

## SPORTS

## Getting to know cross country's Tiffany Carberry

by Sarah Ingle  
Staff Reporter

Tiffany Carberry is on UNCA's cross country and track teams. Carberry is a senior management major with a concentration in marketing. She graduated from Kingswood Regional High School in Wolfeboro, N.H.

**Sarah Ingle:** Where are you from?  
**Tiffany Carberry:** Brookfield, N.H.

**Ingle:** Why did you choose to attend UNCA?  
**Carberry:** I wanted to leave New England and see other areas of the country. Plus, UNCA had what I was looking for academically and athletically.

**Ingle:** Do you like it here?  
**Carberry:** I love it here! The mountains are beautiful, and it is a great place to train.

**Ingle:** What is your favorite thing about UNCA?  
**Carberry:** Well, I have two favorites really. I love the size of the school and the chance I have had to get to really know my teachers. Not many bigger schools have that luxury. I also really love the mountains.

**Ingle:** When will you graduate?  
**Carberry:** I will be graduating in May 2005.

**Ingle:** What are your plans for after graduation?

**Carberry:** I am not really sure yet. I eventually want to open my own business, something in alternative healing, or maybe even a yoga studio or gym.

**Ingle:** What is your event, or events, in cross country?

**Carberry:** Well, in cross country, the women all run the same distance, which is either the 5K or a 6K.

**Ingle:** What is your exercise regimen like?

**Carberry:** My training varies depending on where I am training. I have run up to 65 miles a week before, but right now I am running about 50-55. We run everyday, lift 2-3 times a week, and swim three times a week. It can be tough sometimes, but it is worth it when you see the results at the end of the season. Coach Duncan really knows his stuff!

**Ingle:** What are your goals for this cross country season?

**Carberry:** I would like to do the best I can for myself, and for my team and to make this the best cross country season of my career.

**Ingle:** What is your favorite kind of running shoe?

**Carberry:** I have probably run in every brand out there, and I cannot say that I have a favorite. I liked a shoe called Vapor made by Brooks, but they discontinued it.

We are running in Mizuno right now, and they seem all right.

**Ingle:** What do you do when you are not in class or at practice?

**Carberry:** Yoga or just plain relaxing.

**Ingle:** Is it hard being a student and an athlete?

**Carberry:** Yes and no. It is difficult sometimes to juggle two priorities, but it helps keep me on top of things that I need to get done. I can not procrastinate as much.

**Ingle:** Do you play any other sports?

**Carberry:** I run indoor and outdoor track, but it is still running. I used to play field hockey in middle school. It was fun, but the best skill that I had on the field was my ability to run the whole game. I guess running was the best fit!

**Ingle:** Do you have any hobbies?

**Carberry:** Other than running, my hobbies are yoga, scrapbooking, and recently, I have started making eye pillows, which are little pillows filled with dried herbs.

**Ingle:** What is your favorite restaurant in Asheville?

**Carberry:** Texas Roadhouse.

**Ingle:** What is your favorite food?

**Carberry:** I love Oreos!

**Ingle:** What kind of music do you listen to?

**Carberry:** If it has a good beat, I will listen to it.

**Ingle:** Can you tell me a little bit about your family?

**Carberry:** I come from a family of runners. Both my mom and my dad run, which is probably why I started in the first place. I just thought it was what normal people do. They have been my No. 1 fans all through high school and college. They have helped me become the person that I am today. I love them very much.

**Ingle:** Do you collect anything?

**Carberry:** I do not intentionally collect anything, but I seem to have enough running shoes around my room to start my own store.

**Ingle:** If you could go on vacation to any country in the world where would you go and why?

**Carberry:** Greece. I do not know why. It just seems like an amazing place to visit.

**Ingle:** If you were stranded on a deserted island and you could only have one thing with you, what would it be and why?

**Carberry:** My boyfriend, because he is creative enough to probably find a way to get us off the island.

**Ingle:** If you could be any cartoon character who would you be? Why?

**Carberry:** The Roadrunner because he is fast and tricky.



COURTESY OF TIFFANY CARBERRY

Senior Tiffany Carberry is a member of UNCA's cross country and track and field teams.

## Women's soccer team takes two games 1-0

by Laura Kirby  
Staff Reporter

The UNCA women's soccer team defeated Big South Conference rival, Birmingham-Southern Sept. 26, as freshman Joy Haynes scored the game's lone goal, making it a 1-0 Bulldog victory.

The Bulldogs began the game strong with Haynes' goal coming in the first six minutes of play.

The goal was set up by Morgen Priest, who stole the ball off an errant Panther pass, and then gave it to Haynes, who went one-on-one with the Panthers goalkeeper, Tarra Kohler, for the game-winning goal.

"It was exciting to score," said Haynes. "I'm a freshman, so I'm still trying to prove myself." The Bulldogs seemed ready to control the rest of the game with the early goal, but the Panthers actually controlled much of the first half.

"We played much better in the second half than we did in the first half," said Head Coach Michelle Cornish, according to the UNCA Web site.

The Panthers almost tied the game when Anne McIntyre got an open shot on goal from 10 yards out. Bulldog keeper Michelle Mattos made the great save to ensure the Bulldog win.

With her three saves for the game, Mattos recorded her third shutout of the season.

"I think our defense played great today," said Mattos, junior environmental studies major. "We need to work on getting shots on goal. When Joy scored so early, I felt like we might end up with a 3-0 or 4-0 win, but we seemed to taper off a bit after that goal."

The Bulldogs picked it up in the second half, taking the first seven shots of the half.

