that arrived in a week were considered speedy. Today anyone can go online to <http://www.americasupportsyou.com> to send a letter to a soldier instantly. That Web site, created by the Department of Defense, links Americans who are doing something to support the troops, amplifying the impact of their efforts. In military lingo, it's a "force multiplier" for those on the home front.

Few things were more disheartening for a soldier in World War II than to go to mail call every day and come back empty-handed. In Iraq today, even soldiers without families back home get boxes of letters from Americans in every corner of the country. In the lonely, stressful nights of war, notes from complete strangers are a connection to home, a reminder to our military that their service means something.

Back in World War II, we were lucky to get "goodie" packages filled with sunflower seeds, candy, oranges or even shoes.

They had been bought by parents and neighbors with their own food coupons, or with nickels and dimes collected in cigar boxes on drugstore counters. Today an America Supports You member organization like St. Louis-based a "Soldier's Wish List" ([www.asoldierswishlist.org](http://www.asoldierswishlist.org)) sends soldiers cookies, DVDs, phone cards, video games and even toothbrushes.

In the sober context of war, even the smallest token of care and concern means so much. Both of us had to recover from life-altering injuries. We know personally that recovery and rehabilitation are as much emotional challenges as physical ones. The extraordinary kindness of ordinary Americans reminded us that despite the damage done to our bodies, we were still whole people whose sacrifice mattered.

We share an even deeper connection with all of you who let us know - then and now - that you support the troops.

That's as true today as it was 50 years ago. And just as necessary.

## Picks of the Week:

### Movies

**Beavis and Butthead Do America**  
I forgot just how funny this movie is until I saw it on VH1 the other day. Although the main characters have the combined IQ of a bathtub, their stupidity and immaturity is always good for a giggle. With the stress of holiday shopping and the semester coming to an end, loosen up and watch our favorite MTV personalities. If this movie isn't enough, their DVD series was just released as well.

### Music

**Madonna's Confessions on a Dance Floor** - Her long awaited release drops today, and from what I've heard, this album is enough to make anyone want to get up and dance. In an MTV interview, Madonna labeled her new CD as "future disco" but regardless of whatever ridiculous name she comes up with, it's fun and catchy. My favorite track - "Get Together."

## Local Concerts:

Converge - Darkest Hour and The Red Chord will be at Cats Cradle in Carrboro Thursday, Nov. 17.

Mae, Circa Survive and Mutemath will be at the Tremont Music Hall in Charlotte Friday, Nov. 18.

311 will be at the House of Blues in Myrtle Beach, SC Saturday, Nov. 26.

T.I. and Young Jeezy will be performing at the Cricket Arena in Charlotte Saturday, Dec. 3.

Ryan Cabrera will be at The NorVa in Norfolk, Va. Saturday, Dec. 3.

U2 will be at the Charlotte Bobcats Arena Monday, Dec. 12.

Saves the Day, Senses Fall and The Early November will be at The NorVa in Norfolk, Va. Wednesday, Dec. 14.

Dolly Parton will be at the Charlotte Bobcats Arena Thursday, Dec. 15.

Clay Aiken will be performing at the RBC Center in Raleigh Thursday, Dec. 22.

## Names in the News:

### Fiddy's Problems

First came protests against 50 Cent's semi-autobiographical flick, *Get Rich or Die Tryin'*, because billboards feature the rap megastar with a gun in one hand. Then came the lukewarm reviews. And now, there's been a shooting in a movie theater after a screening of the film in Homestead, Pa., leading to a man's death. Allegheny County police said Shelton Flowers, 30, died after being shot at least three times Wednesday in the concession area. Officers said that after seeing the film, Flowers argued with a group of men in the restroom. The ensuing fight spilled out to the concession area. The operators of the Loews cinema east of Pittsburgh have pulled the film while the investigation is under way. No arrests so far.

### Bio-Flick Flack, Part II

Moviegoers probably won't have to dodge bullets after seeing *Walk the Line*, about Johnny Cash. This one's getting great reviews not just from Kathy Cash, one of the country legend's five children. *People* magazine says Kathy was so upset at how her mother, Vivian Liberto Distin, Johnny's first wife, was depicted in the film that she walked out of a private screening five times. "My mom was basically a nonentity in the entire film except for the mad little psycho who hated his career. That's not true. She loved his career and was proud of him until he started taking drugs and stopped coming home," said Kathy Cash. "The Man in Black's" daughter must have seen enough of the film to judge the acting, though. She praised the performances of Joaquin Phoenix, as her dad, and Reese Witherspoon as his second wife, June Carter Cash. Johnny Cash died Sept. 12, 2003, at 71.

### Model Talk

Veteran catwalk stompers Tyra Banks and Naomi Campbell have made up again! You'll even be able to catch supermodel Campbell on supermodel Banks' syndicated talk show. No date for the show yet. But the *New York Daily News* says the grown-up glam girls hugged backstage at the taping of the Victoria's Secret fashion show and agreed the tiresome feud was mostly a script manufactured by model handlers to create drama between the two black fashion stars. The show was Banks' final strut on the Victoria's Secret catwalk, which is popular among TV viewers for its uncanny ability to get away with near-nakedness on the tube. Banks, 31, has found success with her other TV projects - her new talk show and the popular "America's Next Top Model." She has joined the ranks of celebs who get "E! True Hollywood" stories - hers will be at 8 p.m. EST Sunday.

