

INSIDE

OPINION: Of course I have tests the days after Luda and Wiz... ECU should rule it an excuse!!! **A3**

LIFESTYLES: With Halloween quickly approaching, some students hope to loose a few pounds before October 31. Find out about both the good and the bad diets in Lifestyles. **A4**

SPORTS: ECU heads to UNC looking for its first road win, with the bonus of in-state bragging rights. Turn to sports to get update on the stats heading into the game. **A8**

BRIEFS

Stadium bleachers still under evaluation

Staff Reports

Officials are still evaluating options for the reinstallation of the bleachers that collapsed during the first game of the season.

In a press release, the university revealed that because of the time required to redesign, approve and produce the new bleachers, reinstallation should occur after the close of this current season.

The most likely option will include a bracket change that will allow for both vertical and horizontal concrete anchor attachments to assure that failures will not occur, said Bill Bagnell, associate vice chancellor for Campus Operations.

Bagnell said in a press release that the North Carolina State Construction Office will review and approve the final plans before construction begins. Reinstallation should also include additional testing of the anchors before installing brackets or seats, he said.

For the remainder of the home games this season, students will be free to sit or stand on the concrete risers as they did at the game against Memphis on Sept. 11, Bagnell said.

Six students were injured and treated at the stadium after the bleachers failed during the opening home game of the season Sept. 5.

Potential flooding closed parking lots

Staff Reports

Torrential rains are prompting ECU Parking and Transportation to close the following lots due to potential flooding:

- The B1 lot off of College Hill Drive
- The Minges Lower Lot

These lots will be closed as of 5 p.m. Monday. These will be closed for commuters today, Thursday, Sept. 30.

It is also possible that a portion of Ficklen Drive and some portions of the lots at the intersection of Ficklen Drive and Charles Boulevard will be closed.

If parking lots or streets are closed due to flooding, they will be reopened as soon as it is safe.

ECU Transit will continue to provide shuttle service between the Park-and-Ride lots, Christenbury Gym and Joyner Library.

To stay updated on transit routes, check their website at www.ecu.edu/transit.

WEB POLL

Are you afraid of bed bugs?

Yes

No

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The East Carolinian

Thursday, 9.30.10

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YOUR CAMPUS NEWS SOURCE SINCE 1925

ECU, City of Greenville host town hall meeting on campus

Education of safety precautions becomes a major necessity

Shivani Vyas
STAFF WRITER

After experiencing the stress of vigorous class schedules and a total of three exams in one week, it is expected that students would resort to downtown as their escape. However, these escapades can very easily become opportunities for individuals to turn into victims.

The prevention of becoming a victim is simple, practicing effective and potent crime prevention skills. ECU welcomed attendees to a special town hall meeting where crime and safety on campus and in nearby areas were the major concerns.

ECU's Dean of Students Office, the Student Government Association and the City of Greenville sponsored the event. Among the main speakers, Lieutenant Bass was the first to introduce crime prevention tips and the significance of staying alert.

"You must take responsibility even before going out, which means having a game plan. Know what you will be getting into and be aware of your surroundings at all times. Most importantly, trust your instincts.

"If you see something that you do not feel is right, chances are it probably is not and you need to let us know immediately. Calling us can help us better assist you and you can stay anonymous without getting involved personally, but still send out necessary information to us. Communication is key among us and the students for effective crime prevention," Bass encourages.

Bass discussed simple crime prevention tips that ECU students should follow. Among these standards resided residential and vehicle safety.

"Make sure you have enough information about where you will be living. Do not stay in a residential area that you are not familiar with or do not know anyone currently living there. A necessity among residents is having adequately installed deadbolts."

"Practice vehicle safety by making sure you have strong tires and enough gas at all times. Park in well-lit areas and do not give rides to people you do not know. Just because you have seen an individual in one of your classes does not mean you know them well enough," Bass emphasizes.

Keep an inventory of high value items that you possess. There are now engraving methods provided in Greenville free



LESLIE BAKER | THE EAST CAROLINIAN

Marion Blackburn, City Councilwoman, hosts a town hall meeting on campus, addressing security issues with students.

of charge, which can engrave an ID number on your valuables. The ID number can be tracked if your items are stolen and the Greenville Police can be contacted for more information regarding this procedure.

Suggestions of preparing for a night out can also include informing others outside the group you have initiated plans with. For example, letting your neighbors know your time and location of absence. Also, leaving the lights, TV or radio on, so that some type of noise can serve as a distraction when you are actually not present.

Greenville City Councilwoman Marion Blackburn hopes for a proposition of non-alcoholic venues such as music, theater or concert halls that can reside downtown.

"My ideal, my goal is for every student to be safe everywhere and at all times of the day, whether its walking from the library, to class or to their apartments. When you are in college, you are focused on just that: exams and your social life. And you should

> TOWN HALL page A2

'D-Block' gets a facelift



LUKE RAYSON | THE EAST CAROLINIAN

Rainy day kept students indoors but out front, a ribbon cutting ceremony celebrated Scott Hall's official reopening.

Cameron Gupton
STAFF WRITER

The gloomy weather was not enough to postpone the reopening of Scott Hall on Wednesday. Despite the torrential downpour, the celebration was a huge success. A ribbon cutting by donors and officials on campus made the dormitory's opening official.

Originally opened in 1963, Scott Hall has undergone 13 months of intense renovation and has been open to students since the beginning of the semester. The dorm has been set up with a suite-style layout, with four rooms per suite and two rooms sharing a bathroom. Scott currently has about 612 beds and is now a co-ed building.

Virginia Hardy, vice provost for Student Affairs, stated in her opening remarks that the dorm is currently operating at full capacity.

Scott Hall now features many new amenities and boasts some impressive luxuries. The basement houses a full kitchen, a conference room used for resident programs and even a music theory class, and spacious lounge areas. The entire

basement has wireless Internet and a movie screen can be rolled down over the inside walls of the courtyard.

The majority of students living in the dorm have an extremely positive regard for the living space. With all of the upgrades and the reputation the dorm has received, it has become one of the most popular places to live on campus and a far cry from its old nickname, "D-Block," given because it reminded students of a prison.

Director of Campus Living Aaron Lucier stated, "The general feedback we have gotten has been positive." When asked what the students enjoyed most about the new hall, Lucier replied, "The feeling that everything has never been used is a good feeling. Students are very pleased with the bathroom access and the building is a lot brighter than it used to be."

Students seem very enthusiastic about the changes that Scott has experienced. Pete Peterson, a resident of Scott, said, "I feel like it's the best dorm on campus. Since I'm on campus, I'd choose to live here." However, Peterson did have some concerns. "The

trash rooms have been locked for a while; they need to be unlocked so trash doesn't just pile up." Nicole McGuff, a sophomore, was concerned about her and her suitemates keeping the bathrooms clean, but she says she has not run into any problems. McGuff said, "It's like living in an apartment without all of the amenities."

Students in Scott have even taken on the job of interior decorators, leaving behind the typical dorm room setup and putting their own creative spin on things. Residents have brought in colorful rugs, posters and curtains. Some residents have even successfully partitioned their rooms for a bit more privacy.

Overall, the residents of the new Scott Hall seem very pleased with all of the work the designers, the construction team and Campus Living have put into the revival of the building. Campus Living hopes to find similar success in future renovation projects on campus.

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

New private Pirate network connects faculty, students

Jennifer Soares
ASSISTANT NEWS EDITOR

The ECU Division of Student Affairs has recently developed a new site, called the Inner Pirate Network (IPN), for students, staff and faculty. IPN is geared specifically toward people currently affiliated with ECU to allow everyone to keep in contact with one another, while avoiding anyone not associated with the school.

"I think the Pirate Network is pretty cool," says senior mathematics major Johnny Alfredo. "It's like a Facebook for students."

To sign up for IPN, an ECU e-mail must be provided and verification is done by the school before you can be approved to join. The benefits of the site include live chats, blogs, uploading videos and photos, and an ECU group. Students can also link their Facebook, Twitter or other social networking site to keep updates synced. Also, everyone can access Org Sync, Blackboard, OneStop and Piratemail from the website, which allows students to keep up-to-date with campus-related material.

