

PIRATE RANTS

The East Carolinian does not endorse statements made in Pirate Rants. Questions regarding Rants can be directed to Katelyn Crouse, Editor in Chief, at opinion@theeastcarolinian.com. Log onto theeastcarolinian.com to submit a Rant of your own.

Stop making that stupid duck face in all of your pictures! You do not look attractive in any way!

To the blonde hair blue eyed beautiful boy on the second floor of Garrett Hall: I know you get this a lot but here it is again. You ARE beautiful, stop denying it.

I know I am not the only heffer that is upset that Joyner's Java City doesn't warm blueberry muffins anymore. PEOPLE SPEAK UP.

Don't ask me to hang out just because your friend isn't in town. Oh and by the way you are obsessed with her and its kind of weird.

Dear boys: Don't flirt with a girl and go home with her if you have a GIRL-FRIEND. Don't be stupid.

To the guy that cheated on the hot girl in Fleming: THANK YOU. She's single now!

Stop acting surprised when you find out something new about me, if you weren't so self consumed and asked me about myself for a change, you'd know these things!

Dude, you're suffocating me. Stop being so clingy, I liked you because I thought you weren't that way.

To my plus size roommate: I weigh at least fifty pounds lighter than you, and I always shop for large tops. Save us all the eyecore and quit trying to squeeze into mediums!

Why must you become a Facebook fan of every aspect of your daily life? Does the world really need to know that you're a fan of going to the bathroom?

TALENT SHOW! Sponsored by Teaching Fellows and Maynard Scholars on Tuesday, April 6 from 7-8:30 in Hendrix Theater. FREE admission! Come see what we got!

To the dude carrying a Four Loko off the bus Monday: A.) you're my hero! But B.) Watermelon flavor, really?

I'm so tired of the crime in Greenville! In 3 months I had my car busted into to twice, and had a huge dude pin me in the bathroom and steal all my stuff, including my laptop! And yes, my door was locked!!!

Being a graduate student is hard!!! Procrastination as a grad student is even harder! But I still succeed! HAHA!

To the girl in the library who was blaring her music and talking about how "stressed you were": Maybe if you actually did something in the library, as opposed to annoy others, you wouldn't be so stressed. Common knowledge, get some.

I think ECU should put on a Easter Egg Hunt that fills up Minges with large plastic Easter eggs with airplane bottles inside them. Who's with me?

For all of you who don't know the rules of the road when driving, YOU WAIT FOR PEDESTRIANS TO CROSS in parking lots and crosswalks! Hit me next time and I'll sue you for everything your worth.

I hope your having fun now that you have no friends other than your family... You probably should of thought about it before you talked about each of us behind our backs. Way to use that noggin!

Ah, there's nothing like walking by Wright Plaza and getting smacked in the face with suds from the fountain!

A week full of exams...stressful. A good night at the bar...\$50. Getting laid afterwards...priceless.

Do you ever wonder if students lie on Rate My Professor to make you suffer just like they did?

To the guy in my exercise physiology class: Please stop that nasty "snorting" thing you do in the middle of class. Everyone is disgusted by it!

Dear roommate: If you have your own dishes why do you insist on using mine? Can you at least wash them?-thanks

To the guy who face planted long boarding down College Hill last week: I'm sorry for laughing at you.

I would like to thank whatever moron(s) decided it was a good idea to close Wright Place while The Croatan is still closed. These were the only two places with legit food in central campus, where everyone's classes are. Way to go ECU.

I am not a vegetarian because I love animals; I am a vegetarian because I hate plants.

16 years later and I'm still pissed Mufasa died.

I understand why you wear Uggs in the winter! But it's warm weather time - WEAR SANDALS!

If I'm in my car and looking for a particular location, I turn the volume down on the radio because it helps me to concentrate. ADD may be to blame.

To whoever owns a "Shock 'Em ECU" shirt: Seriously? Not only is that just nasty, but it's embarrassing to ECU.

The East Carolinian

theeastcarolinian.com

A candid request for class registration reform



Ben Cochran
OPINION COLUMNIST

The semester is not yet over and I can already tell that these classes are going to leave a bad taste in my mouth — much like that girl from last night. The would-haves and could-haves are a passing yet grueling thought about how much more I should have studied or how I should never have gone to that Steve Guttenberg theme party. I may as well have gone to a rubber fist seminar hosted by Sacha Baron Cohen. But that's neither here nor there. What's done is done. The excitement now lies in the promise of the upcoming semester and the absolute euphoria of searching for new classes.

The days leading up to registration week are always some of the most exciting times during the semester. I love to scour OneStop for potential classes of interest. I methodically come up with a list of a dozen or so classes that pique my interest, jot down the different sections and when they're offered and begin mocking up schedules starting with the least frequently offered class.

Once I have my primary schedule, I make a list of alternatives for each class. These alternatives need to be offered at the same time as my primary choices so that they can be interchanged at a moment's notice. In the heat of the moment, I won't have time to think about it; I must weigh and measure each decision before I am slated to register.

Master plan complete and a list of alternatives two deep ready for deployment, I am fully prepped for the day of reckoning. 7:50 a.m. 10 minutes to go. I've been up for an hour already, second pot of coffee currently brewing. All in all, I spent a good eight to 10 hours on the whole planning process. 8 a.m.: It's "go" time.

Armed with my list of five CRN's, I expeditiously sling out the well memorized digits as if I were in a race to e-mail my phone number to Hayden Panettiere — winner gets a guaranteed date and a Japanese foot massage ... mmm.

When I submit my selection, I'm rudely greeted with reasons why my initial selections wouldn't work. Class restriction? That's odd. No time to process; I have to enter my second choices as soon as possible. I haven't taken the necessary prerequisites? Strange. Moving on, I enter my third choices. I am denied a third time as a rooster crows somewhere in the distance. I'm prevented from taking these classes because I'm not an English or fine arts major. It took eight hours to prepare this but only three and a half minutes to have it crushed by the unrelenting system of automated registration.

When I was in high school, people told me "no" a lot. My life was dictated for me. I thought that would change when I got to college. Now, instead of being scolded by my chemistry teacher for allegedly trying to melt his car keys with the Bunsen burner, I'm being slapped around by a computer system, which seems to restrict my autonomy more than those fuzzy handcuffs that this former hookup made me wear. Craigslist personals are NOT a good idea.

College is about making your own choices and discovering who you are. If we can't register for classes because of arbitrarily administered impositions, then how are we supposed to embark on our academic exploration?

It is outrageous that students can't take the classes they need because someone incorrectly forecasted the demand for that class and only offered three sections. The number of sections for a class should be determined after we all register so that the true demand can be met. Shouldn't we be encouraged to take classes outside of our major so we can become more well-rounded individuals? And why is the string of prerequisites a mile long for certain classes? It's as if taking A, B and C as a freshman will ONLY allow you to take X, Y and Z as a junior. The registration regulations need to be severely relaxed; I hate putting my adviser into a dicey position by continually asking for overrides. But more importantly, I shouldn't have to.

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

April Fool's Edition!

YOUR CAMPUS NEWS SOURCE SINCE 1925



ILLUSTRATED BY ADRIAN PARHAMOVICH

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Sleep: It does a body good



Mary Dixon
OPINION COLUMNIST

When it comes to college, we have a lot to accomplish in any given day. Classes and jobs take up most of the day, and of course you have to leave time open to stay up to party ... so where does that leave sleep?