# Exams are coming, get some good sleep

## Keys to getting better quality sleep through the night

SARAH CAMPBELL  
STAFF WRITER

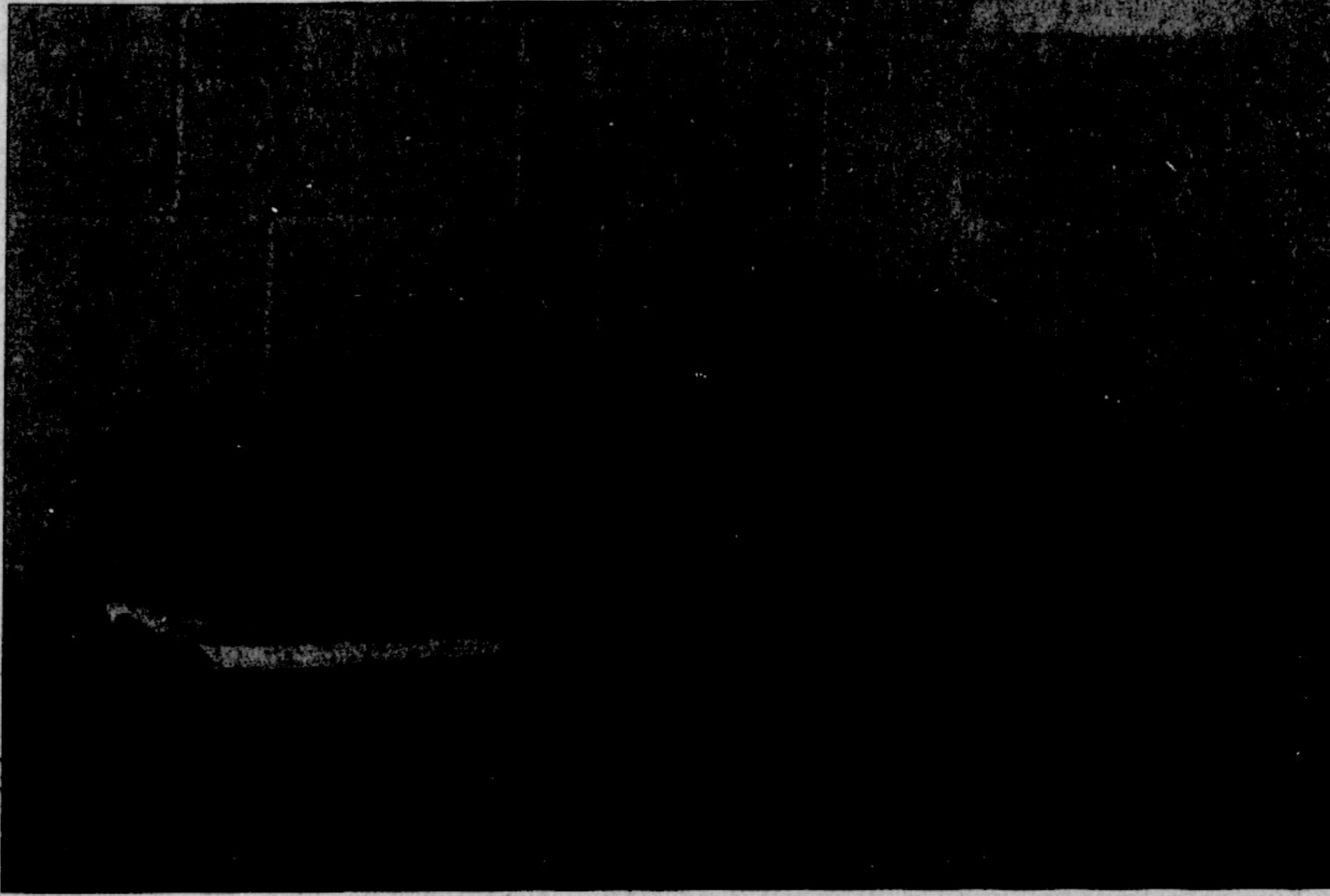
College students are in the age group most susceptible to sleep deprivation. Staying up into the wee hours of the morning, waking before the sun rises and pulling "all nighters" have become a commonality for students. Although it is impossible in most cases to devote more time to sleeping, there are ways to take advantage of the sleep that you are getting.

One of the most important steps in getting the most out of a night of sleep is establishing a routine. If you go to bed around the same time every night, your body will adjust to the cycle you have created, thus you will be able to fall asleep faster than if you go to sleep at a different time every night.

For college students, setting a bedtime might seem like an impossible task, but the feeling of refreshment is well worth it. Another easy way to get the most out of a good night's sleep is by banishing caffeine from your diet for several hours before bed. Drinking or eating anything with caffeine alerts your body and doing so right before bed could keep you up hours longer than planned.

Drinking alcohol before going to bed may help you fall asleep faster, but the problems associated with it ensure that you will wake several times during the night. Stay away from alcoholic beverages if you want to devote a full night to sleep because it will leave you tossing and turning for a good part of the night. Not to mention getting up to go to the bathroom for a variety of reasons.

Use your bed only for sleeping. If your body associates your bed with doing other activities such as studying or watching television, it may become harder for you to fall asleep. Only sleeping on your bed allows your body to recognize that it is time to sleep when you lay down, therefore causing you to fall asleep faster and stay asleep longer. Try buying a comfy, collapsible chair to sit in when you are studying or watching TV so that you can still have somewhere comfortable to sit but it will be somewhere that doesn't take up too much room



Around exam time, students are caught napping all over campus due to inadequate, ineffective sleep.

and will not disrupt your sleep patterns.

Do you ever sleep with the television or computer on all night long? Well leaving these two things on can deplete the quality of sleep you are getting. The light from them keeps you from achieving a deep sleep, which is needed to feel rested and rejuvenated the next morning. This deep sleep, which is called rapid eye movement sleep, is where the feeling of being rested actually comes from. If you disrupt it, your body will not feel much rest.

A common misconception is that working out right before bedtime will tire you out, thus help you fall asleep quicker. Working out just before going to bed wakes up your body and causes you to stay awake longer. You should work out a couple of hours before bed in order to give your body to proper amount of time to calm down so that you

can fall asleep when you are ready to sleep, rather than when you are able.

With exams coming up and final projects being due students are more likely to become even more sleep deprived than ever in the coming weeks. However, by making these adjustments to their routine students can get the most out of their sleep. You are busy and need rest, even if it seems like you don't have the time.

Think about it this way - if you take some time each day for sleep, you will have a lesser chance of getting sick. Preventing illness will help you avoid having to waste two days or more getting well again. Oh what efficiency.

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

# NAMI is here to help students with tough situations

## ECU Grass Roots organization for the mentally ill

TOMEKA STEELE  
SENIOR WRITER

The National Alliance for the Mentally Ill is an ECU student organization that has been on campus for just about a year now. With ECU seeing its fair share of suicides, a group of students and faculty members thought it was time to bring a new support group to the campus.

NAMI is a large organization at many campuses across the United States and the world. NAMI is a support, education and advocacy group for students with any mental illness ranging from major clinical depression to anorexia. The organization was started by Olivia Murray an English professor at ECU, Erick Smithwick a graduate student

and a few concerned students.

