

Harrington Field expansion project underway

New stadium boasts more seating, other amenities

MATT COCKRELL
STAFF WRITER

The Harrington Field expansion is currently underway with the new stadium scheduled to be complete in February 2005, just in time for the next season to begin.

"The main reason for the revamping of the stadium is so we can hold NCAA tournaments," said Todd Marshall, project manager for Facilities Engineering and Architectural Services.

"NCAA regulation states that you have to have a 3,000 seat capacity to host tournaments."

The new stadium will boast this 3,000-seat capacity, which is double what the old stadium could hold. It will include bleacher and individual seating as well as press boxes and upgraded seating for booster club participants. The upgraded seats will include chair backs.

The new stadium will also include a locker room for the home team, a training room, a coach's office and indoor batting tunnels that can be used year-round.

Architects developed the design of the new stadium with input from the ECU Board of Trustees and the baseball coaches.

The Harrington Field parking lot will be paved and expanded to include a pedestrian plaza, an area between the parking lot and the front of the stadium which will give fans a place to meet before the game. The new parking lot will be able to hold up to 100 cars.

see **FIELD** page 2

REMEMBERING REAGAN



REAGAN

Ronald Reagan: THE GREAT COMMUNICATOR
Highlights of the life of the 40th U.S. president:

Early years	Hollywood	Politics	Later life
<p>1911: Born in Tampico, Ill., to a poor family; raised in Dixon, Ill.</p> <p>1920s: Excels at sports in high school</p> <p>1932: Graduates from Eureka College; begins career as radio sportscaster</p> <p>1937: Lands seven-year Hollywood movie contract; makes total of 53 films</p>	<p>1940: Marries Jane Wyman; earns nickname "The Gipper" after playing George Gipp in "Knute Rockne - All American"</p> <p>1941-45: Makes training films for military during World War II after failing Army physical; daughter Maureen born; adopts son Michael</p>	<p>1947-48: Elected president of Screen Actors Guild; testifies about alleged communism in movie industry; political views shift to the right; marriage fails</p> <p>1958: Son Ronald born</p> <p>1960: While still a registered Democrat, campaigns for GOP presidential candidate Richard Nixon</p> <p>1964: Launches political career with 30-minute TV speech for GOP presidential candidate Barry Goldwater</p> <p>1966: Elected governor of Calif.; slashes state spending</p>	<p>1970: Re-elected governor</p> <p>1975-76: Campaigns for GOP presidential nomination, but fails</p> <p>1980: Elected president</p> <p>1981: Survives assassination attempt; nominates first woman to Supreme Court</p> <p>1983: Calls Soviet Union an "evil empire" in speech; U.S. in deepest recession since 1930s</p> <p>1984: Re-elected in landslide</p> <p>1985: First summit with Soviet President Mikhail Gorbachev</p> <p>1986: Delivers moving speech after shuttle Challenger explosion; makes nuclear weapons breakthrough with Gorbachev at Iceland summit</p> <p>1987: Admits secret arms deal was "a mistake"; third summit with Gorbachev yields first treaty to cut nuclear weapons</p> <p>1994: Reveals he has Alzheimer's disease</p>

Source: Knight Ridder Washington Bureau; Los Angeles Times; New York Times; KRT Photo Service
Graphic: Judy Traub; Lee Hulteng


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FYI:
Wednesday, June 16 is the last day for graduate students to drop courses without grades.

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INSIDE
Opinion.....page 6
Features.....page 7
Sports.....page 14



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**COUNTDOWN UNTIL END
OF SUMMER SESSION I
9 MORE CLASS DAYS**

Announcements

Health Sciences Event

Dr. Brian M. Clark of the Division of Reproductive Endocrinology & Infertility, Department of Ob/Gyn in The Brody School of Medicine will present "Adenomyosis: Facts and Fictions," today at 1 p.m. in the Pitt Country Memorial Hospital Auditorium. For more information, contact Clara Richards at 744-4669.

Iraqi School Supply Drive

A school supply drive for Iraqi children is being held now through June 14. Organizers are asking for donations of pens, pencils, paper, toys, art materials, organizational supplies, etc. Donation boxes are located in the Dowdy Student Stores, Mail Services, Student Professional Development and Medical Bookstore. For more information, contact Jane Rahm at 328-6050 or Leslie Craige at 328-6468, ext. 4, or visit TheEastCarolinian.com.

Parking Information

Students who currently hold 2003-2004, Freshman (D Zone) permits may use any B2 or C Zone parking area for the first summer session, through June 30. Students who currently have a D Zone permit but will be living on College Hill during first summer session must contact Parking and Transportation Services to have their permit validated for A2 Zone parking. If you do not have a parking permit, you may purchase summer session permits from the Parking and Transportation office. Permits for Summer Session I are \$20 and permits for Summer Session II are \$20. Permits for both sessions are \$30. For more information, call 328-6294.

News Briefs

Local

Suspect in UNC-Wilmington shooting found dead in Great Smokies Park

CHEROKEE, NC - A fugitive charged with killing his girlfriend exchanged gunfire with authorities at a western North Carolina roadblock and was found dead in a creek after his car crashed in a ravine, authorities said Tuesday.

John Peck, 28, a former University of North Carolina at Wilmington student, was charged last Saturday with first-degree murder in the death of ex-girlfriend and UNC-W student Christen Marie Naujoks, 22. Law enforcement officials said Peck, who had been at large since the shooting, was armed with an assault rifle and considered dangerous.

"He was found in the Great Smoky Mountains National Park. He tried to run away. Some gunfire was exchanged," said Chief Deputy Tom Parker of the New Hanover County Sheriff's Department.

Law enforcement agencies in western North Carolina were advised Monday to be on the lookout for Peck. Officers had encountered a man believed to be Peck at Newfound Gap on the Tennessee-North Carolina line about 11:15 p.m., park officials said.

Park rangers and Cherokee police officers set up a roadblock after that man was seen driving south on U.S. 441. The car turned around at the roadblock, and shots were fired shortly after 11:30 p.m., park officials said.

Peck, wearing a T-shirt and short pants, was found dead face down in a creek at the bottom of a 60-foot ravine, several miles north of the roadblock. His wrecked car and a weapon also were in the ravine.

The cause of Peck's death has not been determined.

Orange schools chairman quits over plagiarized graduation speech

HILLSBOROUGH, NC - The chairman of Orange County's school board resigned his position but will remain on the panel despite an uproar started when he plagiarized the speech he gave during a high school graduation. Keith Cook, 61, said Monday he planned to remain a member of the school board and a candidate for re-election this year.

Cook apologized to his colleagues and the public at a school board meeting Monday night, calling the incident "an honest, human mistake." Cook said he also thought it "troubling" that some have called him unethical.

Cook, who has been on the school board for 10 years, recited a speech at Orange High School's May 28 graduation that was nearly identical to a 1998 commencement address made by former Health and Human Services secretary Donna Shalala.

Cook initially said he wrote the speech, but later admitted that he had searched the Internet for graduation speeches and found Shalala's. He said he didn't attribute the speech because he didn't know it was Shalala's.

Parents and students complained that students doing the same thing would be punished. Students found to have plagiarized any work receive a grade of zero. The student can also receive a short-term suspension.

National

White House hopes economic summit will help heal rifts with allies over Iraq

SEA ISLAND, Ga. - As President Bush plays host Tuesday to world leaders critical of his Iraq policies, White House officials are hoping the Group of Eight summit proves a turning point where

he and his adversaries on the war permanently set aside their differences on the war.

Bush stacked his schedule of meetings Tuesday with leaders from countries that were critical of the Iraq war: Russia, Canada and Germany. His first meeting, though, was with Prime Minister Junichiro Koizumi of Japan, which sent hundreds of troops to southern Iraq on a humanitarian mission. Iraq and the broader Mideast have eclipsed the official economic agenda of the annual gathering of industrial powers the United States, Japan, Germany, France, Britain, Italy, Canada and Russia.

But summit officials said they intended to announce agreement Tuesday on fighting famine on the Horn of Africa, cutting poverty and developing an HIV vaccine. A G-8 declaration on promoting democracy in the Middle East was expected Wednesday.

Administration lawyers concluded president has legal authority to order torture

WASHINGTON - Administration lawyers concluded in a policy paper last year that a president can legally order interrogators to torture terrorist suspects.

The lawyers, who were not identified by name, were part of a working group writing a policy governing interrogation techniques to be used at the prison for terrorist suspects at the U.S. naval base at Guantanamo Bay, Cuba.

However, Pentagon spokesman Lawrence Di Rita said Monday that the final set of interrogation methods adopted for use at Guantanamo in April 2003 are humane, legal and useful - and more restrictive than the methods some had proposed.

Di Rita described the paper as a staff legal analysis that was part of an internal administration debate on how

to obtain intelligence from al-Qaida operatives in U.S. custody, within the confines of a standard of humane treatment. The intelligence sought was to prevent terrorist attacks, he said.

The contents of the paper, labeled "draft" and dated March 6, 2003, were first reported in Monday's The Wall Street Journal. A portion of it was then obtained by The Associated Press. The lawyers who prepared it include attorneys from both the Defense and Justice departments, and possibly other parts of the government.

World

Car bombs shake two Iraqi cities; six European soldiers die in blast south of Baghdad

BAGHDAD, Iraq - Two car bombs exploded Tuesday in separate cities in Iraq, killing at least 14 Iraqis and one U.S. soldier. Dozens were wounded, including 10 American soldiers. A U.S. Marine was killed in action west of Baghdad.

Elsewhere, six coalition soldiers, two Poles, three Slovaks and a Latvian were killed in an explosion while defusing mines in Suwayrah, 25 miles south of Baghdad, authorities said.

The Slovaks and the Latvians were the first deaths from either of the two countries in Iraq, Polish officials said in Warsaw.

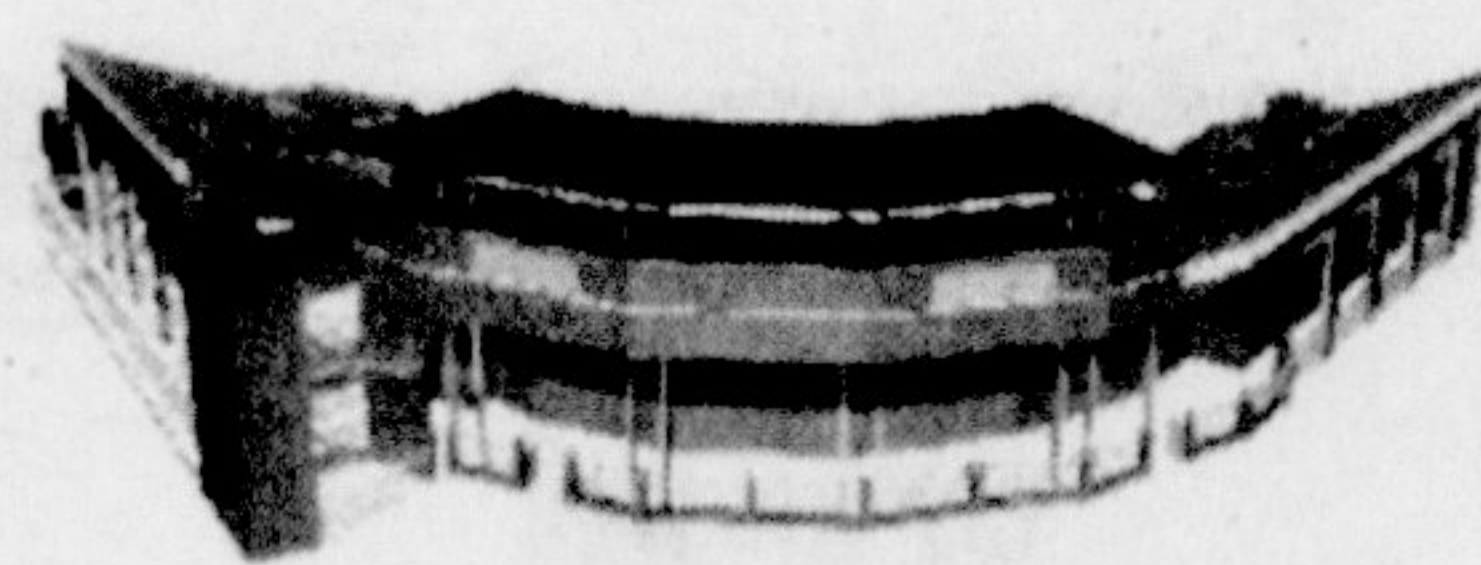
One of the car bombs blew up as a convoy of provincial council members passed by in the northern city of Mosul. The council members escaped injury, officials said. Nine people died and about 25 were injured, the U.S. military said. The Mosul deputy police chief was hurt, but not seriously.

In the other attack, a suicide attacker detonated a car bomb during rush hour outside the American forward operating base War Horse in Baqouba, about 30 miles northeast of Baghdad.

Field from page 1

In addition to other construction, the parking lot, stadium entrance and surrounding field areas will also be upgraded with landscaping work.

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

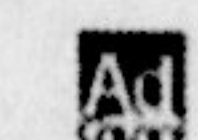


Construction is underway for the expansion of Harrington Field.

Photo by Herb Sneed

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Alliance signed with Uruguayan research

Exchange programs available for students, professors

NICK HENNE
SENIOR WRITER

The North Carolina Agromedicine Institute of ECU recently formed an exchange program with BIO Uruguay, a Uruguayan research institute that allows students, professors and researchers worldwide to participate in studies at their institute.

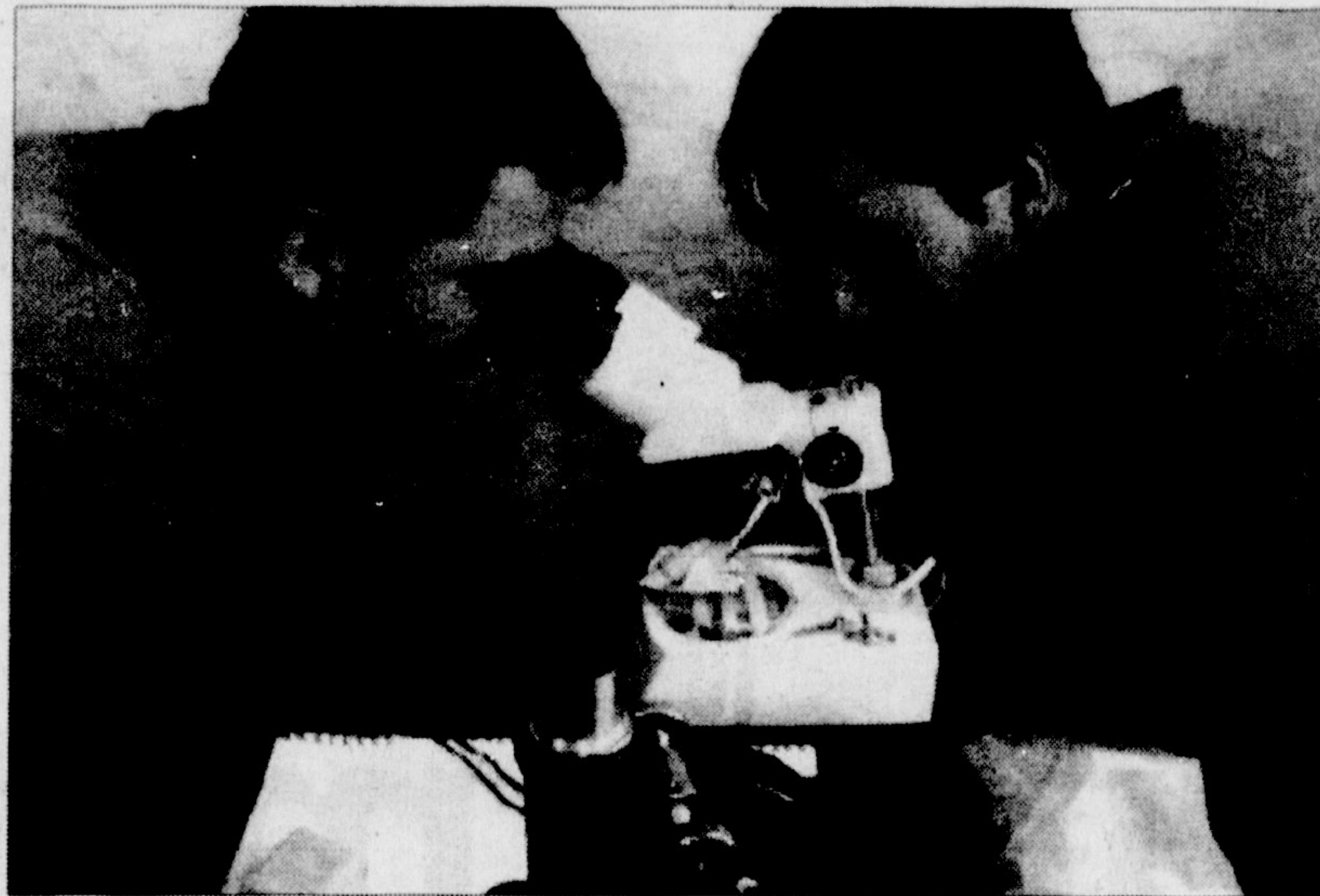
In 1999, Molly Broad, president of the UNC system and Jorge Battle, president of Uruguay, signed a memorandum of understanding creating an alliance between all 16 institutes in the UNC system and five institutes in Uruguay. Under the alliance, an educational exchange program is made available for both students and professors.