"We pretty much wanted an all-inclusive one stop shop for people to get information from ECU and be on a place that is a social network that was just ECU Pirate related," said Mike DeMar, web designer for Student Affairs Marketing and Communications. DeMar and Greg Hedgepath helped to design the new website for ECU.

The website also gives students an opportunity to see what is going on throughout campus and possible events they might be interested in. IPN provides privacy features so that members do not have to disclose all of their information. Students can also enjoy contests the site offers to win prizes throughout the semester.

"I think that once the buzz really gets out about it, it will really become a big hit among the student body, faculty and alumni," said Alfredo.

Anyone considering using the site should be aware that it is monitored by ECU, and displaying inappropriate images of illegal drug use or alcohol will not be accepted. Any images, posts, comments and other content posted to the site will be monitored by the Office of Marketing and Communications for Academic and Student Affairs. The site encourages students to mostly post content that is specifically related to ECU.

The site does not accept any kind of spam, and students are not allowed to use it to sell any kind of business or property. It urges students to use the IPN as a way of sharing their different ECU experiences and hopes to give them an opportunity to interact with current and former classmates. If students do not keep their content related to ECU, they are subject to having any of their content removed at any given time. It is also not an official means of communication for the university, and does not reflect any of the school's views.

The IPN states, "The Inner Pirate Network is a developmental project housed in the Office of Marketing and Communication within the Division of Academic and Student Affairs. We reserve the right to revise and extend these guidelines as the Inner Pirate Network develops. At any time, we have the right to revise or remove the Terms of Use, Disclaimer, Rules, Photos, Videos, Blog Posts, Live Chats, Content, Apps and any member on the Inner Pirate Network."

To contact IPN with any questions, e-mail them at innerpirate@ecu.edu.

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

Study finds girls attracted to guys with good dance moves

Jamie Harper
STAFF WRITER

Guys, if you want to attract the girls, put on your dancing shoes!

A study conducted by researchers in Europe discovered that women respond best to men who can dance. The study was conducted by Kris McCarthy and colleagues at Northumbria University in the U.K., with assistance from researchers at the University of Gottingen in Germany.

The study asked 19 men 18 to 35 years old to perform a one-minute dance. The short dance was filmed from different angles. After filming was completed, the men were turned into avatars so there was no way to see any of their physical features.

This allowed the female view-

ers to focus on how they danced, and not any physical attributes. Thirty-seven women participated in the study. Study results revealed that all 37 women responded better to the men who performed a wide variety of dance moves.

Tiera Beale, a sophomore health fitness specialist major, said, "Well, my boyfriend is a good dancer ... he can seem more attractive when he dances." Researchers say women correlate dance moves with physical fitness, and they may also believe that a man's dance skills indicate his skills as a lover.

"I didn't find a correlation between dance and attractiveness, but some people do. Some people think because a man could dance he was good in bed, or could play football better or something

like that," said Ashley Lambert, a junior secondary education major.

The women ranked all the avatar men on a scale from one to seven, the men who moved around the least receiving the lowest score. The study showed that the more flamboyant the dance moves, the better. Nick Neave, an evolutionary psychologist at Northumbria University and a co-author of the study, told the Associated Press, "The movements around the head, neck and trunk were the most important. The good dancers had lots of different movements and used them with flair and creativity."

A concern is that the study only addressed modern attractiveness and culturally acceptable attractiveness. Dr. Christos Ballas, a psychiatrist at the University of

Pennsylvania, told AOL Health, "If this is supposed to be a general observation about interspecies attractiveness, how would we rate the hotness of the crazy dances people did in the Middle Ages, the ones with the ribbons attached to poles?"

Study results showed women prefer certain kinds of dancing and often use a man's dance skills as an indicator to how physically fit they are and to their skills in bed, which does not necessarily mean they are more physically attractive. Either way, psychologist Neave suggests for men to work on their dance moves.

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

TOWN HALL continued from A1

do all these things but you still need to be on the look out for creeps so they do not prey on you."

"I wish there was a way to get all the bad guys and put microchips in them, but for now the good people need to stay vigilant. And it may be hard after a few beers downtown, but that is why you have friends," Blackburn suggests.

There are several projects being initiated and also in the process of becoming reality. The City of Greenville is currently working on creating more sidewalks and joining existing sidewalks together for the safety of pedestrians. Scott Shelton, chief of police at ECU, is working on a serious issue of improving the lighting on campus.

ECU Police are also collaborating with certain downtown club supervisors, where they are required to inform police of any promiscuous behavior, intoxication issues and underage drinking.

Dean of Students Lynn Roeder accentuates that along with the many projects being worked on to increase student and resident safety, safety initially begins with the individual.

"Do not put yourself in unsafe situations because we can not have a police officer with you at all times. If you put yourself at risk, you will be at risk.

"Students have a false sense of security downtown and may overlook the fact that downtown

is not just ECU students. You have military members and out of state residents coming to Greenville also. We encourage students to understand safety starts with them and to be more proactive," Roeder, exclaims.

ECU Police Chief Scott Shelton also advises students to educate themselves.

"Education is the first step to crime prevention but part of education is also enforcement. We have many programs that talk about/educate crime prevention tips and you have to learn how to protect yourself. We must participate together and come up with solutions to these problems, but most importantly, students need to communicate with us so we can send more patrol as needed," Shelton advises.

Frequent ECU alerts inform students of dangerous events that have occurred on and nearby campus. These alerts should not be an instigation of fear but a source of motivation for students to actively start practicing these crime prevention tips.

Educating yourselves and attending programs can help you become more cautious.

Recently, ECU has added a self-defense and rape prevention class for both males and females, free of charge.

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

Does it matter to you if a guy or girl has good dance moves?



Lexi Decarr
Communication major
"It's a turn off if he doesn't."



Cameron Crowder
Elementary Education major
"It depends on the guy...but it would factor in if he was a good dancer."



Alex Prevost
Communication major
"She has to have good dance moves. I mean, it's a plus if she can dance."



Giancarlo Bauzulli
Communication major
"It matters if I'm dancing with her. Other than that it doesn't really matter."

CORRECTION

In the Sept. 28, 2010, edition of The East Carolinian, an error was made in the story "SGA Senate holds first meeting" where the name of the Chief Justice was left out. The current Chief Justice is Brad Teasley. Also, Josh Martinkovic was incorrectly cited as the vice president of the Senate. Martinkovic is currently the vice president of SGA.

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PG-13 PARENTS STRONGLY CAUTIONED SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13 SEXUAL CONTENT DRUG AND ALCOHOL USE AND LANGUAGE

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SONY make.believe COLUMBIA PICTURES

TEC Pick'em: Week 5

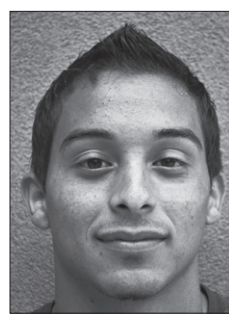
TEC Pick'em in The East Carolinian's weekly college football office pool. Twelve staff members make their selections once a week on each week's biggest games. Staff members with the best records will be featured each week.