The Panthers changed goalies for the second half of play, replacing Kohler with Andria Gray. Gray held the UNCA lead at 1-0, recording five saves in only one half of play.

In the second half, the Bulldogs out shot the Panthers, 8-2. They finished the game with the shot advantage over BSC, 10-5.

"We played well today," said Stephanie Feltis, management major. "We passed the ball well, and that's how Joy got her goal. It was a great goal and a good way for her to start off the season. We're building off of every game and continuing to improve."



MAGGIE WEST/STAFF PHOTOGRAPHER

Forward Hilary McKay scored the Bulldogs' only goal giving Asheville a 1-0 win over Appalachian State University Sept. 22.

The Bulldogs' victory over BSC marked their second straight win of the season after a 1-0 defeat of Appalachian State Sept. 22 at Greenwood Field. Their win over ASU gave the Bulldogs their second non-conference win of the season.

ASU controlled most of the first half, as they held the shot-advantage, 5-2, going into halftime.

Midway through the first half Mountaineer midfielder Hallie Briggs hit the crossbar on a direct kick from 25 yards out. Mattos recorded two saves in the first half, to keep the match scoreless.

"I thought we played OK in the first half," said Cornish. "We played much better in the second half. We had infinitely more attacks in the second half and seemed to be more composed."

UNCA took control of the game in the second half.

ASU only got one shot on goal in the second, only to be saved by Mattos, who recorded the shutout and finished with three saves on the game.

The Bulldogs' game-winning goal came 10 minutes into the second half. Haynes dribbled

down the right sideline and found an open Hilary McKay. McKay scored the goal from 10 yards out, marking the junior forward's first goal of the season.

"It was basically a mid-field break-away," said Cornish. "It was Joy and Hilary against one of their defenders. It was really a very nice goal."

The Bulldogs opened their Big South Conference schedule with an away game against Coastal Carolina Sept. 18. The game finished with a tie score of 1-1.

The first half finished scoreless with the Lady Chants out shooting the Bulldogs, 5-2. Coastal was the first team to score, as CCU's Bobbie Parsons scored in the first seconds of the second half of play.

UNCA tied the score at 1-1 with less than eight minutes remaining in the game when Brita Nordgren scored her third goal of the year.

The game would end in a draw, as neither team was able to score in the two overtimes.

The Chants out shot the Bulldogs 20-11, and Mattos recorded nine saves for UNCA as CCU's keeper, Jaclyn Stoll, recorded four stops.

Priest led the Bulldogs with three shots. "I was pleased with our effort," said Cornish. "We played a very smart game."

UNCA will host conference rival, High Point University at Greenwood Field Oct. 2 at 2 p.m.

## Tennis

continued from page 4

experience.

"These matches are the best thing to improve my game," said Vulliez. "It was tough, and I was really tired; four matches in two days, plus the doubles match."

Doubles play is a different game, but as good as singles play, according to Vulliez.

"You get to improve your returns and volleys," he said. "You play for someone, if someone is down, you have to be there for your partner and keep the intensity up."

Three new recruits are arriving from Brazil, England and Stanford University in time for the main tennis season in the spring semester.

"It should be our best season, next year on the men's side," said Hodges. "In the spring season it's UNCA versus Winthrop. Winthrop won the conference last year. Winthrop is the team we are looking at on both ends to try and take down."

The women's doubles team of Morgan Martin and Whitney Abbott highlighted the weekend finishing as co-champions of B Flight Doubles Draw.

The two freshmen knocked off UNC Wilmington, 8-6 and also beat High Point 8-5. The doubles team of Natasha Lucki and Rachel Rhoney advanced to the semifinals in the tournament.

## From the sidelines with Amber and Laura

Q: If you could go to any sporting event what would it be? Why?

A: Amber Saint Clair- I would love to go to a Yankees-Red Sox game, especially to a game where the Sox won. Considering how fierce the competition between these two teams is, I think it would be just as interesting to watch the fans, as it would be to watch the game.

A: Laura Kirby- I would go to a Dallas Mavericks basketball game. I have never been to an NBA game and have always wanted to. I would go to see the Mavs because I've been in love with Dirk Nowitzki for about four years now. He's an amazing basketball player, with the most versatility for a big man in the league.

Q: If you could go on a date with any athlete who would it be?

A: Saint Clair- A lot of people seem to think David Beckham's a regular dreamboat, but I just don't see it. However, I certainly wouldn't mind spending a little time with Chris Rix (QB for FSU). He seems kind of arrogant, so maybe we could just put him on mute at the beginning of the date.

A: Kirby- Like I said above, Dirk Nowitzki. First of all, he's 7'0" and he would make me feel like a shrimp,

which I would enjoy because I usually feel like the giant in society. Also, he is from Germany, so he could talk the whole evening about his life experiences, and I wouldn't have to say a word because he would be so fascinating.

Q: The Kansas City Chiefs were a Super Bowl contender in the pre-season. Now that they are 0-3, do you think they are still in the running?

A: Saint Clair- The first two or three games in the season are not necessarily a good indicator of how things will turn out for any team. You've got new players and new plays to work on, and the three teams that Kansas City has played against so far are also a bit stronger. I'm not sure that the Chiefs will make it to the Super Bowl though. The Patriots seem to be a guarantee again this year.

A: Kirby- The NFL is crazy and unpredictable right now. There are only a handful of teams left out of the 32 in the league that are without any losses on their record. That is a big deal considering we are only three games into the season. You can't count the Chiefs completely out, you can't count anybody out. It's too early in the season, and the games played up until this point have been too inconsistent to make strong judgments.