Within the last year, activities have picked up under the alliance with the involvement of BIO Uruguay and different institutes in the United States, said John Sabella, associate director of the North Carolina Agromedicine institute.

"[BIO Uruguay] is formed as a non-profit research and training institute," Sabella said.

"The purpose of BIO Uruguay is to promote through research ecological farming practices for regional farmers as well as faculty in universities ... throughout the world to come and conduct research in these areas and to provide opportunities for student exchanges."

BIO Uruguay is an institute specializing in organic agriculture and agro-ecology was recently founded under the umbrella of the signed agreement, Sabella said. The institute, open to students and researchers throughout the world, works in conjunction with the North Carolina Agromedicine Institute located in Greenville at ECU's west research campus, as well as with representa-



Students research in Uruguay as part of a new exchange program.

tives from the rest of the 15 schools in the UNC system, Sabella said.

Alda Rodriguez, co-founder and director for research and training at BIO Uruguay, said BIO Uruguay is not only an institute for training and research, but a place where new ideas are generated from the theoretical idea of ethological agriculture and the conservation of natural resources.

"We believe in ... development of alternatives through the coming together of the academic world and the areas of agriculture and culture and the rural world," said Rodriguez.

"We support this identity throughout this country and our region."

Rodriguez said participants can benefit in BIO Uruguay exchanges because BIO Uruguay has an infrastructure set up to receive students and give students firsthand involvement in many aspects of their culture including organic production of fruits and vegetables, ethological production of animals, and natural and ethological control of diseases and pests. At the same time, BIO Uruguay exchanges are rich in national culture with literature and music, Rodriguez said.

Students who participate in a

BIO Uruguay exchange program are eligible to earn course credit, fulfill internship requirements and are given firsthand farming experiences in a rural country they could not possibly experience in the United States, Sabella said. Students and professors interested in participating in a BIO Uruguay exchange can register at the International Programs office by talking with Sabella or Charles Lyons, director of the North Carolina Agromedicine Institute. There is no application involved in the registration process, Sabella said.

While BIO Uruguay is a non-profit institute, participants are required to cover certain expenses of their trip. Expenses include airfare, ground transportation, housing, meals and instruction. The total cost of a study is dependent on the amount of time spent in BIO Uruguay and what activities a student chooses to do while at the institute, Sabella said. Sabella said the cost of BIO Uruguay is relatively cheap when compared to other exchange programs.

"Uruguay is a very, very cheap country," Sabella said.

Uruguay is a centrally located

see **RESEARCH** page 5

Reagan from page 1

The library then opened to throngs who were bused about five miles from a college that closed to provide parking. By evening, the wait for buses had grown to hours as crowds sought to make the pilgrimage before the period of lying in repose ended at 6 p.m. Tuesday.

Among the first were Gov. Arnold Schwarzenegger and wife Maria Shriver, who stood silently, crossed themselves and left. But most of those who came were regular folks.

Patricia Roccaforte, 61, of Tustin, said Reagan had made her feel safe.

"I was praying the whole time he was alive we would live up to all he thought we could do," Roccaforte said.

"He was so optimistic about us. He's in the hands of God now as he always has been."

Some of those passing the casket crossed themselves. A man in cowboy boots and jeans held his hat over his heart.

"On my way out, I saluted him both of us did," said Don Procter, 83, a former Marine who came from Altadena with his wife Lorraine.

Though brief, the time in the library was enough for Scotia Alves, 51, of Camarillo, who said she and her husband started a car stereo company in their garage at the beginning of Reagan's presidency.

"Reaganomics was good for business. ... I felt gratitude to him," Alves said.

Charles Shelton, 38, a Los Angeles lawyer, was struck by the range of people.

"It's a testament, how broad his appeal was," said Shelton, who voted for Green Party candidate Ralph Nader in 2000 and plans to vote for Democrat John Kerry, but called himself a "Reagan Republican."

"He's a different type of Republican," Shelton said.

"The man was a very good man,

very graceful, which made it easy to support him," Shelton said. "He was tough, yet graceful."

Roxana Jones, 47, brought two daughters in school uniforms. One of them, Shanley, 15, said she learned in school about Reagan's fight against communism.

"He was just an awesome guy, and I call him my president," Jones said.

Leslie Williams, 48, of Mission Viejo, said she has been a Marine reservist since age 18.

"My commander-in-chief epitomized the will of the greatest country on Earth to pursue freedom for all freedom-loving people," Williams said.

Mandy Thom, 37, of Northridge waited three hours to pass Reagan's casket. She remembered most of Reagan's speech after the space shuttle Challenger exploded on Jan. 28, 1986.

"I think it was the way he came across in speeches that made the country feel safe even though something tragic had happened," Thom said.

Salvador Ayala, 74, came from Simi Valley with three other veterans.

"He won the Cold War without firing a shot. He was the greatest president that we ever had, and I'm a Democrat," Ayala said, who served in the Korean War.

On Wednesday, Reagan's body is to be flown to Washington, D.C., where there will be a ceremony that night in the Capitol Rotunda. The body will then lie in state.

Friday will be a national day of mourning, with all federal offices and major financial markets closed. The state funeral will be held at Washington National Cathedral, with President Bush delivering a eulogy.

The body will then be returned to the Reagan library for burial Friday evening.

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Cicada invasion deafens nation's Eastern coast



After 17 years, cicadas rise from the ground to begin their mating process.

Bugs emerge after 17-year hibernation underground

LISA TUMBARELLO
STAFF WRITER

The month of May marked the return of the Brood X cicada to many parts of the Eastern United States. The tiny locust-like creatures with transparent orange veined wings and beady red eyes have created deafening noise to those in their paths and will be leaving behind a lot of waste when they die off in the coming weeks.

The Brood X cicada last emerged 17 years ago in 1987, starting the cycle that brought us this year's cicada. Today's cicadas are found in areas spanning from New York to North Carolina, Illinois to Delaware and everywhere in between. They can be found in at least some part of 15 states and the District of Columbia.

The life span of a cicada is just more than 17 years, but only about six weeks is spent above the ground. Cicada nymphs emerge from deep underground after feeding on tree sap for 17 years. When the outside temperatures are just right (in the months of May and June), the nymphs crawl to the surface by the millions and invade neighborhood airways and infest trees.

The adult cicadas then shed their skin and spread their wings. The males take refuge in the trees and begin the buzzing mating call that has filled the air of the East, deafening its residents.

The cicadas mate and drop their larva into the ground where it will bury itself for the next 17 years. The

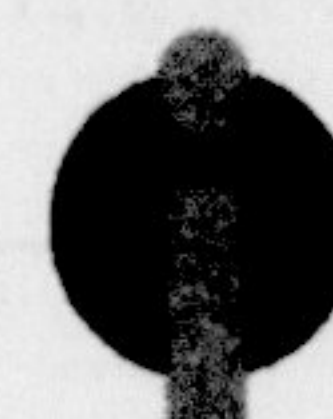
adult cicadas then die off into mid-June and we can expect to see them again in 2021.

The buzzing noise created by the cicada is what creates most of the problem. Cicadas don't bite or sting, they just make plenty of noise. However, the males only produce the song of a cicada. It is their way of serenading the females in order to mate.

However, the song of a cicada is not a little song. Their buzzing can reach more than 100 decibels. Their noise is louder than the music in your car, louder than a jackhammer and comparable to a motorcycle.

The noise is produced inside the drum-like organ tymbals, which are on either side of the abdomen. To make noise, the male tenses the muscle attached to the tymbal and creates vibrations, letting out its

see **CICADA** page 5

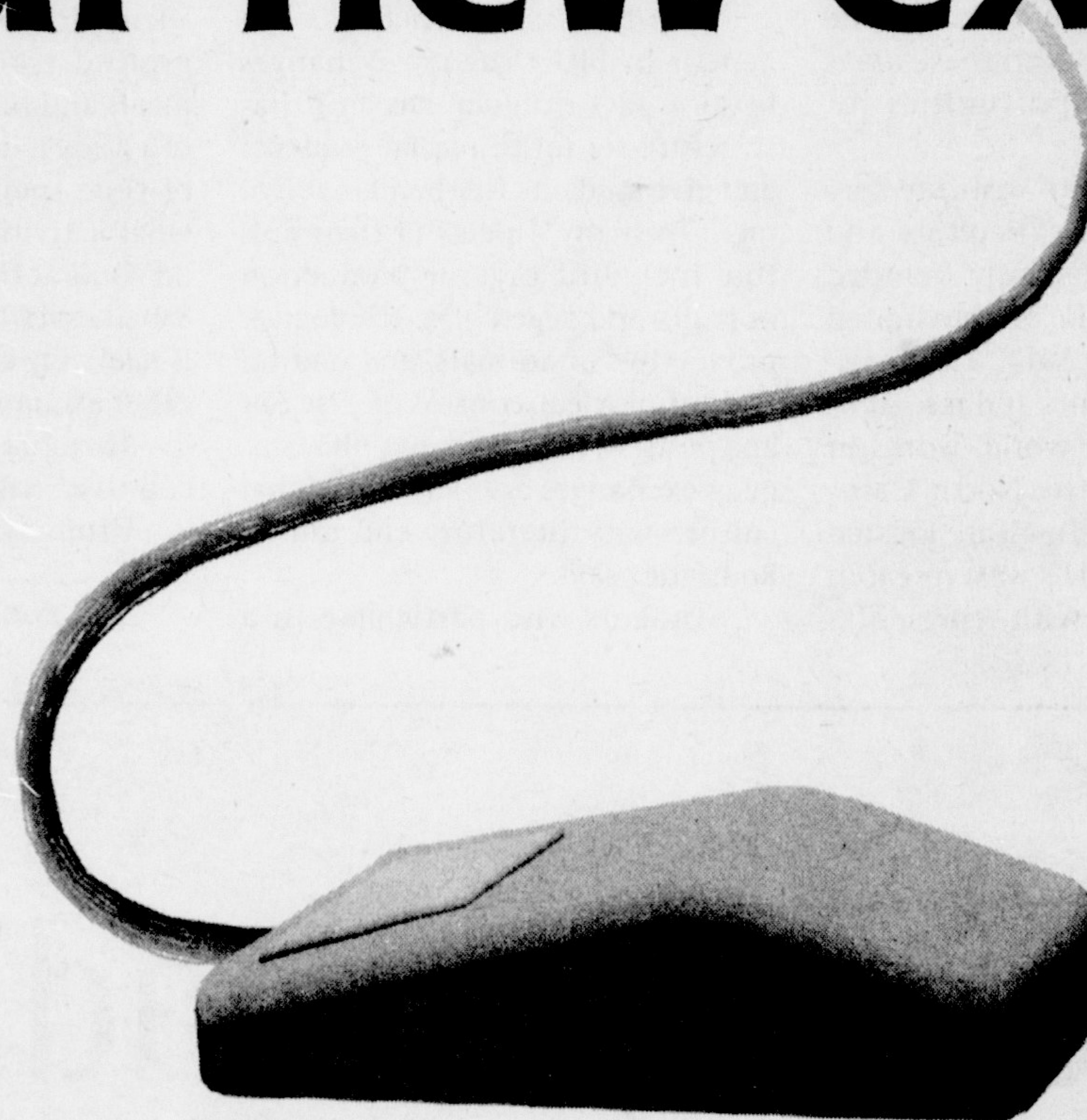


Cicada Facts

Brood X Territory (certain areas in these states): Delaware, Georgia, Illinois, Indiana, Kentucky, Maryland, Mississippi, North Carolina, New Jersey, New York, Ohio, Pennsylvania, Tennessee, Virginia, West Virginia and Washington D.C.

Sound Decibel Chart:
Whisper - 20
Jackhammer - 90
Cicada - 90 - 100
Motorcycle - 100