Jeffrey Jones
Office Manager
Last week, (8-2)
Overall, (31-9)



Andrea Robertson
Managing Editor
Last week, (8-2)
Overall, (30-10)



Carlos Olivera
Sports Writer
Last week, (7-3)
Overall, (30-10)



Tyrone Spencer
Sports Writer
Last week, (7-3)
Overall, (29-11)



Chase Kroll
Sports Writer
Last week, (7-3)
Overall, (29-11)



Lorianna Whitford
Sports Writer
Last week, (9-1)
Overall, (29-11)

No. 16 Miami (Fla.) vs. Clemson	No. 16 Miami (Fla.)	Clemson	No. 16 Miami (Fla.)	No. 16 Miami (Fla.)	No. 16 Miami (Fla.)	No. 16 Miami (Fla.)
Tulane vs. Rutgers	Rutgers	Rutgers	Rutgers	Rutgers	Rutgers	Rutgers
No. 21 Texas vs. No. 8 Oklahoma	No. 8 Oklahoma	No. 8 Oklahoma	No. 8 Oklahoma	No. 21 Texas	No. 8 Oklahoma	No. 8 Oklahoma
VT vs. No. 23 NCSU	No. 23 NCSU	No. 23 NCSU	VT	VT	VT	VT
ECU vs. UNC	UNC	ECU	UNC	ECU	UNC	UNC
Tulsa vs. Memphis	Tulsa	Tulsa	Tulsa	Tulsa	Tulsa	Tulsa
No. 7 Florida vs. No. 1 Alabama	No. 1 Alabama	No. 1 Alabama	No. 7 Florida	No. 1 Alabama	No. 1 Alabama	No. 1 Alabama
No. 9 Stanford vs. No. 4 Oregon	No. 4 Oregon	No. 4 Oregon	No. 9 Stanford	No. 4 Oregon	No. 4 Oregon	No. 4 Oregon
So. Miss vs. Marshall	So. Miss	So. Miss	So. Miss	So. Miss	So. Miss	So. Miss
SMU vs. Rice	SMU	SMU	SMU	SMU	SMU	Rice

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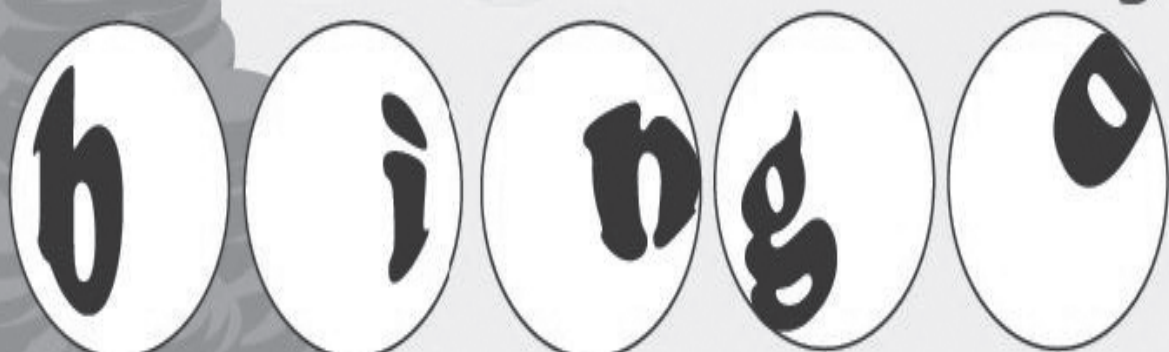
MARK YOUR CALENDERS

september 7th
october 5th
november 2nd
december 7th

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department for Disability Support Services at least 48 hours prior to the event at (252) 737-1016 (Voice/TTY).

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W PS3.
N PlayStation 3
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R and more
L booty



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.

I come to class every day hoping to see you.

I love how you hit that tree coming out of Speight and didn't even notice...nice work, learn to drive.

If you're going to come to class an hour late, why bother coming in at all?

Try holding on while the bus is moving, not texting. Maybe next time you won't fall on everyone around you.

ECU vs. NCSU is sold out! We better bring it pirates!

I love when 100 greatest countdowns are on...they give me a semi-good excuse to miss class.

You know that it doesn't hurt to smile at a stranger, right?

To the girl who coughed during our entire political science test...cover your dirty mouth sometime. Just because I was unfortunate enough to sit by you doesn't mean that I can take such awful manners. You're gross.

Happy 21st Birthday! To My Favorite Duck Loving Friend! :P

To the girl in my Physics lab: is it really necessary for you to ride your bike that fast back to your dorm?

You almost hit me this afternoon and I did not appreciate it! Chill out and enjoy the beauty of our campus on your way back!

Dear neighbor and friend, I DO NOT care about all the things you think you are good at and for some reason feel like you must tell me about. Dear other neighbor, Turn down your club DJing system. It doesn't make you manlier to blast gangsta rap at 130 decibels at 3 p.m.

Dear ECU Students: Yes. I am 19, pregnant, single, and living by myself. If you look at me one more time like there is something wrong with me, I just might take out my uterus and throw it at you. K thanks! Signed, apparently the ONLY pregnant girl at ECU.

To my roommate's friend who will just not stop crying, NOBODY CARES, not even my roommate (she's told me). I mean come on, you're an adult and you're in college. Stop acting like you just got out the womb.

PeeDee smiles because he is about to get his teeth cleaned when the ECU Dental program opens next year...all Pirates should smile anyways.

I don't think it's possible for me to hate sorority chicks more than I already do!

To my Health 1000 teacher who reads these rants before each class: you are hot. (Gee, I wonder if you'll read this).

Of course I have tests the days after Luda and Wiz... ECU should rule it an excuse!!!

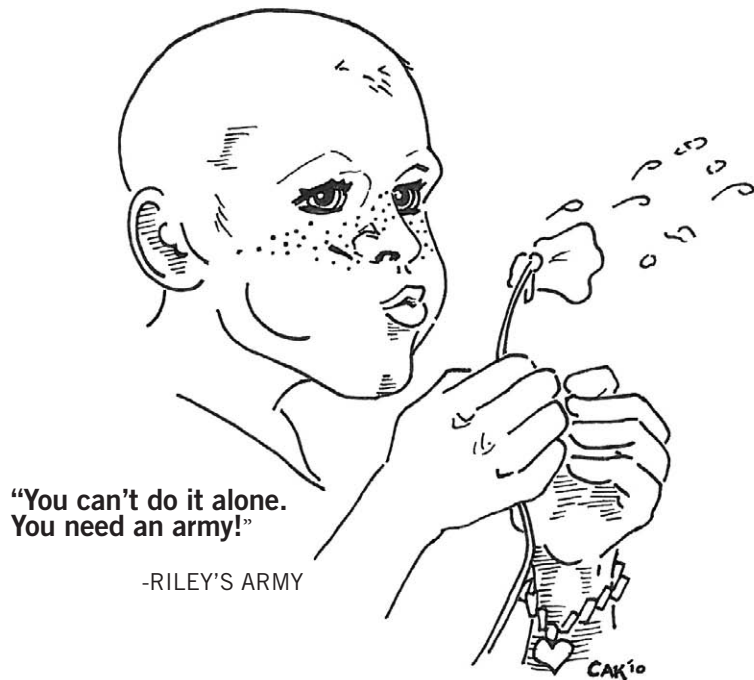
Dear roommate: does anyone make a bigger mess making buttered noodles then you?

Sorry, but it is NOT okay to ride around on campus on your bike at 9 p.m. singing at the top of your lungs, in a scary horror movie tone. I am now terrified to walk on campus at night. Thanks weirdo.

To the guy in my bio lab class, the table is NOT a drum so please stop treating it as such!

Dear roommate: she looks like a troll, sounds like a parrot, and smells just as bad. I'm pretty sure she's offensive to the other senses too. C'mon man you can do A LOT BETTER!!!

More Pirate Rants on our website!!!



"You can't do it alone. You need an army!"

-RILEY'S ARMY

ILLUSTRATED BY CHASE KROLL

Kick butt at kickball



Kelly Nurge
PUBLIC EDITOR

Remember when you were younger and summer camp was the best time of your life? Times were easier and filled with friendship and

games. Before the days of exams every other week and hours of homework, time was spent getting scraped knees in backyard games of kickball. The East Carolinian is bringing everyone back to the glory days.

On Tuesday, TEC will host a free kickball game from 3 to 6 p.m. at the bottom of College Hill. Most professors will be loading up on tests before October break, so come let off some steam with a classic childhood game. Take a quick study break and enjoy yourself, play some games and meet new people. Greenville is about to cool down, so strap on some sneakers, wrangle up some friends and enjoy some of the last warm days of the year with some old fashioned fun.

For reminders and updates about the game, check into TEC's Facebook page and RSVP under the events tab. The event page will send out a reminder to all participants and includes contact

information for anyone with questions or concerns. If we face inclement weather, kickball will be rescheduled after fall break.

Along with a fun game, TEC will be giving out free ice pops to anyone who wants some, even if you aren't playing and you just want to hang out. This event is informal, so you don't need to sign up before hand or show up with a group. We will break off into teams once everyone shows up. But like most good times, the more the merrier!