Sleep is the first casualty of college. And really, sometimes it's our fault, but other times it just isn't. If you stay up until 4 a.m. drinking and have to wake up by 9 a.m. to get to class, well, that's your bad. But what about when we stay up all night cramming for exams the next day? People our age NEED sleep. There isn't any question that if you don't sleep, you won't be productive. But what's worse is it can actually jeopardize your life if you don't get enough sleep.

Take for instance, my ex-boyfriend. He worked at a job that required him to wake up early, but he always felt it was fine to stay up with his friends and drink until about 1 or 2 in the morning. One particular night, after he had risen at 4:30 a.m. and was crawling home at 2 a.m., he was having a hard time keeping his eyes open. And then, they just didn't. He fell asleep behind the wheel of his truck, ran off the road and crashed into a ditch. He sustained some considerable injuries, but he survived. Had he not been so tired, he probably would have been fine.

But the lack of sleep affects

everything you do. If you wake up for class and just don't have the energy to get up, odds are you aren't getting enough sleep. Young adults need anywhere from six to eight hours of sleep. Sleep deprivation can contribute to and manifest itself as other problems such as hyperactivity and difficulty learning. You may think you have ADD and need to be put on medication so you can focus, but maybe you just aren't getting enough sleep.

Ways to correct this problem include setting an ironclad bedtime for yourself. It seems very elementary, but it is effective. When you come home from school during the day, don't take naps. If you sleep during the day, you might not be able to at night, causing a reoccurring cycle. Exercise is another healthy way of exhausting yourself. During the morning or afternoon hours, work out or take a walk for a substantial amount of time. It will really allow you to be able to unwind and rest when your bedtime approaches.

Lack of sleep is the best way to shoot yourself in the foot regarding academics. And there is no such thing as catching up on sleep during the weekends. Once you have lost that sleep, it's gone forever. You can't store up rest and ration it out throughout a week; we're not batteries. Feeling well-rested will allow you to accomplish everything you need to throughout the day, and you'll always feel caught up and prepared.

Do yourself a favor: SLEEP. It does a body good.

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It's an iPod runway world



Leila Falls
OPINION COLUMNIST

I remember the days when it was a rare thing to own an iPod. Only people in the business world or the fancy-living had one. Nowadays, it seems as though everyone has one, even my brother's 10-year-old friend! I was part of the crowd that finally got a cell phone toward the end of senior year in high school, so I may be overdoing the "everyone and their mother" spiel.

During that long freshmen orientation, the importance of an agenda was constantly brought up. As a freshman, I was kind of intimidated so I believed most of the stuff the orientation leaders told me. "Listen up freshmen, you need an iPod for survival" should be added to the last paragraph of the speech.

Walking around with your iPod helps you get into the zone. Sometimes you will find yourself walking to the beat of the music, which can lead to becoming a part of the "iPod runway world." In the "iPod runway world," everything has been tuned out and you will feel as though you are walking

down a runway. However, beware of runwaying at night or when crossing the street because it can be a safety problem. Pause your music for a few minutes or take off one of the headphones. Trust me, this runway method can get you on time to places and make walking down 10th Street less boring. Thus, iPod walking is useful in surviving strict attendance policies and long sidewalks.

Walking with an iPod has been proven very useful for avoiding people. No one wants to talk to you when your iPod is in use. If they attempt to speak to you, it will only be for a few seconds or enough for a "hello." I'm not antisocial, but I have used this method to avoid certain people. These are the people you have to be nice to for political reasons, like the person you don't know very well who thinks that you are BFFs, or someone that has a mutual friend that you don't mix well with. However, sometimes you are legitimately late or caught in the "iPod runway world" and you actually like the person who approaches. Luckily, those "rather would avoid" people don't know your reasoning, so you are safe.

Walking with an iPod is foremost very entertaining. Don't worry, I'm not a Hot Topic spokesperson, so my reasoning is not based on "all about the music."

Although, it is nice to have the power to put what you want in your iTunes library. The best part of the iPod's entertainment factor is that it is distracting. If you have to wait in the hallway for 20 minutes until your next class starts and the closest computer lab is the next building, iPod it up. If your friend has made you wait for 30 minutes next to the tree at Bate for a ride, iPod it up. If you need to take a break from working on a project at the library because you have been staring at the computer for the last 10 minutes since your group is late, iPod it up. You are less likely to have frustration overload and attack the people responsible for wasted time if you had the company of an iPod. Therefore, your sanity and other people are safe thanks to the iPod.

What happens if the iPod dies on you? You should carry around the charger. There are computers and outlets located all around campus, so finding one when you have a break shouldn't be a problem. You already have to carry around a bagful of stuff, so you might as well make room for the iPod rejuvenator. As horrible as it sounds, the avoiding people method is still doable with a dead iPod.

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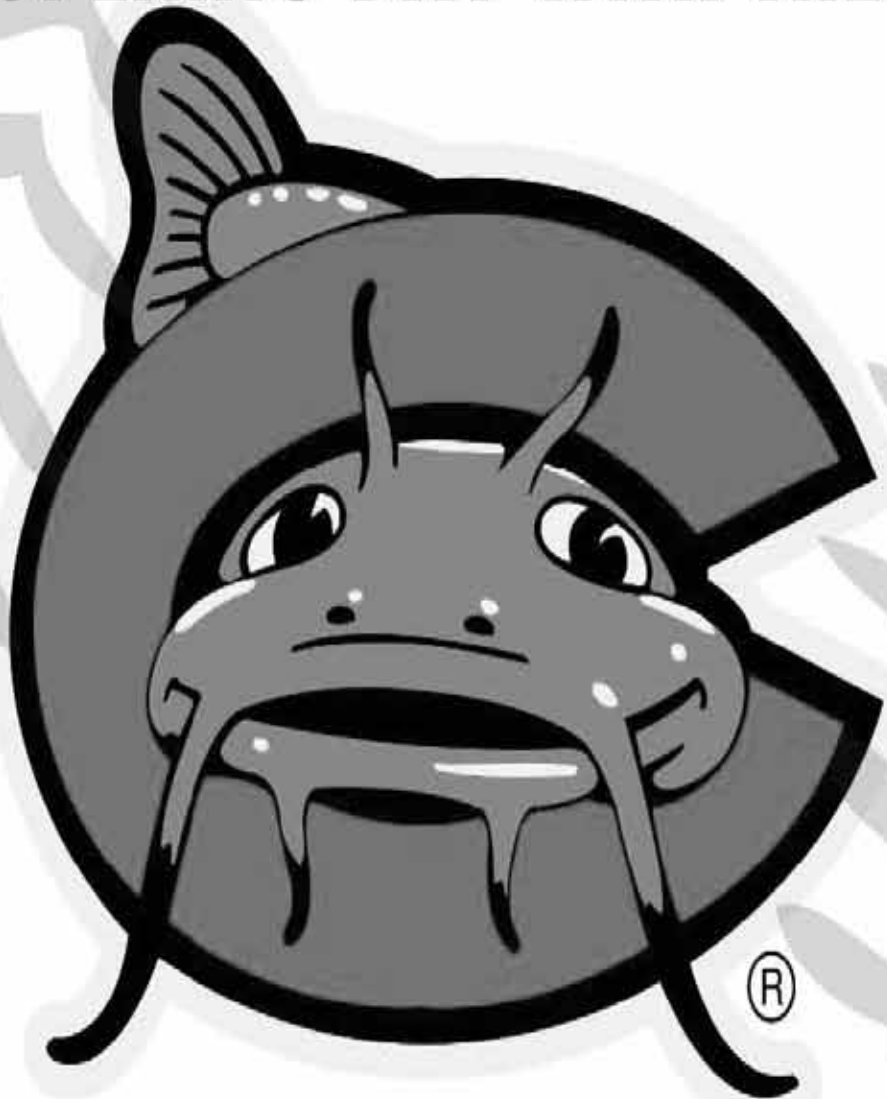
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STUDENT ACTIVITIES AND ORGANIZATIONS

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The East Carolinian

Thursday, 4.1.10
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YOUR CAMPUS NEWS SOURCE SINCE 1925

BRIEFS

SGA to host student forum concerning constitution

Staff Report

The new Student Constitution needs to be approved by the student body before going into effect. After months of working to make reading the constitution easier and more comprehensible, the Student Government Association needs student votes to ensure the constitution meets their needs.