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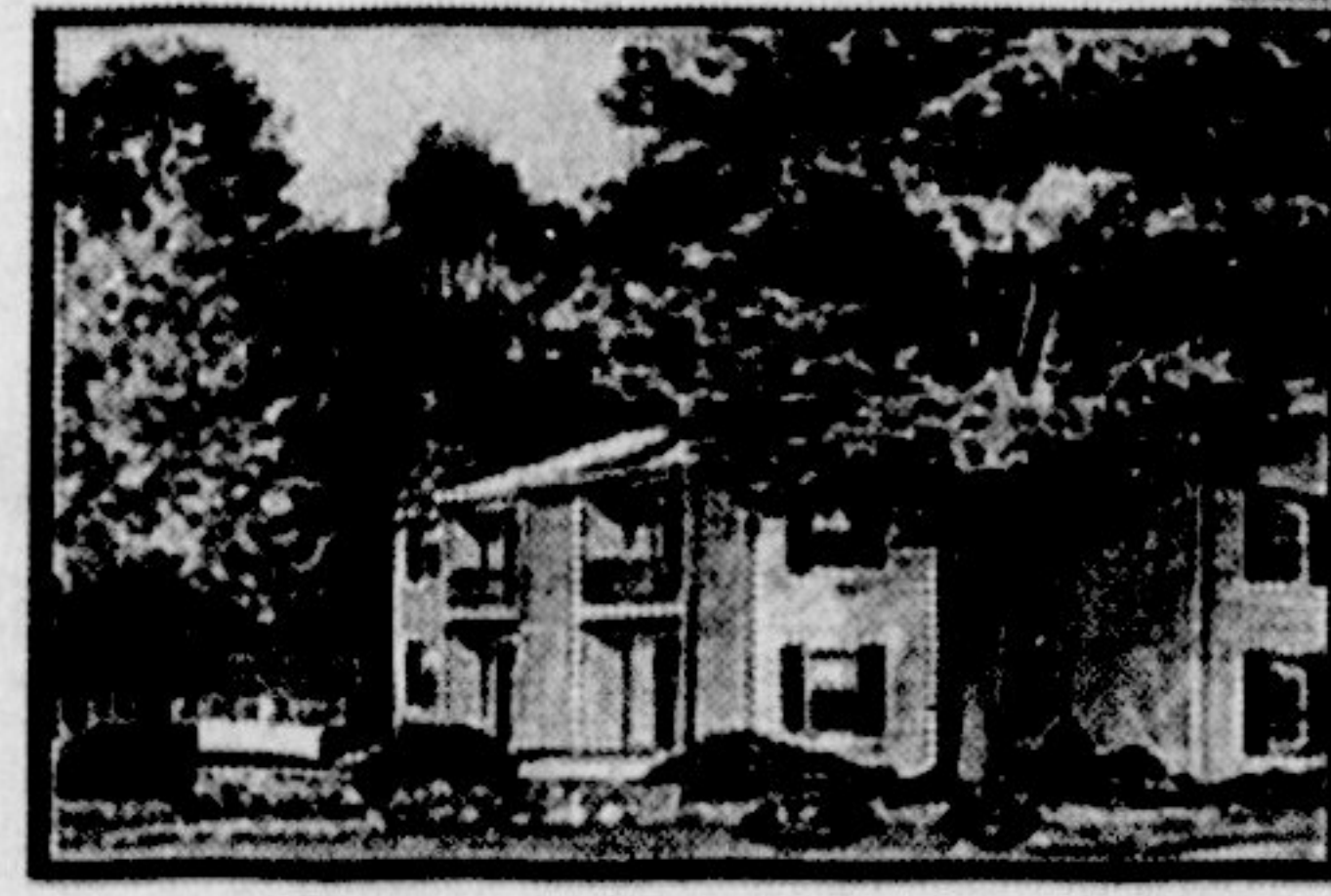
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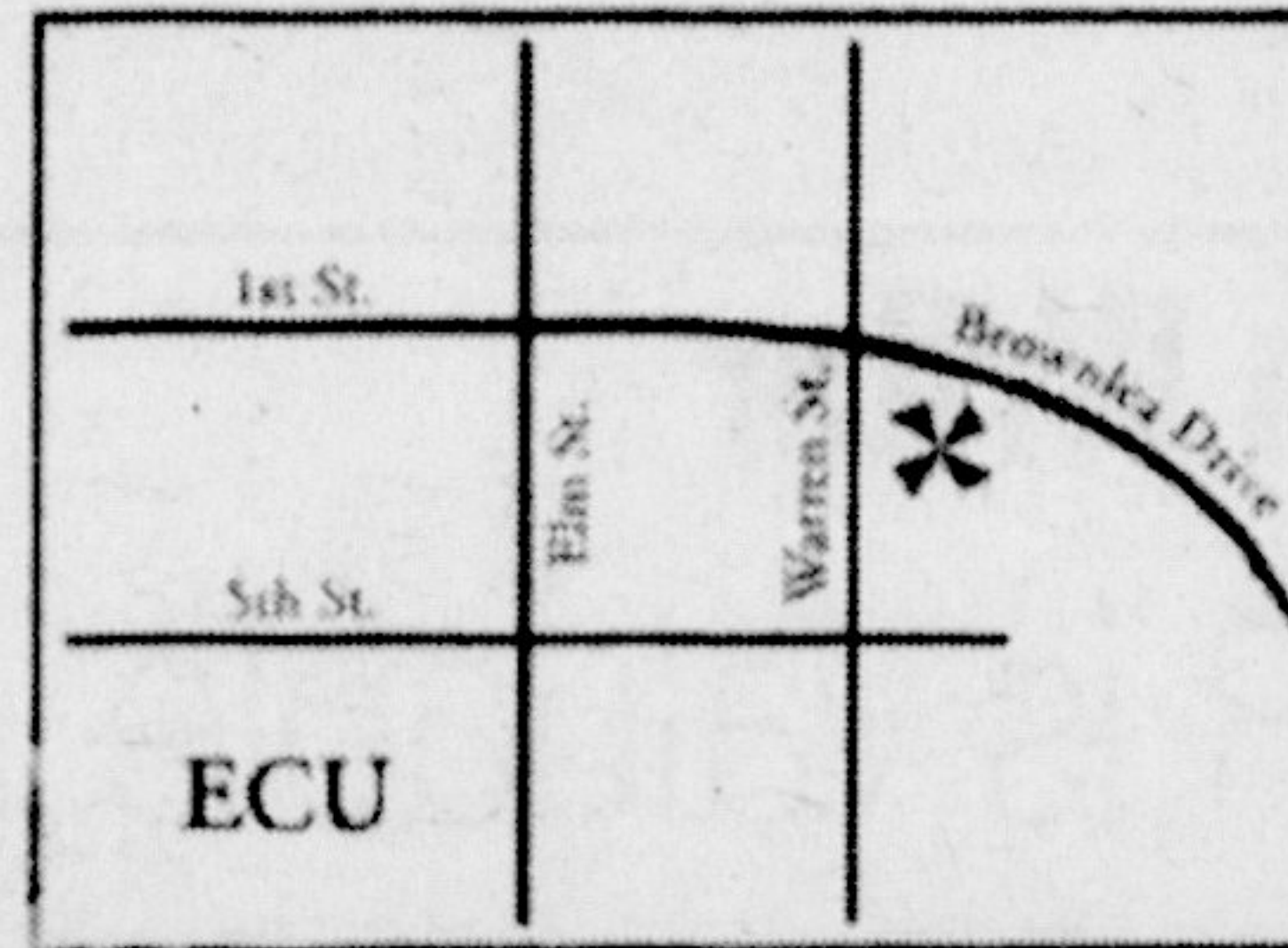
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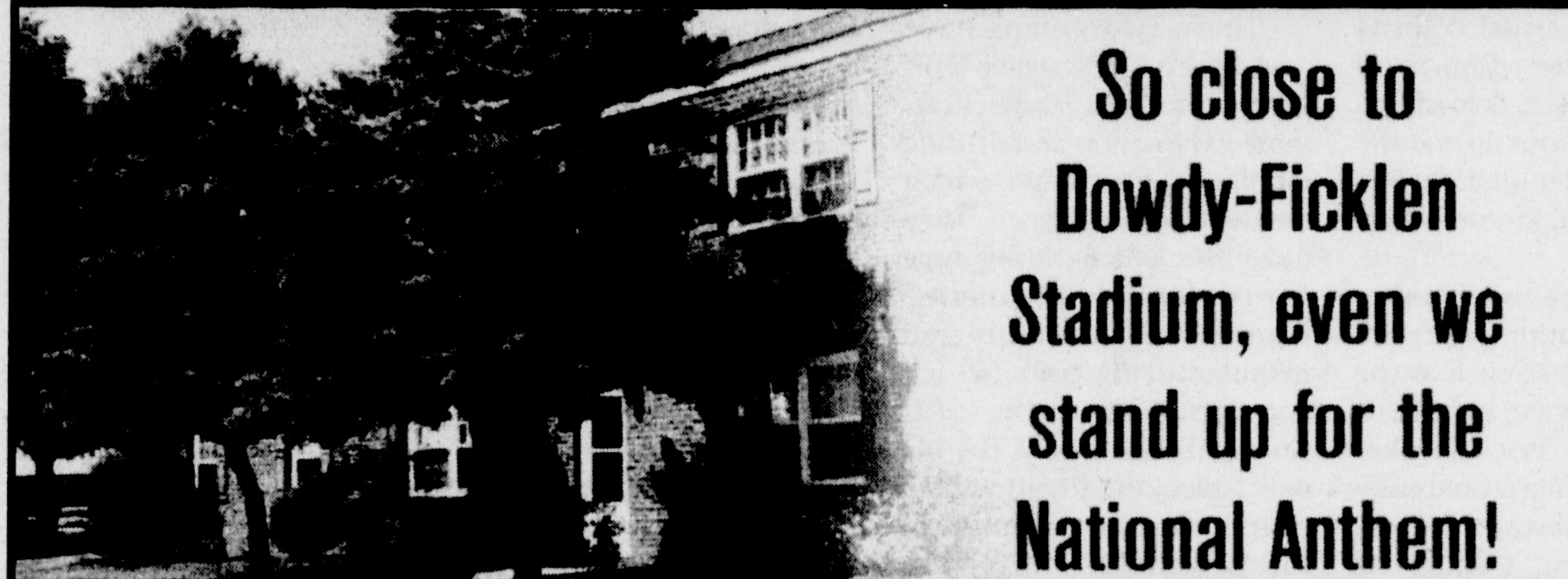


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Research from page 3



Contributed photo

Students learn in a small setting as part of the Uruguay exchange program.

country with access to various other well-known locations including Buenos Aires, Rio De Janiero and the Amazon, Sabella said. Sabella adds that Uruguay is a small, rarely visited country containing only three million people and has only urban campuses with rural settings in the heart of the country.

"BIO Uruguay is an opportunity for something different," Sabella said.

Amy Krauss, senior and double major in social thought/political economy and comparative literature at the University of Massachusetts, completed an internship requirement for her major and an independent study

doing a BIO Uruguay exchange.

"Stepping outside of our usual context of thinking allows a different and sometimes reality-shattering kind of learning," said Krauss.

"I learned a little bit about organic agriculture, as well as Uruguay's agricultural economy and culture as a whole."

Krauss said she also learned a lot of Spanish, befriended several Uruguayan students and now has an improved and broader sense of interpersonal and global relationships.

This writer can be contacted
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Cicada from page 4

cicada song.

There are three different types of the Brood X cicada, each with different defining qualities. Magicicada Septendecim is the biggest and most common of the three, distinguished by thick orange stripes on the abdomen. Magicicada Cassini is generally smaller than the Septendecim and is known to be the loudest. The third type, Magicicada Septendecula, is the most rare and hardest to distinguish

from the other two.

The cicada emergence serves many purposes. For one, when the insects burrow out from the ground they aerate the soil. The one-inch-long bugs also supply many other creatures with dinner. Birds, squirrels, deer, dogs, cats, mice and ants enjoy an occasional cicada snack.

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Our View

"My dream is that you will travel the road ahead

America and the world lost one of its greatest politicians when Ronald Reagan passed away Saturday. Reagan, our nation's 40th president, lost his battle with Alzheimer's disease at the age of 93.

with liberty's lamp guiding your steps and opportunity's arm steadying

Many of us remember Reagan as the president who served during leg warmers, Rubik's cubes and the Cold War, but Reagan was also a successful sports-caster, actor and an overall outstanding American.

your way."

On February 6, 1911, Ronald Wilson Reagan was born to Nelle and John Reagan in Tampico, Ill. He attended high school in the nearby town of Dixon and then attended Eureka College.

After graduation, Reagan became a sports announcer on the radio and then a Hollywood actor. During the next 20 years, he appeared in 53 films.

On January 20, 1981, Reagan became president. Only 69 days later, he was shot by a would-be assassin, but quickly recovered and returned to duty.

During his eight years in office, Reagan enforced laws to stimulate economic growth, curb inflation, increase employment and strengthen national defense. At the end of his second presidential term, the United States was enjoying its longest recorded period of peacetime prosperity without depression or recession.

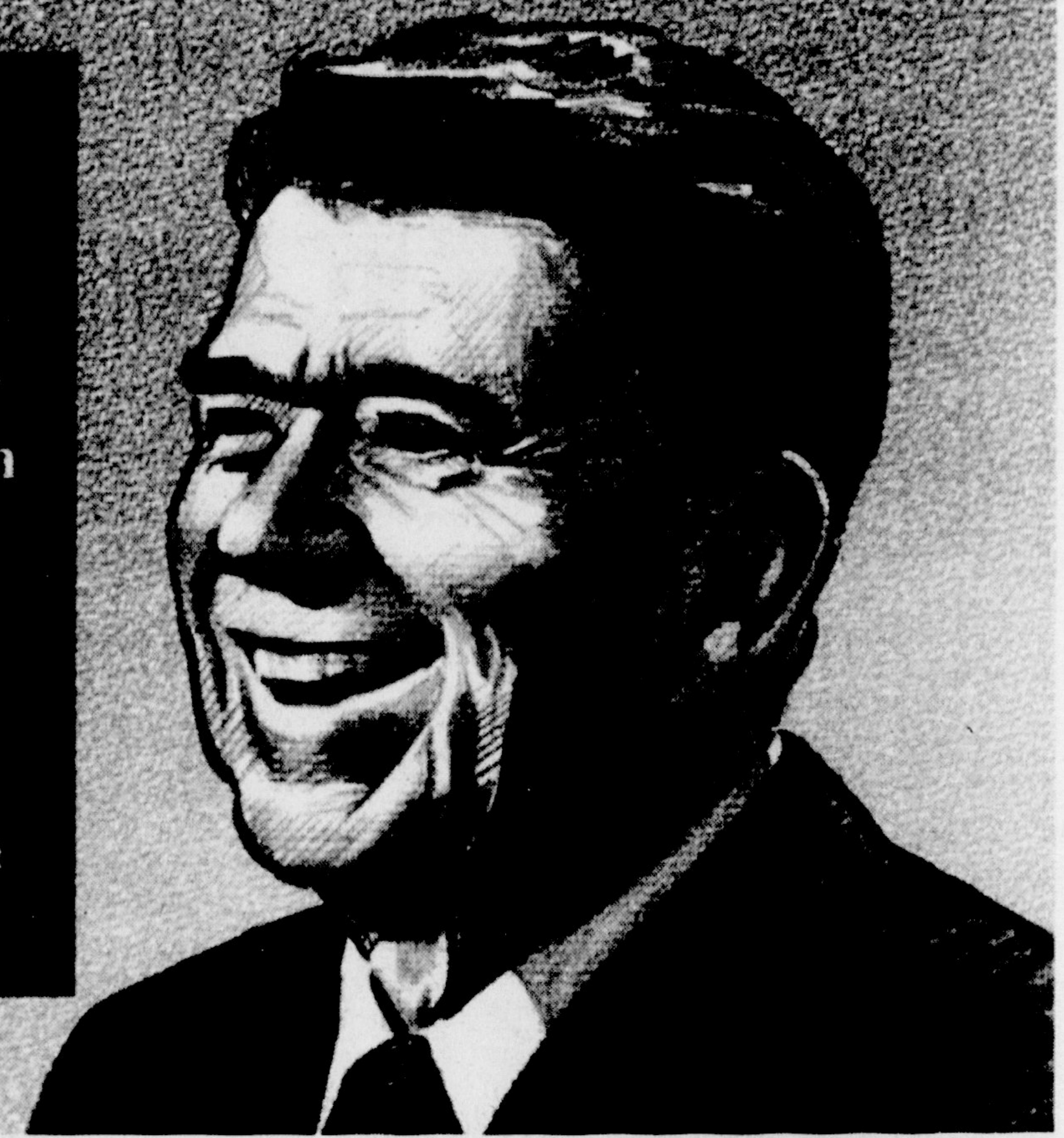
Reagan's contributions have a large impact on the America that we know today. His decisions were made with our freedoms as his first priority and he hoped that is what he will be remembered for most.

"Whatever else history may say about me when I'm gone, I hope it will record that I appealed to your best hopes, not your worst fears; to your confidence rather than your doubts. My dream is that you will travel the road ahead with liberty's lamp guiding your steps and opportunity's arm steadying your way."

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"There can be no greater good than the quest for peace, and no finer purpose than the preservation of freedom."

Pres. Ronald Reagan
1911-2004



Opinion Writer

ANWR is valuable resource that should be utilized

Environmentalists are to blame for high gas prices

ANTHONY MCKEE
OPINION WRITER

We have all heard the accusations that Halliburton and other oil companies are guilty of "price gouging" to increase profits. What we haven't heard is any evidence to back up the accusations.

Anybody who bothers to look beyond the media-hyped hysteria will realize that we won't be given any such evidence either, mainly because the accusations are deliberately crafted to create fear and suspicion.

Gas prices have increased this year for many reasons. There are the usual culprits such as a decreased on-hand supply, increased demand as the weather warms up and the government-required change from winter to summer fuel formulations.

There have also been other factors contributing to the price increase this year, such as the oil price increase by OPEC, investor and stock market unease and Democrat and environmentalist obstruction.

For years, Democrats



and environmentalists have stood shoulder-to-shoulder in a concerted effort to block any attempt to utilize vast, untapped resources that would help reduce the United State's dependence on oil imports. We are once again paying the price for their short-sighted, politically motivated actions.

These two groups have used any and all available tools (mainly the courts) to block offshore exploration and drilling for oil and natural gas, which are there in abundance. They have blocked building new power plants and refineries, leading to higher utility and manufacturing costs (which get passed on to the consumer). Then there is the big one ... blocking any attempt to tap the oil reserves that are in the Alaskan National Wildlife

Refuge.

The reasoning behind the opposition that has been mounted by environmentalist groups and their Democrat allies against drilling in ANWR is dubious at best and calculatingly destructive to American interests at worst. Especially when you carefully analyze their "objections" and realize they fall apart under even minor scrutiny.

Their main argument, that there is the possibility for spills that could "destroy" the ANWR and cause untold environmental damage or endanger wildlife habitats, is disingenuous on several levels.

The technology exists that makes drilling and extracting oil more efficient and less environmentally intrusive than ever before. This technology is in use today in other parts of the world and functioning fine, making the likelihood of a major problem minimal. The environmentalists and Democrats know this, but choose to ignore it.

The other parts of this argument, that the ANWR will be destroyed and that local wildlife habitats will be harmed, fall victim to the same rational analysis.

The ANWR covers an

immense area, more than 1.5 million acres. The area proposed for drilling is a miniscule part of the total area. Even assuming the worst, a terrorist attack and/or a catastrophic spill, the area that would be affected is minor, as would the impact be on local wildlife.

Almost every year, the issue has been debated in Congress and, each time, it has been blocked by environmentalists and their Democrat allies. In 1995, both the House and Senate passed legislation authorizing drilling. President Clinton vetoed it.

If drilling had been allowed to proceed as was recommended in 1987, what might the difference be today? Obviously, we will never know. But it is something to keep in mind.

