

OPINION: Seriously?! Don't ask me "What's on the quiz," when clearly the professor said it five minutes ago, while you were texting! Pay attention! **A3**

LIFESTYLES: Are your favorite low fat foods causing you to gain weight? Turn to Lifestyles to find out the truth about your favorite snacks. **A4**

SPORTS: One ECU coaching staff received national recognition; turn to sports to find out which one. **A6**

Casey Anthony found not guilty of murder charges

Staff Reports

Jurors found 25-year-old Casey Anthony not guilty of murder in the first-degree and aggravated child abuse and aggravated manslaughter for the death of daughter Caylee Anthony.

Casey Anthony was found guilty on four counts of providing false information to law enforcement after her daughter was killed in 2008.

Caylee Anthony was missing for a month when Cindy Anthony called police to file a missing persons report. During that month, Casey Anthony was allegedly seen partying and getting a tattoo. Caylee Anthony's body was discovered six months after her grandmother, Cindy Anthony, reported her missing.

A mistress to father George Anthony alleged that he told her that Caylee had drowned in the pool. George Anthony denied those allegations even though the defense angled the case to be an accidental drowning.

The verdict was reached yesterday and was read around 2:15 EST.

Judge Belvin Perry set Casey Anthony's sentencing for Thursday at 9:00 a.m., and after leaving briefly, Casey Anthony returned to the courtroom with a smile on her face.

Kidnapping suspect to appear in court today

Staff Reports

Kaimeek Brown, 17, appeared in court yesterday for kidnapping and sexually assaulting a student in April.

According to WNCT, Brown was arrested after he kidnapped the female student in broad daylight and forced her to drive to various ATM machines to withdraw money before driving to an off-campus location where he fled on foot.

Brown has been previously arrested for felony breaking and entering, so this is not his first time breaking the law.

Tips lead to pot bust

Staff Reports

An undercover drug bust led police to seize \$127,500 worth of Marijuana plants from a Pitt County resident.

According to WNCT, the Pitt County Sheriff's Office Narcotics Unit said that detectives had acted on information from residents living in a Fountain neighborhood. Police arrested 28-year-old James Whitley when they seized the plants and later that night arrested his father and owner of the residence, 57-year-old Bennie Whitley, at the Pitt County Detention Center.

Both James and Bennie Whitley are facing charges of trafficking Marijuana and are currently under a \$50,000 secured bond.

Do you agree with the Casey Anthony verdict?



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YOUR CAMPUS NEWS SOURCE SINCE 1925

Students excavate at Fort Macon

Cameron Gupton
STAFF WRITER

Almost a dozen students spent their first summer session performing an archaeological dig at Fort Macon State Park, where they uncovered the remains of the home of US Army Lt. William Eliason.

Eliason's home was originally a two-story wood frame house with large porches and faced the ocean, but is no longer in existence.

Eliason led the Army Corps of Engineers, which constructed the fort in the 1800's. Officials asked that the home be excavated as part of a 150th anniversary of the siege of the fort.

The fort was originally built along with several other forts to protect the Atlantic coast from an invasion, at a cost of a little over \$400,000.

North Carolina gained control of the fort from Union soldiers, however, in 1862, Union forces attacked and gained control of the fort once again. Confederate soldiers burned down the home of Eliason before the Union siege.

"Back then, it really was the end of the world, or at least you could see it from there," said Dr. Charles Ewen, professor in the Department of Anthropology and leader of the trip, in an ECU News article.

During the Civil War, the fort was utilized as a coaling station for ships but was deserted a few decades after the war ended.

The fort was abandoned in the early 1900's and was bought by



CONTRIBUTED BY CLIFF HOLLIS

Charles Ewen talks about the archeological site in which his students are excavating at Fort Macon, North Carolina.

North Carolina in 1924 for \$1. By 1936, the fort was reopened as a state park after being restored the Civilian Conservation Corps. It was the first state park to ever open in North Carolina.

During the Second World War, troops were positioned at the fort but did not take part in any fighting. A year after, the fort opened once

more as a state park.

Today, Fort Macon hosts over 1 million visitors per year, making it one of the most visited parks in the state.

In May, Dr. Ewen and students began digging at the park and have found many artifacts, varying from a brass-folding comb to a large cannonball.

The dig was part of various courses offered through the Department of Anthropology and merged both the undergraduate and graduate levels.

"Students in the department are lucky that they got to take a summer

> EXCAVATE page A2



ALEXIS MCCLOSKEY | THE EAST CAROLINIAN

Danielle Curran, senior medical insurance major, makes sure her door is locking properly at her apartment due to recent break-ins around Greenville.

Recent burglaries worry students

Heather Gilroy
STAFF WRITER

On June 27, two overnight robberies were reported within hours of each other, and Greenville police believe they could be connected.

At around 10 p.m., a resident of Pirates Place was threatened by three men with two sawed-off shotguns and a pistol when his apartment was broken into. The robbers got away with a Playstation 3 game console and the victim's car keys.

The victim, who has asked to remain nameless, is 20-years-old and said he was relaxing in his apartment before the break-in. "The guys just came in with guns and kept yelling at me to give them everything." He described the assailants as having dreadlocks. They were also reported to have been wearing all black and one of them may have had on a black hat.

Pirates Place has yet to comment on the robbery while residents remain surprised and scared. Some

are outraged that the complex boasts the safety of a gated community and availability to an on-duty police officer 24/7 but does not actually provide such security.

Jason Spruill, a non-student resident of Pirates Place, does not recommend the complex to students. "If you or your child is thinking about staying at Pirates Place, reconsider," he warns parents.

The second robbery took place at the Woodland Apartments off of Greenville Boulevard just past Memorial Drive. Police say that this area has a higher concentration of criminal activity.