Changes to the constitution do not involve important items such as SGA policy. The new constitution has been separated from by-laws into two separate documents.

Student body president Brad Congleton said, "We have had a committee of six students since last semester to discuss the changes. We pretty much took all the bad away from it and added our thoughts and changes."

The SGA Constitution Student forum will occur April 5th at 5 p.m. in Bate 1031.

Development threatens Appalachian Trail

Associated Press

From power line projects to planned subdivisions, development is threatening the narrow but resource-rich Appalachian trail, and the National Park Conservation Association says more must be done to protect it.

In a report released Wednesday, the association said threats also include quarries, wind farms, race-tracks, illegal all-terrain vehicle use and mountain bikes. All along the 2,178-mile trail, the report says, decisions about projects must consider "the special and fragile character" of the trail, its resources and its landscapes.

But the West Virginia-based group that helps manage and maintain the trail says that's a daily challenge.

"When you run north-south in the eastern U.S. for almost 2,200 miles, you're kind of in everybody's way," said David Startzell, executive director of the Appalachian Trail Conservancy in Harpers Ferry.

The Appalachian Trail stretches through 14 states, from Springer Mountain in Georgia to Mount Katahdin in Maine, and encompasses more than 250,000 acres. Yet the average width of the protected area around it is just 1,000 feet, making it vulnerable to pollution, invasive plant species and projects that can compromise both habitat and the wilderness experience.

The NPCA says development also increases access for illegal motorized vehicle use, which can damage the trail and encourage both poaching and vandalism.

"There is good physical protection in both the Deep South and New England," says Ron Tipton, the association's senior vice president for policy. "In the middle, the threats are very intense."

Subdivisions are probably the single greatest threat, Tipton said, particularly in high-density population areas such as Maryland, Virginia and New Jersey.

In 2008, Pennsylvania passed legislation requiring some counties and townships to pass zoning ordinances aimed at protecting the trail from incompatible uses. Tipton would like to see similar action in at-risk areas.

The association wants more money to pursue protective designations, to continue studying the health of the trail's natural resources and to buy more high-priority adjacent lands.

Though best known as a hiking path used by about 2 million people a year, the trail also is a living laboratory that could help warn of looming

> TRAIL page A4

WEB POLL

DO YOU SMOKE MENTHOL CIGARETTES?

YES

NO

Check out twitter.com/ecunews and our fan page on facebook.

ECU construction projects face no challenges for timely completions



Will Hiebert
STAFF WRITER

All major ECU construction projects, which include Dowdy Ficklen, the sports complex surrounding the baseball field, Scott Hall, Wright Place and the Croatan, are on schedule and on budget according to their directors.

Senior Associate Director for External Operations Jimmy Bass said that the football stadium expansion is scheduled to be completed "well before" the Sunday, Sept. 5, opener against conference foe Tulsa, which will be aired nationally on ESPN.

The additional 7,000 seats, as well as a \$10 increase in Student Pirate Club fees, will provide additional revenue to the program and will allow the administration to allocate 12,000 tickets for students and their guests for home games.

The faint "Pirate" outline in the East end zone can barely be read from the online camera of the construction site, which shows a webbed-array of large concrete beams and the beginning of what appears to be stairs. Voting to name the new student section opened on OneStop Tuesday. Choices are "No Quarter Zone," "The Boneyard," "Captain's Corner," "Crossbone Zone," "Graveyard of the Atlantic," "Crow's Nest," "The Prow" and "the Purple Zone."

Some students are upset that the Student Pirate Club seating will be in the end zone after the expansion. Sophomore Rich DeVita has a different perspective.

"I would prefer to stay where we were, but I understand the boosters want to sit there. I think it will help to funnel noise into the stadium, and we can see plays develop better, but I liked where we were."

Bass also said that the athletic department has plans to upgrade the media box, but doesn't have a timetable established.

The sports complex, which includes a new 1,000 seat softball stadium with outdoor batting cages, a 1,000 seat soccer stadium, an 8-lane polyurethane track and a 20,000 square foot sports office building with a sports medicine facility.

Both projects make ECU a more likely candidate to move out of Conference USA into a conference that has automatic qualifying for BCS bowls, which could mean more prestige and money for athletic programs.

>

CONSTRUCTION page A4



REBECCA HARTMAN L THE EAST CAROLINIAN

ECU has been remodeling several buildings on campus since last summer.

ECU makes 2009 community service honor roll

Emily Cunningham
STAFF WRITER

ECU was recently named on the 2009 President's Higher Education Community Service Honor Roll for its outstanding involvement in community outreach and service initiatives. ECU has been named to the honor roll since its inception in 2006.

According to Mike Loeffelman, the volunteer coordinator for the Volunteer and Service Learning Center, the recognition of ECU as a university that is dedicated to service shows that "we're slowly improving in quantity and

quality of the service we're doing." Loeffelman also stated the award is important for ECU because it means recognition on a national level.

There are three levels to the Community Service Honor Roll. The first is the Presidential Honor Roll, which recognizes six schools specifically for the volunteer projects that they have completed throughout the year. The honor roll also includes two other levels: a Distinction List and a general list of honor roll members. ECU placed among the 621 schools named as a member of the honor

roll.

According to Loeffelman, the application process for being recognized involves choosing six service projects that the university is involved in and submitting them to the honor roll's selection committee. The VSLC submitted several service projects from various departments on behalf of the university.

Some of the projects that were submitted include the Belvoir Project from the University Honors Program, the Wounded Warrior project from the Interior Design and Merchandising

Department and the Reach Up Program from the Mathematics, Science and Instructional Technology Education Department.

"We put out a call to the entire university that we wanted their input on what projects they were working on and we asked them to submit proposals of the significance of their projects. We had a selection committee decide what projects would be submitted," stated Loeffelman.

"I think that what's really important is that by letting campus know that we had the award application, we received so many

projects and then part of our process in applying was notifying the rest of campus of all these interesting projects that a lot of campus doesn't know about," said Loeffelman.

Loeffelman stated that, even in light of the award, they have always have plans for improving ECU's volunteer efforts. "We have plans to increase the quality of volunteer and service learning on campus and the quantity of volunteer hours on campus. We

> AWARD page A4

CONSTRUCTION continued from A3

Scott Hall will be ready for next fall, according to Campus Housing Director Aaron Lucier. As of now, Scott Hall looks mostly complete from the outside and has come to look like a residence hall over the last few months. Hopefully, completion of the project will mean ECU will never again have to send over-

flowing students to surrounding apartment complexes.