"I felt the need to start a NAMI chapter at ECU because I had an unpleasant experience with the administration and how students with mental illnesses at ECU had no voice. I felt a need for change. Even if we can prevent one student from committing suicide I feel like we've made a difference. I'm doing what I feel I need to do to help students. I will do everything I can to make a difference," said Erick Smithwick, NAMI president.

The NAMI chapter at ECU was the first NAMI chapter in the state of North Carolina. NAMI received a national award for being the first affiliate in the state and will be the model for the other 15 universities in the NC school system.

UNC-Chapel Hill is the next university with plans for a NAMI organization.

NAMI holds meetings the first Thursday of every month at the Ledonia Wright Cultural Center at 6:30 p.m. Students with

mental illnesses are encouraged to come. The organization is open to everyone including faculty.

"The meetings are a time for learning. We get a lot of our information and literature from the NAMI office in Raleigh, NC. At most meetings we have a speaker that comes to talk about a certain illness. Then we sometimes have a discussion if anyone wants to share their problems. Everything said at meetings is kept confidential," said Olivia Murray, faculty advisor and English professor.

NAMI's meetings last about an hour and begin with the organizations policies by the president Mr. Smithwick. The group wants to get their name out more on ECU's campus and want members who are committed to the purpose of NAMI. The founders are not counselors but solely a support unit.

"We are not counselors we just provide support for the emotional needs of the students. Everything is confidential and we want students to know that



The NAMI members pictured above are student counselors.

this is a safe venue for them to come to," Smithwick said.

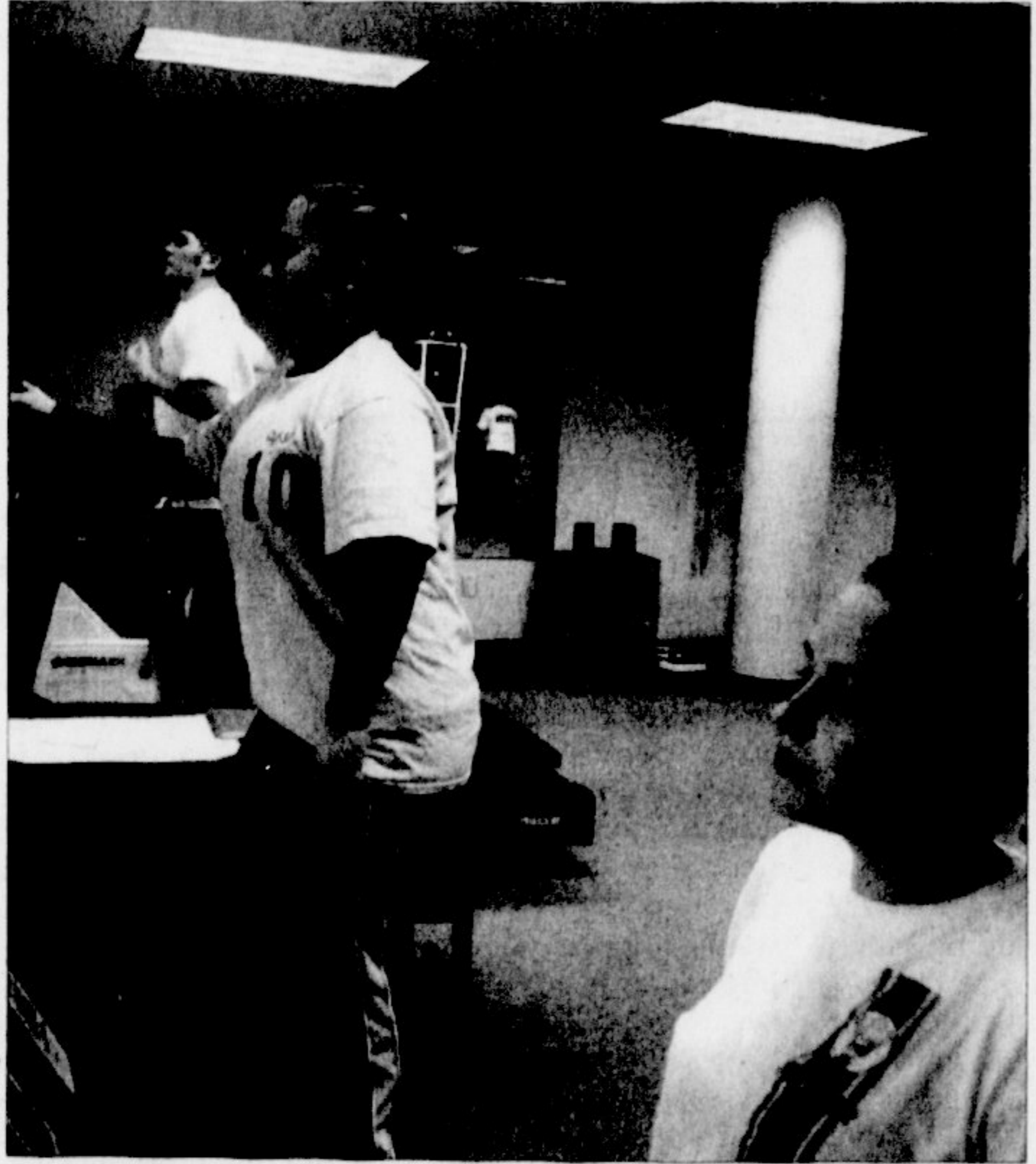
They are very passionate about helping people and educating about the illnesses students have.

"With finals coming up soon this can be a very stressful

time especially for freshman and we want students to know that we are here to help and to listen. NAMI is a place they can count on," Murray said.

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

## Survival of the fittest: Week six



Kristin Day is riding the exercise bike, Kristin Murnane is on the stair climber and Ed McKim is on the treadmill, all burning calories furiously.

## We're almost finished with our semester of fun

KRISTIN MURNANE  
ASSISTANT FEATURES EDITOR

I'm going to start this article off by proving a fitness myth wrong. Some people say that after working out for a certain amount of time your muscles won't ache afterwards, totally wrong. We've been doing this survival of the fittest fitness program for more

than a month now and I'm still aching like it's the first time I've stepped on a stair climber.