Keep in mind that some of the same Democrats and environmentalists who have blocked drilling in ANWR since 1987 are the same people who are now blaming President Bush, OPEC, the oil companies, anybody but themselves, for the current cost of fuel. Keep in mind that these people are willing to lie and twist the truth, as well as force us to pay higher prices, all in the name of politics.

tec
FEATURES

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Features Editor

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What type of diets do you
think work the best, and why?



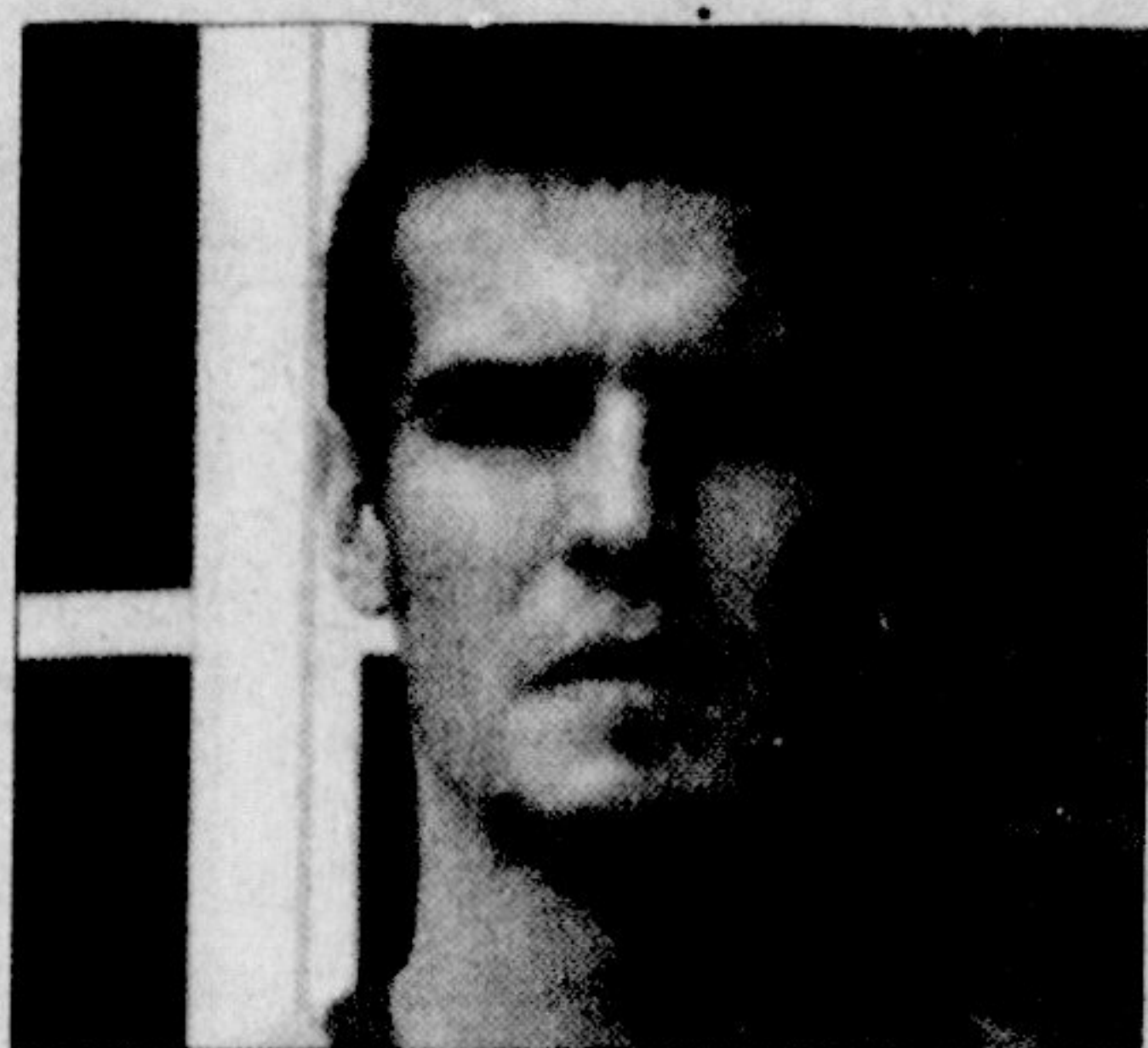
ALICIA DOBSON
FINANCE

"I think low calorie diets with portion control work best because people's biggest problem is eating too big of a serving."



RYAN SCARBOROUGH
CRIMINAL JUSTICE

"I don't agree with the Atkins Diet because you have no energy after a couple of days so you don't work out, and therefore you don't lose any weight."



TYLER PARHAM
HOSPITALITY MANAGEMENT

"I think that a lot of these new diets are just fads. The Atkins Diet, which controls carb intake, causes weight gain as soon as you are off the diet. Good eating and exercise is the best solution for staying in shape."

Slim down for Summer

Lose weight with the low-carb trend

RACHEL LANDEN
SENIOR WRITER

As the mercury rises, and swimsuits make their way into the sun, people often look to drop a few pounds.

This summer is no exception. Just this year, an estimated 50 million people will go on diets, contributing to the \$33 billion weight-loss industry.

With all the advertising gimmicks, it seems shocking that as few as 5 percent of dieters may actually keep the weight off. Perhaps that is because many desperate dieters rely on weight-loss methods that provide a quick fix. Plans like the Cabbage Soup, Beverly Hills or Scarsdale diets may shed pounds fast, but extremely low-calorie diets or ones that focus on a single food do not contribute to long-term healthy eating habits.

If a diet sounds too good to be true, it probably is. Watch out for buzzwords like effortless, guaranteed or miraculous. The harsh reality is that dieting is none of these things.

However, with the right food combinations, coupled with exercise, losing weight is possible. It won't happen

overnight, but you are actually better off that way. Experts recommend a modest and gradual weight loss of one to two pounds per week.

Losing weight too fast can be deceptive. Your scale might register less weight, but it could be the result of losing water and muscle, rather than the real target, which should be excess fat.

Because one pound of fat is equal to approximately 3,500 calories, it is possible to lose one pound just by consuming 500 fewer calories per day. As a general guideline, though, daily calories shouldn't fall below 1,200 for women and 1,500 for men.

Of course, caloric needs are dependent on a variety of factors, including gender, age, current weight and activity level. The difference in nutritional needs for each individual underscores the importance of consulting with a doctor before beginning any weight-loss or exercise program.

The Internet, the library and even your campus newspaper can be great sources for nutritional and health information,

see DIET page 9

Low-Carb Recipes

South Beach Mashed Cauliflower

Instead of potatoes, steam some cauliflower. Once the cauliflower is soft, using a liquid butter substitute and nonfat half-and-half, mash the vegetable. Add salt and pepper to taste. Enjoy this quick, easy and healthy side dish that is just as good as the real thing.

Atkins Chocolate Cream Frosty

Place 3 ice cubes, 1 cup water, 2 tablespoons heavy cream and 2 tablespoons sugar free chocolate syrup in a blender. Blend until frothy for a chocolate treat.

The Zone Delight

Mix 1 cup cottage cheese, 1 teaspoon vanilla, 1 package Splenda, 1 teaspoon cinnamon, 9 almonds, 1 cup strawberries and 1 cup blueberries. Refrigerate the mixture for one hour before enjoying as breakfast or divided into snacks.

Teens face heightened pressures of appearance

Importance of looks has
negative effects on students

JESSICA CRESON
STAFF WRITER

Many people wish to have a body image they are proud and confident of. Problems arise when the body

image in mind is too extreme or when the method of having a healthy body is actually not so healthy.

The recent health and dieting kick has more people in the gyms and off carbohydrates.

"Carbohydrates are necessary to have proper brain functioning and provide most of the energy we use throughout the day," said

Robin High, the nutrition director of ECU.

If a person never saw a supermodel or celebrity on the cover of magazines and on television, then maybe the ideal body image would not be what it is for some people.

Comparing oneself to others is a sure way to the wrong path of a healthy body image.

Often times, magazine covers are altered to make a model/celebrity look even thinner and more "perfect." Real life does not have this feature, so comparing is useless.

Plastic surgery is common amongst famous people as well. This is not a realistic endeavor for the everyday person either.

see IMAGE page 11

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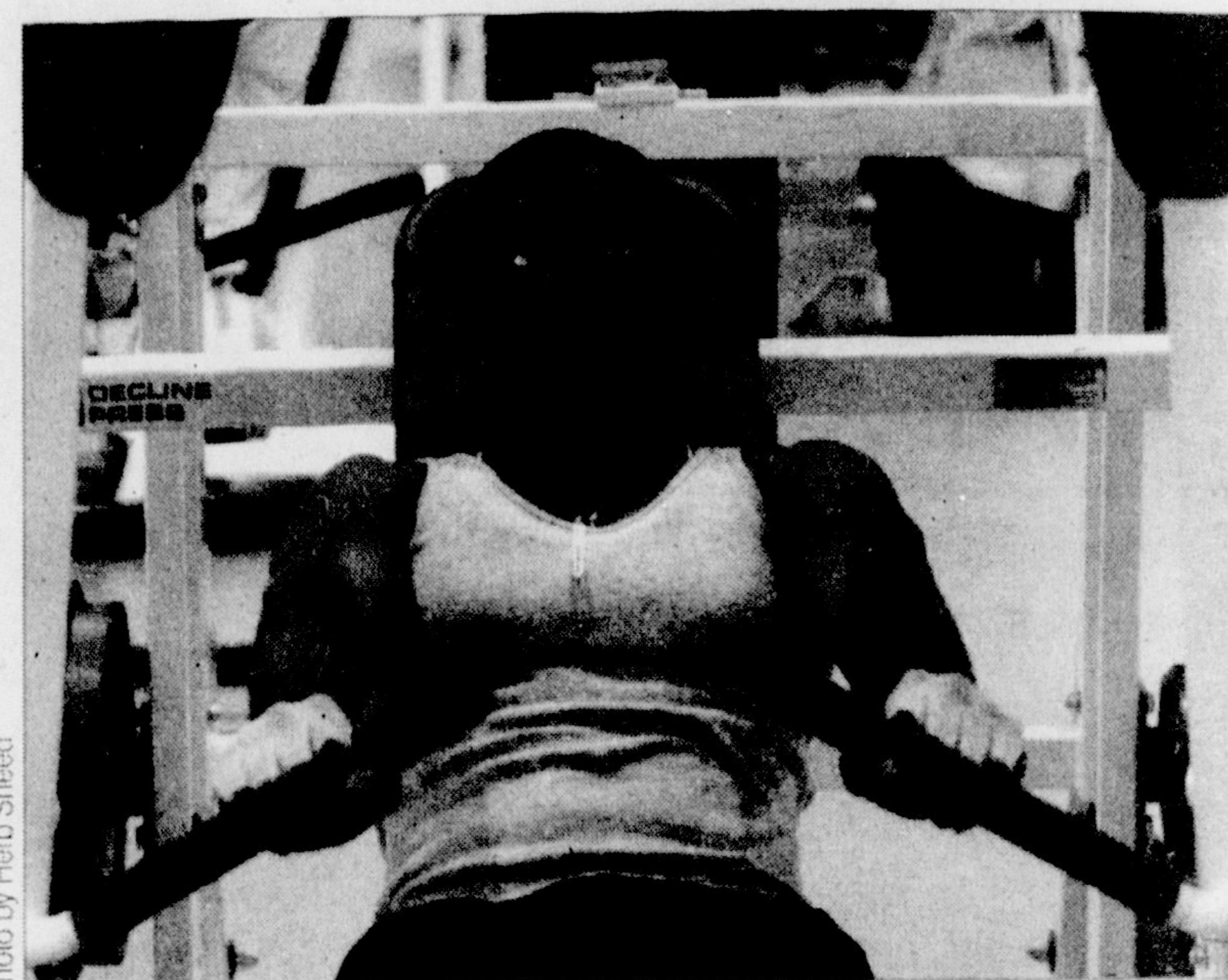


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Improving your workout with a few simple steps



Earleicia Suggs pauses for a minute during her lifting workout at the SRC.

Top 10 exercising tips everyone should know

NICHOLAS VICK
STAFF WRITER

With summer in full bloom, there is no doubt that everyone will want to show off their sculpted bodies at beaches and pools everywhere. However, most people are unsure of just how to achieve that firm, lean body that will be the center of attention at a laid back summer bash.

The SRC attempts to solve some of these workout issues by having personal trainers on hand to assist in any manner necessary. In addition, there are several helpful signs posted that detail the proper ways to train, eat and stretch. The snack bar gives students the chance to drink a healthy protein shake before, during or after their workout.

Even with a multitude of personal trainers available in many locations, most people will still find it hard to get the most out of their workout. This is due to the fact that achieving a perfectly sculpted body is a very tedious task. It's difficult to achieve that perfect body because not only is it physically demanding; it's mentally demanding as well. Here is a list of the top 10 tips to get the most out of your workout.

Top 10 Workout Tips

1. Set Realistic Goals. This tip is especially important for people that are just beginning to workout. However, it is equally important for the seasoned veterans of the weight room as well.

Danny Wheel, strength and

conditioning coach at ECU said, "You should focus on yourself, and definitely don't compare yourself to any people in magazines or celebrities on television. A beginner needs to ease into a good rhythm, and find exercises that he will enjoy."

"Being consistent is one of the most important aspects of working out for a beginner. The best way to do this is to set realistic short term and long term goals. If a bench weight of 225 pounds is your goal, don't try to immediately jump to do that. Work your way up."

2. Stretch (before and after the workout). Stretching helps the muscles relax and warms up the body for a workout. If the workout will consist of cardiovascular activities, then the legs should probably be stretched more than any other body part. On the other hand, if the workout will consist of only upper body training, then that part of the body should be stretched.

Brian Apple, a physical fitness trainer at the SRC said, "Stretching helps to prevent cramps, and is a very important part of working out. You should probably spend ten minutes before and ten minutes after on stretching alone."

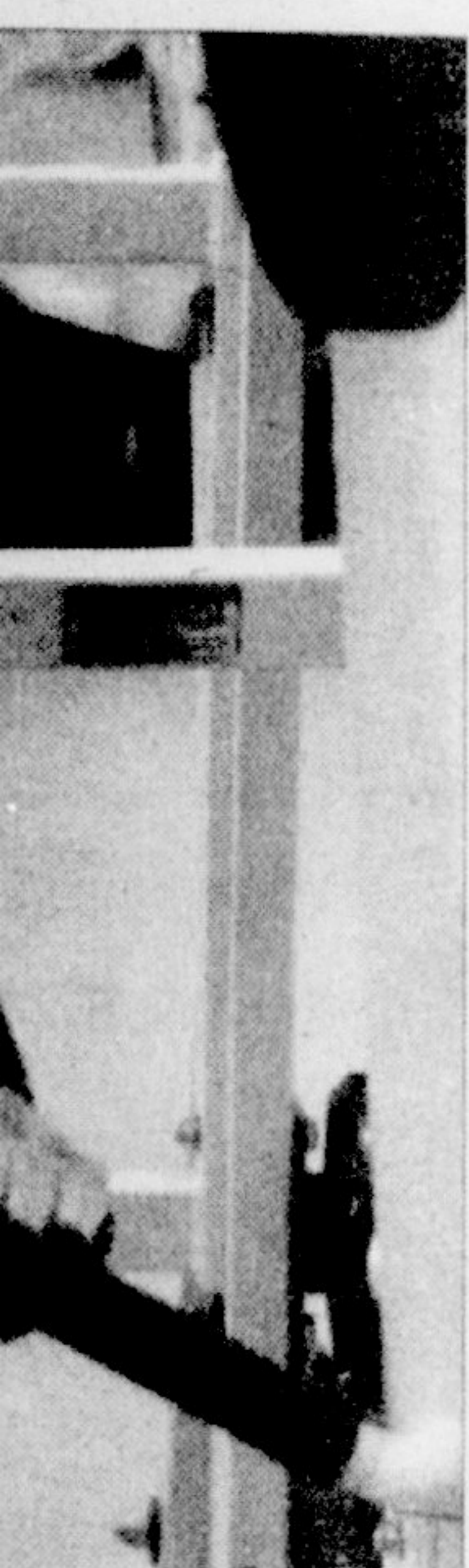
3. Run (aerobic activity). Running is good for the heart, and helps to build a high tolerance for endurance.

"Running is a great thing to do if you want to lose weight and really tone up," Apple said.