The victims of the second robbery said someone broke the door down at around 2:30 a.m. The residents were sleeping when the robbers came in and shot them, one resident in the leg and the other in

> ROBBERY page A2

ECU Pedal@Work promotes exercise



CONTRIBUTED

Faculty and staff burn calories by peddling under their desks at work.

Jamie Coan
STAFF WRITER

This summer, 50 employees at the university will get the chance to exercise at work through the Pedal@Work project.

This project will test whether intermittent physical activity during the work day will reduce the risk for cardiovascular and metabolic diseases.

Participants will get a mini exercise bike to pedal under their desks to help researchers find ways to offset the negative effects of sedentary work. They will also get a pedometer and access to a website, Walkertracker.com, which will help them keep track of their exercise.

This exercise program appealed to Joy Hahn, an administrative support associate in the Department of Exercise and Sport Science. Hahn's goal is to pedal an hour each day in the beginning and increase that amount weekly. On her first day, she burned 479 calories.

In an interview with ECU News Services, Hahn said, "I love physical activity but felt that I could not really do anything during my working hours that would be routine. Walking the hallways and stairs just isn't exciting or interesting to me."

The bikes come from a company called 3D Innovations. They cost about \$150, and their cheapest bike available is about \$30.

"I think this is a great program. Obesity is such a problem in America, and I think that exercising while you work, as long as it doesn't interfere with your work, could be a step in the right direction," said junior nursing major Allison Baker.

The Pedal@Work project is funded, in part, by an award to Lucas Carr, assistant professor in the Department of Exercise and Sport Science. Carr received a \$5,000 Ralph E. Powe Junior Faculty Advancement Award from the Oak

Ridge Affiliate Universities to fund his research. That award is being matched by a \$5,000 ECU research grant. He's one of 30 junior researchers from 100 universities in the nation to receive the Powe award.

Carr said that he wanted to start this project after he graduated from college and began working. He said that he found himself sitting a lot during the day. He then researched a few studies that showed how sedentary behavior had a negative effect on your health and began his own research.

Carr said, "This study is designed to see if the product actually works. We are trying to get people to reduce their sedentary time throughout the day. This is a first step and a pilot study with a small number of participants."

The overall goal for this project is to see if researchers can come up with a way to get people to be less sedentary while at work. Carr said that if the results are positive, he will apply for a larger grant to fund a larger project. Another long-term goal is to provide information to employers that may want to invest in health promotion resources and equipment to improve employee health.

Junior physical therapy major Rachel Jenkins said, "This is such a great idea. It would give employees a boost of energy and exercise. Hopefully one day these bikes will be available to anyone that wants to use them at work."

Carr began teaching at ECU in 2010. He holds a bachelor's degree in exercise and sport science, a master's in exercise physiology and a doctoral degree in physiology. He completed a two-year, post-doctoral fellowship at the Alpert Medical School at Brown University.

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

New laws take effect in North Carolina

Cameron Gupton
STAFF WRITER

More than 30 new laws took effect on July 1, ranging from the removal of some standardized tests and a reduction in the state tax rate to the elimination of outdated panels.

The state's budget, which was written and approved by Republican lawmakers, will be the most notable change that took effect. The budget will spend \$19.7 billion over the course of a year.

In addition to the budget change, the state's tax rate will be lowered to 6.75 percent in 82 counties after a one-cent

tax reduction on virtually all purchased goods. Taxes in other counties will fall to 7 percent and Mecklenburg County will see 7.35 percent taxes. The grocery tax, however, will remain at its normal rate of 2 percent.

The gas tax will take a hit; it will be raised 2.5 cents per gallon, bringing it to a total of 35 cents.

"It's nice that the state for the most part is getting a sales tax break," said junior communication major Victoria Palermo. "The raise in gas tax is probably not going to set well with a lot of people, however."

The cut in sales tax will

result in a loss for the state; it will cost the state \$1.3 billion, but will save the average married couple with two children about \$107 annually, according to an analysis from the legislature's fiscal staff.

"That basically will cut the cost of living by \$1.3 billion," said House Majority Leader Paul Stam. "That will help immediately."

The budget will spend less than what Governor Perdue wanted on Medicaid and the University of North Carolina system.

Medicaid will receive \$230 million less than what Perdue proposed and the UNC System will get \$117

million less.

The cuts aimed at Medicaid will result in a loss of 10,000 jobs throughout 2013, and the UNC system will lose 3,200 positions, of which the majority are currently filled.

"If the UNC system loses so much funding and has to cut so many jobs, then the cost of our tuition will probably continue to rise," said junior Amanda Roy. "The new laws in the budget that cut education were probably not the best idea."

The budget bill will also require school districts to decide where to cut spending in order to produce another \$124 million in statewide

reduction. This means many districts are resorting to laying off teachers and teacher assistants.

Other laws taking effect include removing the 100-school cap on charter schools and allowing these non-traditional schools to raise enrollment by 20 percent annually in place of the existing 10 percent.

Education reform laws also going into effect as of July 1 are the elimination of standardized end-of-course tests in North Carolina high schools considered unnecessary by lawmakers and the introduction of ACT national college entrance examina-

tions to evaluate student performance for high school juniors.

Those convicted of misdemeanors will serve time in local jails rather than in state prisons, and admission to the North Carolina Zoo and the state Transportation Museum has been raised as part of the new laws.

Finally, community colleges and universities will be forced to raise their tuitions, some schools by as much as 18 percent.

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

EXCAVATE continued from A1

session like this one," said junior Christine Schneider. "Most students are taking summer classes on campus and aren't getting to experience the material first hand."

In order to excavate, students dug through the sand and sifted it repeatedly all day. Students unearthed the basement of the home and discovered that it was made of brick, even though it was

originally believed to be made of wood. The brick is believed to have replaced the wood once it degraded.

Many students who worked on the site had previous field experiences in places such as England and Greece, and one graduated student even plans on using the dig as the foundation for her master's thesis.

"It sounds like the stu-

dents who took part in the dig did some hard work," said junior nursing major Jennifer Ward. "In the end, it was probably worth it though since they found some artifacts and gained great experience."