Not only is kickball a great way to have some fun before or during midterms, you have the opportunity to meet the writers, editors and staff of your favorite campus news source. TEC will also be offering applications to anyone who is interested. Learn more about the different sections and how you can contribute.

If you can't make it to the game, TEC is still hiring and accepting applications in all departments. We are especially looking for news writers and opinions columnists, so please apply online or in person at the kickball game if you're interested.

TEC staff looks forward to meeting everyone and having a fun time. We hope to see all our dedicated readers on Oct. 5 out on the field, kicking butt at kickball.

The Public Editor can be contacted at publiceditor@theeastcarolinian.com.

Where do YOU belong?



Jamey Womack
OPINION COLUMNIST

"If you really knew me, you would know..."

These eight words are the start of each confession on the MTV hit show, "If You Really Knew Me." Every Tuesday at 11 p.m., you can watch cameras follow a new group of students as stereotypes are dismissed and the walls that separate students in high school are lowered.

There is a certain program that serves as the foundation for this reality-based show. It is called Challenge Day, and according to their website, their mission is "to provide youth and their communities with experiential workshops and programs that demonstrate the possibility of love and connection through the celebration of diversity, truth and full expression."

Basically, in each show, students from different cliques are put together in circles and reveal something that the other diverse students would have never known. Revelations like, "I want to feel accepted," "I have a difficult home life" or "I have bipolar disorder" are shared.

The program and the television show are meant to show the students that they are more alike than not. This idea is great for a high school setting, and as the students are surviving their teenage years, it is good to instill some form of outlook on diversity and the techniques of how to approach certain situations.

But a lot of people feel that once you graduate from high school, the concept of cliques disappear. That strikes me as odd, as I walk across the ECU campus every day and see otherwise.

High school is most definitely not the only place where kids bully, ignore and judge you for who you are, what you do and where you come from. The same version of this system is alive and thriving in college; the only difference now is it

is all heightened. There is an immense increase in students, which means that there are many more ways for people to separate themselves from everyone else.

Out of every 10 students at a university, no two are the same. We are all from different places, different backgrounds, different races and ultimately just different walks of life. We are going through the same things that the students represented in the show are facing.

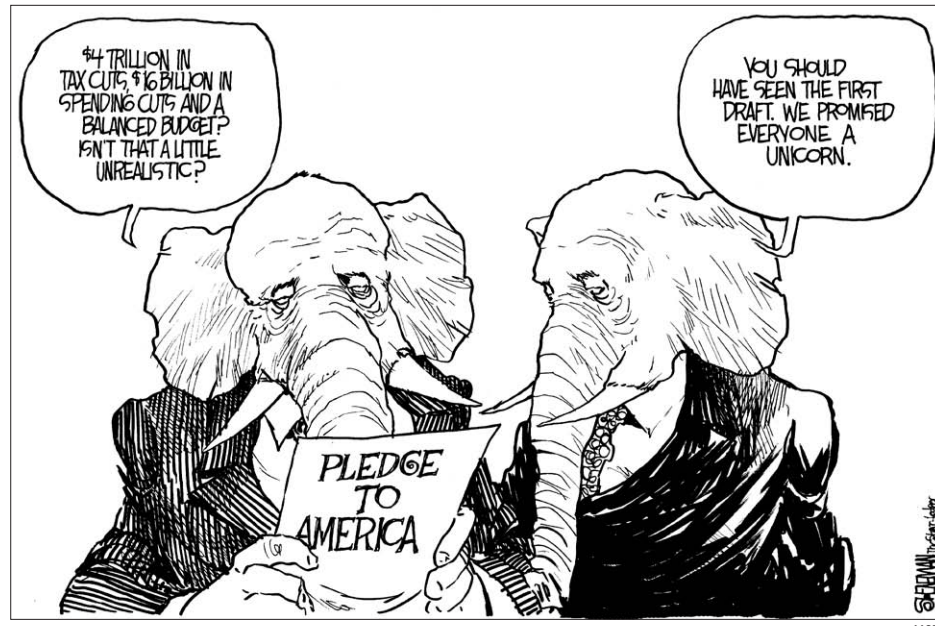
We have the jocks, preps, nerds, stoners and loners. Not only are we separated by those generic terms, but we're also grouped in majors and our interests. I feel that this separation is unavoidable and I most definitely don't expect every single student out of the 20,000 at ECU to gather in one room and sit in circles discussing our feelings.

We are adults, and whatever way we act and feel is set in stone and the damage is really done. But I do encourage the idea of not judging someone without taking the time to get to know them, because the separation won't end as you walk across that stage, as you graduate from college. Cliques will be in the workplace, in our towns and in our neighborhoods. Even though we're out of school, or we're supposedly older and more mature, that stupidity of separation will always follow us.

Just look at our past. Our history is made up of instances where we as humans were divided and separated. It's as if we have an instinct that urges us to categorize every living person. We prejudice on skin color, finances, the way we talk, the clothes we wear; judgment is everywhere. And it is doubtful that these behaviors will change, but instead of being grouped with everyone else who judges someone without knowing them, break the mold and take the time to find out who people truly are.

Out of all of the categories of cliques, where do you fit in? Did you choose to be in that group, or did society and your peers put you there? If those people whom you feel you have nothing in common with really knew you, what would they be shocked to find out?

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



Powerful Eyes



Leila Falls
OPINION EDITOR

Flirty, crazy, piercing, mean, friendly, engaging ... eyes have been said to describe someone's inner emotions. The power of eyes has been talked about from Tyra Banks and her "smiling with your eyes" spiel and to Michael Ellsberg's book, "The Power of Eye Contact." Tyra's idea about "smizing" is common knowledge, but no one knows what Ellsberg deems.

Ellsberg prefaces his book by saying, "When a screen stares back at you, do you see the depths of another soul? Do you

see pain, longing, desire, hope, decency, depth ... *humanity*? These things, my friends, we can only get from eye contact. Which is becoming a lost art. And a vanishing phenomenon."

OK, so this guy analyzed eye contact, which just sounds like another one of those weird theory-filled written tirades that fill the shelves at every bookstore.

But when you think about it, eyes are dominating. Have you ever gotten a glare and it felt like it stabbed you? Or a flirty glance that made you blush so much that you immediately pretended that the weather was hot? Eyes are powerful.

It has even been assumed that if people look up a certain way when they are talking, they are lying. Although liars may try this tactic, the assumption is a myth. A study in Psychological Science discusses that "eyes keep moving when the mind wanders — but

they don't move in the same way as they do when you're paying attention." For all the people out there who suffer from scatterbrained-osis, this study is redemption for all those times you were called a liarface. But for all the liarfaces out there, it is easy to figure out who truly is scatterbrained. When I moved to the south, I truly believed that everyone smiles by using friendly eyes when they walk by. But after all the death-ray stares, I've decided that the stereotype is irrational.

However, after all the instances when someone told me that I had tunnel vision when they waved, or that I gave a mean face, I decided maybe I was being unreasonable.

What if that person's neutral face just looks mean? What if they had a bad day or thought of something that annoyed them? I know I have laughed

out loud or smiled randomly because I had a funny thought. Can't facial expressions burst out for negative thoughts, too? Anyone who says that their inner monologue does not spill out of their mind and become depicted on their face (especially through eyes) is in denial. Herman Melville said, "The eyes are the gateway to the soul." This is true; it's just that sometimes people do not realize that the grumpy side of souls can leak out through people's expressions. Eyes are powerful, but sometimes we overanalyze them.

But then again, some dirty looks are given on purpose ... and that is the secondary reason behind why sunglasses were invented.

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

STAFF INFORMATION

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Contact Info

Newsroom 252.328.9238 Fax 252.328.9143 Advertising 252.328.9245

Soccer team supports Riley's Army

ECU women's soccer team supports the fight against childhood cancer

Alexandra O'Halloran
ASSISTANT LIFESTYLES EDITOR

In 2006, then 6-year-old Riley Philpot was diagnosed with a Wilms' tumor of the kidney. Since then, she has undergone operations and several bouts of chemotherapy and radiation to remove the cancer from her body. She has relapsed four times since the treatment began and is still undergoing various forms of treatment to fight against the disease. As a result of Riley's ongoing battle, her parents sought the help of their church community and friends. Many people reached out to volunteer to help with the other children and to support Riley and the Philpots in any way that they could. Because of the immense amount of support the family has been given throughout this ordeal, they have created Riley's Army, a foundation designed to support children with cancer and their families in Eastern North Carolina.

