

Stopping Stereotypes



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Seasonal depression worsens in winter

By Melissa Dean
STAFF WRITER

Seasonal depression causes many hardships for people diagnosed with it, but there are methods of prevention, according to health professionals.

"During certain times of the year an individual feels more depressed than they do any other time of the year," said Eric Peyeritz, director of Health Services. "I don't know many people that feel depressed seasonally during the summertime, it is usually during the wintertime. It seems to be correlated with the shortening of the days."

The people that most commonly have seasonal depression are those who were born in the South and move to the North, according to Peyeritz.

"The days are longer in the South than in the North during the wintertime, and if you grew up with that, then there may be some adaptation to those months. But then when you move up North people run into problems during that time of year," Peyeritz said.

With Asheville having mild winters and usually good weather all year-round, seasonal depression is not as prevalent here, according to Peyeritz.

"For some reason, here in Asheville, I have not seen as many cases as I used to see, but it is always something that you need to keep in the back of your minds," Peyeritz said. "People are more conducive to getting outside and so we see much less seasonal depression here than you would up North."

Residents in places like Alaska, that have darkness for over half of the year, are very susceptible to seasonal depression.

"People go crazy up in Alaska during the dark months," Peyeritz said. "There is an increase in alcohol abuse, in spousal abuse, depression and suicide, all of these increase in not only Alaska, but any of the regions that you have one hour of twilight a day. That is very tough on the body."

Even though many people move to Alaska to live the "Alaskan dream" outdoors, about 95 percent of them actually end up living indoors, according to Robbie Lebovic, Alaskan resident.

Symptoms are generally identical to the traditional depression except that it does not occur year round.

"Symptoms of seasonal depression can include lack of energy, lack of enjoyment, increase or decrease in sleep, lack of motivation and just generally feeling sad," Peyeritz said.

The easiest way to try this type of depression is to try to be outside as much as possible, however there are other alternatives, according to Peyeritz.

"Getting enough exercise seems to be a way to help symptoms because generally, if you are exercising you are going outside," Peyeritz said. "Also, eating well and getting the right nutrition is important. If these very basic things do not seem to help then you can go on two other types of therapy."

"One is medications, the same type of medications that you would use for depression. Another is light therapy, exposure to full spectrum light. It is basically a light that you set up on your desk, usually best first thing in the morning, and just the exposure from the full spectrum light for 30 minutes."

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TRACY HORNE — SPORTS EDITOR

Members of the Asheville area gathered at Pack Square on Oct. 26 to attend an anti-war vigil. The vigil, hosted by MoveOn.org, a national political action committee, marked 2,000 dead U.S. soldiers in Iraq.

Anti-war vigil honors 2,000 dead in Iraq

By Rebecca Taylor
STAFF WRITER

An anti-war vigil held in Pack Square on Oct. 26 marked the death of 2,000 soldiers in Iraq and sparked an emotionally-charged debate from the local community.

"I think this war is totally wrong and disgusting," said Kim Kubicke of Asheville. "So many lives are being wasted. It's important to keep people conscious of all of the actual human beings that are dying."

About 100 people from the Asheville area attended the vigil held by MoveOn.org, a political action committee, to protest the War in Iraq. The protestors lit candles, waved peace signs and held signs with slogans like, "Was it worth it? Hell no!"

"We are here to honor the dead," said Tracy Schmidt, of MoveOn.org. "We are also asking for a plan of withdrawal from Iraq with a timeline and a plan. Right now it's just indefinite, which means indefinite death."

This vigil emphasizes the ongoing debate surrounding the War in Iraq. It is time for America to withdraw troops, according to Ken Irmiter of Weaverville.

"I think it's time for us to get out," Irmiter said. "I think it's more about oil and money and power. To send our people to persecute the Iraqis for the selfish ends of a few is a crime."

While people held vigils in all 50 states and D.C. to honor the fallen soldiers, members of the community who gathered in Pack Square hope their protests will begin to make a difference, according to

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KEN IRMITER
Weaverville resident

Schmidt.

"I found that if I focus on the likelihood of things, it's just depressing," Schmidt said. "I try to focus on my own individual actions and hope that enough of my peers will do the same."