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

ROBBERY continued from A1

the stomach and leg. Both are expected to recover, as the gunshot wounds are not considered life threatening.

The Greenville Police Department thinks that, come the end of July, the apartment complex and the surrounding area will see a decrease in crime. This is due to the addition of a police sub-station to be put in on Caldwell Court across the street from Woodland Apartments.

In the past week, residents in five other student living communities have reported robberies, burglaries and larcenies, including Copper Beech, the Bellamy and North

Campus Crossing.

Brittney Massengill just graduated with a degree in education but still currently resides in Copper Beech. "I don't feel unsafe here. I don't like that there are break-ins, but I feel comfortable because I think I take the right precautions."

The GPD insists that crime in Greenville is decreasing, but crime statistics on cityrating.com show that reported burglaries locally are over two times more frequent than the national average.

Raleigh has an estimated 276,500 residents and has fewer recorded burglaries than Greenville, which has

a population of 60,300. Students at ECU who live in off-campus communities are tired of the crime.

"I hate that Greenville has so much crime," said Lea Bolanz, a sophomore in the intended nursing program. "I not only have to be associated with a party school, but now with a city with too much crime."

The police department is continuing its investigation. Sgt. Carlton Williams said the ongoing investigation will be based upon the thought that both robberies are related.

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



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

To the ignorant person ranting about welfare recipients: It's obvious you've never laid awake at night wondering how you would feed your children, pay for childcare, and pay your rent on a net income of \$890.00 a month, after their father was killed by an uninsured drunk driver.

Why am I just finding out now that there are Pirate Rants during the summer??? Excites! My Wednesdays have just gotten better!

Seriously?! Don't ask me "What's on the quiz," when clearly the professor said it five minutes ago, while you were texting! Pay attention!

To the fat, ugly girl in my class who is always talking about sex: I hate you...and you talk about sex, because you're too ugly to have a relationship.

Why do strippers say they are paying for school, but you never see them in class?

The community is allowed to judge the athletes, because they are donating to the Pirate Club and paying for the football scholarships.

If you don't have a Facebook, then you don't even have a birthday.

My professor is blasting Barry Manilow. I'm not positive, but I think he's trying to start an orgy.

Dropping out of college now that Prince Harry is back on the market! England, here I come!

When you don't have a wall on Facebook, it makes me think that you have skeletons of epic proportions.

Are you aware that there is a booth designed to look like a boat in the McDonald's of Beaufort?

Nobody has moves like this girl, when Pitbull's "Give Me Everything" comes on! Work-en-it!

My sister is getting married, and the only groomsmen that I haven't made out with is the groom's dad. Oh, this is going to be awkward.

Someone put up a post on Onestop about subleasing her apartment. She said her complex is a "nice gated fertility." What does that even mean?

I like reading the opinion columns in TEC now. The Pseudo-intellectual speeches from the columnists make me laugh.

Thank you North Campus Crossing for making an effort to keep the locals out of the pool. It's nice to know that my expensive rent is paying for something that I can actually enjoy.

STOP lumping together what the football players did and what the women's basketball players did. Drunk in public and stealing from your teammates are two completely different offenses.

TEC

is having a hiring fair!

August 24th

For more information, contact managingeditor@theeastcarolinian.com

A breath of fresh air

Angus McKellar
OPINION COLUMNIST

Graduate Anthropology Major

In the ambitious plans of city hall and the imagination of the Friends of the Greenville Greenways, the greenway will be a vast system of bike paths that winds through watershed corridors from Winterville all the way to Washington.

With the newest addition, the bike thoroughfare now extends a respectable four-odd miles from the Town Common along the south bank of the Tar River to College Hill Drive, affording ECU's students a chance to escape the noise and fumes of the highway and enjoy nature even in the heart of Greenville.

Walking along the path and seeing the birds sailing from limb to limb, the swaying of the branches and the slow amble of the Tar brings to mind how rarely we get to experience nature. Author Richard Louv recently termed this lack of nature in our lives as "nature-deficit disorder." For Louv, this age of televisions and air-conditioners bodes evil for the human psyche and will lead to an entire generation of emotionally stunted children.

It is true that nature has slowly filtered out of our lives. It is not merely that the Nintendo provides a better diversion, but that the rewards of outdoor play and recreation have shrunk. Natural spaces are under greater and greater private control, and the freedom to explore is diminished by the "no-trespassing" signs and fences.

England has tried to counter this with a series of "roaming" laws that allow freedom of movement through private lands, but in America, a person faces arrest if he steps on the natural spaces that have been cordoned off from the world by the wealthy.

Moreover, there are increasing legal constraints on how one treats one's own property. Homeowner's associations determine what can be planted and the acceptable height of grass, while some towns across the country are seeing tree houses demolished for violating building codes.

Parks, with their graded lawns and manicured vegetation, are hardly a replacement for wilderness. It is shocking to see how many city parks are in disuse, proof that it is not enough to offer a patch of grass and a bench or two to satisfy a craving for the

outdoors.

Outdoor activities have themselves been curtailed. You cannot fly a kite in Oceano Dunes in California. You cannot build a fire in many parks. Most outrageous are the signs that request you not to step on the grass. Parks are treated as artworks that must be left as pristine and untouched as the Mona Lisa.

Our relationship with nature has become strangely confrontational. It strikes me that the modern outdoorsman comes decked out with more equipment than a commando: ropes,

improve their letter-grades and make them eat their vegetables.

But I am impressed with how quickly a resident of Greenville can now escape into a wild that runs hidden within the city and be reminded that humanity has not yet conquered every corner of the world. Let us hope that the city continues to expand the greenway, even onto Winterville and Washington. Bravo!

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



ILLUSTRATED BY MARK WROBLEWSKI

It's five o'clock somewhere

Jacqueline Josten
OPINION COLUMNIST

Senior Music Performance Major

In a move away from current alcohol laws, North Carolina is working to pass legislation to change the times in which residents may purchase alcohol.