According to Stephanie Sumner, ECU campus dining manager, the project is on schedule for completion in January of 2011. The building has a definite outline, floors and a completed roof.

Walls, windows and interior are

all that remain to complete the job. After the closing of Wright Place's restaurants on March 26, temporary food establishments have been set up outside of Wright Place and in the Rivers building.

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

TRAIL

continued from A3

environmental problems.

In 2006, a group of organizations began long-term monitoring of the trail's environmental health, relying on volunteers to collect data about plants and animals, air and water quality, visibility and migration patterns.

The Appalachian Mountains have one of the richest collections of temperate zone species in the world, and has a natural diversity nearly unsurpassed in the national park system. An inventory completed in 2001 identified more than 2,200 rare plant and animal species, including six that were threatened or endangered and 360 considered rare in their states.

However a 2005 survey documented invasive, nonnative plants at 250 locations between North Carolina and Maine.

AWARD continued from A3

want to ask, 'Are you having a good experience?' he explained.

Cassie Stultz, a student peer counselor with the VSCLC and a junior majoring in sociology, stated that she feels very proud to be involved in volunteer efforts with such a service-focused university. "We do a lot of work through the community, so it's well deserved," Stultz said in response to ECU being

named to the honor roll.

Stultz praised ECU for its volunteer efforts by saying, "The school tries to incorporate service through different classes like health and biology. While it may start as a requirement for students, it's nice to see them keep coming back to volunteer."

The Volunteer and Service Learning Center currently has over

11,000 students registered with approximately 161,680 volunteer hours logged for the 2008-2009 year. They are currently involved in the planning stages of several service projects, such as the Million Meals Event, which is scheduled for August.

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

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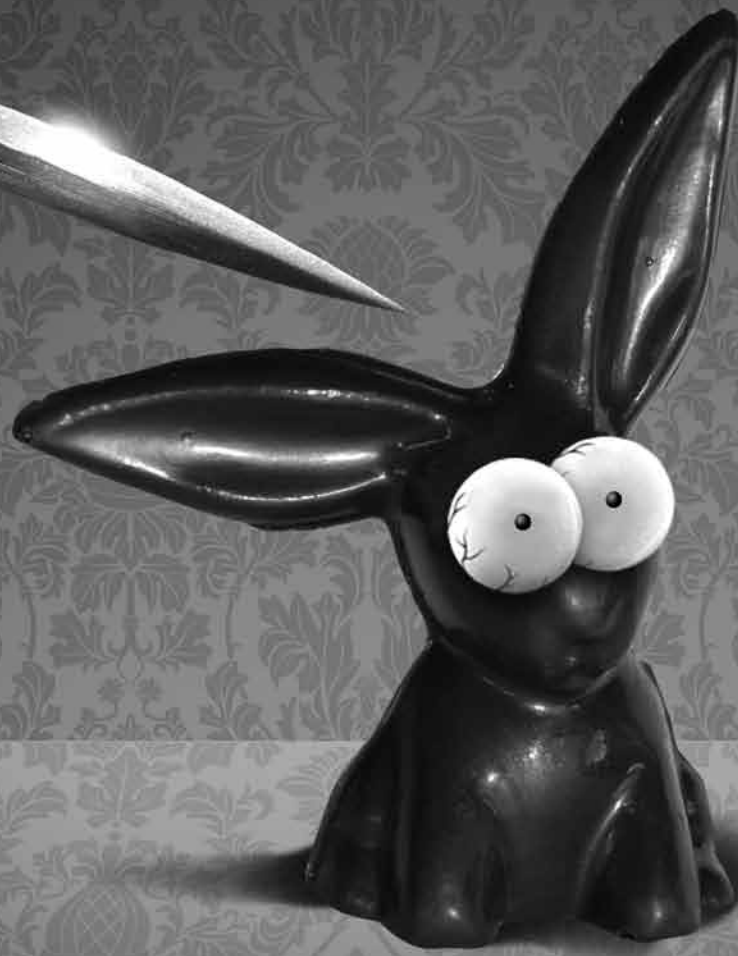
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LIFE AFTER ECU

THE EAST CAROLINIAN | LUKE RAYSON

5 things we are obsessed with this month

1. Orianthi's song, "According to You"

Anyone can enjoy this song, whether it's jamming out in your car or listening through your headphones, we all are enjoying this guilty pleasure! Her songs are all about love, moving on and being strong on your own, which is something all of us can relate to.

2. Job hunting

With summer quickly approaching, we are all in need of some summer plans ... and CASH!

3. Sandals

The warm weather is here! So put away those UGGs and winter shoes; it is time to let your feet breathe.

4. Sleeping

Even though the weather is nice, everyone's class load is getting to be a lot. We cannot seem to get enough sleep; maybe it is from reading our textbooks more this month than we have all semester!

5. Summer

It is almost here! Enough said!

Grad school: Now or later?

Caitlin Hale

With graduation quickly approaching, both graduating seniors as well as the upcoming senior class should be putting a lot of thought into graduate school. Many students find themselves wondering if it is the right time to attend graduate school, or if they should even consider graduate school all. Students should put a lot of time into thinking about this enormously important issue before making a final decision.

One of the largest pros for going straight into graduate school immediately after earning a bachelor's degree is the simple fact that being a student already comes naturally. Students who go directly from earning their undergraduate degree to graduate school will have momentum, and therefore will not have to re-accustom themselves to actually being a student (which could be very difficult after entering the workforce). In the same aspect, a student's study skills will most likely be much sharper if they were to continue on with school, versus working full time for a while then returning back to school.

Another major reason to enter graduate school immedi-

ately is that students will have fewer obligations. Sure, there might be a part-time job here and there, but in most cases students will not have a family, mortgages, very expensive bills, etc. if they enter graduate school directly after earning their bachelor's degree. The lessened stress of extensive obligations can make for a much more rewarding graduate school experience.

And with the economy the way it is today, even some entry-level positions are requiring advanced degrees. In fact, the unemployment rate for college graduates has more than doubled from a year ago to 4.3 percent, according to a recent survey by the National Association of Colleges and Employees. Even more saddening is that the same survey claims that almost 2 million college graduates are currently unemployed and that in the coming year companies will hire 22 percent fewer graduating seniors than they did last year.

But in the same sense, graduate school is very expensive. And with this being true, some students find that it is easier to work full time to save money for any additional education expenses. Gaining this solid financial foot-

ing before attending graduate school might be easier for many students, especially for those who are unable to receive any aid from the government.

However, many students' majors as an undergrad require them to pursue graduate school to score the job they desire. Danielle Bodziony, a sophomore exercise physiology major, says she must go to graduate school to become an occupational therapist. "I want to go to graduate school immediately to become an occupational therapist, but I am worried about the expense, as well as actually being able to get into the program," she added.

Alyson Reed, a junior who also must attend graduate school, claims she isn't quite as worried about the financial stress. "I know it's more expensive than undergrad, but I'm applying for scholarships and hopefully I'll get some loans and help from family."

Another benefit of waiting when it comes to finances is that many employers will surprisingly pay some or all of their employee's graduate school expenses, as long as that employee agrees to come back to work for their company. This would be a huge reduction of

financial stress, as well as ensure a job post-graduation.