This foundation and Riley's story have touched the hearts of many people in the Greenville area, and Riley has received support from several groups and community members. One group that she has touched greatly is the ECU women's soccer team and their coach, Rob Donnemwirth. Donnemwirth's daughter plays on a children's soccer team with Riley, and he was greatly impacted by Riley's strength.

"I was sort of struck by her right away," said Donnemwirth, and explained that when he saw Riley, he knew he wanted to help. That was how the ECU women's soccer team became involved.

"I sent an email out to my team about Riley, and sent them a video," said Donnemwirth. "They decided they have to help."

Last year, the women held an auction in Riley's honor where they wore pink jerseys that people bid on. According to Donnemwirth, the auction raised about \$3,500 and encouraged them to want to do more. Which is why this year the soccer team is hosting the Riley's Army March. The walk will take place at North Campus Recreational Complex, where the women's team plays their games. Following the walk, there will be a field day for the young children and a similar auction will take place again. The girls will play Tulsa at 1 p.m., and according to Erin St. Ledger, assistant director of Marketing and Promotions for ECU Athletics, she has convinced the Tulsa team to support Riley's cause.

Tulsa "agreed to wear the shirts that say 'Riley's Army March, Pirates kick childhood cancer'," said St. Ledger. She went on to explain that they were thrilled to be able to support the good cause, despite the fact that the shirts do say "Pirates" on them.

Others who will be helping with the event are some ECU students and members of the Greenville community, but Donnemwirth encourages more people who are interested to come out and help.

"We'd love to get any ECU student support we can," said Donnemwirth.

The event takes place on Sunday at North Campus Recreational Complex and registration starts at 10 a.m., the walk begins at 11 a.m., the auction begins at 11:30 a.m. and the field day starts at 11:45 a.m. The event costs \$20 for adults and \$10 for students with a valid ECU OneCard. The price includes breakfast provided by Panera Bread Company and a T-shirt. All proceeds go to the Riley's Army Childhood Cancer Organization, and St. Ledger says that for those who choose to attend, it will be a rewarding experience in many ways.

"I think when you get out there, you can see how this little girl has changed so many lives," she said. "She's definitely helped me."

To find out more about the Riley's Army March, contact Erin St. Ledger at stledgere@ecu.edu. To find out about the Riley's Army organization, visit www.rileysarmy.com.

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

LIFESTYLES

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Thursday, 9.30.10

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Don't try it diets

TYRONE DEMERY | THE EAST CAROLINIAN

ECU student, David Mang, enjoys a healthy meal at West End Dining Hall.

Fad diets that can be dangerous and unhealthy

Lynsey Horn
STAFF WRITER

Worries over losing weight and keeping in shape are rampant across college campuses.

Staying thin for a scandalous Halloween costume or making sure that the outfit purchased to go downtown still fits the way it did in the store are common goals for college girls. With all the concern over weight loss, girls can get caught up in fad diets and sometimes cross into dangerous territory.

One of the most alluring types of diets are celebrity-endorsed diets. For example, QuickTrim, the diet product endorsed by the Kardashian sisters, claims that the formulas "complements your lifestyle and provide rapid results with simplified solutions to help you Get The Body You Want!" It offers products like Fast Cleanse for "when you absolutely, positively MUST fit into your favorite dress or jeans," and the Burn and Cleanse 14-day diet system that will "help jump-start your diet." However, according to Adriane Fugh-Berman, a physician and associate professor in complementary and alterna-

tive medicine at Georgetown University Medical Center, the Fast Cleanse is a liquid diet that deprives the body of needed nutrients, and the Burn and Cleanse product is a combination of caffeine and caffeine enhancers, which can cause devastating health effects.

Another celebrity diet is the Maple Syrup diet that Beyonce claimed to use to drop 20 pounds in 10 days for her role in "Dreamgirls." This diet, or cleanse as it should be more correctly referred to, consists of drinking only a beverage made from lemons, maple syrup and cayenne pepper for 10 days. The idea of 20 pounds in 10 days made

this diet popular when it should have sent people running for the hills. According to the article "5 Things To Know About The Dangers Of Rapid Weight Loss" on Livestrong.com, this type of rapid weight loss can cause a break down of muscles and organs and increase the risk of osteoporosis and irregular heart rhythms. Just in case the allure of weight loss is more attractive than the health risks, remember that the 20 pounds lost in 10 days can be back just a fast. On this type of diet, much of the weight loss is water weight and if muscle mass has been lost, it usually returns as fat.

Other fad diets that have gained popularity are diets like the Atkins diet that eliminate one food group from daily consumption. By cutting out an entire food group, the body is deprived of important vitamins and minerals that keep the natural bodily functions and processes running smoothly. A vegetarian diet is often promoted as a healthy weight-loss tactic, and it can be. But when the protein normally obtained from meat is not replaced, a vegetarian diet can be just as dangerous as any other type of food-group-eliminating diet. These types of diets can result in weight loss, but they can also cause malnutrition. According to Healthline.com, malnutrition can cause fatigue, dizziness, mental or physical disability, illness and possibly death. The lack of nutrients can also sometimes cause the body to break down

its own tissue.

There are safe ways to lose weight, and they are not hard to find right here on ECU's campus. On the ECU website, under Campus Dining, there is a feature that tells you what both dining halls are serving for lunch and dinner. Use of this feature can keep students from using a meal to get into the dining hall, and then having to eat whatever unhealthy options are offered. When the dining hall is not offering optimum healthy choices, there is always Subway, which offers healthy wraps and salads and is famous for their weight-loss spokesperson, Jared Fogle. It may surprise people that Jared lost 245 pounds by eating only Subway for every meal. He ate vegetarian or turkey subs with no cheese or mayo, as well as baked chips and diet soda. These diet habits can be used anywhere, not just at Subway. Cutting out excess calories is as easy as skipping the ranch, choosing grilled over fried or eating a vegetarian meal a few times a week. For those who are serious about getting in shape, students pay for access to the Student Rec Center with their tuition. Why not use it?

When working for that trim figure, skip the fad diets or easy ways out, and start eating healthy and going to the gym. A change in lifestyle will prove longer lasting than a quick fix.

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

TIPS AND TRICKS

Healthy and easy calorie-reducing tricks

- **Cut out the white sauces like mayo and ranch.** They contain a ton of fat.
- **Eat vegetarian a few times a week.** Opting out of the meat can reduce calories from fat.
- **Order grilled instead of fried.** Fried food has fewer nutrients and a lot more calories.
- **Drink 6-8 cups of water a day.** Drinking a good amount of water can help you feel full and it has a lot less calories than soda.
- **Eat sweets in small portions or completely avoid them.** Desserts are packed full of calories from fat and sugar.
- **Eat six small meals rather than three big ones.** This helps keep metabolism up, which burns calories.

Wasabi 88 is named must-eat dining experience

Local Asian restaurant honored in list of 100 top-picks by magazine

Marlana Sifter
STAFF WRITER

A fairly recent addition to Greenville's extensive number of eateries, the Asian bistro, sushi and bar, Wasabi 88, is named one of the 100 must-eat restaurants in North Carolina by Our State Magazine.

Wasabi 88 is featured for its wide variety of dishes and appeal to customers of different tastes. It serves meals based on a number of cultures, including Thai, Japanese, Chinese, Asian Italian and even American classics with Asian flare.

Wasabi is in fact the only Asian restaurant named on the entire list. This is a particularly special tribute, since it was the only restaurant named in Pitt County -- an area with very few Asian bistros.

"Because Greenville is in the top 5 percent in the nation for restaurants per capita -- it's saturated with restaurants -- this is a great honor," said Dai Nguyen, owner of Wasabi 88.

"Everything else on the list

was a staple of the community that's been there for years."