I remember going to a grocery store one late Sunday morning after church this past semester. I picked up a bottle of my favorite white wine with my cartload of other groceries. After waiting patiently in line, making pleasant small talk with the cashier and handing him my over-21 driver's license, disappointment struck.

I was told I could not buy the alcohol. I checked the time. It was 11:45 a.m. I was told that I could come back in 15 minutes, in accordance with North Carolina law.

So I went to my car, loaded up my other groceries, and went back to wander around the store a little bit more to kill time. The second time I got in line, I literally counted the seconds down with the cashier because it was still 11:59 a.m.

When I was growing up in

Virginia, I remember going on grocery runs with my mom all the time after church to buy food for brunch, steaks for the grill, and a case of beer. It was completely normal. It never occurred to me that this would be a problem in other states.

Currently, North Carolina prohibits the sale of alcohol between 2 a.m. and 7 a.m. from Monday to Saturday, and 2 a.m. to noon on Sunday. However, lawmakers have been considering changing this, allowing the sale of alcohol to start at 5 a.m. from Monday to Saturday and 11 a.m. on Sunday.

The NC Senate voted 34-16 on June 16 in favor of changing the alcohol sale laws to the earlier times. Along with these changes, the sale of alcohol would also be permitted in performing arts venues, restaurants, hotels and convention centers on six of the UNC campuses.

The bill returns now to the NC House of Representatives for consideration of senate changes.

I don't know very many people who go to Harris Teeter or Wal-Mart between 5 a.m. and 7 a.m. every day, let alone people who buy alcohol then. I'm sure

there are people out there who would and that should be entirely up to them.

The change for Sunday would probably make the most difference; grocery stores, convenience stores, bars and restaurants would all be permitted to sell alcohol at 11 a.m., which would mean that people could have a drink at brunch or go grocery shopping after church and not have to go back to the store later in the day.

One argument against the extended alcohol sale hours, particularly concerning Sunday, is that North Carolina should respect churches, many of which have 11 a.m. services.

I understand that North Carolina is practically the buckle of the Bible belt, but not everyone who lives here is a Christian and not all Christians are prohibitionists.

If you don't want to buy alcohol, don't. Making everyone in

a state follow one set of religious principles is not fair. There's a reason that one of the founding principles of this country is the separation of church and state.

Another argument against the extended alcohol sale hours is that the amount of DWIs and alcohol-related accidents and deaths could increase. Sure, alcohol would be sold legally for 13 more hours every week, but 12 of those hours won't be very busy. Also, buying alcohol doesn't mean that someone will drink it right away. I don't anticipate morning rush hour to be full of drunk drivers, should the law change.

The current law is unfair and outdated. While the proposed changes aren't much, they are a move in the right direction.

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

POLL RESULTS

Do you think the punishment for the football players was too harsh?

Yes 21% No 79%

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Stephen's List: Album Grades

Stephen Mason
STAFF WRITER

Once a month, this column will run in order to review a wide array of musical artists and genres, including rock, rap, R&B, indie, country, electronica, jazz and blues. Here we go:



BEYONCÉ – “4”: One has to wonder the game plan when these 12 songs were chosen from a supposed group of over 70. One has to wonder why, if you insist on opening with a ballad, you'd start with the melancholy “1+1” and not the more empowered “Best Thing I Never Had.” One has to wonder how the Kanye West-produced “Party,” featuring Andre 3000, is among the duller tracks. In fact, it's amazing that despite “4's” apparent haphazard construction, it's still as good as it is: The obvious Stevie Wonder/Michael Jackson nod on “Love on Top” or the soulful, start-and-stop “Rather Die Young” are where you'd expect Beyoncé to begin, but they don't come in ‘til Act II. Even the marching, constant-chorus throwback “End of Time” has its place in this amalgamation of soul, pop and R&B.



BAD MEETS EVIL – “Hell: The Sequel EP”: Eminem hasn't lost his affinity for rhyme with ridiculous speed, nor has he forgotten the humor nearly absent from his last few efforts, and thankfully both are reshaped. Royce da 5'9 does himself a great service by further establishing himself as a rapper of technical skill to nay-sayers who have ignored him. Occasional missteps like the overly-sentimental “Lighters,” featuring Bruno Mars, or the rant-against-piracy “Take From Me” are overshadowed by cuts focused on serving their egos (“Above the Law”) or expressing their humorous takes on relationships (“A Kiss”). Me? I'd opt for the deluxe version, which lets “Fastlane” and “Living Proof” (the latter unfortunately and absurdly only available as a bonus track) anchor the album on either end with blistering beats and acidic rapid-fire lyrics.



BON IVER – “Bon Iver”: I'll give “For Emma” to whomever wants it — it's at least modest and simple, for better or worse — but this eponymous sophomore LP reeks of misplaced ambition. Strangely, though “Bon Iver” is filled with pianos, synths, saxophones and orchestral sweeps, it sounds infinitely more vapid than its predecessor, which rarely stepped outside the realm of simple folk riffs on acoustic guitar. Perhaps to replace lack of inspiration or cope with the semi-stardom that accompanied his 2008 breakthrough, Justin Vernon's questionable production values have led him to confuse the line between the dissonant yet meticulously constructed instrumental passage and the lazily-slapped-together, still-too-close-to-his-own-work-without-proper-time-for-reflection overdu. The downfall of the album is its own weight; the songs collapse when their discordance and monotonous nature are not paid off with repeated listens. Oh, and the lyrics suck, too.

> **REVIEWS** page A5

Low fat may lead to more fat



SARA SHOWERS | THE EAST CAROLINIAN

Student enjoys reduced-fat Pringles while on campus between classes.