4. Work Different Parts of the Body and Rest. These two aspects of working out go hand in

see **WORKOUT** page 10

Workout steps



Workout at the SRC.

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ORKOUT page 10

MTV retools channel aimed at students

(KRT)—College students are consummate multi-taskers. Watch them in any campus hangout eating, talking and studying while a TV flickers in the background.

Those sets are more and more likely to be tuned to a channel called mtvU, the latest creation of MTV Networks. The new channel was launched in January and targets a college audience. The channel is playing now in lounges, cafeterias and other common areas on more than 700 campuses with a total of 6 million students.

They've grown up on MTV's basic fast-cycling format, heavy on music videos. Now MTV has grown up for them. The new channel's features, on jobs and study abroad for instance, shows are directed toward an audience of late teens and early 20s. So is the advertising, for cars, movies and clothes.

At Southern Illinois University Edwardsville, mtvU plays softly on five TV sets in the food court. Freshmen Sarah Ruffatto and Mark Miller were there one day, seeming not to pay attention. Even so, mtvU had seeped into their brains.

No, they said, most students don't sit and stare at it. But Miller said he often watched it at lunch,

and Ruffatto said she did if a song she liked came on. Both said they enjoyed it.

Across the river in St. Louis, so did Harris-Stowe State College student Tanner Heeb, who sat in the campus cafeteria, schoolwork spread out on a table. Every few moments he looked up at mtvU playing on the TV in front of him. "What I like most about it is the news breaks," he said.

Heeb said mtvU is superior to College Television Network, which he watched at the school he used to attend. "You get a better mix of videos, and the news seems to be even better."

Actually, the new mtvU is College Television Network, retooled and reborn after MTV Networks bought it in October 2002. There was lots of room for improvement, according to Stephen Friedman, mtvU's general manager. "They weren't thinking day-to-day about their audience," he said.

MTV put a year of thought into its new product, beginning with a study of how college students spend their time. It indicated, for instance, that they pack 32 hours of activities into their 24-hour days by doing some of them simultaneously. "College students are constantly interact-

ing with everything around them," Friedman said.

MTV designed its new network to play to college students' splintered attention spans and interests. Broadcast segments were shortened, to less than four minutes as a general rule. Old programs were culled and new ones added. In one new feature, a well-known person pays a surprise visit to a college class. John Kerry and Jesse Jackson have participated. Author Frank McCourt, a former New York City public school teacher, is coming soon, Friedman said.

Music remains "the heart of the channel," accounting for more than half of the programming, Friedman said. Though some of the videos are the same as on MTV, most are unique to mtvU, selected for their particular appeal to college students. These include Franz Ferdinand, "a terrific young group" from Scotland, Friedman says.

MTV also linked mtvU to its own Web site, mtvu.com. Students can click on program schedules, news and features about music and musicians; merchandise offers, postings of contests for cash and other prizes, polls on questions of vital import.

see MTV page 11

Diet from page 7

but none of these should replace the expert advice that can only be dispensed by a licensed physician.

Besides, if you are thinking of starting a diet, deciding where to begin on your own can be a difficult task. There are so many diet books and plans that it can be overwhelming and stressful to choose just one, before you even attempt to begin it.

For years, nutritionists emphasized the USDA Food Guide Pyramid, but now, the trend seems to be turning the pyramid upside-down. On nearly every grocery store shelf, some new item is turning low-carb to accommodate the lifestyles of nearly 32 million Americans.

In the very popular Atkins diet, carbohydrates are the enemy, as protein and fat become your new best friends. The concept is that a high intake of carbohydrates causes an overproduction of insulin, which in turn leads to hunger, and subsequently, weight gain.

During the first of four phases, a two week period known as Induction, dieters using the Atkins plan severely limit carbohydrates to about 20 grams per day. At the same time, they are allowed generous portions of protein and fat in the form of meat, eggs, cheese and nuts. Because of the reliance on meat for protein, this diet is not suited to vegetarians. Gradually, one adds carbohydrates back into the diet, but they are still restricted to small amounts.

The controversial high fat-low fiber content is also cause for some concern. Limiting carbohydrates causes the body to use stored fat or muscle for energy, which, when broken down, produces substances known as ketones. Ketones are responsible for suppressing appetite, which could be a benefit of this diet. However, they are also known to cause fatigue, nausea and dangerous fluid loss.

Despite the high fat, especially saturated fat, found in the diet, some people have actually improved their cholesterol. It seems counter intuitive that these artery-clogging substances would actually improve one's heart health, but some Atkins followers swear by it.

Developed by a cardiologist, the South Beach diet also encourages the consumption of protein and discourages that of carbohydrates. It is different from the Atkins, however, in that there is no counting of grams of carbohydrates.

Instead, the South Beach focuses on lean proteins, healthy fats and

non-starchy vegetables. After the first 14 days, the second phase allows for the reintroduction of fruit, whole grains and fat-free dairy products.

Following the South Beach diet by the book means three balanced meals and two snacks per day. The first two weeks, the most difficult days of the diet, in which you eliminate processed foods and sugar, supposedly helps to banish cravings.

The third phase, designed for weight maintenance, is meant to be a new lifestyle. More vegetables, lean meats and whole grains, with fewer processed foods, help lower bad cholesterol and raise its good counterpart.

The Zone diet is yet another plan with a guideline concerning carbohydrates, protein and fat consumption. Followed by the likes of Jennifer Aniston, The Zone includes four keys to a healthy weight: the diet, monounsaturated fats, Omega-3 fish oils and exercise.

The diet involves a 40-30-30 ratio for meals and snacks, whereby 40 percent of calories come from carbohydrates, 30 percent from protein and 30 percent from fat. Following the ratio can be intimidating, but for simplicity, the eyeball method is suggested.

In other words, a serving of protein, like chicken, should be about the size of your hand. If, along with the chicken, you are eating vegetables, then you can have two fist-sized servings. However, only one-fist sized serving of whole-wheat pasta would be allowed in place of the starchy vegetables. Finally, toss in some nuts or a drizzling of olive oil for your necessary fat.

And don't forget the exercise. In each of these low-carb diets, exercise is essential. No matter how you choose to diet, you must exercise to lose weight and have a healthy body. Diet alone is not the answer. In fact, the National Institutes of Health suggests at least three 20 minute aerobic sessions per week.

Losing weight and looking and feeling great may not be easy, but the immediate and long-term results are well worth it. Whether you follow Atkins, South Beach, The Zone or some other diet, you must dedicate yourself to your health. That means exercise and discipline. It also means talking to your doctor. Summer isn't waiting, so why should you?

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

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Showing today at 9 p.m. at the SRC outdoor pool and June 10 at 7 p.m. in Hendrix Theatre.

IN THEATRES THIS WEEK



Garfield - In his film debut, Garfield's owner, Jon, takes in sweet but dim-witted pooch Odie, turning Garfield's perfect world upside down. But when the hapless pup disappears and is

kidnapped by a nasty dog trainer, Garfield, maybe for the first time in his life, feels responsible. PG Coming to theatres June 11.

Harry Potter and the Prisoner of Azkaban - Harry Potter and his friends Ron and Hermione return as teenagers to Hogwarts School of Witchcraft and Wizardry for their third year of study, where they delve into the mystery surrounding an escaped prisoner who poses a dangerous threat to the young wizard. PG

Raising Helen - When her sister and brother-in-law die in a car accident, a young modeling agency assistant, Helen, takes on the role as guardian of their surviving three children: Audrey, Kenny and Sarah. PG-13

Shrek 2 - A sequel to DreamWorks' hugely successful original, the story opens with Shrek and Fiona returning from their honeymoon to find a letter from Fiona's parents inviting the happy couple to dinner. Mom and Dad heard that their daughter had wed, but they assumed she married Prince Charming. So they're a bit shocked when they meet their new son-in-law. PG

Soul Plane - Nashawn Wade sues

the airline and is awarded a huge settlement. Determined to make good with the money, he creates the full-service airline of his dreams. R

The Chronicles of Riddick - Riddick, the anti-hero from Pitch Black, has spent the last five years on the move among the forgotten worlds on the outskirts of the galaxy, eluding mercenaries bent on collecting the price on his head. R Coming to theatres June 11.

The Day After Tomorrow - Climatologist Jack Hall's (Dennis Quaid) research indicates that global warming could trigger an abrupt and catastrophic shift in the planet's climate. PG-13

The Stepford Wives - A couple moves to what appears to be the perfect small town. Soon, they learn of a sinister plot the men of the town have constructed to render their partners perfect. PG-13 Coming to theatres June 11.

Troy - Based on Homer's "The Iliad," "Troy" tells the story of the Trojan War, which resulted from the conflict between Achilles and Hector over the woman they both loved, Helen of Troy. R

Workout from page 8

hand. The body needs time to recuperate or else the muscle will begin to weaken itself. Never work the same body part two days in a row.

"We have a quote around here for our athletes. 'When you rest, you grow,'" Wheel said.

This theory of resting can be applied to everyday gym rats as well.

5. Eat Sensibly. In order for the body to build muscle and lose weight, it has to have the right amount of calories and fiber. If someone starves them self, their body will actually start to save up fat.

6. Wear Proper Clothing. Loose fitting clothing is the best type of workout clothes to wear. However, avoid clothes that are so baggy that they may get caught underneath a weight during lifting.

7. Drink Water. Water hydrates the body without the consumption of unnecessary caffeine or calories.

8. Have a Consistent Time. "Working out in the morning is supposed to be the best for the body. But I always like working out late at night myself," Apple said.

As long as the body can get

into a normal routine, the time of day to workout is not extremely important.

9. Sleep. Eight hours of sleep is the recommended amount of time for all adults. Sleeping only a few hours the day before a big workout could hamper the performance for the next day. The overall workout will be sluggish without a good night's sleep.

10. Execute Proper Form (correct body mechanics). Having the correct grip and breathing properly are essential in ensuring a proper, fulfilling workout. However, there is no standard way to go about this. The individual must find his/her comfort zone and stick with it.

The most beneficial types of exercises are multi-joint because they work on more than one part of the body at a time. Some examples of multi-joint exercises are squats and bench presses.

All it takes is a little bit of dedication and a sensible diet to attain the "dream body" that is perfect for the summer.

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


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MTV from page 9

Students were recently asked, for instance, to indicate how they meet people. They could check one of four responses: "in my dorm," "in classes," "at parties" and "I'm pre-med. Who are these 'people' you speak of?"

The Web site also invites feedback. Students can log on to comment on programs, submit video requests, volunteer to be included in programs, e-mail the VJs and ask to get mtvU at their schools.

Friedman's goal is to have mtvU on 850 campuses, reaching 7 million students in the next few years. It costs colleges and students nothing; the company provides free equipment. It makes its money on advertising, which Friedman said has almost doubled since the launch. Asked about profits, he only said, "So far the response from both the advertisers and the audience has been very positive."

For the record, MTV Networks and other cable holdings make up the fastest growing and most profitable segment of Viacom Inc. The company also owns CBS, Blockbuster, Showtime, Black Entertainment Television, Paramount Pictures, Simon & Schuster plus television and radio stations, movie theaters, theme parks and outdoor advertisers.

Mark Miller at SIUE said he'd like

to have mtvU in the dorms. Students at St. Louis University and the University of Missouri at Columbia and a few other colleges already can get it in their rooms on campus cable systems that had College Television Network before. Friedman wants to get it on more systems and take advantage of more "opportunities to interact with the audience."

Not everybody wants to interact with mtvU. Faculty members on some campuses have been seen standing on chairs to reach up and silence it.

"It's like anything," says Phil Lyons, director of student life at SLU.

"Different students have different tastes. ... About every other month I get someone who comes in and tells me the programming that is on there isn't consistent with our (Jesuit) mission."

Last semester one objecting student set up an online poll that invited other students to choose among mtvU and other TV options. Lyons says the results, from just 100 respondents, were inconclusive.

"Until we get a better idea of what the students want, we'll probably maintain mtvU through the next year," he says. "I think we need to do our own survey."

Image from page 7

College students can have a hard time with eating healthy, exercising, insecurities and comparing oneself to others. These things can lead to other major issues if they are not kept under control, such as fad dieting, irregular eating, compulsive exercising, diet pills, starvation or vomiting.

"Another problem that some dieters encounter if they have limited calories without learning lifestyle changes, is that they tend to gain the weight back.

Also, if the diets are ones that eliminate any one type of food, students may not be getting the necessary vitamins, minerals, or fiber that has been shown to improve health and reduce chances of chronic disease," High said.

College can be stressful at first when students don't know where they fit in, which might cause them to look at others for influence.

If the influence is unhealthy, then problems can develop. Fad diets and diet pills are some highly influential things students might pick up for quick weight loss.

According to Karen Warren, director of wellness, "the dieting industry is a \$60 billion a year

business.

They want your money, pure and simple. The marketing is targeted to the college age group."

Shows like "The Swan" put an interesting twist on body image. Some of these women don't even look bad in the first place, but still undergo a ton of surgery to make them look, and supposedly feel better.

Sometimes, these women still feel incomplete after their total transformation.

"I think that, ultimately, self-esteem comes from within, and shows such as 'The Swan' focus on outside beauty as being the ultimate meaning of the word, when it is not," High said.

Viewers might see this show and start to feel they aren't so attractive and want to make a drastic change, or acquire a poor body image when it is not necessary.

There are many indications to notice if friends are having a problem.

"If a friend has a preoccupation with weight and you start to observe signs of self-starvation with weight loss, refusal to eat - except in tiny portions or preoccupation with food, these may possibly be signs that a friend

needs help," High said.

Sudden use of diet pills or other drugs is another major sign of unhealthy weight loss.

An important thing to remember when considering one's body image is that everyone is unique.

"Stop buying in to the lie that we all have to look alike to be okay. Celebrate your uniqueness!" Warren said.

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

**Warning Signs**

- *Persistent, negative comments about the way they look
- *Feelings of shame and guilt about eating behavior and body weight
- *Continual dieting, fasting or restricting food
- *Preoccupations with food, weight or exercise
- *Use of diet pills, laxatives and diuretics
- *Attributing successes or failures in life to weight
- *Constant comments about his or her own, or other people's weight
- *Belief that reaching a "perfect" weight is necessary to be happy

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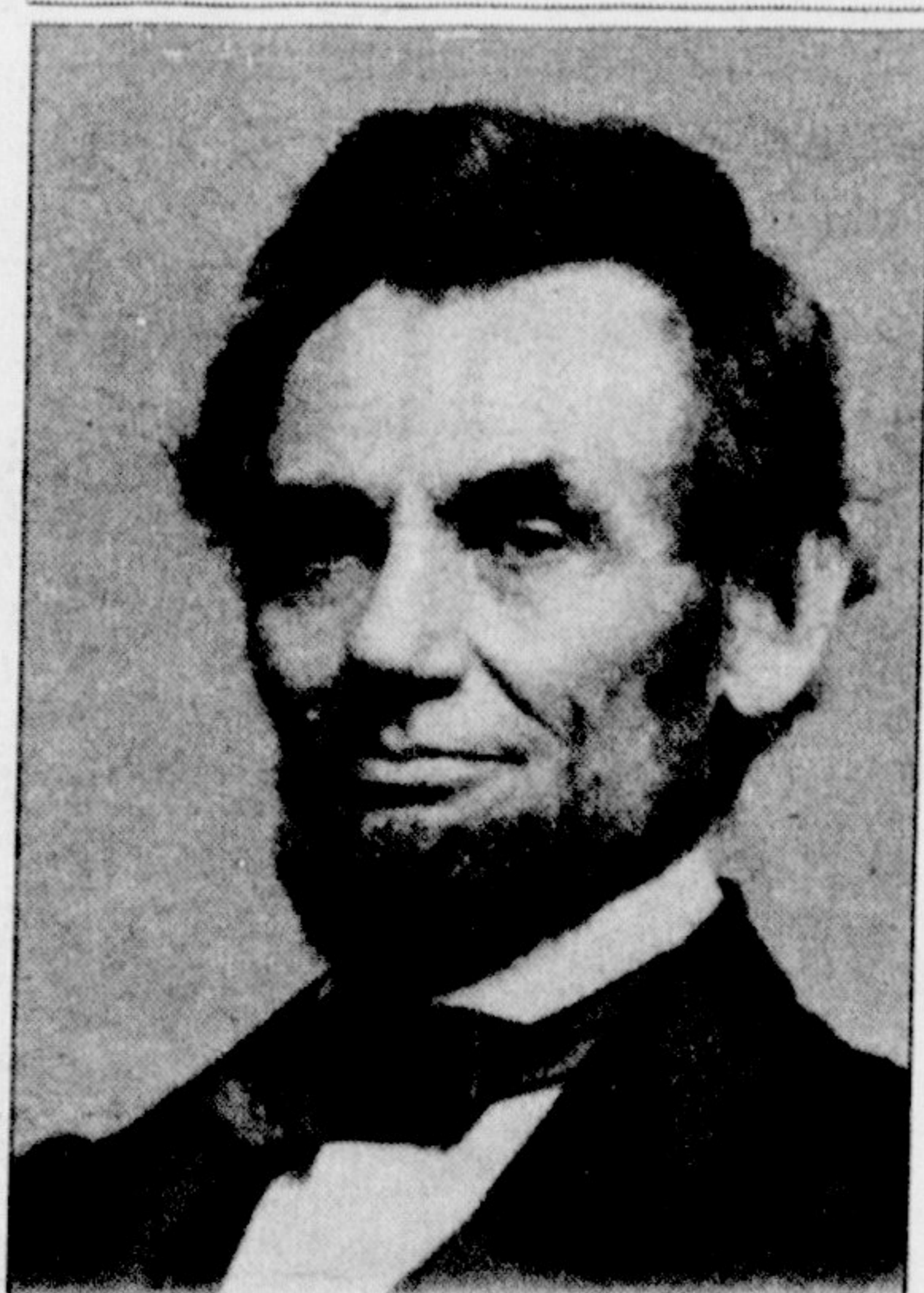
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RYAN DOWNEY
Sports Editor

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Sports Briefs

ECU to distribute tickets

ECU will distribute a limited number of NCAA Columbia Super Regional tickets through the Pirate Club priority point system. Pirate Club members who qualify to purchase tickets have been contacted regarding the purchase of these tickets. Orders must be placed by 1 p.m. on Tuesday and can be made by calling the Pirate Club at 328-4540 or the ECU Athletic Ticket Office at 328-4500.