This week, while not as hardcore as sprinting around campus like our last session, was still beneficial. Kristin Day, Ed and I spent our personal trainer time in a private fitness room where we alternated time on the treadmill, stair climber and exercise bike. Talk about giving your legs

see SURVIVAL page A5



Pirate Underground is famous for all of their great concerts that are available to students free of charge.

# Free rock concert on campus

## The Underground rocks with a vengeance

SCOTTY WILLIAMS  
STAFF WRITER

Local music at ECU gets another kick in the pants Wednesday, Nov. 16 when the Student Union's Popular Entertainment Committee presents a hard rock show starting at 7 p.m. in the Pirate Underground. Showbread, a group from Tooth and Nail/Solid State Records, will headline, and opening bands will be Forever Changed and Yesterday's Rising as part of the "Kings of Krunk" tour.

Showbread is a seven-person group that pushes a kind of music

that they call "raw rock." Their album *No Sir, Nihilism is Not Practical* showcases the popular song "Mouth Like a Magazine" which has been heard in campus radio rotations throughout the nation. The album's loud rock music mixes in topics from love to Christianity to Franz Kafka.

Their style is a thing to be witnessed, as their Web site describes a powerful lineup of adrenaline junkie rockers. Their sets are described on the site as "seven equally energetic bodies swarming the stage like a multitude of angry bees, propelling their guitars, shaking their hips and leading the audience to sing and dance-alongs galore."

The group had a very interest-

ing beginning, having begun as a praise band. They were actually kicked out of their church for playing loud music, and they went to a punk rock genre and from there have grown into red and black-wearing distributors of rock that they push like a revolution anthem.

Forever Changed is a group from Florida that is placed in the "emo" category. Reasonably so, James Paul Wisner, who has also worked with Further Seems Forever and Dashboard Confessional, and was released on Floodgate Records, produced their album *The Need to Feel Alive*.

The album has been out since

see ROCK page A5

## Survivor

a workout on the state lost all feel. In between machines cises to to and mids cises like easier since these cons several w having tro involving

We've of our two and Warren geous bec own style each have exercises. S Warren mi anymore b with the S stops by for if he's just exhausted This wo go to a gro Gravity. I t Kristin Da

## Rock

March and high level band they for being beyond the been toget having for The four-p mentioned band, w call them, talented. ter" and " very skilled album, whi Myspace fo their Web

## Those

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3 or 4

Room dorms

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**Survival** from page A4

a workout. After seven minutes on the stair climber, I officially lost all feeling in my lower half. In between our time on the machines we did various exercises to tone our arms, thighs and midsection. I found exercises like squats and crunches easier since we've been doing these consistently for the last several weeks, but I'm still having trouble with anything involving my weak little arms.

We've had a steady rotation of our two main trainers, Nathan and Warren, which is advantageous because each has their own style of training and they each have different ideas and exercises. So I was sad to hear that Warren might not be training us anymore because his internship with the SRC is over. I hope he stops by for a future session, even if he's just there to tell us how exhausted we look.

This week I also decided to go to a group fitness class called Gravity. I thought that I'd show Kristin Day that she's not the

only one who can go to classes, but my main reason for going was because our trainer Nathan was the instructor. Now ladies, let me warn you, he may look cute on the outside, but inside his true desire is to kick your butt.

Gravity is a 50-minute class, which is basically a combination of aerobics, weight training and Pilates. The class starts with a "warm up" of aerobic activities before moving into lunges, squats and stepping with weights. From there, the majority of the time is spent doing arm curls or bench pressing type exercises. For those of you who are really looking to tone your body, I would highly recommend this class.

From a personal standpoint, I couldn't tell you if I've lost any weight or not, mainly because I'm not a huge fan of scales. I can tell you that I've definitely developed some serious muscle mass. My calves are like rocks and I've noticed more muscle in my still chubby tummy and thighs. My main problem is my food intake.

I'm Italian and my diet consists of pastas and other hearty meals. We're supposed to meet with a nutritionist, so I'm hoping that will help me a bit. I've gained more confidence and I really enjoy going to the gym now, I've just got to burn off the excess fat so I can show off my new muscles.

This week I'll be attending three other fitness classes, and I encourage anyone else who reads this to join me. It's a fun way to burn off some calories and even relax a bit. I'll admit that when I showed up to the Gravity class this week that I was a bit intimidated because the majority of the people in the class were skinny and toned, but I felt better as I watched some of them drop like flies while Kristin Day, Ed and I were still pumping out squats and lunges. This week's Gravity class is Thursday at 5:30 p.m. and I really encourage you to attend. I know I'll be there.

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

**Rock** from page A4

March and has experienced a high level of success. As a young band they've received praise for being mature and popular beyond their years (they've only been together just over a year, having formed in June of 2004). The four-person group has been mentioned at times as a Christian band, but whatever you choose to call them, you have to call them talented. Their songs "Encounter" and "The Last Time" are very skilled offerings from their album, which can be ordered on Myspace for seven bucks. Visit their Web site at [myspace.com/](http://myspace.com/)

foreverchanged to find out how.


The other group playing is Yesterday's Rising, a post-hardcore rock band from Murrieta, California which has played major venues already, having been on the 2004 Vans Warped Tour. Their appearance made them the youngest band ever on the tour. The group of teenagers played on the smart punk stage and gained a pretty impressive following with their hard rock sound and loud screaming vocals. Their album *Lightworker* released in July after their EP, *Ship of Relations* sold more than 4,000 copies

in California. They will headline the Vans Warped Tour this year. When you hear Yesterday's Rising, listen out for their song "My Body is Like a Metaphor," which captures the essence of their hard rock sound.

The show Wednesday is free so take a few hours from your schedule to check out some up-and-coming rock bands. If nothing else, the shows promise high energy rock that any connoisseur of good music should enjoy.

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

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## Personal Trainer

# Kick-start with caffeine?


People perform worse mentally and physically when they are seriously sleep deprived. A military study examined whether caffeine helps.