Sindhu Chandramouleeswaran
STAFF WRITER

A college student's diet is often a diet of convenience, which may not necessarily indicate healthy choices. “Overall, a college student's diet is largely dictated by what they can find in dining halls or, in the case of some medical schools, the hospital cafeteria,” said Helmae Wubneh, a second-year medical student at ECU Brody School of Medicine. “Add this problem to odd eating habits and pizzas at 2 a.m. in the morning, then we begin to see the truth in the freshman 15 lbs.”

While foods claiming to be reduced fat or low calorie may seem like a fast and convenient solution, recent studies indicate that these foods may not be a good option after all. Fat substitutes, found in some reduced fat or low calorie foods, create a similar feel, texture or taste as normal fat. Some fat substitutes contribute a negligible caloric value since they are not metabolized, while others are only used in smaller amounts due to their significant caloric content.

An interesting new study by

options. For students, get baked chips instead of regular chips. Or get pretzels, because they are lower in fat.”

Due to negative side effects, by 2000, the FDA had mandated a health warning to be printed on Olestra-containing foods. The label read, “Olestra may cause abdominal cramping and loose stools. Olestra inhibits the absorption of some vitamins and other nutrients. Vitamins A, D, E and K have been added.”

The FDA removed the warning label requirement in 2003, after the organization had conducted a sci-

tific review of several post-market studies and adverse event reports of the product submitted by P&G and the Center for Science in the Public Interest. The use of Olestra as a food additive has been banned in the United Kingdom and Canada.

Recently, Susan E. Swithers and her colleagues at Purdue University, found that fat-substitute use in traditionally high-fat foods such as potato chips could actually backfire and lead to weight gain.

The study, conducted on rats, divided them into two groups: high-fat diet and low-fat diet in chow. Half of the rats in both groups were given high-calorie Pringles potato chips. The remaining half were given high-calorie chips and reduced-calorie chips (Pringles Light chips, containing Olestra) on alternating days.

For rats on the high-fat diet in chow, the sub-group that consumed both high and reduced-calorie Pringles chips gained more weight and developed more fatty tissue than the sub-group, which consumed only the high-calorie potato chips.

These findings pose an interesting question as to why a fat substitute would actually confuse the body into gaining weight.

Researchers explain that fat substitutes may provide a similar taste to fats; however, they do not provide the corresponding burst of calories that the body expects and associates with the fatty taste.

The body triggers various responses such as salivation, hormonal secretions and metabolic reactions. Since fat substitutes are relatively recent products, there is an insufficiency in long-term studies of potential side effects.

“I remember the Olestra public outcry,” said Wubneh. “I know some of the side effects include reduced vitamin re-absorption.” While the recent studies have focused on Olestra, there are many other synthetically and naturally derived fat substitutes available, such as Simplesse, Caprenin, Cellulose, Z-Trim, Oatrim-10 and Traiblazer. When asked about low-fat foods, Wubneh said, “Though a given product may say reduced fat, it may contain less fat, but you compensate for taste with more sodium or sugar. It is a trade-off.”

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

Roommate matching: The blind dating of college living

Madysen Tompkins
STAFF WRITER

Most students will agree that their favorite time of the year is summer. It's the time for spending long days at the pool, avoiding homework and grilling out. But all of the fun ultimately culminates in the relentless hassle of moving back to college. Often this dreaded activity leads to an even more dreaded activity — finding a roommate.

While many students decide to room with friends from home or former classmates, there are tons of students who find themselves scrambling to find someone they are somewhat compatible with.

There are a million reasons students choose to live with someone they don't know. Wanting to meet new people, learn from others, having the experience of living with someone different or simply just not having any other options are some of the many.

Junior English major Brandon Bundy has his reasons for why he has always chosen to live with random roommates.

“When I first moved to Greenville, I wasn't living in the dorms, and I wanted to find a way to meet new people and make new friends,” said Bundy.

But where does one start? Asking around will only go so far. Craigslist is an option, but more of a last resort, because the only option may be living with a drug dealer with 14 cats.

Combined with the stress of moving all of one's possessions from one place to another, finding that special roommate can lay a heavy burden on just about anyone.

Luckily, if roommate-seekers decide to go the dorm or student

apartment route, both Campus Living and most complexes do their part to get each student started on finding “the one.”

Living on campus is a popular option for many, and Campus Living tries to do its part to make appropriate matches. Before students move in, they fill out a quick questionnaire that asks simple questions about their major, gender and things like whether they're a morning or a night person.

Apartment complexes, like North Campus Crossing, try to delve a little deeper and ask if the student describes himself as reserved or outgoing, how much they party, what their study habits are like and so on.

Although these surveys are helpful, they are not solely responsible for finding and creating that successful new roommate relationship. When it comes down to making it work, there are three important steps everyone should keep in mind.

#1. Ask the right questions and communicate! Before moving in with someone, it's important to ask questions that really matter. Let's face it — although, students may be interested in what the other person's favorite band is or their favorite color, those things won't

determine whether or not they will get along living in a small space together.

Things to keep in mind are how often that person has people come over, how often partying will take place and how messy or clean the apartment or dorm might be. These things, although they seem trivial, are things that WILL matter to roommates-to-be.

#2. Have an open mind! Roommates do not have to be best friends, have the same interests or even hang out together 24/7.

Senior history education major Elyse Cannon explained that having an open mind and wanting to make new friends is what made her freshman and sophomore experiences in the dorms a success.

“My sophomore year, I was paired with a freshman girl from Maryland, and I was kind of nervous,” said Cannon, who goes on to explain how having the right attitude made things work. “She

> **ROOMMATES** page A5



CASEY BOONE | THE EAST CAROLINIAN

Roommates Katy Jones and Katie Mitchell socialize while cooking dinner in their apartment.

ROOMMATES continued from A4

was from up north, and I'm a southern girl, but we were able to learn a lot about each other and exchange fashion tips and new music finds."