Flames win Stanley Cup

Ruslan Fedotenko scored twice, including the critical first goal, and the resilient Tampa Bay Lightning held off the Calgary Flames 2-1 in Game 7 to win their first Stanley Cup. The Flames were held to only seven shots in a dismal first two periods before making a frantic late surge started by Craig Conroy's power-play goal midway through the third. Fedotenko scored on goals created by Conn Smythe Award winner Brad Richards and Vincent Lecavalier, and goalie Nikolai Khabibulin held off Calgary's late flurry. Tampa Bay, an expansion franchise in 1992 and one of the league's worst teams for much of the time since, joined the 2001 Colorado Avalanche as the only teams to overcome a 3-2 deficit in the finals in 33 years.

Bush first MLB pick

Matt Bush, a slick-fielding high school shortstop from California, was taken by the San Diego Padres with the No. 1 pick in the baseball draft. Bush was the first high school shortstop selected with the top pick since Seattle took Alex Rodriguez in 1993. His defensive abilities and strong arm put him at the top of the draft. With the second pick, Detroit selected Old Dominion right-hander Justin Verlander.

ECU one step closer to Omaha

Pirates take Kinston Regional

BRENT WYNNE
STAFF WRITER

Randy Mazey's message to his ball club heading into the regional was geared towards a magic number of five, as in five wins away from the Pirates' ultimate goal of Omaha. His players responded in a big way by cruising through the regional undefeated to catapult themselves into a super-regional match-up with South Carolina this weekend.

"When we came into this tournament, we were five wins away from playing in Omaha," said Mazey.

"After the first game, we were four, then three, and now the number is down to two, and I think you play a little bit harder when you can see the light at the end of the tunnel. And right now we can see it."

ECU, behind the arm of Greg Bunn, blanked UNC-Wilmington in the championship game of the regional, 7-0.

Bunn's performance in the championship game brought the light Mazey spoke of into focus a bit more as he dazzled UNC-W's hitters with his array of devastating off-speed pitches and jaw-dropping fastballs.

The junior went eight innings, allowing only two hits — one a bunt single — before being pulled before the beginning of the ninth. This move was by Mazey to allow Bunn to walk off the field to a standing ovation of the fans.

"Greg Bunn is probably my only comment," said Wilmington coach Mark Scalf.

"We knew it was going to be awfully difficult to get much done offensively. Bunn was tremendous. If I had a vote for MVP of the tour-

namment, Greg Bunn would have had mine as well as everybody else's."

Bunn didn't need the help of Scalf, as he was named the tournament's most outstanding player shortly after the conclusion of the game.

The Seahawk players spoke so highly of Bunn during the post-game press conference, it was almost as if they were Bunn's newest fans. When asked how Bunn's performance stacked up against any other the Seahawks had seen the whole season, senior outfielder Chip Grawey responded with a laugh and spoke as if he had never seen anything quite like what he saw on Monday afternoon.

Despite all the praise, Bunn deferred the glory to his teammates.

"I was in a zone today and, with these guys playing great defense, I liked our chances," said Bunn.

The Pirates seemed sluggish offensively until the fourth, when Billy Richardson, who is often overlooked in such a powerful ECU lineup, delivered a two-out two-strike double that drove in Mark Minicozzi and John Poppert, giving the Pirates the early 3-0 lead.

Poppert then led off the sixth with a home run, which marked his second such blast of the regional. Ryan Jones drove in another runner and pinch hitter Jake Smith ripped the first pitch he saw from reliever Adam Paul for a two-run double that painted the gap in left, increasing the Pirate advantage to 7-0.

"There have been times this year when I've looked at our lineup and there are some guys that aren't swinging it real well, but I'm going to leave this tournament thinking we're pretty hot," Mazey said.

"I feel good about every guy that steps to the plate right now."

The hot hitting began in the first two games of the tournament when



Photo by Kyle Fisher

The Pirates won the Kinston Regional in a shutout Monday afternoon.

ECU put a scrappy Stony Brook team away late for an 8-2 triumph before cake-walking to an 11-4 victory over Wilmington on Sunday.

Wilmington defeated Tennessee in the nightcap on Sunday to force the rematch of the Pirates and Hawks in the championship.

John Poppert, Ryan Norwood, Mark Minicozzi, Ryan Jones and Drew Costanzo were all named to the all tournament team, joining Greg Bunn who received Most Outstanding Player honors.

ECU continues to build on their school record for wins. The overall mark for the Pirates is now 51-11, and the Pirates are now ranked No. 3 in the latest national collegiate baseball writers' association poll, jumping South Carolina.

Being a former player and coach at Clemson University, Mazey knows a lot about the South Carolina program.

"I know a lot of people are picking them to win the national champion-

ship this year, which is great, because if we're going to be the best, we're going to beat the best," Mazey said.

"I'm an old Clemson guy, so there wouldn't be any better place to celebrate a trip to Omaha than on that field because I got a history of those people not liking me a whole lot, and I have a history of not liking them.

"It's going to be exciting. It's really a great college baseball atmosphere."

The Pirates will head down to Columbia with their collective guns blazing as they begin their dogfight with the Gamecocks and the home crowd on Saturday with a 1 p.m. showdown.

Tickets will be hard to come by, as the game was officially announced a sellout just hours after the tickets were released to the general public Monday.

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

Pirates head down south

College World Series at stake

TRENT WYNNE
STAFF WRITER

The ECU baseball team heads to South Carolina for super regional action. The Pirates and Gamecocks seemed to have no trouble advancing through their regional, setting up the match-up for this weekend.

ECU Head Coach Randy Mazey is familiar with the Pirates' next opponent. Mazey played and began his coaching career at Clemson, one of the Gamecocks' fiercest rivals. Some of the other number one seeds, Rice, Ole Miss, Virginia, Stanford, Notre



Dame and Arizona State, did not fare too well and were eliminated.

"There wouldn't be any better place for me to celebrate my trip to Omaha than on that field right there because I've got a history of



those people not liking me a whole lot and I've got a history of not liking them a whole lot," said Mazey.

After winning their three games by six or more runs every contest,

see PIRATES page 17

Basketball favorite upset

Spring intramural champs fall

ERIC GILMORE
STAFF WRITER

Every dream has to come to an end. The Dream Team II fell to Makaveli in a nail biter 50-44 Thursday night inside the Student Recreation Center. Makaveli scored first and never relinquished the lead in the overtime period to end the Dream Team II reign.

With the clock ticking away and down three points, the Dream Team II chose to foul instead of possibly giving up a tying three-pointer.

see B-BALL page 16



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Softball teams prepare for summer intramurals

Champion to be crowned in three-game series

DAVID WASKIEWICZ
STAFF WRITER

This summer session, the two teams of ECU Transit and the Summer Champs are participating in intramural softball. They will square off in a best-of-three series starting next Monday to determine the softball champion of summer session one.

The Summer Champs are coming off an undefeated spring season which culminated with winning the spring championship.

ECU Transit, a team comprised of ECU student bus drivers, have experience on their side.

The team has been playing softball for more than five years and is looking to bring home the championship this summer.

Emily Parsons, the team captain for ECU Transit, will be trying to lead her team into winning their first softball championship.

"We did pretty well last season.

Out of about six games we went 3-3, we have never won a championship though," said Parsons.

Todd Brewer, the team captain for the Summer Champs, is ready to repeat his team's spring success.

"Our team is pretty strong. We have some of the same people returning from the spring season," said Brewer.

The goal for the Summer Champs and ECU Transit is to have fun.

"We want to have a good time, play good and enjoy ourselves," Brewer said.

ECU Transit is looking forward to taking time off from the work day.

"We just want to go out, have fun and relax," Parsons said.

"Softball is a way for all of us to get together and get away from school and work."

The two teams are scheduled for a doubleheader at the intramural fields next Monday at 6:30 p.m.

Play will then continue on Tuesday at 6:30 p.m. with the final game of the three-game series.

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

Bunn breaking through

Pitcher inspiration to fans

TRENT WYNNE
STAFF WRITER

From day one of the 2004 college baseball season, the ECU Pirates have worn their game face day in and day out. One Pirate, however, might just have the most intimidating game face of all - Greg Bunn.

Bunn has been unbeatable this year, going 10-0 and helping the Pirates advance to the Super Regional this weekend against South

Carolina by hurling eight masterful innings and giving up just two hits in the regional championship against UNC-W.

"I only got about two hours of sleep last night, waiting for this game," said Bunn, who was selected by the Montreal Expos in the fifth round of Monday's baseball draft.

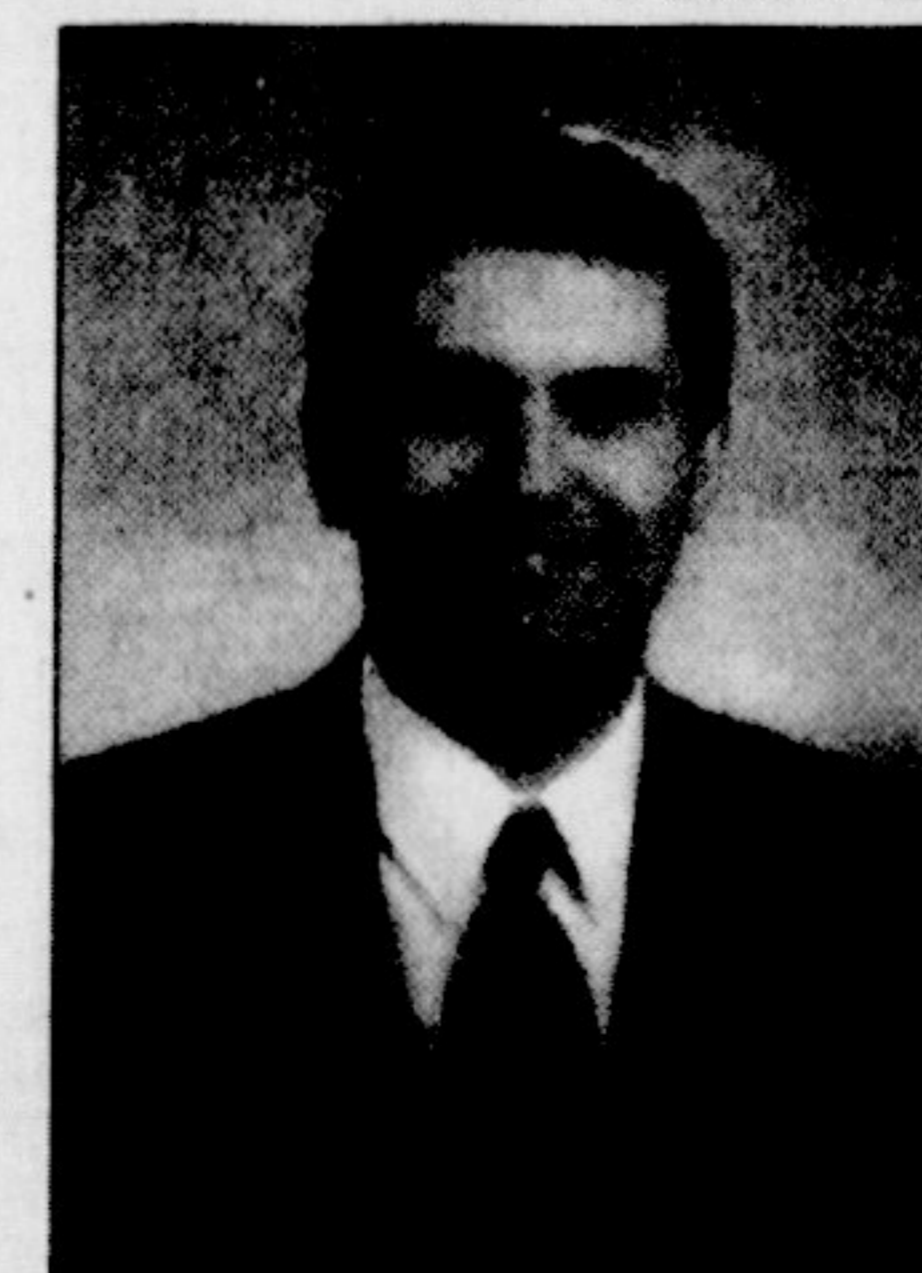
"But I came out, I thought I would be tight, but it just felt right."

Bunn's outstanding pitching performances in his freshman season, which earned him a spot on the

see **BUNN** page 18

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B-Ball from page 14

Makaveli player Juwon Crowell sank the first free throw to pull within two with just five seconds left in regulation. The ECU wide receiver missed the second free throw on purpose. Fellow football player Erode Jean scored on the offensive tip-in to tie the score 41-41 with two seconds left.

Makaveli was playing without team captain Garret Peterkin. The ECU wide receiver was ruled ineligible after having an illegal player in a previous game.

"It was a little play that we do every now and then, during practice," said Peterkin.

Makaveli scored two quick baskets in the overtime period. They used their superior quickness in forcing the Dream Team II into several crucial turnovers late in the game.

The Dream Team II had a chance to win the game via a forfeit when several members of Makaveli failed to show up on time, but instead decided to play. The first half was abridged to ten minutes rather than the regular 20. Makaveli used just four players until a fifth player entered the game with 2:24 left in the first half.

The Dream Team II led by as many as ten with 1:34 remaining in the second half when big body Mark Hayes was called for a technical foul. Makaveli closed regulation with a 12-5 run. The Dream Team II missed

crucial free throws down the stretch. Maurice Galloway, Lamar Pearson and Josh Parker were all guilty parties.

Team captain for the Dream Team II Mike Smith is not accustomed to losing. The core of his team won the Spring Intramural Championship for the Gold Division. The team has only dropped one game in two years during the spring session. Despite the impressive record, Makaveli knew they matched up well with the Dream Team II.

"We knew we could match up with them. You just have to know how to play them. We played them last season too. It was a real close game and we only lost by two points," Peterkin said.

Juwon Crowell and Erode Jean combined to score 35 of Makaveli's 50 points with 20 and 15 respectively. Mike Smith led the Dream Team II with 17 points.

Both teams now stand at 1-1 with two regular season games remaining. Stank on Ya stands undefeated at 2-0, with wins over Dirty Half Dozen and The Show Stop. Stank on Ya still has yet to meet either Makaveli or Dream Team II.

Makaveli and the Dream Team II are early favorites to face each other in the tournament championship.

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

Get caught reading.

