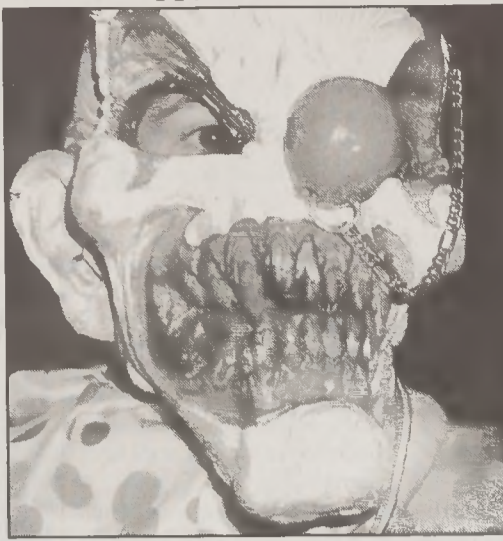


# THE BLUE BANNER

Boo! Happy Halloween, folks.



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Haunted house barely raises neck hairs  
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## Mountain Jam

Carolina Panic: Feels 'Just Like Home'  
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Hey you, run your damn mouth  
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## NEWS BRIEFS

Ryan Sniatecki

News Reporter

Jason McGill

News Editor

### UNCA

UNCA jazz ensembles will present vocal and instrumental music in Lipinsky Auditorium at 4 p.m. Nov. 2. David Wilken, assistant professor of music, will direct. Admission five dollars at the door or free with a valid student ID.

### ASHEVILLE

Drivers stuck behind school buses will breathe easier next year once new pollution controls are installed. The Western North Carolina Regional Air Quality Agency will retrofit 320 buses used in Buncombe, Madison, Haywood and Transylvania counties. Diesel oxidation catalysts will reduce carbon monoxide emissions as well as other chemicals that contribute to ozone depletion and haze. The \$75,000 grant for the retrofitting directly stems from the Environmental Protection Agency's (EPA) Clean School Bus USA program. Federal regulations requiring cleaner diesel engines won't take effect until 2007, but older diesel vehicles will remain on the roads for many years, according to an EPA official.

### NORTH CAROLINA

Police investigating a bomb hoax in Concord discovered a small bomb plot at Concord High School involving homemade napalm and incendiary bombs. A 15-year-old student was arrested after police found detailed plans, aerial maps of the school, explosives and a "corpse list" in his possession. The list included 20 nicknames and descriptions of people based on how they dressed. The boy's own name appeared on the list, as well as that of an adult not involved with the school. The plot had been planned since last Spring, according to police.

### UNITED STATES

The Southern California wildfires claimed the life of a firefighter Oct. 30. 2,000 homes have been destroyed and 20 people have died since the blaze began Oct. 25. Flames currently cover 100,000 acres and damage estimates are passing the \$2 billion mark.

### WORLD

International health experts meeting in Geneva proposed a three-tier system for containing future SARS outbreaks. The system would divide the world into three zones based on risk of infection, with China likely to be the high-risk zone. The system is meant to relieve pressure on healthcare systems by double-checking tests to eliminate false positives.

## Sorority organizes Halloween philanthropy for disabled

Erin Beret

News Reporter

The Zeta Tau chapter of Alpha Xi Delta organized a Halloween carnival for developmentally disabled adults and children at the Irene Wortham Center Oct. 25. The phi-

lanthropy event marked the first time the center has held such an event.

"We can see a need in our community," said Brittany Kemp, a sophomore member of Alpha Xi Delta. "It's great because we see where we are needed and immediately see the results."

The women of Alpha Xi Delta

dressed in costumes and hosted a variety of events including arts and crafts, cupcake and pumpkin decorating and a beanbag toss with people at the center.

"(Alpha Xi Delta) just came in and were so relaxed with the people like they had always been involved with them," said Ann Hensley, program

director for the Irene Wortham Center. "So many times these groups at the Irene Wortham Center have outings amongst their own community of special needs people, but it's so good when they can socialize like this. I just think this is so wonderful."

The Halloween carnival is one of

several events in which students from UNCA's Greek organizations have participated in as a part of ongoing philanthropies.

"Service to others is one of the important pillars that national so-

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JAY ADKINS/STAFF PHOTOGRAPHER

Staff nurse Sheila Kindley jots down information in Weizenblatt as the cold and flu season draws near.

## Students prepare for sick season

Kristen Ruggeri

News Reporter

Students will need to formulate plans for staying healthy this winter season, and student health services can help by offering advice and prescriptions.