**Severe fatigue, stress**

U.S. Navy SEAL trainees volunteered to be tested during their grueling "Hell Week"

C C C C

They were given 100, 200 or 300 mg caffeine pills or a placebo



Cup of coffee contains 65 to 110 mg

**Caffeine's effect**

Trainees performance showed a "dose-related" improvement, meaning that the caffeine was probably the cause

Areas where they improved

- Vigilance on guard duty
- Reaction time when making choices
- Learning and memory
- Reduced feelings of fatigue
- Reduced sleepy feelings

**When it kicked in**

Caffeine had greatest beneficial effect 1 hour later

Significant beneficial effects lasted 8 hours

**Other studies** found the effect was the same for heavy coffee drinkers (more than 400 mg a day) and light (less than 100 mg)

Source: U.S. and Canadian army studies reported in Canadian Military Journal Graphic: Helen Lee McComas, Paul Trap © 2004 KRT

## Healthy Living


# Sleep to keep weight off

Getting too little sleep at night may increase your waistline.

**Leptin**

- Hormone produced by fat cells; acts in brain to suppress appetite, raise metabolism
- Level in blood dropped 19 percent when people in clinical test got only 4 hours of sleep a day\*

\*Small scale study of 11 people



Source: Journal of Clinical Endocrinology and Metabolism, Nov. 2004; KRT Photo Service

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Minimum 2.0 GPA required

## BCS Rankings

1) USC	.9082
2) Texas	.9765
3) Alabama	.8814
4) Miami (FL)	.8805
5) Penn State	.8136
6) VA Tech	.7540
7) LSU	.6987
8) Ohio State	.6632
9) Georgia	.6313
10) Oregon	.6772

## AP Top 25

1) USC	10-0
2) Texas	10-0
3) Miami (FL)	8-1
4) LSU	8-1
5) Penn State	9-1
6) Notre Dame	7-2
7) VA Tech	8-1
8) Alabama	9-1
9) Ohio State	8-2
10) Oregon	9-1
11) Auburn	8-2
12) UCLA	9-1
13) WVU	8-1
14) Georgia	7-2
15) TCU	10-1
16) Fresno St.	8-1
17) Michigan	7-3
18) Louisville	7-2
19) South Carolina	7-3
20) Florida	7-3
21) Texas Tech	8-2
22) Florida St.	7-3
23) Boston Coll.	7-3
24) UTEP	8-1
25) Wisconsin	8-3

## Coaches Poll

1) USC	10-0
2) Texas	10-0
3) Miami (FL)	8-1
4) LSU	8-1
5) Penn State	9-1
6) VA Tech	8-1
7) Notre Dame	7-2
8) Alabama	9-1
9) Ohio State	8-2
10) Oregon	9-1
11) UCLA	9-1
12) Auburn	8-2
13) WVU	8-1
14) Georgia	7-2
15) TCU	10-1
16) Fresno St.	8-1
17) Michigan	7-3
18) Louisville	7-2
19) Texas Tech	8-2
20) Florida	7-3
21) South Carolina	7-3
22) Florida St.	7-3
23) Boston Coll.	7-3
24) Wisconsin	8-3
25) UTEP	8-1

# Disastrous fourth quarter dooms Pirates in Tulsa



Tarrison Adams (25) runs past ECU's Brett Clay (1) and Dashaun Stephens (42) into the end zone for a touchdown Saturday afternoon.

## Tulsa amasses 35 points in final frame to down ECU

ERIC GILMORE  
SENIOR WRITER

Illusions of vacationing in Hawaii or bowling in the Bayou faded into oblivion as ECU was eliminated from bowl contention by Tulsa 45-13 on Saturday.

Tulsa's 35 second-half points left the Pirates (3-6, 2-4) scratch-

ing their heads trying to figure out what exactly went awry. But the Golden Hurricane scoring barrage left more questions than answers for enigmatic Pirates.

The frustration boiled over into the post game press conference for first-year coach Skip Holtz. The head coach assured the media that he will take a "you quit, you sit" mentality with his players.

"We play the competitors,"

said Holtz.

"We play the guys that want to compete, the guys that want to get in there and are willing to roll their sleeves up. We don't have a bowl game to play for right now. A lot of things that we have talked about, a lot of the dreams and vision that we had at the offset of the season are gone."

Fighting a ferocious wind in the first quarter, ECU wasn't able to muster any type of offense.

Tulsa, with the 24 mile gusts at their back and excellent field position, developed two separate five-play drives to take a quick 10-0 first quarter lead. It was the eighth time this season that ECU's opponents have drawn first blood.

"The first half was all about the conditions," said Holtz.

"The wind was really gusting and was a huge factor."

After the team's reversed

fields for the second quarter, ECU reversed the momentum. Tulsa (6-4, 5-2) became conservative on offense allowing ECU to open up their playbook.

Midway through the second-quarter, Aundrea Allison caught his seventh touchdown, a 26-yarder from James Pinkney, on the season. Allison's seven receiv-

see FOOTBALL page A7

## Sports Briefs

### Kreutz broke jaw in altercation

Chicago Bears teammates Fred Miller and Olin Kreutz admitted Monday they were in a fight last week in which Kreutz broke Miller's jaw. Miller said in the locker room as he apologized to his family, his teammates and Kreutz. Details of the fight were not clear, and neither Kreutz or Miller would provide them. Miller needed surgery last week after initially saying he hurt his jaw in a fall at his home. He missed Sunday's game against the 49ers, ending a stretch of 110 straight starts dating back to 1998. He will also be sidelined this Sunday when Carolina visits Soldier Field. Kreutz, a four-time Pro Bowl center, said he didn't know if he could be punished by the team or the league for the fight. Kreutz, who is 6-foot-2, 292 pounds, and the 6-7, 320-pound Miller, an offensive tackle, said they talked after the altercation.

### Rodriguez beats Ortiz for MVP

Alex Rodriguez won the American League Most Valuable Player award for the second time in three seasons, beating David Ortiz on Monday in a vote that rewarded a position player over a designated hitter. Rodriguez, in his second season as the New York Yankees' third baseman, received 16 first-place votes, 11 seconds and one third for 331 points from the Baseball Writers' Association of America. Ortiz, the DH for the Boston Red Sox, got 11 firsts and 17 seconds for 307 points. Voting was done before the start of the postseason, when both the Yankees and Red Sox were eliminated in the first round. Rodriguez hit .133 with no RBIs in a five-game loss to the Angels while Ortiz batted .333 with a home run as the defending champion Red Sox were swept by the Chicago White Sox. Rodriguez hit .321 with an AL-high 48 homers and 130 RBIs, breaking Joe DiMaggio's 68-year-old Yankees record for home runs by a right-handed hitter (46). Ortiz batted .300 with 47 homers and a major league-leading 148 RBIs. Big Papi had 34 RBIs that put his team ahead, the most in the AL, and had eight RBIs from the seventh inning on that put Boston ahead to stay. Rodriguez became the first Yankees player to win the award since Don Mattingly in 1985 and only the fourth player to win an MVP with two teams, joining Bonds (Pittsburgh and San Francisco), Jimmie Foxx (Philadelphia Athletics and Red Sox) and Frank Robinson (Cincinnati and Baltimore).