An additional pro of waiting a few years to attend graduate school would simply be the maturity level of the student. Students who wait longer can not only improve their chances of getting into the program of their choice (because of their additional experience), but also will have a better understand of their career goals from working in their chosen field for a few years. Students who work a couple of years first also are more apt to have a more mature and rational outlook on school and work, as well as bring a broader worldview into the classroom. Also, some graduate programs simply require work experience before gaining admittance, which makes the student's decision of attending grad school now or waiting basically nonexistent.

Regardless, the choice is really up to the student. Graduate school is a huge undertaking and investment and does not need to be taken lightly. However, after considering all factors that fit into what the student desires and needs, that choice will come easily and naturally.

Graduation looms, now WHAT?

Veronica Carrington

What a difference a year can make! Last summer, the energy and finance sectors of the economy seemed to be thriving, and manufacturing was going strong. However, many cities are now relying on government programs, universities and stalwart industries such as health care to strengthen employment in a weak economy. A robust job market makes these cities create a sort of safe haven during the recession and will give them a head start toward growth when the recovery takes off.

Huntsville, Ala.
Population: 378,057
Income Growth: 9.7 percent
Cost of Living Index: 91
Median Household Income: \$51,275
This northern Alabama city

represents critical mass for the nation's missile-defense and aerospace industries. The medical and life-sciences industries are thriving, too. Thousands of new jobs are pouring into town.

Charlottesville, Va.
Population: 190,560
Income Growth: 4.8 percent
Cost of Living Index: 106
Median Household Income: \$53,076
From his University of Virginia's hollering Hoos to the artists at the downtown promenade, the Charlottesville community is a

startling blend of Southern charm and liberal edge, with a strong business base. This is the perfect city to start a small business and has a lot of government support for entrepreneurship.

Athens, Ga.
In addition to the University of Georgia, Athens boasts a nucleus of regional medical services and has an unexpected manufacturing base. Athens Regional Medical Center, St. Mary's Health Care System and Landmark Hospital, a long-term acute-care facility, provide health care and jobs

not only for the community but also for nearby counties. International manufacturing companies, such as Carrier and DuPont, have operations in Athens.

Each of these cities offer something different for everyone. The job market is changing rapidly and sometimes you have to consider going a little further outside of your comfort zone to find the right career for you!

Statistical data was reported from the U.S. Census Web site.

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Hot cities to work and play in

Veronica Carrington

You have spent four, or five, years pursuing your degree ... now what? In this slowly changing economy, the job market can be hard to breach. While the first jobs to be sent offshore were primarily in the textiles and manufacturing industries, services such as telemarketing and data entry were quick to follow. Believe it or not, but today, more and more seemingly safe, "white-collar" jobs are also vulnerable to moving overseas. Innovations in technology have revolutionized the workplace, creating millions of jobs requiring computer and other technical skills. Now, people in developing countries, like China and India, can perform these technical tasks and are willing to work for less money. With downsizing and cutbacks, the job market may seem scary and inaccessible; however, there are many jobs that cannot be outsourced and are in constant need of employees.

Dental Assistant
Dental assistants work closely with dentists and perform a wide variety of hands-on tasks. They sterilize and arrange instruments and equipment. They greet and get patients ready for treatment and assist dentists during dental procedures.
2006 Total Employment:

280,000 jobs
2016 Total Projected Employment: 362,000 jobs
Employment Growth Rate from 2006-2016: Increase over 29 percent
2006 Median Annual Pay: \$30,222

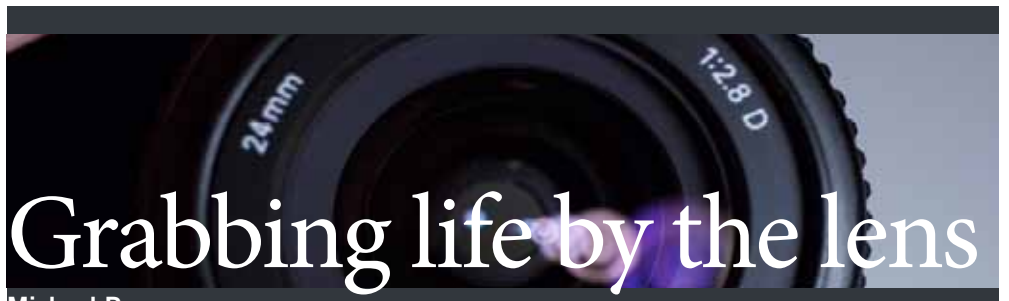
Pharmacy Technician
Depending on state laws, these technicians may directly prepare patient prescriptions, including measuring and mixing medications. They also verify patient information, make up prescription labels, prepare insurance claim forms and much more.
2006 Total Employment: 285,000 jobs
2016 Total Projected Employment: 376,000 jobs
Employment Growth Rate from 2006-2016: Increase 32 percent
2006 Median Annual Pay: \$25,625

Auto Repair Technician
Just like with a hairstylist or nail technicians, you want a reliable person when you've got a problem with your belts, hoses and plugs, or brake and fuel systems. These problems can't be solved with over-the-phone instructions. People need a competent mechanic who can perform immediate, hands-on repairs on their cars. Advance-

ments in fuel-efficient and alternative-fuel automobiles will continue to provide exciting and challenging jobs in the future.
2006 Total Employment: 773,000 jobs
2016 Total Projected Employment: 883,000 jobs
Employment Growth Rate from 2006-2016: Increase 14 percent
2006 Median Annual Pay: \$33,779

Veterinary Assistant
More households have pets than ever before and they make over 2.5 visits to vets each year. With new advancements in veterinary care, pets also are living longer. This means more opportunities for you to secure a job caring for animals, preparing animals for treatment and assisting during surgeries.
2006 Total Employment: 71,000 jobs
2016 Total Projected Employment: 100,000 jobs
Employment Growth Rate from 2006-2016: Increase 41 percent
2006 Median Annual Pay: \$26,790

These jobs are beneficial because they cannot be transferred overseas! Happy job hunting and good luck!
Statistical data was reported from the U.S. Census Web site.



Michael Perry

The thought of life after ECU for some is bittersweet, for others it's simply terrifying, but for getters like Jeffrey Swann, it's nothing but good things.

Swann, a recent ECU graduate of economics (fall '09) and now an entrepreneur, teamed up with his brother Kevin, a UNC Wilmington film studies graduate (spring '09), to launch Swann Media LLC.

The two brothers and business partners are off and running, shooting both photo and video for any project needed. To jumpstart their business and get their feet wet, the Swanns have focused on shooting weddings and other special occasions.

With one wedding already under its belt, the company has lined up a number of future wedding ceremonies scheduled through the spring.

Graduating with a degree in economics, Swann brings the business expertise to the tandem ownership, but both men are skilled behind the camera and are eager to

market their company as an affordable option in the media business.

Swann spoke of starting his own company as something he and his brother have always had a passion for, being the sons of a self-made general contractor.
"I love working for customers and people," Swann said. "This is what me and Kevin both were cut out for. It just comes natural to us."

Once the two build up the proper clientele and expand their portfolio, they hope to venture into other media projects, including commercials and possibly even film.

"We knew that we eventually wanted to get into movies and bigger things," Swann said. "Doing weddings just seemed like a smart move; we could start a business and film weddings."

So far for the young moguls, the most challenging aspect of running their newly born business has been buying media equipment, learning as they go and most importantly staying positive.

"At the same time we're trying to buy equipment, we're having

to work and just pour every dime that we have into something that is not making any money yet," Swann said. "The toughest thing is not getting discouraged and just keep looking forward."