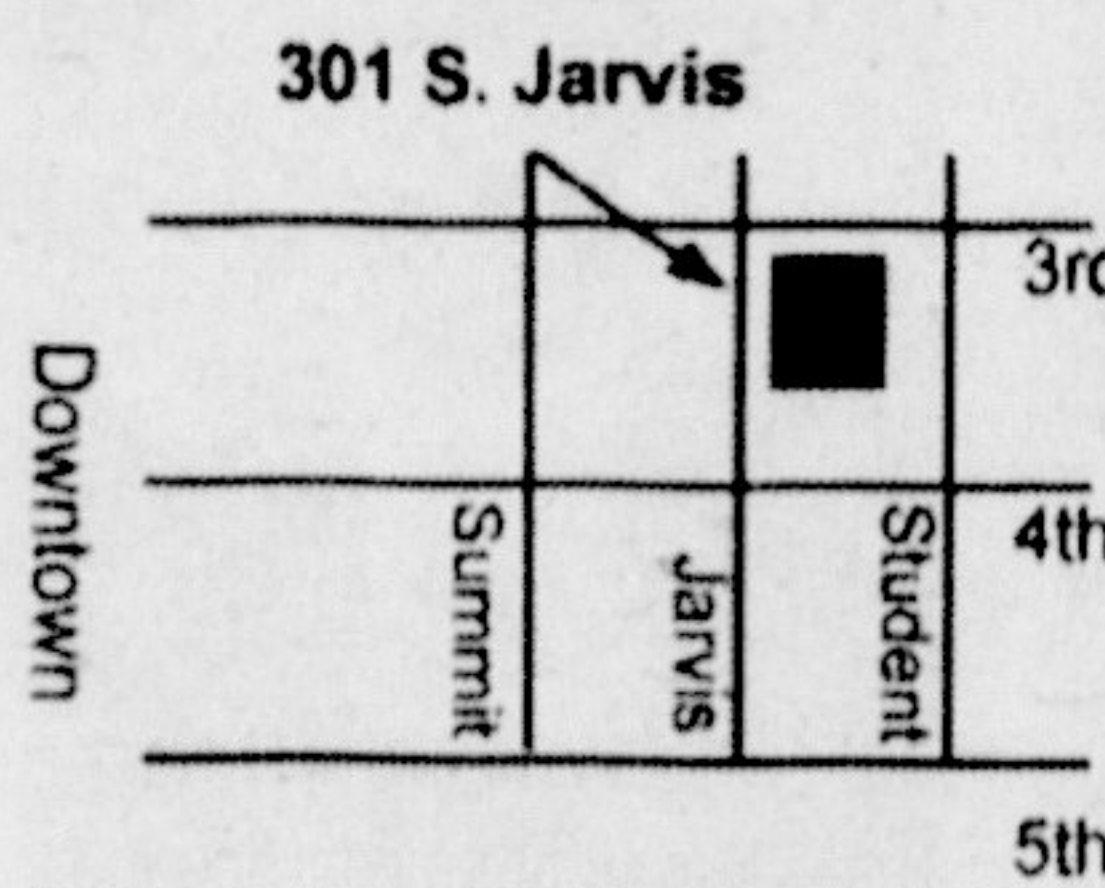


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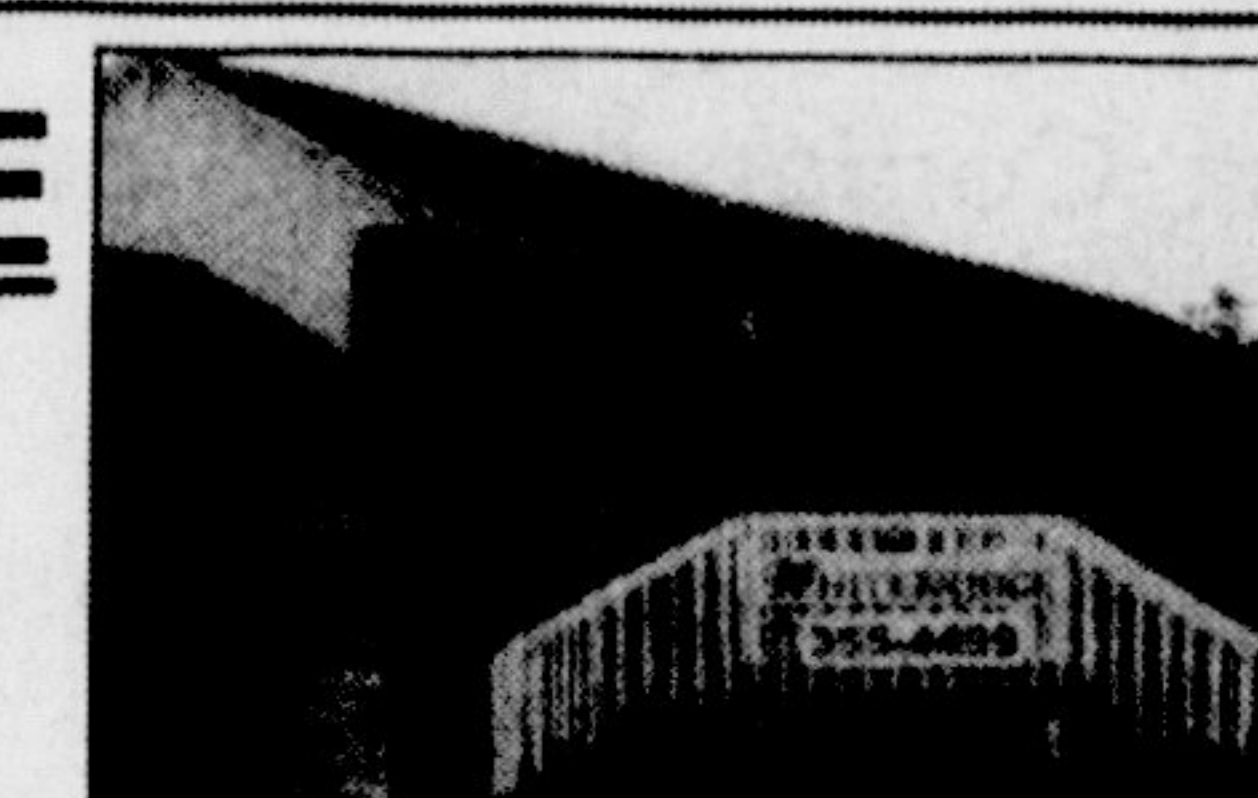
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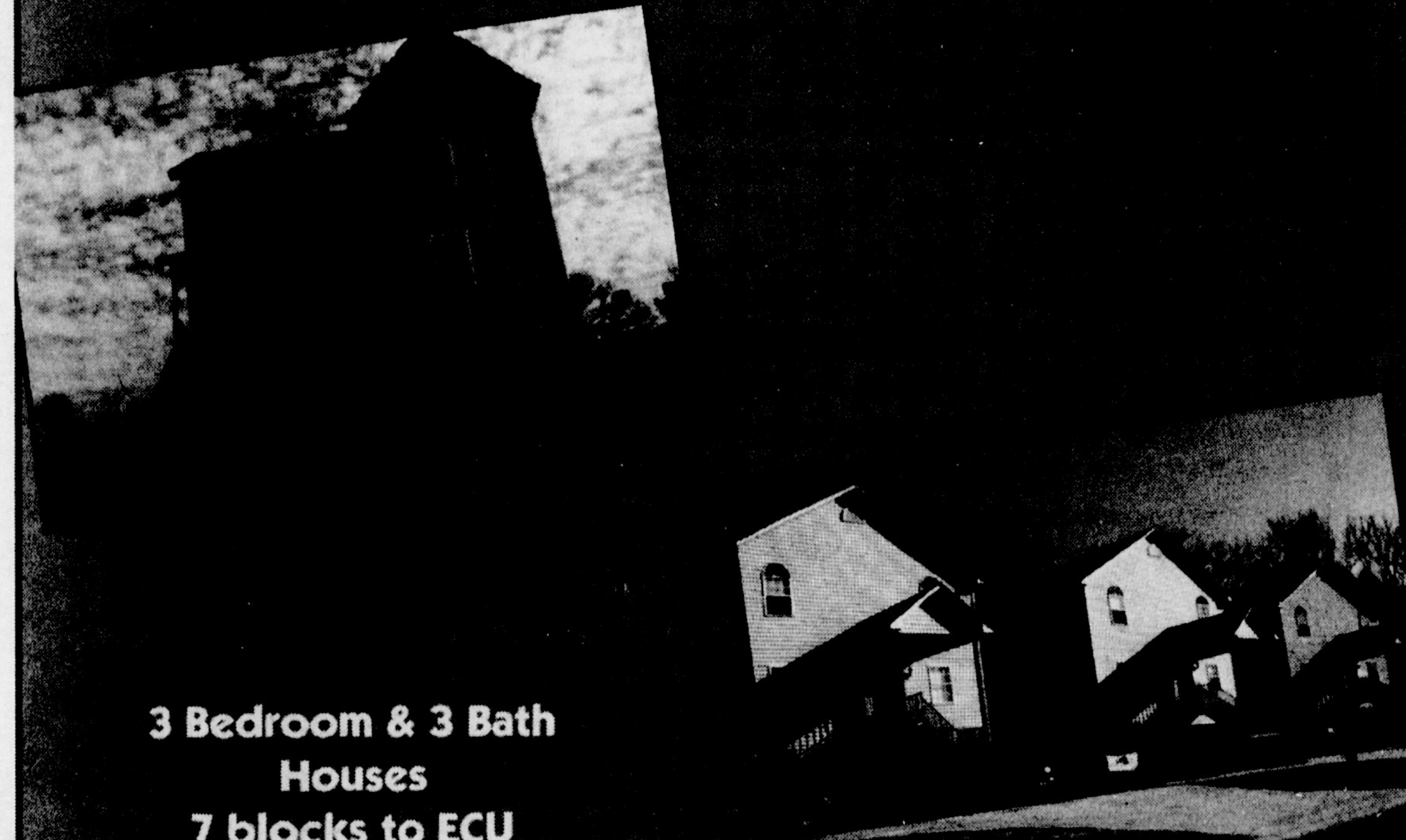
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Pirates from page 14

the Pirates feel pretty good about their chances this weekend.

"I'm going to leave this tournament right now thinking that we're pretty hot the whole way one through nine and I feel good about really every guy that steps to the plate right now, which is a pretty good feeling," Mazey said.

Not only are the Pirate batters hot, the Pirate pitching is on fire too. Shane Matthews, Brody Taylor and Greg Bunn, along with relievers Carter Harrell, Scott Andrews, Ricky Brooks and Matt Bishop have combined to only give up six runs thus far in postseason play. Not many teams can say that.

ECU will have its hands full this upcoming series, however. South Carolina is the number two national seed and has solid hitting and pitching as well.

The Gamecocks have hit one more home run than the Pirates this season, but overall, the Pirates have better offensive output from top to bottom. Landon Powell and Steve Pearce, the regional most outstanding player, are going to pose the biggest threat at the plate. Both have hit home runs 19 times this season.

A 3.38 era is good for one pitcher

to have, let alone an entire staff of seven guys. The Gamecocks have plenty of pitching for this weekend and look to mix it up against the Pirates, possibly bringing a lot of off-speed hurlers.

ECU will bring their ace and regional Most Outstanding Player, Greg Bunn, in the first game of the best-of-three series, looking to get ahead early and give the crowd little to cheer about.

My predictions: The Pirates will win game one with Bunn on the hill. A freshman will start for the Pirates in game two probably, and may crumble under the big time pressure.

I think the Gamecocks will take game two and have an enormous amount of confidence heading into the third and final game of the series.

ECU, however, will respond not only with pitching but with offense, and they will show they deserve the national recognition they have played so hard all year to earn. The Pirates will win game three and move on to Omaha.

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

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Bunn from page 15

2002 Louisville Slugger Freshman All-America team, helped to jump-start an outstanding career thus far for the junior. However, Bunn has seen his ups and downs off the field.

In the same year Keith Leclair was stricken with Lou Gehrig's, Bunn and his family faced a bit of a challenge as well. Bunn's father suffered a heart attack, which removed him from his work place and left the financial load on his mother.

Bunn took it upon himself to make sure his family would be okay after such a terrible incident.

Enter Bunbun's. A New York style hot dog stand. Founder and CEO: Greg Bunn.

"My mom was running low on money due to all the medical bills from my dad's heart attack," Bunn said.

"He is doing good now, but she needed help paying for a lot of it so that is why I established Bunbun's."

Bunn's efforts at the hot dog stand helps not only his mother, but helps the very man who placed a baseball in his hands at the age of two - his father.

Bunn lifted his first baseball trophy in 1988, the first of many in his, thus far, outstanding career.

Bunn also got his feet wet in another area of the athletic realm when he tried his luck at running.

"I went out for the indoor track team one time, but I quit that after about two weeks," Bunn said.

"Baseball was always my dream going up as far as I can remember back. I always wanted to be a baseball player."

In high school, Bunn could play almost every position on the field, but he shined brightest on the mound.

In his senior season at Wake Forest-Rolesville High School, Bunn was named to the all-state team due largely in part to his five complete game shutouts in the season. He also was tagged as team MVP the same year as well.

Along with his great pitching in high school, Bunn also put up impressive offensive numbers, batting more than .300 for his three-year career on the varsity and launching 17 home runs.

This year is Bunn's third season with the Pirates, a season he says is different from the first two.

"This year, the team has good chemistry. Everybody gets along with everybody and we all pick each other up," Bunn said.

The Pirate unit works together defensively as well as offensively.

"The hitters obviously pick us up when we (pitchers) don't do good and we pick them up when they are struggling," Bunn said.

"This year, we did a lot more running and worked hard on agility and just basically got after it more."

Getting after it more is a motto Bunn uses every day as well as his Pirate teammates, and it is paying its dividends. The Pirates already have a conference title and regional championship title under their belt. The kind of numbers the Pirates have put up have ECU in great shape to make their first trip to Omaha, Neb. and play in the College World Series.

"A trip to Omaha would mean a heck of a lot to this program," Bunn said.

"We are getting a new stadium which will help bring recruits in and if we go to Omaha they are going to want to come here as well."

Omaha would mean a heck of a lot to Greg Bunn after his efforts to get the Pirates to the promised land. Bunn's opponents are batting a measly .187 against him this season, which may explain why his record on the year is an unblemished mark of 10-0. Bunn's earned run average is among the best on the team, 2.66, and his 109 strikeouts leads the team.

All of this and one may think Bunn may not have time for academics.

"I am doubling majoring in Math and Physics," Bunn said.

"School is hard, but I am making decent grades."

Greg Bunn is a student, a hot dog stand owner, a baseball player, but most importantly, an inspiration to all young baseball fans who may be faced with adversity in their lives. Bunn made the best of his situation, following the lead of one of his mentor's in Keith Leclair.

The number three nationally ranked Pirates are just two games away from Omaha as they head down to Columbia, SC for the series starting Saturday.