The Pirates are hoping to be nationally ranked in Division III Club Hockey after their win over CNU.

# Hockey fights to 6-1 for the season

## Pirates down CNU 4-3 Saturday

ERIC GILMORE  
SENIOR WRITER

The club ice hockey team must enjoy drama. Not that type of middle school cheerleading drama where spats and arguments are the norm. Or even the Must See TV type. The ragtag crew prefers the old-fashioned nail biting cliffhanging variety.

ECU continued their winning streak beating Christopher Newport 4-3 in Greenville on Saturday. It was the fourth consecutive win for a team in its infancy.

The Pirates took the home ice with a vengeance after admittedly playing poorly during a recent Virginia road trip. Kevin Jarvis scored first, 5:19 into the first period. Forward Daniel Hopkins recorded his only assist on Jarvis' goal.

After the Captains responded with a first period

goal, Ian Falcon netted home a goal 5:48 left in the second period. Twin brother Tyler Falcon and Andrew Clark combined on the assist.

"This game showed the heart and determination that this team has," said team president and goalie Brent Falcon.

"Our confidence level at home is really high. We know that even if we're down, we know we're going to win at home."

John Ciesco stopped 32 of Christopher Newport's 35 shots on goal. It was the second consecutive game that Ciesco saw the majority of the time between the posts.

Christopher Newport briefly took a 3-2 lead early in the third period. ECU logged 30 penalty minutes and was constantly battling off power plays especially in the first two periods. Twice Christopher Newport could not connect on two-men advan-

see HOCKEY page A7

## 'Believe to Achieve'

### SRC hosts ninth Annual Adapted Sports Day

DAVID WASKIEWICZ  
SENIOR WRITER

My expectations were high as I walked into the Student Recreation Center last Saturday. It was the Ninth Annual Adapted Sports Day at ECU, something I have been looking forward to since I attended last year's event.

Adapted Sports Day is an event that is through the ARISE program as well as the STARS program at ECU. The event allows impaired students and members of the community, as well as able-bodied volunteers to participate in numerous sports events and activities.

Last year I attended this event not knowing what to expect. I had never participated in any event of the sort, so I did not know how I would feel about volunteering. As it turned out I had a great time and was counting the days before this year's event would take place once again.

As I entered the SRC, I once again was in front of the familiar volunteer tables. Last year I was not sure about volunteering right away, so I passed these tables and went into the rec-center. This year I went straight to the table and volunteered my assistance. I signed my name on the volunteer form and went on inside.

The introduction to the event had already begun as I could hear David Gaskins, associate director of programs at the SRC, speaking on the microphone in the back courts of the rec-center.

Gaskins welcomed everyone to the event as well as recognized everyone that made the event possible. As I looked around the area I recognized a few familiar

faces of participants and volunteers. It felt good to see the faces again, as well as recognizing a few new ones.

Rudy Garcia-Tolson was the guest speaker at this year's event. Rudy is a double above-the-knee amputee that overcame many obstacles in his life to break many swimming and track records and not only participate in the 2004 Paralympic Games but brought home a gold medal.

After the introduction, the games and events officially began. Wheelchair volleyball, wheelchair basketball, wheelchair dodgeball, the climbing wall and badminton took place among the courts of the SRC.

I was anxious to get a look at the obstacle course this year. Last year I nearly passed out when I tried this event due to the amount of energy it took for me to go around the course. This year the course was much longer. There were more obstacles to overcome, and I knew there would be no way that I would be able to get around this course this time. Instead I watched other participants make their way around the course, cheering them on as they attempted to beat each other's time.

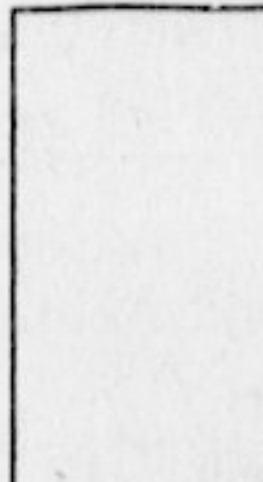
I continued to walk around the rec-center until it was finally time for Garcia-Tolson to speak. I made my way to the back of the building where everyone had already gathered in anticipation.

There as a video that played before the speech that showed Garcia-Tolson win his gold medal in at the paralympic games. The video brought goosebumps all down my arms as I saw Garcia-

see BELIEVE page A7



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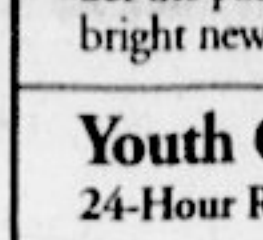
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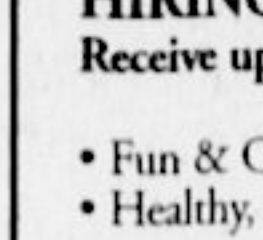
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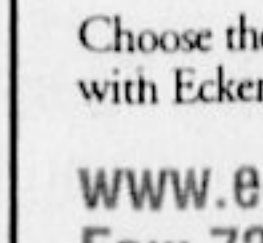
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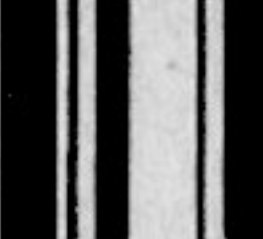
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**Football** from page A6

ing touchdowns are tied for fourth in C-USA. Pinkney rushed for gains of 16 and 10 yards on the eight-play, 78 yard drive.

On the next ECU drive, Allison rifled a tight 41-yard spiral to fellow wideout Bobby Good. The bomb was the first completion of Allison's career. Good finished with the game with a season-best 63 yard outing. Robert Lee capped the drive off with a 24-yard attempt with 2:31 left in the half.