In the future, the Swanns hope to establish multiple film and photo crews to handle more than one event at a time. The two also plan to centralize their company in Wilmington, which is North Carolina's most popular area for producing works of film.

Eventually you might see the name of this Pirate — Jeffrey Swann — rolling through the credits of the next big movie.

If interested or in need of video recording and/or photography for a special occasion, please contact Swann Media LLC at 252-558-0311.

Swann Media LLC is capable of shooting in high-definition and edits and packages all footage and photographs personally.

Video footage and photography shot by the Swanns can be viewed on the company Web site, www.swannmediallc.com.

WTF?! of the month

Samantha Hughes

Thee Temple ov Psychick Youth
Or TOPY

WHAT'S WITH THE NAME?

The name comes from the writings of Genesis P-Orridge, which advocate a deconstruction of "normal" modes of communication to develop a more profound understanding of one's self.

WHAT?!

TOPY is a group dedicated to the appearance of magical concepts that lack mysticism or the worship of any gods. The group is interested in the psychic and magical aspect of the human brain linked with "guiltless sexuality."

HISTORY?

TOPY was founded in 1981 by members of Psychic TV, Coil, Current 93 and other individuals. Since it began, TOPY has been a strong influence in the chaos magic scene and in western occult tradition.

WHOA. ANYTHING ELSE?

The 23rd hour (11 p.m.) of the 23rd day of every month, members are encouraged to make magical sigils. A sigil, simply put, is symbol that is created for a magical purpose. The symbols, usually complex, have a specific intent and are given power through magic. A member is then encouraged to send his sigil to a location, where it convenes with other sigils, which gives them all greater power.

Standardized tests make a comeback

Andrea Robertson

After you completed the SAT or the ACT, you reveled in the thought of never having to take another one of those horrid standardized tests again. Sadly, that celebration was cut short once you got to college and learned that in order to progress to the next level education -- graduate school -- you have to go through another gauntlet of standardized testing.

These tests provide graduate school admissions panels with a common way to gauge an applicant's qualifications along with the applicant's grades and letters of recommendations.

As an English major, I was given the privilege of taking the Graduate Record Examination, which consists of an analytical writing section, a verbal section, a mathematics section and a random section that is either verbal or mathematics.

The morning of the GRE, I arrived at the ECU Prometric Testing Center on Dickinson Avenue bright and early to check in for my test. Unlike the SAT, there wasn't a big group of us waiting to take the same test; people were scattered about the room in front of computers taking a variety of tests. Yes, that's right -- computers. If you have to take the GRE, you will not have to worry about hand cramps from writing too fast, but carpal tunnel from typing too much. Once you are seated at your designated desk, the computer asks for personal information, like where you want your results mailed, then it's onward to the test!

You are given 75 minutes to write two essays; the time is broken up to allow you to have 30 minutes on one essay and 45 minutes on the other. Similar to high school tests, the essays are scored on a scale of 0 to 6. After this section, you are allowed a 10-minute break, but in an attempt to end the painful test taking process, I skipped the break and dove right in to the verbal section.

For the verbal section, you are allotted 30 minutes to answer 30 questions. You are required to answer antonyms, sentence completions, analogies and reading comprehension. My best advice is to concentrate on expanding your vocabulary. More than likely, you've taken 1,000 reading comprehension tests, but that doesn't mean you know the meaning of the word "aggrandize." Without a broad vocabulary and understanding of word roots, it's hard to pick out antonyms, synonyms or complete a sentence; however, when doing the reading comprehension, you at least have context clues.

The math portion scared me the most -- 45 minutes to answer 28 questions without a calculator!

I've taken math courses ranging from basic algebra to statistics and calculus, but I have always been able to use a calculator, so when I realized I was going to have to solve for the value of *n* using nothing more than a pencil, paper and my brain, I nearly had an aneurism! However, the problems aren't impossible, you just have to be willing to go back and work on your rusty math skills if mathematics is your pitfall.

You can purchase a multitude of test books to help you study, which also provide links to online aides with mock tests. ECU holds pretests as well for students who are interested in checking out what the GRE experience is like before spending four hours and paying \$160 on the real thing!

For more information about any graduate tests offered at ECU, visit www.ecu.edu/cs-acad/testingcenter/testing.cfm.

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No. 23 ECU blanks Elon, preps for Tulane

Pirates set to begin defense of C-USA title on Friday

Michael Perry
ASSISTANT SPORTS EDITOR

ECU right-hander Zach Woods (4-1) was feeling it from the first pitch as he blanked Elon 8-0 on Tuesday.

Woods set a new career high in strikeouts at 12 in the top of the seventh as he tangled up Elon's Ryan Adams on a 2-1 pitch up-and-in. Woods would go on to total 15 strikeouts, a mark not touched since a 20 strikeout game for Hal Baird in 1970.

"As soon as I let go of that first pitch, I just felt like it was going to be a good night," Woods said. "When I'm out there, I'm just pitching. I don't care how many strikeouts I get as long as we win."

The junior college transfer from Louisburg College pitched 7 2/3 innings of scoreless baseball, allowing the Phoenix just three hits.

ECU head coach Billy Godwin described Woods' fastball as his most effective weapon.

Woods "was all over the plate with his fastball," Godwin said. "He was able to mix in his off speed stuff just enough to make his fastball even more effective."

Jake Harris entered in relief for Woods in the top of the eighth inning, closing out the frame and forcing Mike Melillo into a fly out to center field that stranded three Phoenix runners.

Harris sealed the win for Woods without a hitch, retiring Elon on four batters to close out the game.

On the opposite side of the ball, the Pirates broke loose in the bottom of the third inning as catcher Zach Wright cranked a first pitch grand slam on two outs to the Jungle in left to give ECU a 5-0 lead.

Wright finished the night 2-for-5 with four RBI. His grand slam against the Phoenix marks his third slam in the last five games, the most by any Pirate



ECU pitcher Zach Woods struck out 15 batters Tuesday against Elon. It was the most batters struck out by a Pirate pitcher since 1970.

in a season since 2000.

"Coach has just been talking about getting the job done and pulling away from the team," Wright said. "I can't really tell you why, I've just have been hitting the ball good."

ECU added two more insurance runs in the fifth frame as Philip Clark chopped one up the middle to bring in Devin Harris and freshman John Wooten would later cross on a passed ball.

Cam Freeman opened up the score column for the Pirates in the second inning as he plated Wright from third on a fielder's choice to first base.

Looking forward to this weekend, following its midweek contests with Elon and UNC-Wilmington, ECU will host its opening Conference USA bout against Tulane.

The Green Wave (17-9, 2-1

CUSA) will travel to Greenville to compete in its second conference matchup of the season. Tulane opened conference play last weekend against Marshall, winning the weekend series 2-1.

Currently, Tulane is averaging .314 at the plate as a team, and their pitching staff offers C-USA's lowest team earned-run average at 3.84.

The Pirates sit just under Tulane in pitching and they are second in the conference at the plate with a team average of .336, but they lead C-USA in both total runs scored (213) and total home runs at 40.

On the mound for the Green Wave, the starters appear to be Conrad Flynn, Robby Broach and Matt Petitone.

Right-handed Broach leads the staff with a 4-0 record and Flynn holds the team high in

strikeouts with 38.

Nick Pepitone looks to be Tulane's late inning relief as he holds all four of the team's saves and has an ERA of 1.89 in 19 innings pitched.

At the plate, Rob Segedin, Blake Cochran and Brandon Boudreaux look to be the most lethal threats with the bat.