There is hope for change to happen, but only with the active participation of people throughout the entire country, according to Kubicke.

"I think people need to get more active in our country, it's getting to be kind of a scary place," Kubicke said. "Our rights are being jeopardized and we should be participating in public demonstrations for as many causes as we can."

The numerous deaths in Iraq are causing people to entertain concerns for the honesty of the current administration, according to Mark Sawyer of Hendersonville.

"Two thousand Americans are dead and the thing that upsets me the most is the total lack of authenticity and truth and honesty about any of this," Sawyer said.

Media coverage impacts the perceptions people have concerning the war and the number of soldiers dying every day, according to Kubicke.

SEE VIGIL PAGE 10

Construction of new building closes on-campus parking lots

By Leah Shellberg
STAFF WRITER

Contractors scheduled the start of construction on the new science building for Nov. 7, resulting in changes in the parking and traffic patterns on University Heights.

Yuri Koslen, transportation planner for Campus Operations, explained why the parking changes occurred.

"This is a building that will affect (traffic) on campus the most of any of the new buildings," Koslen said. "We are trying to take every precaution we can to make sure signage and paths are created for people to move around the site. We realize that due to the rushed start of this project that we won't have as much complete as we would like to have complete on Monday."

Due to the blueprint of the new building, and the needed area for construction vehicles and supplies, Campus Operations rerouted University Heights through commuter parking lot seven, which is the horseshoe-shaped lot near the campus main entrance. Lot seven will become both University Heights as well as designated faculty and staff parking.

Staff parking is also in lot 11, which is near Owen Hall and the Carol Belk Theater.

Commuter students gain parking in the deck below the Dining Hall, and lower lot

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This project is going to give us modern laboratories for the chemistry and biology departments on campus.

STEPHEN BAXLEY
associate vice chancellor
for campus operations

below it (lot one), which is off of Founders Drive.

Campus Operations directed resident students to utilize the lower gravel lots near the printing services off of Campus Drive.

Though the changes may be an inconvenience to some, the new building will offer new amenities to campus that the current academic buildings do not.

Stephen Baxley, associate vice chancellor for campus operations, explained the specifics that the new building has to offer.

"This project is going to give us modern laboratories for the chemistry and biology departments on campus," Baxley said. "It also gives us a facility for the multimedia department, which is our fastest growing major on campus."

Koslen also said he wants to be sure students, staff and faculty can give their opinions and

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Bulldogs win second consecutive regular-season championship

Women's soccer team earns No. 1 seed in Big South Women's Soccer Championship

By Jason Lilly
STAFF WRITER

For the second consecutive season, the UNCA women's soccer team captured the Big South regular season championship and earned the top seed in the conference tournament when second place team High Point dropped its match to Birmingham-Southern on Oct. 29.

"It was a big boost going into the tournament knowing that we're number one and people should be afraid of us," said Robyn Busha, freshman forward.

The Bulldogs finished the regular season with a 6-2-0 record against Big South opponents. Their only blemishes came from an overtime loss to Charleston Southern and a 2-0 defeat at High Point.

"We knew we had gotten at least a share of the title, but if High Point had won that night, then we would have gotten second seed because of the head to head (tiebreaker) because High Point



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Women's soccer team (6-2-0) became the first Big South Conference team to win back-to-back season championships since the 2000-01 season. This places the Bulldogs in the No. 1 seed for the conference tournament, which begins Nov. 7. The women face the Winthrop Eagles (3-5-0) in the first round of the tournament.

beat us," said Ashleigh Carter, junior midfielder.

The Big South proved a very competitive conference this season, as six teams finished with at least as many wins as losses. On any given day, any team can beat any other, according to Busha.

"We're very confident going into the tournament, but with our conference it's always pretty even," Busha said.

Despite returning 10 starters to a team that finished undefeated in

conference play last year, the Bulldogs began the season with a second-place ranking in the Big South preseason poll behind 2004 tournament champion, Birmingham-Southern.

High Point knocked UNCA from the conference tournament the past two years and held them scoreless in this season's match-up.

"I think the loss against High Point put a bit of a fire in them," said Michele Cornish, head coach.

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