#3. Don't sweat the small stuff! Living away from home and with someone completely new is a big adjustment for everyone. Deciding what is

and is not worth a huge fight can ultimately make or break a roommate relationship.

While there is no such thing as finding the "perfect" roommate with the right questions, attitude and reactions, one can get pretty close.

With these things in mind, living with someone

new can be a fun and exciting adventure that can culminate into a lifelong friendship — or interesting memories at the very least.

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

REVIEWS continued from A4

ARCTIC MONKEYS – "Suck It and See": You'll want to say it's a return to form, meaning this doesn't sound like "Humbug." And why should it? With the Homme diversion over and Jim Abbiss back in the producer's seat, "Suck It and See" may sound more like "Favourite Worst Nightmare," though that's too easy: Alex Turner isn't writing about making a connection on the dance floor with the first girl who looks his way anymore. No, no. A dark and, as he incessantly reminds us, stormy girl has strutted his way, diverting his attention and delivering his reflections on the rest of the world with a cool but not too cocky tone. "She's Thunderstorms" and the title track demonstrate

this slower pace without the heaviness, while the electrifying and delightfully stumbling "Library Pictures" offers the album's most immediate charge. These cuts are pleasing and fans are sure to embrace it, yet the nagging feeling that this merely beats "Humbug" and falls short of "Whatever People Say" lingers.

NEIL YOUNG – "A Treasure": A continual cruiser, this live set from 1984-85 sees Young and the International Harvesters tackle each tune with just the right energy — loose and loud enough to evince the Harvesters as more than a polished back-up band, though tucked away appropriately to let Young take the spotlight.

They're not as intrusive as, say, the Band was on Dylan's "Basement Tapes," and they're far more country than Crazy Horse ever was. Their strength is their impressive performance without flash or pretention, and they might be the magical factor that allows Young to play material from his more crass '80s albums ("Reactor," for starters), and those who slag such albums will find "A Treasure" clear evidence he was stalled creatively and not that he had, even for a moment, lost his performing edge. A must for aficionados.

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

DOWN TIME

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SOLUTION

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3	1	9	4	2	8	5	7	6
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9	8	5	2	1	4	7	6	3
4	3	2	6	7	9	1	8	5
1	9	7	3	8	5	6	2	4

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Baseball ranked in final polls

Staff Reports

Following the conclusion of the 2011 College World Series, the ECU baseball team garnered a pair of national rankings in two major polls last week.

The Pirates (41-21), who made their third regional final in four NCAA appearances under Head Coach Billy Godwin, were ranked No. 25 by Baseball America and No. 29 by the National Collegiate Baseball Writers Association (NCBWA) when each of their final polls were announced last week.

ECU also received votes in the USA Today/ESPN Coaches' poll for the 12th-straight week when the publication revealed its final poll back on May 30. The final rankings also marked the seventh time they have appeared in the polls in 2011 and 14th time in school history they capped off a season nationally-ranked.



Armstrong McDonald

CPL All-Star teams to be announced

Staff Reports

The Coastal Plain League will announce the 2011 CPL All-Star rosters for both the National and American League teams July 12-13. All-Stars will be selected by the league's 15 head coaches, along with one media member from each club. In all, 54 players will be named to the two teams to compete in the CPL All-Star game in Fayetteville, N.C. on July 18.

Currently, seven ECU baseball players are participating in the CPL including Shawn Armstrong, Austin Chrismon, Jacob Davis, Lance Honeycutt, Chase McDonald, Tanner Merritt, Dario Santangelo and Corey Thompson.

McDonald and Armstrong have both garnered CPL Player-of-the-Week honors with McDonald winning Hitter-of-the-Week on June 14 and Armstrong taking Pitcher-of-the-Week on June 21.

McDonald lead the entire CPL with the league's best batting average for the first four weeks of the season, but a 0-for-4 day at the plate on Sunday against the Edenton Steamers dropped him into second, with an overall batting average of .390.

Armstrong (3-1) earned his weekly award by fanning 15 batters in a 7-0 win over the Florence Redwolves. In his latest outing, the right-hander notched another victory against Florence with a 9-4 win on Friday. Armstrong pitched six innings, allowing just three hits with six strikeouts.

The CPL is a summer collegiate wooden bat league designed to allow student-athletes to fine tune their skills during the summer months. The CPL is represented by 15 teams across Virginia and North and South Carolina.

Softball staff earns national award



Softball coaches Natalie Kozlowski (left), Tracey Kee (middle) and Cristen Aona celebrate after winning the C-USA Tournament.

Chase Kroll STAFF WRITER

In a summer filled with plenty of bad press for ECU Athletics, including NCAA-issued probation and individual player arrests and dismissals, it is good for ECU when some wearing purple and gold are doing the right thing.

Softball head coach Tracey Kee, associate head coach Natalie Kozlowski, and graduate associate coach Cristen Aona have done just that throughout their entire season, and in doing so, have received the 2011 National Fastpitch Coaches Association (NFCA) Midwest Region Coaching Staff-of-the-Year Award.

This award, the second consecutive for Coaches Kee and Kozlowski, was on the heels of a 41-22 season in which the Lady Pirates won their second-straight Conference USA tournament title and made a run all the way to the NCAA Regional Finals.

ECU won two games in NCAA tournament play, both against Maryland, but lost twice to Baylor, resulting in their elimination from the tournament. The Baylor Bears continued on and made it all the way to the Women's College World Series Semifinals. In a sign of good things to come, the Lady Pirates started eight freshmen against the

Bears in the regional finals, the most by any school during the NCAA tournament, and graduated just two seniors.

This was ECU's first season playing in its brand new stadium, the ECU Softball Stadium, and they managed to have some success. The Lady Pirates' 41 victories make this season the third season in a row where ECU has notched at least 40 victories, becoming just the fourth team in Conference USA history to do so.

Over the last three seasons, Coach Kee has led ECU to be the winningest team in Conference USA over that time span, and second-most in the entire region. The Lady Pirates have tallied a total of 125 victories over the past three seasons, falling just short of Louisville's 127, which leads the region.