Segedin, a .366 hitter, has plated a team high 21 runs, has three homers and is currently slugging .644.

Cochran and Boudreaux both border a .400 batting average and have produced 32 runs on three home runs.

ECU is the only program in C-USA that has not begun conference competition, and in the overall series with the Green Wave, Tulane holds a strong 16-6 advantage.

Entering into the weekend, the Pirates have a healthy roster,

as Kyle Roller and Wooten competed earlier in the week.

Last weekend against N.C. Central, Godwin mentioned that right-hander Brad Mincey looks good to go, but his return to the role as a weekend starter is questionable.

The usual tag-team of lefty Kevin Brandt and Seth Maness appear to be the Friday-Saturday one-two-punch. In the last two weekends, Michael Wright has had two respectable outings.

The Pirates begin their trek toward a conference crown against the Green Wave this weekend with game one Friday at 7 p.m. and then a double-head on Saturday with game time set at 1 p.m. and 4 p.m.

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

Not your ordinary Final Four

OPINION



Hart Holloman
SENIOR WRITER

This weekend, college basketball takes center stage at Lucas Oil Stadium in Indianapolis for one of the greatest spectacles in sports: the Final Four. Two nights of pure suspense predicated on the ecstasy of victory and the agony of defeat. At the end of which, one team will cut down the nets and lift college basketball's ultimate prize while "One Shining Moment" plays in the background.

Butler, Duke, Michigan State and West Virginia have emerged from their regional brackets and won the right to

compete for the national championship this year. Here's a look at each of their chances.

This year, the Final Four takes on a bit of an altered look from years past. West Virginia has returned to the Final Four for only their second time, and the first since "The Logo" Jerry West led them there in 1959. Meanwhile, the Butler Bulldogs are making their first appearance ever in a Final Four.

This is in sharp contrast to the teams they will be facing. Michigan State made its eighth trip to championship weekend this year, six of which come under current head coach Tom Izzo's guidance. Duke is making its 15th appearance in the Final Four, putting them just three behind co-leaders UNC and UCLA in that category.

An interesting conundrum arises when dissecting the two semifinal match-ups that will take place on Saturday. Both games present a paradox between past tournament experience and what we have

experienced in the tournament this year.

Both match-ups pit a team with very little history or experience at this stage of the competition verses a team with an undeniable Final Four pedigree. But like always, exactly how relevant that is to these particular games is up for debate.

I think the only relevant tournament experience lies with the coaches. Duke's Mike Krzyzewski is making his 11th trip to the final weekend. That leads all active coaches by a long shot and he is now only one behind the legendary John Wooden for the all-time lead.

As I said earlier, Izzo is making his sixth appearance with the Spartans. Both of them have a huge edge in that category over their counterparts. This will only be Bob Huggins' second trip this far in the tournament (his only other one coming in 1992 with Cincinnati), while Butler's Brad Stevens is making his first appearance in a Final Four.

The only team with players who have been this far in the tournament before is Michigan State. Izzo's bunch made it to the title game last year before falling to UNC in a very lopsided championship game.

Figuring out what will have barring on a Final Four game is difficult, though. All the teams have shown they can win under pressure and that they are capable of lifting the trophy come Monday night.

Deciding what information and variables to take into account, as well as how to interpret them is a nearly impossible task.

Duke would appear to be the favorite by most standards. They are the only top seed left and have been the most impressive team so far. Their all-around team play is what I think gives them the edge. They possess a number of players who sacrifice offensive stats for the good of the team. Brian Zoubek has become a force to be reckoned with on the low block even though he

has pretty much stopped shooting altogether. The effort he puts offensive screening, rebounding and passing simply wears down opposing teams defensively, which opens up the floor for their highly talented offensive trio Jon Scheyer, Nolan Smith and Kyle Singler. That, coupled with their stout team defense, makes them extremely difficult to play against.

However, the same can be said about their semi-final opponents West Virginia. Huggins has instilled a dogged commitment to team defense in his Mountaineer players. Anyone expecting a shootout in this match-up will be sorely mistaken. Both teams like to grind their opponents and the tempo of the game way down. If either team breaks even 60 points in this, I'll be very surprised. And while WVU has been impressive themselves so far, look for the superior guard play of Duke to win this one.

Michigan State looks to be the favorite in the other semifinal. The Spartans returned just about everyone from last season's runner-up squad, and even though starting point guard and Big Ten Player of the Year Kalin Lucas went down with an injury earlier in the tournament, they have coped well and pretty much cruised out of what was thought to be the toughest region at the beginning of the tournament.

However, sleep on this Butler squad at your own risk. Stevens has his squad believe they can do anything, and in star swingman Gordon Hayward, he has a scorer and playmaker that is as good as any in the country. The Bulldogs will need a big game out of him and a commitment to defending the endless variety of sets and plays Izzo will throw at them if they want to advance to Monday's title game.

This is a tough Final Four to pick, but in the end, I'm an ACC snob, and I think Duke comes out on top of Michigan State 63-58 in a highly competitive weekend in Indy.

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



Butler celebrates earning its first spot in the Final Four after beating Kansas State last weekend.

What? You were expecting Mel Kiper?

OPINION



Alex Serkes
STAFF WRITER

Spring is upon us once again and the highly anticipated first round of the NFL Draft will be taking place in only a few weeks on April 22.

Unfortunately, ESPN's Mel Kiper declined doing a personal mock draft for The East Carolinian; however, luckily, I have been blessed with this role instead.

The 2010 draft certainly does not contain many high profile names on list of potential draftees, but despite this fact, there is a lot of hidden talent on the defensive side of the ball, and a strong depth of offensive lineman in this year's draft. This year's draft could potentially have one of the greatest defensive back classes in recent history, with such names as Taylor Mays of USC, Eric Berry of Tennessee and Joe Haden of Florida, to name a few.

While there are not as many "sexy" big name playmakers on the offensive side as there have been in the past, running back CJ Spiller and quarterback Sam Bradford lead this list. However, the draft seems like it will produce several athletes who could be future Pro Bowlers.

With all that said, let's go ahead and round off the picks 10 through six of this year's draft.

Check back next week for a look at what I believe will be the top five picks of the draft.

No. 10 Jacksonville Jaguars: WR Dez Bryant (Oklahoma State)

Jacksonville needs the most help this offseason on the defensive side, and signing former Green Bay defensive end Aaron Kampman and company will help a team who had under 10 sacks on the season in 2009-10.

With the Jags' defense improving, and no real threat other than running back Maurice Jones-Drew on the offensive side, Dez Bryant, easily the most talented

wide out in this year's draft, will make a good fit.

No. 9 Buffalo Bills: QB Jimmy Clausen (Notre Dame)

With quarterback JP Losman gone, and lackluster quarterbacks Trent Edwards and Ryan Fitzpatrick not making any sort of improvement, the Bills will likely take a shot at Jimmy Clausen if he is still available.

Clausen has played in a pro-style offense underneath Charlie Weis at Notre Dame, and has the tools to be a solid quarterback with a little time to develop.

No. 8 Oakland Raiders: OT Bruce Campbell (Maryland)

Not your average Al Davis selection here; however, after the past few years of impulse draftees who haven't produced such as Darrius Heyward-Bey, JaMarcus Russell and Darren McFadden, Davis should look to go with the safe choice and help improve an offensive line who has just been straight up rude to their quarterbacks the past few seasons.