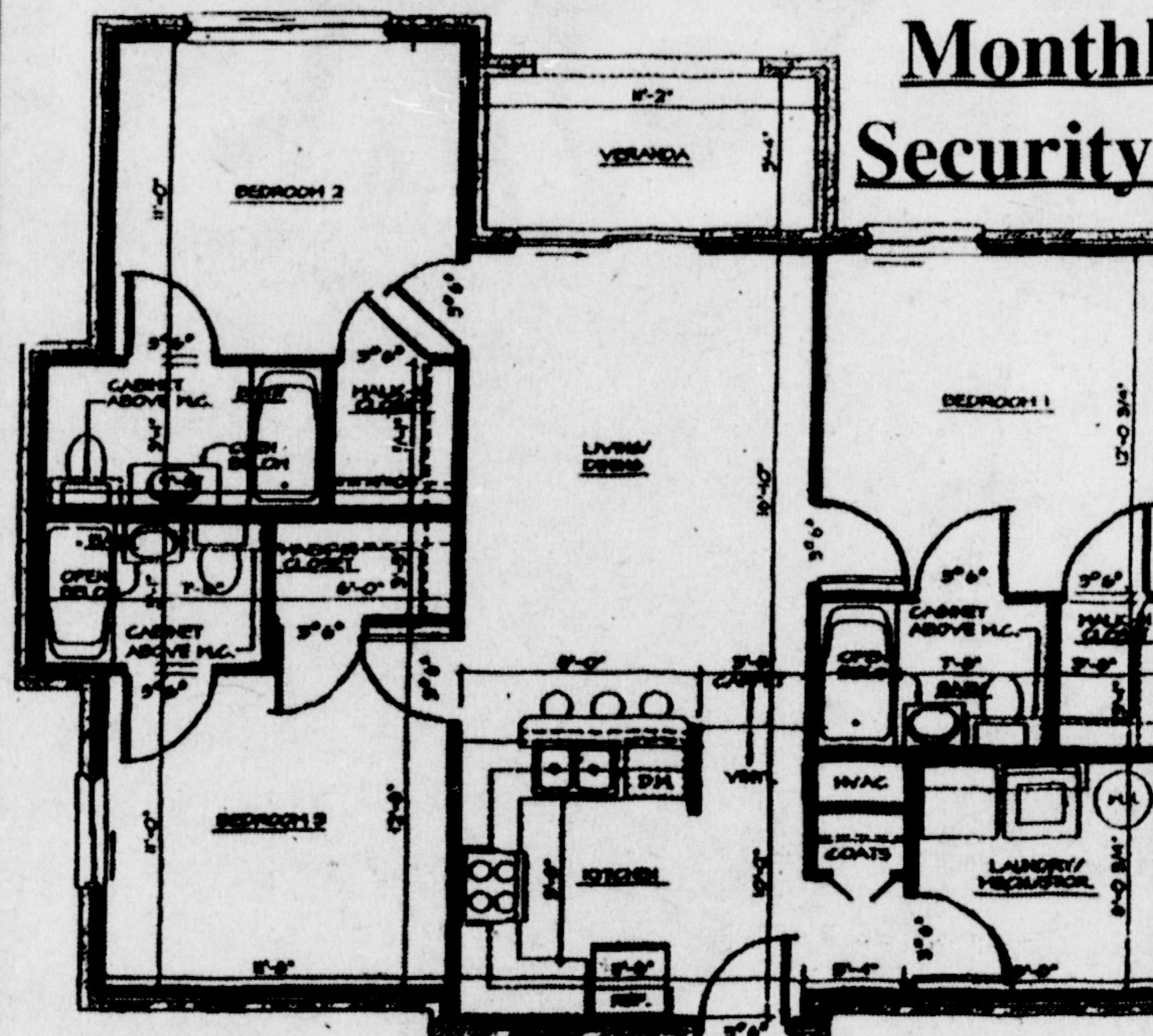
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SENIOR WRITER

NBA Finals
I'm saying it right now, the Detroit Pistons will beat the Los Angeles Lakers in seven games. If Smarty Jones can be upset in the Belmont, then the Lakers will undoubtedly fall to the swarming defense of Detroit. It was clearly an omen to all underdogs. The Pistons have the best defense in the NBA and will shut down the Lakers. They have already taken game one in Los Angeles. Also, Darko Milicic will be the NBA Finals MVP. Seriously, I'm taking the Pistons.

ESPN and the Spelling Bee
ESPN is supposed to be the leading "sports" network. Shouldn't sports be aired 24/7 then? Apparently the athletes in the National Spelling Bee want more recognition. The network recently aired the competition



Detroit and L.A. face off tonight.

along with hours upon hours of the 2003 World Series of Poker and dog shows. I'm starting to feel like an athlete just by writing this article.

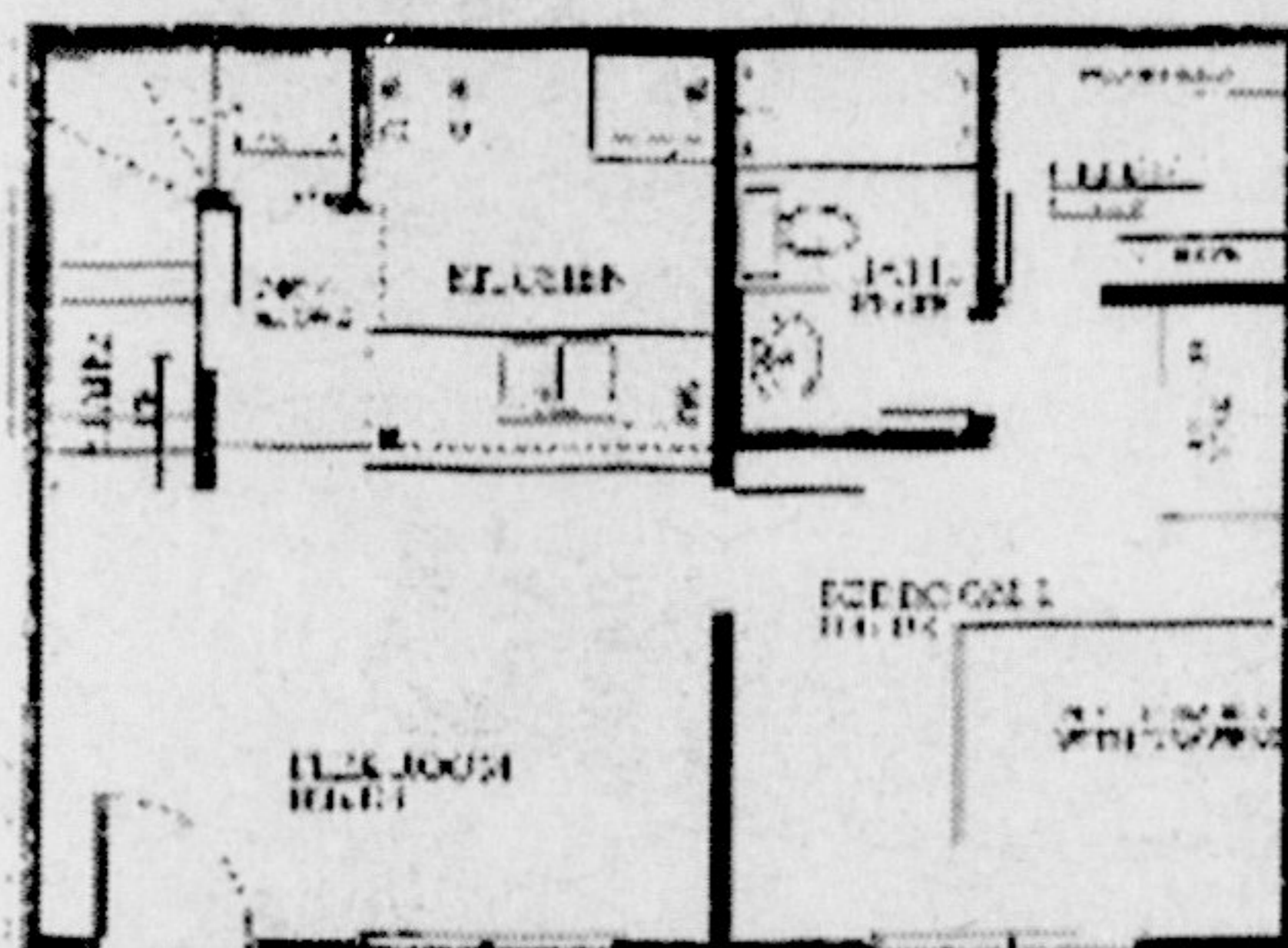
The fall of baseball cards

I've got some beef with kids today. When I was little, my hobby

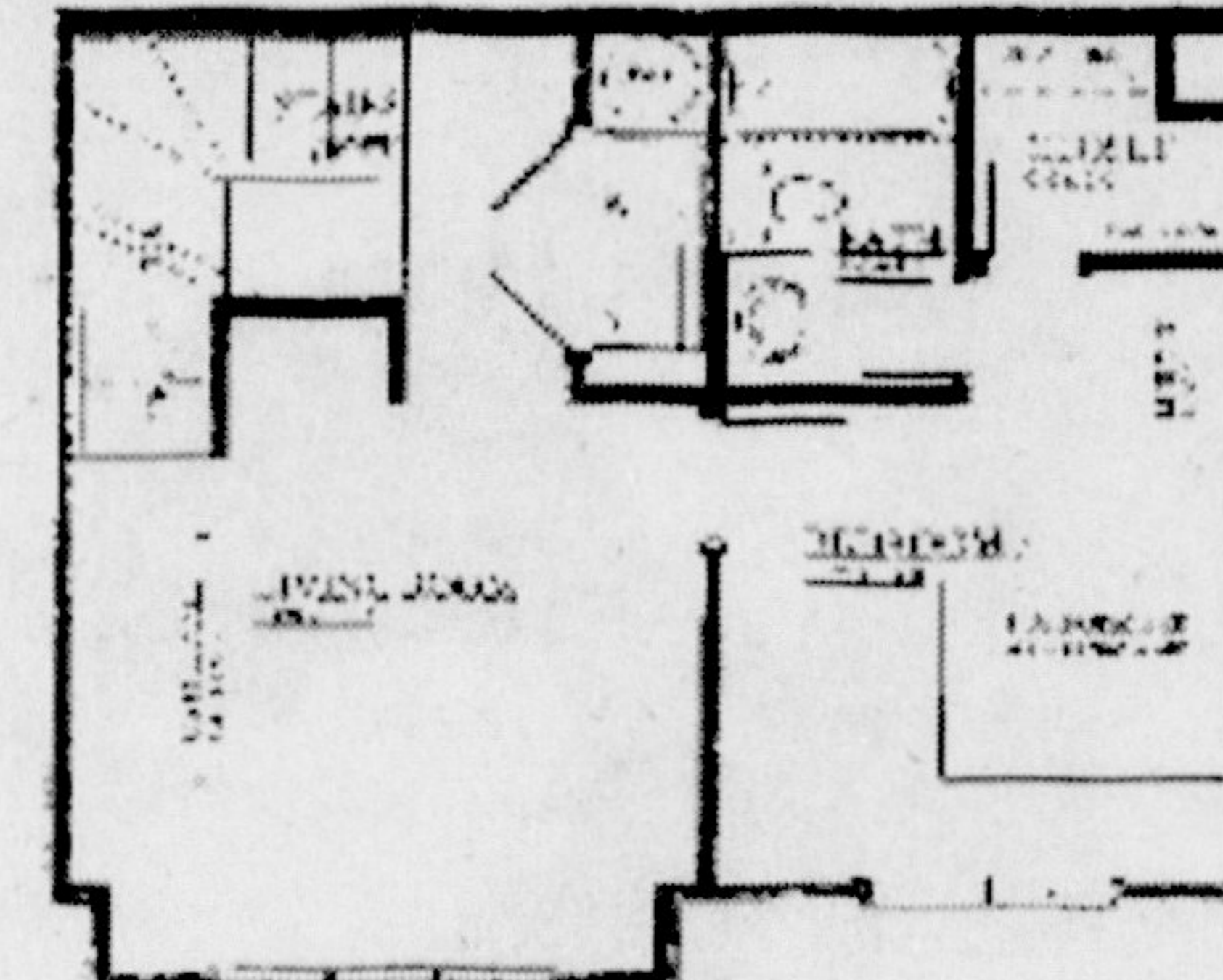
see CARDS page 20

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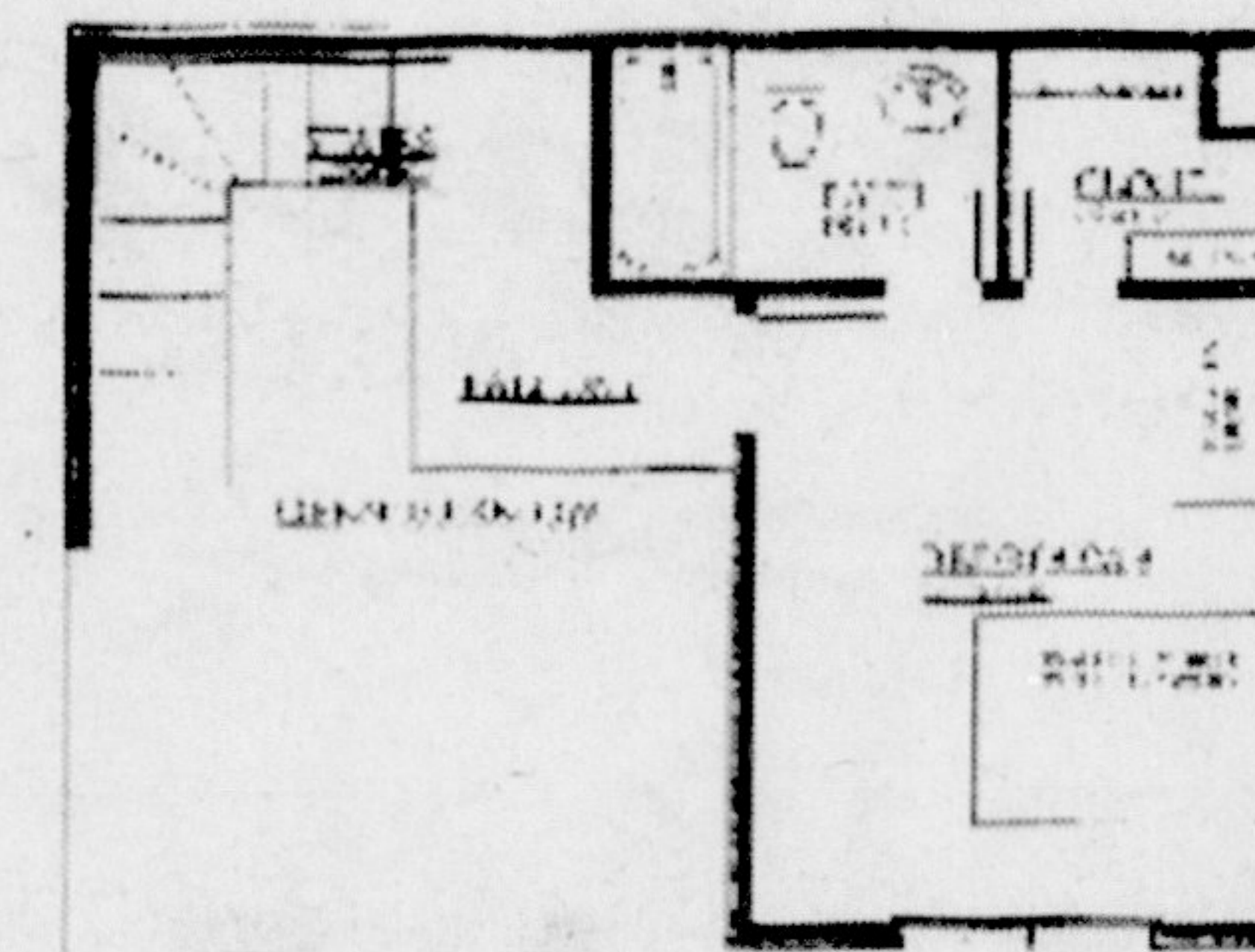
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Cards from page 19

was collecting baseball cards. I collected all my favorite players and thought I was so cool because I had more cards than any of my friends. Years down the road, you learn cards you threw around and bent up were worth money. Luckily, most of mine survived. Kids don't collect sports cards any more. My seven-year-old cousin collects Pokemon cards instead.

I asked him why and he said all his friends have them and that's why he likes them. He hardly even watches the show. They have a Pokemon show? Come on, what is wrong with kids these days? Their cartoons suck, what ever happened to Teenage Mutant Ninja Turtles?

Why would a kid trade a Barry Bonds autographed card for a Pikachu card? Maybe because they draw their powers from something other than steroids. By the way, that's the only Pokemon character I know, honestly.

Intramural sports at ECU

How many play intramural sports at ECU? Hundreds of athletes quench their competitive spirit with intramurals now their high school careers are over. What's the deal with the playoff system? The regular season doesn't even matter, as long as you win once, then you are in the playoffs.

Our football team went unde-

feated, but for some reason, played another undefeated team in the first round. That's like having the best two teams play in the conference finals instead of the championship. Wait a second, I guess that happens in professional sports too.

ECU wins World Series

It hasn't happened yet, but it looks like an easy road to Omaha. Just have to get out of Kinston and by 15 other teams who have advanced to the Super Regionals. Vanderbilt, South Carolina, Georgia, Georgia Tech, Florida State, Miami, Arizona, Tulane, LSU, Arkansas, Florida, Texas A&M, Texas, Cal. St. Fullerton and Long Beach State have all moved on. Sounds like a bunch of cupcakes to me.

Gary Barnett retains job

There must be something in the water out there in Colorado. Somehow, Colorado football coach Gary Barnett is still heading up the program amid rape allegations. People were horrified with all the drinking and promiscuous acts. As college students, we know better.

Once Barnett called his former female place-kicker a horrible player right after she made her experience at Colorado public, he should have been sent packing.

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

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