This award is one of many for Coach Kee, who just completed her 15th year as ECU's head coach. Kee was named the Big South Coach of the Year in 1997, as well as the C-USA Coach of the Year in 2005, 2009 and 2010.

Associate coach Kozlowski had a direct connection with the offensive output of the Pirates. In the 12 years she has coached for ECU, she has helped the Pirates rank either first or second in the Pirates' all-time records in six of 11 offensive categories.

Graduate associate coach Aona

ended her playing career in 2010 with a C-USA title, and she started her first year of coaching by reaching the same goal. She mainly focused on assisting both the infield and outfield players.

The Pirates were led on the field by senior pitcher Toni Paisley, who collected her third-straight C-USA Pitcher of the Year award at the end of this season. Paisley has been a dominant force for ECU since she began pitching for the Pirates, as she holds the C-USA all-time leading totals in victories (118), whiffs (1,290), innings pitched (1,088.0) and appearances (183). She also claimed the Louisville Slugger/NFCA Division I Midwest all-region first team and Capital One Academic all-district 3 second team.

ECU's coaching staff had four players earn all-conference accolades, as well as four players make the all-freshman team (which is the most of any team in conference history). In addition, the Pirates had five players make the Conference USA all-tournament team, with junior Priscilla Velasquez taking home the tournament's MVP honors.

So while there has been trouble brewing for some of the Pirate programs, the softball team has continued its success as a model program.

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Eye-opening experience

OPINION



Firsthand account of the dominance of soccer

Stephen McNulty STAFF WRITER

Our guide told us that we weren't allowed to touch the water first. If we did, there was no way we were getting in. So, on the count of three, we ran and leapt into the rushing water. It was like nothing I have ever felt before. The ice-cold water took the breath right out of me, and the strong current swept me around the bend before I even had a chance to change my mind.

I was floating down the Eisbach, a manmade river that runs almost directly from the Alps in Munich, Germany. And yes, I was getting college credit for this.

This summer I was lucky enough to spend 20 days traveling across Europe with a group of students from ECU and other universities across the country. The emphasis of the trip, other than having the time of your life, was to learn about sports in Europe.

We began our trip in one of the most unique cities in the world, Amsterdam. For the educational part, we visited The Hague University, located a little over an hour outside of Amsterdam. Here we met with several Dutch students who were sport-oriented majors as well.

Within minutes of speaking with the students, a nice friendship grew. More importantly, we began to better understand the model of European sport. Before I knew it, we were playing soccer on the beach on the North Sea, which some braved to run in. For me, my feet were enough. Just a day or so into the trip, my global view of sports had already been expanded.

I will not sit here and lie to you. One of the greatest parts of this trip for me was going out and experiencing the nightlife in several different European cities. But every morning, we had something planned interesting enough for me to get up and make my way to the bus, or train or even bikes. I was always happy to

> EURO TRIP page A7

Repairing the reputation

OPINION



Carlos Olivera STAFF WRITER

The ECU athletics department has found itself in trouble once again; this time not with the NCAA, but with authorities instead. A couple of weeks ago, two members of the Pirate football team were suspended for the season opener for an arrest downtown. One current and two former women's basketball players were also arrested for allegedly stealing another player's credit card.

Senior receiver Michael Bowman and senior defensive back Emanuel Davis were suspended for the season opener against South Carolina after being kicked out of a club downtown and getting arrested in the early morning of June 18. Davis is being charged with being intoxicated and disruptive in public and resisting a public officer. Bowman is being charged with disorderly conduct, as well as resisting a public officer.

Senior women's basketball player Ashley Clarke was arrested last weekend for "unlawfully obtaining a credit card", according to reports. Clarke was dismissed by the team by head coach Heather Macy and is also being charged with a felony. Also being charged with the felony

in the case is Kim Gray, who recently graduated from the program, and Crystal Wilson, who was dismissed from the team in April.

This news comes on the heels of last year's cheating scandal involving four baseball players and one woman's tennis player that has already put the athletic program on probation. This recent string of crimes doesn't help with the rehabilitation process of the university as it deals with the probation period.

On a local scale, this is a bad thing for the university that is touted as a party school. ECU has been trying to shed the party school image, but showing up at No. 5 on Playboy's 2010 list of top party schools didn't do much to help the cause, and neither does having athletes being arrested for public intoxication.

Athletes are supposed to set a good example and represent the university in a predominantly football school, so the arrests of Bowman and Davis will be a bigger story for the media, as they were plastered all over WNCT the next morning.

Because ECU is a football school, I don't believe the arrests of Bowman and Davis will affect the image of the school in a negative way. Most college students who have been drunk in their life have done something embarrassing or something they have regretted, as I'm sure Bowman and Davis do. With a sport that generates as much revenue as football, it's easy to turn the other cheek.

Clarke's situation is far more severe than what the football players did. She allegedly stole a teammate's credit card, which is a felony. Teammates are supposed to be family and Clarke, along with Gay and Wilson,



Former women's basketball player Ashley Clarke in action during 2011.

broke that trust. Clarke, Gay and Wilson stole teammate Ariana Jackson's credit card and racked up over \$400 worth of unauthorized purchases.

These arrests have no bearing on the probationary period and will not require additional punishments from the NCAA, as they don't involve themselves in these kinds of matters. But the university should be embarrassed, as this is just another

set back in the process of changing the school's image.

These arrests are the sort of incidents the university and athletic programs want to do away with. Luckily for the school, incidents like these haven't been too common, but when you're trying to change your image, one arrest is too many.

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Have a question about the sports section? Contact the sports editor at

sports@theeastcarolinian.com

Record-setting student athletes

EURO TRIP continued from A6



No. 8: Tynita Butts - Track & Field
2009-Present



No. 7: Heidi Krug - Volleyball
2003-2006



Jordan Anders
STAFF WRITERS

We're inching closer to the top five Premiere Pirates. This week, we find the No. 8 athlete on the track and examine the career of an ECU volleyball great at No. 9.