Nguyen opened Wasabi 88 two and a half years ago after working in distribution for a company that sold food to restaurants. He describes his transition into business as a "networking thing ... My first distribution job was in construction, where I learned how to do purchases, inventory ... a guy helped me to network, and from there I learned what helps out with restaurants."

Sole owner of Wasabi, Nguyen at first thought the message left on his answering machine from Our State Magazine was a prank call. He knew of no one from the magazine who had come by to try the food, but was pleasantly surprised when he called back and received the confirmation.

The newfound recognition means more than the many new faces and the eager visitors, but this increasing amount of pleased customers also gives Nguyen a sense of satisfaction that he cites as his favorite aspect of running the business.

Though many people assume he went to culinary school, Nguyen is actually a 2001 graduate of ECU with a degree in



LESLIE BAKER | THE EAST CAROLINIAN

Joe Hang sears a Special Chef Roll at Wasabi 88.

distribution technology, where he trained in selling, networking and pushing products.

"A lot of people go to school for one thing and they say, 'This is what I'm gonna do for the rest of my life,' but it doesn't necessarily have to be that way."

The name of the restaurant comes from the wasabi root, which is used to make a spice

often put on sushi, and the number 88, a number of fortune and prosperity. Nguyen also mentioned that 88 is used because it looks much like a pair of sushi rolls.

Many of Wasabi 88's patrons are people who have ventured into unknown foods and tried new tastes. These include the deep fried steak with filet mignon on top, Asian pesto and even fresh sushi

itself, which can range from rice and vinegar to the elaborate "Jade Roll," complete with tempura crab, cream cheese, cucumber and spicy mayo, among other things.

Nguyen says that often the people who come to the restaurant are adults and people of the business

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Popular TV shows make season comeback



CONTRIBUTED PHOTO

A resident at The Landing enjoys a series premiere.

September has been packed with favorite TV show season premieres

Rebecca Blanchette
STAFF WRITER

There's nothing quite like the changing seasons ... TV seasons, that is. September has delivered the return of many much-anticipated shows. Students love to unwind after a long day of classes, and many have a ritual of watching a certain favorite series every week. Right now there are a variety of popular programs that

suit many tastes and explore a number of genres.

The Reality TV rage has yet to die. Among these shows, the contest-based ones seem to be the most popular right now. Shows such as "Survivor" and "The Biggest Loser" are still going strong, and "America's Next Top Model" is now on its 15th season. Still, perhaps the most popular among them is "Dancing with the Stars," one of the newer Reality TV shows, which airs Mondays at 8 p.m. Viewers enjoy voting for their favorite contestants and like that these shows feature real people

instead of actors. It seems that the documentary-based reality shows are starting to disappear and contests are beginning to take the spotlight.

Of course, many students are still cutting the 10 o'clock hour out of their Thursday nights to catch "Jersey Shore." However, this seems to be the only documentary-type reality show that's being talked about or watched regularly. So why is this one show standing out? The cast and their lifestyles

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WASABI continued from A5

world rather than students, because at first glance, Wasabi 88 looks far too decorative to be affordable. However, this is not the case, thanks to weekly specials that include a buy one get one free deal on sushi Sunday through Thursday, as well as half-off wine bottles on Sundays and other drink specials five days a week.

Pat Lewis, a senior who will graduate with a degree in economics

this fall, has been a loyal customer of Wasabi 88 as well as a friend of Nguyen for nearly two years.

"Usually I go there with a group of five or six," said Lewis, whose favorite dishes are the crab wonton and the dynamite roll.

Lewis recommends Wasabi 88 because "it's a good atmosphere, really friendly. It looks nice and it's a good meal, too."

A remodeled bar along with private dining rooms are among some of the latest updates, as well as additional TVs and an improved lounge.

Nguyen, though only two and a half years in the business, sees his own contribution to Wasabi 88's popularity as a reflection of dedication.

"When you do what you love, the money will be coming," he said.

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

TV continued from A5

are appealing because they come from a culture that's unknown to a majority of the country. The blunt cast members and their partying ways represent a life of no work and all play. Ironically, this Reality TV show gives viewers an escape from real life issues.

It's clear that a vampire craze has swept the nation, and this obsession is seeping into TV. The supernatural has always fascinated people, drawing them into an unknown world. "True Blood" has infatuated viewers worldwide with its abundance of sex and murder. Faithful fans watch it religiously on HBO every Sunday night at 9 p.m. Vampire themes are also being aimed at teen audiences. "The Vampire Diaries," based off of the book series, has all the conventions of a teen drama set against a fantasy backdrop.

Teen dramas have been popular for over a decade now. Remember the days of the WB? Two shows that started out on the now non-existent channel are still holding on. "One Tree Hill" still has its viewers hooked after seven years on the air, and "Smallville" after 10 years! What makes these shows so popular? Quaint fictional towns, relatable characters and romances pull in young adults who live in similar worlds. However, it seems that newer teen dramas are beginning to move into city settings. For example, the new "90210," a remake of the '90s series, is set in Beverley Hills, a subdivision of Los Angeles. Another favorite, "Gossip Girl," shown Mondays at 9 p.m., is set in New York City. "I'm obsessed with 'Gossip Girl,'" said Meredith McLamb, an ECU student. "I love that show because of the

drama and the fashion!"

Medical shows continue to be favored, as "Grey's Anatomy" and "House" still have fans infatuated. This genre is fairly new and has created a new conventional setting: hospitals. These shows take place in one of the most uncomfortable places, so why are viewers so intrigued? The setting is eccentric and some viewers may be interested in the medical aspect, but the bottom line is that these series are still dramas. Viewers are won over by their relationships, plots and interesting characters. "Grey's Anatomy," airing Thursdays at 9 p.m., has its fans devoted to its wonderful cast. Viewers also hold dear the life lessons the show aims to teach, especially those blurbs of wisdom dispensed by Dr. Grey.

Criminal investigation shows are popular as well, with shows such as "NCIS" and "Bones." These programs reel in intellectual viewers who like to try to solve the mystery before the shows end. New to the television scene is "Law & Order: Los Angeles." This is the first series of the "Law & Order" franchise that is set outside of New York City. It's hard for viewers not to get hooked on these types of shows once they've started watching them. They force their audience to participate in the action, and more often than not, episodes end with a surprising twist.

Though families may be sitting down to dinner less often, family TV shows are still getting a high amount of viewings. "Glee," which airs Tuesdays at 8 p.m., has become extremely popular, bringing back the memory of musicals and incorporating it into a show. "I like 'Glee' because it involves music without being too

cheesy or quirky," said McLamb. It's unlike any other show that is on the air right now. This combined with its pop cultural references makes it a unique watch that's pulled in a large amount of fans. "The episodes aren't always serious, either," said McLamb. "Some can be serious, while others are fun, like the Madonna and Britney Spears episodes." She adds, "The characters are also relatable. Even though we may not act like a certain one, most of us can think of someone who does or did back in high school." "Parenthood," now on its second season, is another admired family series. It follows the lives of four very different families and deals with a broad range of family issues. Its variety of relatable characters makes it appealing to a diverse audience.

Comedy series have been popular among a variety of groups ever since the invention of the television. "The Office" is beloved by many and takes a different approach to comedy. It doesn't have a laugh track or an audience and aims to appear like a documentary. With the absence of these two conventions, viewers feel more a part of the setting and less like they're watching television. Another favorite is "The Big Bang Theory," which follows a group of nerdy guys in their 20s. Their social awkwardness is what produces most of the humor in the show. Comedies have always proven to be a hit, as they are light-hearted and serve as an escape from everyday life and heavy issues. But no matter the genre, all series take their audience to a place where they can forget the worries of their own lives and escape, if only for an hour.

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

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Time Warner Cable picks up ECU-UNC game

Time Warner Cable customers can enjoy a great matchup between two Carolina schools. In cooperation with ESPN, Time Warner Cable will bring coverage of Saturday's North Carolina versus East Carolina football game live to digital cable customers across the Carolinas. The game begins at 3:30 p.m. and can be seen on channel 520. The game was originally announced for coverage only on ESPN3.com, the network's online channel. Time Warner Cable and ESPN are working through the authentication process that will allow Time Warner Cable ESPN customers to access ESPN3.com. Until then, Time Warner Cable will carry some ESPN3 games as special events on digital cable.