"I plan on getting plenty of sleep. Go to bed at a decent time and don't wake up too early," said Hazel Willis, a junior sociology major.

For college students it is especially important to get plenty of rest, according to Carrie Bradley-Koppe, a professor of Health and Fitness.

"When you're tired, you are more likely to get sick and catch the colds and things that are going around," said Bradley-Koppe.

dley-Koppe.

Justin Hunnicutt, an undeclared freshman said he will get a flu shot in the winter.

Flu shots are especially important for students living in dorms or sharing close quarters. It's also important to keep stress under control, according to Bradley-Koppe.

Shanna O'Farrell said she also tries to get plenty of exercise and eat a nutritional diet in order to stay healthy.

"Basically, I just try to eat right," said O'Farrell. "I try to get enough rest, which I don't usually do."

Bradley-Koppe recommends moderate exercise to boost the immune system, which helps the body fight off viruses.

"I've been working out a whole lot lately and I take vitamins," said Keith White, a senior psychology and sociology

double major. "I rarely ever get sick."

Dressing warm in the winter is also important to staying healthy, according to Willis.

"I think the biggest thing for me is that I never wear hats or gloves. I never used to wear socks. I would just wear flip-flops in the winter," said Willis. But she added, "I think if you keep your head and your feet warm, you'll be okay."

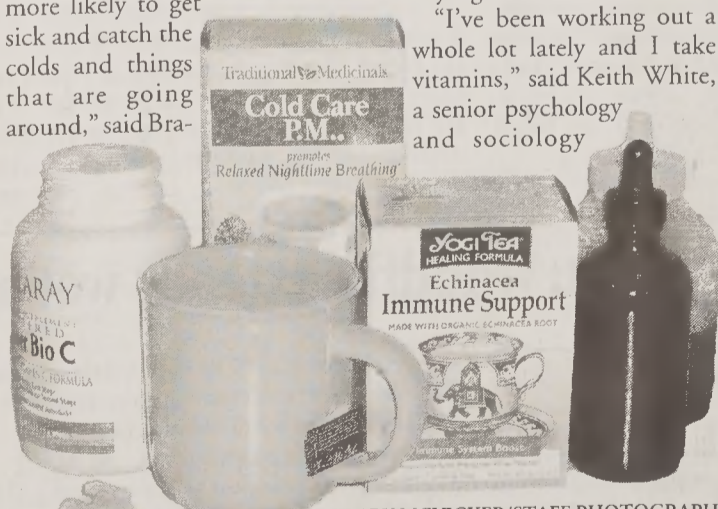
However, it is a myth that the flu or a cold is caused by going outdoors in cold weather. In fact, flu and colds have nothing to do

See HEALTH Page 2

Many people turn to Vitamin C, herbal tea, Echinacea, honey and zinc (left) as well as traditional remedies to help fight off sickness during the changing seasons.

UNCA's student health services offers flu and meningitis shots.

Health services, located in Weizenblatt Building, are open Monday through Friday from 8 a.m. to 5 p.m. They may be reached at 251-6520.



HILARY MCVICKER/STAFF PHOTOGRAPHER

## Poet promotes literacy with campus visit

Cindy Steele

News Reporter

Poet Edward Hirsch read his work to a full house in Lipinsky Auditorium Oct. 20. The event helped raise \$600 for the Literacy Council of Buncombe County.

"I have a special spot in my heart for the literacy council," said Bunny Halton-Subkis, director of the UNCA cultural and special events series, which co-sponsored Hirsch's appearance. "The best thing we could do was to assist the community in finding out about some of the great com-

munity service opportunities we have concerning the spoken and written word."

The money that Hirsch's event raised for the literacy council will help combat adult illiteracy by training tutors to work one-on-one with adult students.

The volunteer tutors of the

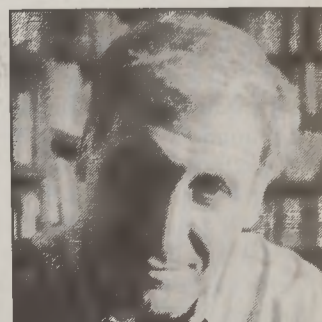
Literacy Council of Buncombe County worked with more than 300 adults last year to improve their reading and math skills, to learn to speak English or to pass the GED.

Buncombe County has 12,000 adults who did not finish ninth grade and an estimated 15,000 foreign immi-

grants who do not speak English, according to the literacy council.

"Taking part in events like this is a way of getting new volunteers for our program," said Janna Lutovsky, director

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COURTESY OF EVIN THAYER

Poet Edward Hirsch