No. 8: Tynita Butts
Track & Field
2009-Present

Now, Tynita Butts is by no means the first athlete on this list who is still currently competing for ECU athletics. But she is the one of those athletes who has competed for the least amount of time, only two seasons, which makes her top-10 ranking all the more impressive.

Butts arrived at ECU by way of Alexandria, Va. As a freshman, Butts was showered with accolades, including freshman-of-the-meet honors at both the Conference USA Indoor and Outdoor Track Championships. At the outdoor championship in February 2010, Butts

recorded a high jump of 1.78 meters, good for her first career C-USA high-jump title. The next month, she became the first Pirate since 1999 to compete at the NCAA National Indoor Championships, where she placed 10th in the high jump. She also earned a berth at the NCAA Outdoor Championships, where she was named an All-American with a seventh-place finish in the high jump.

Butts only improved as a sophomore. She won her second career C-USA high jump championship at the C-USA Indoor Championships this past February. In March, she again represented the Pirates at the national meet and again earned All-American status by finishing fourth in the high-jump competition. In May, she made it a clean sweep of conference titles for 2011 by winning the high jump at the outdoor championships for the second straight year. Butts capped off her sophomore campaign by taking sixth place at the United States Outdoor Championships.

In just two years, that's three conference titles and two All-America honors. Butts has already cemented herself as a great Pirate, but if her career continues along its current path, she could go down as one of the greatest of all time.

No. 7: Heidi Krug
Volleyball
2003-2006

Former Pirate volleyball star Heidi Krug joins the countdown at No. 7, and shows that while achieving success between the lines is important, excelling in the classroom is also a key part of being considered a great Pirate.

Krug, a native of Kildeer, Ill., joined the volleyball program in 2003 and played in 98 games as a freshman. She played in all 106 games as a sophomore in 2004 and led the team in assists with 1,205.

Her junior year, Krug led the Pirates in assists for the second straight year. She finished 2005 with a phenom-

enal 1,510 assists, which is still a school record to this day. Her efforts earned her a spot on the All-Conference USA third team. As a senior, Krug improved to the all-conference second team. During her senior campaign, she became ECU's all-time career leader in assists, finishing the year with a school-record 4,439.

But Krug's triumphs in the classroom are just as, if not more, impressive than her outstanding play on the court. While acting as a key part of the Pirates team, Krug, who majored in biology, maintained a 4.0 GPA and was a four-time recipient of the C-USA Commissioner's Academic Honor Roll and Commissioner's Academic Medal. She was named third-team academic All-America in 2005, and first-team in 2006. She is a two-time winner of C-USA's Scholar Athlete of the year (2005-2006 and 2006-2007), and a four-time selection to the Academic All-District team.

As mentioned, Krug is the all-time assists leader at ECU, along with ranking seventh all-time in career hitting percentage at .253 and eighth in career service assists with 133. Her combined accomplishments on the court and in the classroom have earned her a spot among the best ECU athletes.

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

start a new adventure.

Next we went to Germany, where we visited a university and marketing firm in Cologne. In my favorite time of the trip to Munich, we visited the home of the Bayern Munich professional soccer team.

In Munich, I sat at the bar until after five in the morning to watch the great German, Dirk Nowitzki, win his first NBA Championship. It was great to see LeBron James lose, but to watch Nowitzki win, while I was in his homeland, was something special. However, the hype I expected was not there. It was more important that the Women's FIFA World Cup was about to begin. I know soccer rules Europe, but I underestimated the lack of love any other sport gets.

Later in our trip, after spending time in Switzerland, we arrived in Milan, Italy. Part of our trip was to visit Olimpia Milano. Olimpia is the oldest and most successful basketball programs in all of Italy, but even they stressed how tough it was for them to get support. The youth was their primary target, and they focused on them harder than any American sports team I ever saw. But the reason they focused so hard wasn't to get the kids, but rather to persuade their parents to let them play basketball instead of soccer.

This soccer-first attitude

peaked when we visited the American Football Club in Parma. The Parma Panthers are one of the best American Football teams in Europe, and will be playing for the Super Bowl on July 9.

However, they looked nothing like a pro football team anywhere in America. They looked like a small semi-pro team at best. But one thing I did see at Parma that you don't always see in American football was the diversity in age and backgrounds among the players, and their true love for the game.

At the end of my nearly three-weeks, I did not want it to end. I wasn't done having fun, but I was not done learning either. Sports are my passion, and the knowledge I gained in Europe was priceless, as were the memories.

I would like to especially thank Dr. Stacy Warner of ECU, our professor on the trip, Craig Douglass of Sports Travel Academy for organizing the trip, and everyone who went on the journey with me for making it an amazing time.

For more stories about the trip, check out one student's blog at eliseisonfire.wordpress.com. Most importantly, open your mind to the different, but very interesting, world of European sport.

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The East Carolinian is looking for students to complete the advertising team as New Business Reps. Must be detailed oriented, have reliable transportation, work well with others, make daily sales calls (in person and over the phone) to clients. Proofs ads before the deadline. Flexible work hours and great resume builder. Have fun at your job by becoming a New Business Rep today! For additional information, email ads@theeastcarolinian.com

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The East Carolinian will hold its fall hiring fair on Wednesday, August 24th in Mendenhall room 221. The hiring fair will be from 3-6 p.m. Please email Andrea Robertson at managingeditor@theeastcarolinian.com or Caitlin Hale at editor@theeastcarolinian.com for more details.

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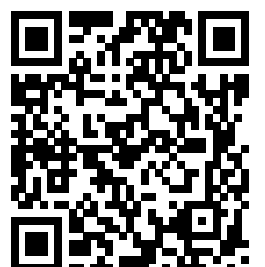


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