Littman awarded C-USA Golfer-of-the-Week award

ECU senior Amber Littman has been named Conference USA Women's Co-Golfer-of-the-Week. This is Littman's third career Golfer-of-the-Week honor and her first of the season. Littman recorded her eighth career top-five finish at the 2010 UNC Starmount Fall Classic after posting a 36-hole score of 147 (75-72) to finish tied for fifth place, just six shots out of medalist honors. The Stoney Creek, N.C., native helped the Pirates to a first-place finish in the event, their 19th team title since the program began in the fall of 2000. Littman pushed her career stroke average to 76.07, which ranks as the fourth-lowest stroke average in school history. In all, she fired five birdies and pored 23 holes. She earns the weekly accolades for the first time this season and the third time in her career. ECU will be back on the course Monday, Oct. 4, when they travel to Highland, Ill., to participate in the 2010 Windy City Classic hosted by Northwestern.

Edmondson wins CCI honors

ECU sophomore Zach Edmondson won his first collegiate tournament as he claimed individual medalist honors Tuesday at the CenturyLink Collegiate Invitational at Lane Tree Golf Club by two strokes. The first 18 holes of the tournament were postponed Monday because of heavy rainfall (6 inches at the course), so players rode 36 holes in carts on Tuesday. The course played to a par 72 at 6,912 yards. Edmondson opened play Tuesday morning by shooting a three-under 69 and was tied for the individual lead after the first round with Barton's Daniel Castleberry. Edmondson fired a two-under 70 in the second round while Castleberry carded a one-over 73 and finished fourth. Edmondson won the tournament with a 36-hole score of five-under 139, finishing two strokes in front of Post University's David McGregor (72-69=141) and Cape Fear Community College's Colby Averitte (73-68=141).

SPORTS

ECU looks for a win in Chapel Hill

Adam Bunn
ASSISTANT SPORTS EDITOR

ECU returns to the gridiron after a much needed bye week on Saturday, as they travel to Chapel Hill to face North Carolina in Kenan Stadium.

The Pirates (2-1) are coming off their first loss of the season two weeks ago at the hands of Virginia Tech, and used the off-week in between these games to fix the issues facing both the offense and the defense.

Offensively for ECU, it was about getting back to fundamentals such as blocking, route running and finding the holes to run through.

The Pirates are averaging 42 points a game while gaining an average of 441 yards a game, good for ninth in the country.

Quarterback Dominique Davis, even with his struggles against the Hokies, is one of the top passers in the NCAA, completing 85 of 129 passes for 890 yards with nine touchdowns and three interceptions. Passing the football isn't all Davis is capable of. Along with his nine touchdowns through the air, he also has accounted for three rushing scores on the ground.

The Pirates' rushing attack has been hit and miss so far this year, registering two hits against Tulsa and Memphis and registering a miss against Virginia Tech two weeks ago. ECU's backfield averages 142 yards a game on the ground, with Jonathan Williams as the leading rusher, who carried the ball just 49 times for 273 yards, along with four touchdowns.

In his weekly press conference, Coach Ruffin McNeill addressed some possible changes along the offensive line.

"On offense, you may see some adjustments up front with Brandon Jones and his crew. You might move D.J. Scott to a tackle," McNeill said. "We also worked Will Towery and Jordan Davis at left guard to strengthen that position. It's not that Grant

Harner is doing a bad job, but we want to make sure we develop depth there."

On the defensive side of the ball, it has been an adventure so far this season. The Pirate

offense can score.

The one aspect of the ECU defense that has shown signs of progress has been the Pirates' ability to turn people over. In their most impressive outing of

really fine quarterback. He has great pocket presence, understands the offense, commands the offense and does a great job distributing the football."

On the year, Yates has com-



Quarterback Dominique Davis calling a play against Tulsa earlier this season. The Pirates will be in search of a big win at UNC.

defense ranks 114th nationally, giving up an average of 41 points a game while allowing an average of 480 yards a game, a number that just will not get it done no matter the level of competition.

The bye week came at the exact right moment for the ECU defense, allowing the coaching staff to get back to basics.

"We made a bunch of strides this off week," cornerback Emanuel Davis said. "We had an opportunity to go back to the basics: blocking, tackling, getting off blocks and running to the ball."

The Pirates' defense has struggled in every facet of the game, and that is to be expected with a defense that returns just two starters from last year's squad, but the numbers allowed by this unit are unacceptable no matter how many points your

season, the Pirates forced three first quarter turnovers against Memphis, giving the offense a short field twice and taking an interception back for a touchdown on the third turnover.

While ECU has issues with execution, their opponent this weekend is facing many different problems.

The Tar Heels are facing NCAA violations and academic probes that have taken 12 players, including six defensive starters, away from the program. On the offensive side of the ball, the Tar Heels are led by senior quarterback T.J. Yates, who is going into his fourth year as the starting quarterback for UNC.

"It starts with T.J. Yates, the quarterback. I think I've heard some criticism of him, but it's unfair," McNeill said. "He is a

pleted 68 of 100 passes for 825 yards while tossing five touchdowns to just one interception, which has UNC's pass offense ranked 24th nationally, with an average of 275 yards a game. While many UNC fans are unimpressed with Yates's ability, McNeill is not one of them.

"I was watching him this morning on film against Georgia Tech," McNeill said. "I kept going through the computer and I saw him make some throws like someone I competed against a few years ago -- Phillip Rivers."

The Tar Heels' receiving core is not as experienced as the Pirates are, but what they lack in experience, they make up for in talent. With players like Erik Highsmith and Jhay Boyd, the Tar Heels have a group that

The most important player to the UNC offense has to be tight-end Zach Pianto. Being

Yates's roommate has paid off for Pianto, as he leads UNC in receptions with 19; Boyd is second with just nine.

The Tar Heel defense has been the hardest hit by the scandals surrounding the UNC program, having lost six starters to suspension and taking away depth that was vital to their success this year.

"This is a well-coached team. They have some guys who can really do some special things defensively," McNeill said. "Up front, Quinton Coples is the one who really stands out. He is a 6-foot-6, 245-pound junior who is really active inside and does a good job."

While the front four and the secondary were destroyed by suspensions, the line backing core is fully intact and led by two All-Americans: Bruce Carter and Quan Sturdivant. Carter is a monster athlete who can cause problems in many different ways. He rushes the passer incredibly well, has the speed to run down running backs and is ball hungry to go along with six career blocked punts. Sturdivant is just your typical leader who refuses to allow his defense to fold, no matter the issues facing the team.

"They have two linebackers in Sturdivant, who is a really good football player, along with Carter. Those two guys are NFL talents who are All-American types and All-Conference picks," McNeill said. "Those guys have great explosion, athletic ability and size to rush the passer."

Despite the problems facing UNC, this is a team that will cause ECU fits if the Pirates don't fix their defensive woes.

While this in-state rivalry will not be covered by any local or national TV network, the game can be seen on campus for free on ESPN3.com with kickoff slated for 3:30 p.m.

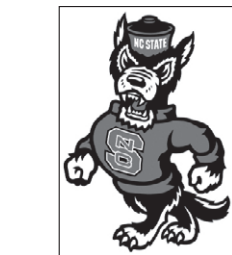
This writer can be contacted at sports@theeastcarolinian.com.

OPINION



Tyrone Spencer
STAFF WRITER

College football never ceases to amaze me. This season has been anything but ordinary and it is safe to say that up has been down and left has been right. Michigan possesses the most lethal weapon since Chuck Norris's roundhouse kick, and N.C. State is the best team in North Carolina. I repeat, North Carolina State University is the best team in the state of North Carolina. I am in no way "hating" or "dissing" the Wolfpack, but their apparent skill was a "known unknown"; known by N.C. State and unknown by the rest of the country -- until now.