Following a poor Tulsa punt, Lee again was true from 45 yards out as time expired in the first-half. Lee's two boots moved him into a tie with former kickers Jeff Heath and Kevin Miller for most field goals (14) by a junior.

Then, the nosedive ensued. On a crucial third-and-nine situation, Brandon Fractious narrowly missed deflecting a Tulsa punt. Fractious' momentum dragged him into the punter eliciting a Tulsa first-down. Five plays later, Garrett Mills caught a 38-yard touchdown pass.

On the next possession, Chris Johnson was stripped on second-down by defensive end Chadd Evans deep in their own territory. Two plays later, backup running back Tarrion Adams scored his second touchdown to extend their 24-13 lead.

Tulsa broke off 35 second-half points including 21 in the fourth-quarter. The Golden Hurricane became bowl eligible amassing 495 yards of total offense 66 plays. Paul Smith completed 19-of-28 for 230 yards and two touchdowns. Mills ended up

with 127 yards receiving on nine grabs. Third-string running back Cauvey Jackson rushed for 76 yards on seven carries deep into the fourth quarter.

"We didn't compete well towards the end of the game and that is what frustrates me because the one thing this team has done all year is competed," said Holtz.

"They have been down before and they have had some things go against them, but they have always fought back. I just felt like tonight we didn't compete in the fourth quarter."

Pinkney completed 20-of-33 passes for 188 yards and rushed for a career-high 46 yards. The junior's scoring strike to Allison tied him for fourth place (31) on ECU's all-time TD passing list.

Allison, a relative unknown eight months ago, set an ECU single-season receiving record recording 922 yards. The junior needs 12 more grabs to break Terrance Copper's single-season receptions record. Allison is No. 2 in the nation in receptions per game (8.1) and tenth in receiving yards per game (102.6).

"I know it is frustrating for the seniors, but I think you will learn about the character of your football team right now," said Holtz.

"You are going to learn a lot about the character of the players, the one's that are going to come out and still compete their tail off and that is what we have to build on."

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

**Hockey** from page A6

tages. Jordan Meyers topped ECU with 12 penalty minutes.

Mike Ormbee tied the scored three minutes after Christopher Newport off a pass from Corey Fleitz. Fleitz's second assist served as the game winner with 9:24 remaining in the final period. Nathan Buhr's decisive goal was his first of the season.

"They are definitely a decent squad," Falcon said.

"We need to really work on beating the teams we should beat badly. The last couple of games we've been sinking down to the level of our opponents."

Christopher Newport, a school based out of Newport News, Va. are in their first year competing in the Blue Ridge Hockey Conference. Both ECU and the Captains are referred as affiliate members with tournament eligibility.

The Pirates potentially could receive some credit from the American Collegiate Hockey Association. With a 6-1 record, ECU might break into the Division III South Top Ten. The rank-

ings, which are released every Wednesday, have Clemson listed at No. 8. But the Tigers trail ECU by eight points currently in the standings.

"I don't think we can go unnoticed with our 6-1 record," Brent Falcon said.

"I don't think they can avoid us. We've gained a lot of respect within our own league. It's just a matter of time before the ACHA recognizes it. I'm confident that we'll be top 10 when the rankings come out."

ECU doesn't play again until Dec. 2 and 3 when they host VMI. The Keydets and ECU are among two of the top teams in the Southeast Division within the BRHC.

"We have a lot of confidence coming into these next games," Brent Falcon said.

"It's easy to get on top, but it's not easy to stay on top. We're comfortable with where we're at right now."

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

**Believe** from page A6

Tolson swim four lengths of a swimming pool, coming out on top, and having the American national anthem play, while standing on the podium with his newly earned gold medal.

Garcia-Tolson soon began his speech after the video was over. He went on to tell everyone how he was born with many birth defects, and chose to lose his legs and receive prosthetics. He loved the motto of this year's adapted sports event, "Believe to Achieve" and exclaimed how important the motto was. His personal motto, "A Brave Heart is a Powerful Weapon," has helped him overcome many of his obstacles in his life.

After the speech was over I began to sit and think about everything Garcia-Tolson had

just said about overcoming any obstacle in life with faith. I realized just how true the message really was, and how I can use this message to achieve goals I have not yet achieved.

Lunch was served shortly after Garcia-Tolson's speech and I volunteered with the passing out of the food. As soon as I was done, I saw Garcia-Tolson on the other side of the rec-center giving out autographs. I used the opportunity to meet the gold medalist. Garcia-Tolson exclaimed how he loved the event of the adapted sports day, and said that it was the place to be that Saturday morning. I asked him about his speech and what the biggest thing he wanted people to learn. "We are not handicapped we are challenged athletes," answered Garcia-Tolson.