Bruce Campbell posted the highest bench press of offensive lineman at the combine and has

the physical tools to be an excellent addition.

No. 7 Cleveland Browns: CB Joe Haden (Florida)

Eric Wright, Corey Ivey and Hank Poteat. Ever heard of them? Didn't think so, which is one of the reasons Cleveland finished 29th in passing defense last year.

Joe Haden is easily the most talented man-to-man corner in the draft, where he can hurt you in the pass and in the run while showing great physical strength along with hard-hitting mentality.

No. 6 Seattle Seahawks: OT Russell Okung (Oklahoma State)

Having to replace Walter Jones on the offensive line is a hard task for anybody, but Russell Okung looks to be the fit here if he is still available.

Okung is a safe pick who could step in as a starter from day one, with the tools and experience to back him up. The Seahawks have the tools on offense, but a steady offensive line in order to protect quarterback Matt Hasselback is key to success.

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



Notre Dame's Jimmy Clausen is expected to be the second quarterback taken in this year's NFL Draft.

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ARIES (March 21-April 20) Previously despondent friends or relatives will now provide cheerful moments of distraction. Early this week humor, witty comments and rare social antics may all be on the agenda. Enjoy group activities but maintain a safe distance. Private family anxieties may soon surface.

TAURUS (April 21-May 20) Social decisions may demand special consideration over the next few days. Pay close attention to the needs of shy or withdrawn friends. Loved ones may now expect leadership and carefully planned group events. Go slow. Delicate sensitivities are involved.

GEMINI (May 21-June 21) Business discussions with loved ones may this week bring forth highly creative ideas or rare revelations. Someone close may be hoping for a new workplace or financial role. Listen carefully to all comments. Newly expressed emotional will soon initiate long-term adjustments.

CANCER (June 22-July 22) Group events may this week offer confusing moments or rare misunderstandings. After Tuesday watch for friends or co-workers to express subtle criticism or doubt. Don't be drawn into emotional triangles: no meaningful progress will be made.

LEO (July 23-Aug. 22) Long trusted friends or lovers may this week provide unreliable explanations of their recent comments or social activities. Wait for further information to arrive. In the coming weeks the long-term intentions of friends and lovers will be slowly revealed.

VIRGO (Aug. 23-Sept. 22) Romantic partners will now benefit from a clearly outlined course of action. Home decisions or recent family plans may be affected. Some Virgos may also experience a sudden increase in business negotiations or workplace improvements. If so, stay alert: bosses and managers will expect bold public commitments.

LIBRA (Sept. 23-Oct. 23) Travel plans and unique cultural experiences may provide fascinating entertainment in the coming weeks. Early this week loved ones may introduce plans for highly creative activities. If so, expect new ventures or social proposals to be easily finalized after Wednesday.

SCORPIO (Oct. 24-Nov. 22) Social contacts may this week lead to valuable business information or unique job openings. Offer a charming demeanor and meet as many people as possible. In the coming weeks your newfound confidence will be admired by fellow workers.

SAGITTARIUS (Nov. 23-Dec. 21) Employment regulations may now be the topic of intense discussion. Watch for work partners and authority figures to soon provide greater business freedom or added financial benefits. Short-term gains are, however, highlighted. Remain quietly cautious.

CAPRICORN (Dec. 22-Jan. 20) Long-term relationships may this week require a detailed clarification of home duties, daily habits and social promises. Let loved ones set the tone. At present, your energies are best used for business or financial planning.

AQUARIUS (Jan. 21-Feb. 19) Early this week a friend or relative may ask for help with a delicate family triangle. Key areas may involve speaking on behalf of others or explaining the conduct of a close friend. Strained family relations may be bothersome. Remain emotionally distant, if possible.

PISCES (Feb. 20-March 20) Recent financial restrictions or business limitations will be easily revised this week. Late Tuesday marks the start of intensive career evaluation and workplace negotiations. Study all documents closely for misinformation or wrongly defined terms. Contacts are now extremely important.

DIVERSIONS

Thursday, 4.1.10

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If you watch it, you will cum

Vivian Stockton
SEX AND RELATIONSHIP COLUMNIST

As I stated in my first column of the fall semester, I have been employed at an adult novelties store for over a year now, which has opened my eyes a great deal about people and their sexual desires. When you work in a porn store, you learn that nothing is taboo – everyone likes and fantasizes about different things. At the store I work at, our clientele is composed of mostly men, and these men mostly rent or buy pornographic movies or magazines.

When I was younger, I used to think that porn was mainly utilized by the younger population – you know, the pubescent boys who were hoping to learn how to have sex from stars like John Holmes and Ron Jeremy. But soon after I started working at an adult store, I learned that the male sex never seems to grow out of watching other people have sex. According to a 2005 article in Psychology Today, "66 percent

of Internet-using men between the ages of 18 and 34 look at online porn at least once a month."

I spent five years with a guy who, at the time, I considered to have a porn and masturbation problem. I discovered this one day when I was looking for a commonly visited Web site on his browser and noticed all kinds of porn-sounding sites. Me being the Nosy Nancy that I am, of course I clicked on one – I just had to prove myself right that he had been looking and porn, so I could rightfully get pissed off. Once I discovered that one site was a porn site, I checked them all and continued to get madder and madder as I realized all of them were of the adult nature. While I was still seeing red, I marched out of his bedroom and confronted him about the mass quantities of porn in his history. I told him that watching porn was as bad as him cheating on me because he was gaining sexual pleasure by watching another woman get screwed.

And I'm not the only person who has felt that way about her lover watching porn. Russell Stambaugh, Ph.D., an Ann Arbor, Michigan-based psychologist and sex therapist, states, "Often one partner has a porn interest, and the other thinks that's a problem," in the WebMD article "Why Men Like Porn."

As the non-porn watcher in the relationship, I didn't understand the appeal. I figured if you had someone to have sex with, why watch other people doing it? So his reasons for watching porn must have been he wasn't interested in having sex with me.

However, this was not the case in my relationship as it usually isn't the case in most relationships. Sex therapist Lonnie Barbach, Ph.D., explains, "Some women feel threatened because they don't think they're as sexy as a porn star. But it's not about what he's not getting at home. It's the novelty. It's a turn-on."

Have you ever noticed how

your man watches himself during sex? Maybe he likes to have a full view in front of the mirror or he's happy with just watching the penetration. This is because men are very visual creatures.

There is a theory that mirror neurons have a lot to do with people watching porn, a class of brain cells that fire both when a person performs an action and when he observes that action being performed. Therefore, it's theorized that a person's brain responds in a similar way to both having sex and watching someone have sex. So when someone watches porn, his brain thinks that he is actually having sex instead of watching it.

Once you realize that your partner watching porn is not meant to personally offend you, you can embrace it and use it to spice up your relationship. I'm sure your man would much rather be open and honest and have you watch porn with him than feel like he's 12 years old again and sneaking around on his parents' computer or hiding magazines under his mattress.

After I got over my porn-phobia, my boyfriend and I were able to be more open about our sexual desires. We were able to watch the videos together, which actually resulted in a great time for both of us – especially when he turned it off mid-coitus so he could pay more attention to me than the movie!

Everyone gets turned on by different things, so instead of scrutinizing it, just go with it. And if you still can't get over the fact that he's watching other people have sex, maybe you could make your own movie (only consider this if you are in a relationship with a great amount of trust, because let's face it, private videos have a way of surfacing).

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

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