No. 23 North Carolina State (4-0): It seems that every time I deem Russell Wilson's Heisman hopes all but dead, he reads The East Carolinian and shuts me up. In three out of N.C. State's four games this season, Wilson has put up over 300 passing yards and at least

three touchdowns per game. During Saturday's 17-point victory over Georgia Tech, the Wolfpack meticulously pounded their ACC opponents to a tune of 524 offensive yards. N.C. State was able to hold off a furious fourth-quarter comeback from the Yellow Jackets and is looking forward to next week's home showdown against Virginia Tech. **Next game: Oct. 2 vs. Va. Tech**



USC MEDIA RELATIONS

No. 20 South Carolina (3-1): South Carolina's first loss of the season came at the hands of Auburn in Alabama this past Saturday night, 35-27. The Gamecocks were not able to put it all together in the final frame of play. USC fans and coaches alike found their defense chasing around Auburn's quarterback, Cam Newton, all night long. The former Florida Gator (and Tim Tebow's backup) amassed five total touchdowns against the South Carolina defense. Head Coach Steve Spurrier chose to veer away from his running

game in the second half, only giving Marcus Lattimore three carries. Lattimore finished the game with 11 carries for 33 yards. The Gamecocks will have week 5 off and must mandatorily improve if they intend to be any sort of a challenge for No. 1 Alabama. **Next game: Oct. 9 vs. Alabama**



East Carolina (2-1): The keys to ECU continuing its early success is in the pockets of every defensive player in purple and gold. The statistics show that the Dominique Davis-led offense has given opposing teams fits, but the defense has done the bare minimum to keep the Pirates rolling. If defensive coordinator Brian Mitchell soundly prepared his unit for North Carolina during this bye week, I predict that ECU can stay on pace for that coveted "three-peat." The last time the Pirates faced UNC, the Tar Heels were able to enjoy a 31-17 home victory. In order to prevent history from repeating itself, ECU must be prepared to

face a sturdy Tar Heel defense and a somewhat inconsistent offense. **Next game: Oct. 2 at North Carolina**



CLEMSON SID

Clemson (2-1): Coming off of a bye week of their own, the Clemson Tigers hope to spring back from a Sept. 18 loss at Auburn. The last time quarterback Kyle Parker faced the Miami Hurricanes, he torched their defense for a career-high 326 yards and three touchdowns. The twinge of an overtime loss two weeks ago still has Head Coach Dabo Swinney looking for a way to unwrap his team's spread-style offense. Each game this season has showcased a one-dimensional Tigers' offense, whether it is based on runs or passes. A good game and victory against "The U" could bestow confidence to a young team heading into conference play. **Next game: Oct. 2 vs. Miami (Fla.)**

Taking the helm for the Pirates is Paul Hinrichs, who is no stranger to the game of puck. Hinrichs has coached at almost every level from peewee to college.

Hinrichs took the job upon the request of former head coach Mike Markham, who will now assume the role of general manager for the club.

"Mike Markham, from last year, actually reached out to me. He knew the program was going in Division II," Hinrichs said. "He was looking for someone to



MCT

North Carolina (1-2): As I flashback to week one's rankings, I formerly positioned UNC in first place and N.C. State at fifth. Four weeks later illustrates a flip-flopped list. North Carolina's lone win this season came last Saturday over Rutgers. Although the Scarlet Knights lead the Big East, they are still not members of the "powerhouse" teams in the nation. Even though the Tar Heels won the match, it was not a pretty victory by any means. A 17-13 win over Rutgers is not what I as a columnist or the fans expected from this year's North Carolina team. While still reloading with previously suspended players, UNC has not been able to fully mesh all season long. Butch Davis's team hosts ECU this Saturday in what is becoming a statewide rivalry. **Next game: Oct. 2 vs. East Carolina**

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

Club hockey preparing for new era

Michael Perry
SPORTS EDITOR

Like several other athletic programs as ECU, the club ice hockey team will begin a new season in a new division and with a new coach.

help out and take the program a little further."

Hinrichs, a Philadelphia, Pa., native who relocated to Raleigh in 1999, described his coaching style as one of passion and intensity.

"Particularly at practice, I really try to push these guys to a point of doing things almost to perfection," Hinrichs said. "I believe all the little things they do now are the key differences

HOCKEY continued from A7



SIM ASHER | THE EAST CAROLINIAN

Captain Sean Burns flies across the blue line against Old Dominion last season. ECU will open its season against ODU and Christopher Newport this weekend at Bladex on Ice.

when it comes into a game. I believe in hard work and strong discipline on the ice as well as off the ice."

Not only will Hinrichs be pushing the Pirates, but also a host of fresh faces could compete for starting spots with veterans.

Joining the team this season are 10 new players, including two goalies.

"From the top down of the new guys, there is a lot of speed

and a lot of talent," senior team captain Sean Burns said. "These kids have a lot of hockey sense. It's not just one kid standing out. I think the whole group is very well balanced."

Of those joining the Pirates for the 2010-2011 season, defensemen Corey Menno and Chris Scannella were named by both Hinrichs and Burns as promising players.

Returning from injuries will

be veteran defenseman and alternate captain Sam Duering, and the fast and scrappy forward Dave "Cheese" Orlando.

In goal, four men will compete for the starting spot. Last season starter Matt Dalgetty will receive some competition from Alex Kennedy, Chris Stollings and Brandon Lane.

"We are very deep in goal," Hinrich said. "I think they are each going to push one another.

There are no definitive number-one goalies yet."

Historically, ECU has always been a team built on speed, and there is plenty of that on this squad, but the on-ice strategy for the Pirates will be one of a defensive focus.

"We've got a lot of speed on this team, but they have to be very disciplined and I think that is a shift for them," Hinrichs said. "Learning to play discipline-oriented hockey before they start jumping on the attack is where my challenge is going to be."

Most notable on this squad is the off-ice camaraderie.

After several successful years at the Division III level, the Pirates will be moving up to Division II to play in the Mid-Atlantic Collegiate Hockey Association (MACHA). It's definitely a step up. Our schedule is definitely second to none right now," Burns said. "Our management does a great job putting together the schedule."


MACHA announced that they would also partner up with the Pirates' former league, the Blue Ridge Hockey Conference (BRHC). Due to this alliance, ECU should see familiar programs, including Christopher

Newport and Old Dominion, who they will actually open up the season against this weekend at home.

"CNU especially is always a heated game, and ODU is an up-and-coming team," Burns said. "It's good to play with teams you're comfortable with, to get your legs under you."

Hinrichs and the Pirates are set to take on CNU Friday at 7:30 p.m. and ODU Saturday at 4:30 p.m. All home games will be played at Bladex on Ice.

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Enhancing the Climate for Gay, Lesbian, Bisexual, and Transgender (GLBT) Students

Ms. Elaine Martin, vice chair of Equality NC, and Mr. Aaron Lucier, GLBT Student Union advisor, East Carolina University

SESSION 2
Retaining and Supporting African American Men in College

Dr. Michael Cuyjet, author of *African American Men in College* and professor and coordinator of the College Student Personnel Program, Department of Educational and Counseling Psychology, University of Louisville

SESSION 3
Creating Inclusive Classrooms

Dr. Amy Reynolds, coauthor of *Multicultural Competence in Student Affairs* and assistant professor, Department of Counseling, School, and Educational Psychology at University of Buffalo

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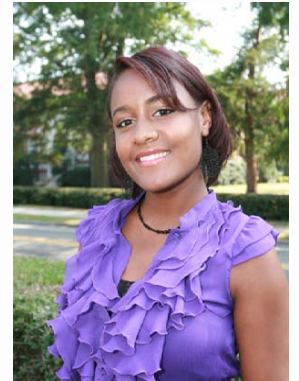
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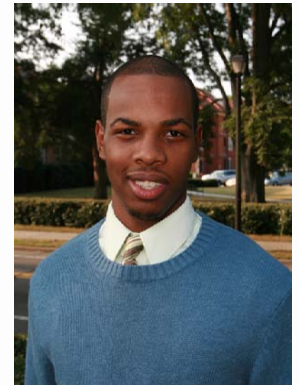
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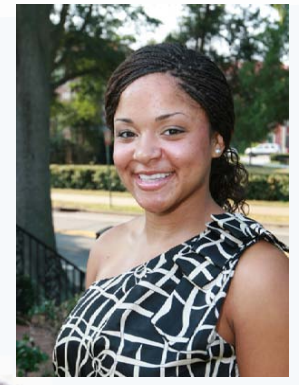
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