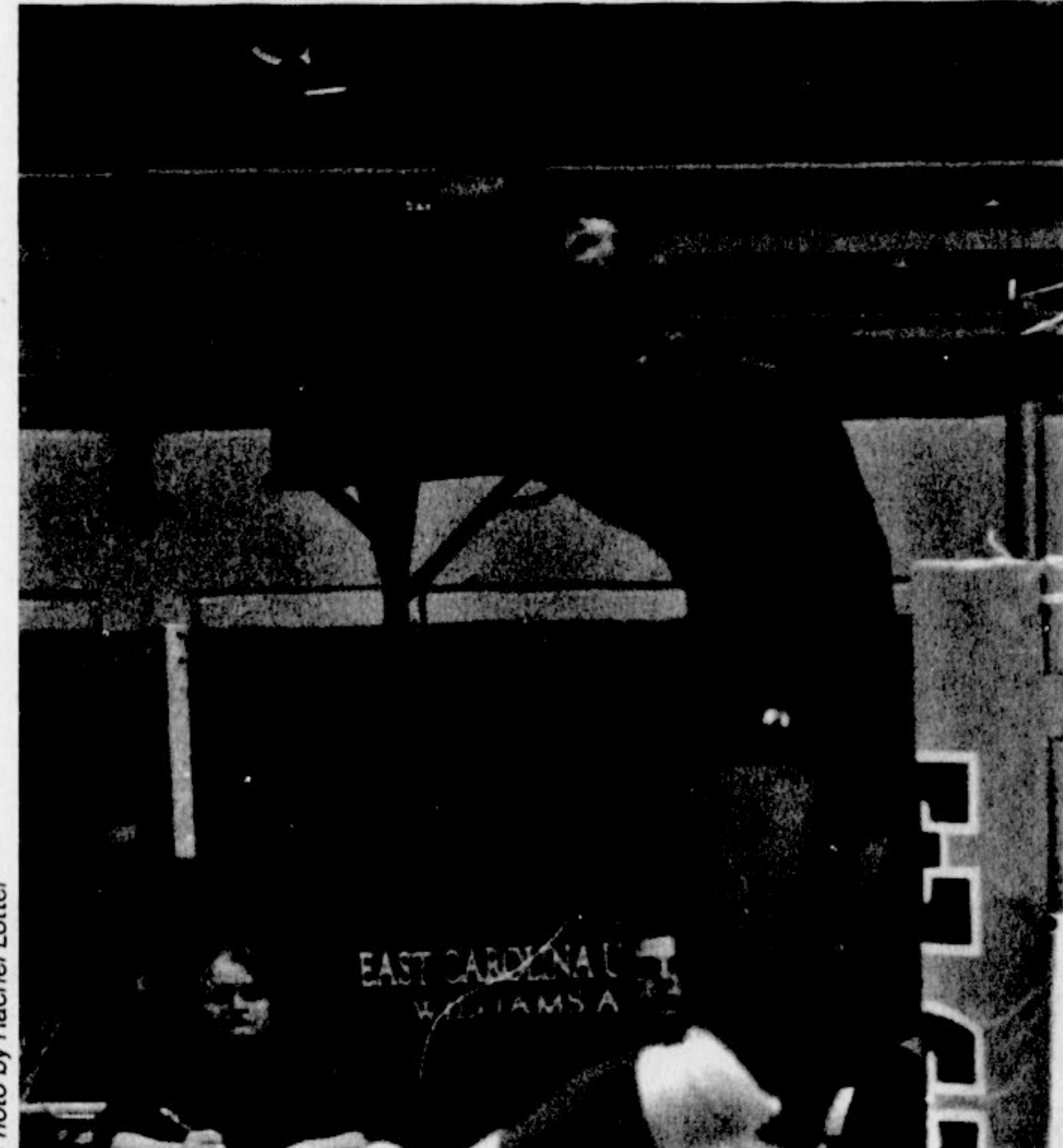
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**ECU Volleyball wins two in weekend action**



ECU collected two C-USA wins this past weekend.

**Lady Pirates improve C-USA record with final conference wins.**

DAVID WASKIEWICZ  
SENIOR WRITER

were able to beat Memphis 3-1. The final scores of the match were 30-26, 29-31, 30-25, and 30-17.

The win over Memphis set the momentum high as the Lady Pirates added another win to their record. On top of the win, ECU was on a roll with a three game winning streak.

The last opponent of the weekend was UAB. The sophomores stood out in the final conference game of the year, as Mignon Dubenion and Kelley Wernert combined for 31 kills. Much of the kills were once again achieved by the 50 assists by Krug. ECU was able to finish with the win, once again 3-1. The scores were 30-23, 20-30, 30-19, and 30-26.

The win gave ECU an 18-10 record, finishing with a 9-6 record in C-USA. The 9-6 record was enough to give the Lady Pirates the number five seed in the C-USA Tournament.

Before ECU can head to the tournament, they must first finish off their regular season schedule against former C-USA opponent and in-state rival Charlotte. Play against Charlotte starts today at 7 p.m. at Minges Coliseum.

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

"We have challenges in our lives and we overcome these challenges everyday."

As the day wore on more events, such as goalball, handcycling, and wheelchair rugby took place. I knew last year that this event was an educational opportunity for me to learn an alternative side of sports and about the lives of those who played these sports. I began to wonder if new volunteer's this year learned the same thing.

I decided to ask a volunteer about their experience at the event this year. Senior health fitness specialist major and volunteer, Victoria Cashwell, was able to answer my question. "I realized that it doesn't matter who you are, what age you are, and what limitations you might have, you can do it no matter what," said Cashwell. What Cashwell said was the same feeling that I felt after last year's event, and I was glad that others were feeling the same way.

Overall the 9th Annual Adapted Sports Day was a major success, as it continues to out-do itself each year. I looked forward to the event this year and was definitely not disappointed as the event surpassed my expectations. I can only look forward to the event again next year, and hope that events such as this one will touch other students, impaired or able-bodied, and let them become aware of the opportunities out there and the challenges they can overcome.

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

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Page A8

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Professor O'Cool's is now hiring wait staff and Part-time Manager. Must apply in person between 2-5pm. Must be available for day, evening, and night shifts.

## GREEK PERSONALS

The sisters of Phi Beta Chi would

like to announce our newest sisters A, Abbey B, Amelia C, Mandy E, Stacey J, Jocelyn M, Lauren R, Bree S, Kristin S, Leslie W, Mackenzie W, Congratulations!

Delta Zeta wants to thank Delta Chi for doing a good job with the Diabetes Walk last Saturday!

Happy 20th Birthday Lindsay Hargest! Love your Delta Zeta Sisters!

Kappa Delta Late Night Pancake Dinner! Friday, 11:00PM at 403 East 3rd Street. Proceeds benefit kids need to be KIDS. Tickets are \$2.00 in advance or \$4.00 at the door.

Delta Zeta Big Sisters thanks for doing such a good job on Big Sis Week! We love you!

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## ANNOUNCEMENTS

Found: A dog has lots its home. Chocolate/Brown Beagle/Lab Mix Male with short legs. Black collar but no tag. Found outside the Student Rec Center at ECU Please contact 328-4942 for more info.

Minerals, rocks, polished stones, jewelry, etc., from November 15-17, 8am-3pm, beside the Graham (Geology) Building at Wright Plaza. Come support Sigma Gamma Epsilon Honor Society!

Dr. Chris Oakley Assistant Professor, History Department Keeping the Circle: American Indian Identity in Eastern North Carolina, 1885-2004 Mendenhall Student Center Multipurpose Room Native American music, food, and dance November 16, 2005 3:00pm-5:00pm For more information, call the Student Life Advancement Office at 252-737-1065

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I'm Sprung - T-Pain	141007
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