

Asheville quintet Toubab Krewe brings a taste of Africa to The Orange Peel Saturday night

Life • Ingles cuts advertising for April 4 release of Brokeback Mountain • 10

Men's and Women's tennis teams score home court victories over North Carolina A & T

Africana in Asheville



SEE ENTERTAINMENT 6

The Blue Banner

Racket Rack-up



SEE SPORTS 7

Volume 44, Issue 8

Serving the University of North Carolina at Asheville since 1982

March 30, 2006

Tulane student petitions congress

By Jim MacKenzie
STAFF WRITER

College students can change the world, or at least some part of it.

Dan Hyman, freshman political science student at Tulane University in New Orleans, was forced to evacuate his dorm on move-in day due to Hurricane Katrina. When Hyman heard the levees would only be rebuilt to withstand a Category 3 hurricane, he took action and started Savebigeasy.org, an online petition drive.

"I knew that Congress would not mobilize unless popular pressure was felt," Hyman said. "Therefore, I started the organization and the petition to convince Congress to pass a bill appropriating the proper funds for a Category 5 levee system to ensure that such a preventable tragedy would never happen again."

In a March 6 *Washington Post* article, Jim Taylor, spokesman for the Army Corps of Engineers, said the New Orleans levees will be rebuilt only to pre-Katrina standards.

"We were authorized to do that and do it quickly," Taylor said. "It's up to Congress to decide to take it to a higher level."

Hyman said returning to Tulane was both hopeful, due to some people's persistence, and sad.

"The sight of Tulane and New Orleans evoked some feelings of sadness at the physical damage, but I came away feeling very positive about the experience," Hyman said. "I remember thinking about how fragile life truly is and realizing with shock how quickly and utterly completely one's life and situation can change."

Classes resumed at Tulane University in January, according to Hyman.

"The people of both the university and the city were rebuilding and they were not giving up," Hyman said. "While some spoke shamefully of abandoning New Orleans to nature, these people were hard at work fixing their homes and cleaning up the streets."

"The city welcomed the start of classes at Tulane, since the university is such an integral part of the city it felt good to be back and be a part of the rebuilding."

Hyman said he believes that college students have the power to positively affect the world.

"College students are among the most idealistic, motivated people in the world," Hyman said. "They have proven that they can make a difference."

"College students were at the forefront of some of the great social movements of our time. The success of the Civil Rights movement is a direct testament to their effectiveness when organized and determined."

The petition drive began slowly, but is gaining momentum, according to Hyman.

"College papers like yours (*The Blue Banner*), from across the country, from Indiana to New York, are doing stories, and I have reached out to other



Addiction is an on-going issue on most college campuses. At UNCA, students can meet with the substance abuse counselor at the Counseling Center to discuss possible treatment options. Campus officials are taking steps to evaluate whether drug and alcohol abuse is rising at UNCA.

PHOTO ILLUSTRATION BY SHANNA ARNEY - STAFF PHOTOGRAPHER

Treatment options

How to control drug and alcohol abuse problems

By Jim MacKenzie
STAFF WRITER

Many treatment options exist for students experiencing substance problems, both on campus and off.

Off-campus treatment options

Addiction is a vastly treatable illness and there are many options to choose from, according to Brack Jeffreys, executive director of Substance Abuse Solutions of North Carolina, Inc.

"If you have to ask yourself if it's a problem, that's probably a good indicator that it is a problem," Jeffreys said.

Confronting the person in a positive way is a great tool for recovery, according to Jeffreys.

Jeffreys said even when interventions do not work for the abuser, they are cathartic for the family.

"It's important to listen and not have preconceived notions as to what may really be going on," Jeffreys said. "Tell them, 'I'm here, if you want it.'"

More immediate measures than a planned intervention are sometimes necessary, according to Jeffreys.

"If they are out of control and getting ready to hurt themselves, do whatever you have to do to protect them," Jeffreys said. "That's a little different than a patterned behavior that has gotten our attention."

The first step is usually an assessment of the patient by a professional. Then the patient is matched to appropriate treatments of what they need and what they are willing to do, according to Jeffreys.

Twelve-step recovery and formalized treatments by a doctor compliment each other, according to Jeffreys.

"Every night of the week, or day of the week, you have a bunch of meetings going on. They're all free and they work really well," Jeffreys said.

There are three levels of use when it comes to drugs, according to Jeffreys.

"Is it substance use, is it substance abuse or is it chemical dependency? Those are three separate issues," Jeffreys said.

"People can go back and forth between use and abuse, but if they go from use or abuse to dependency, they generally can't go back."

Recovery is a sophisticated psychological and spiritual journey, according to Jeffreys.

"It's very important to delineate between spirituality and religion," Jeffreys said. "Spirituality is a universal experience that involves a lot of things, such as one's culture or heritage and one's belief system of choice."

There is a great range of recovery options available to substance abusers. Patients are aided by horses in their personal recovery at Horse Sense of the Carolinas. Equine-assisted psychotherapy is

“ ”

If you have to ask yourself if it's a problem, that's probably a good indicator that it is a problem.

BRACK JEFFREYS
executive director of
Substance Abuse Solutions
of North Carolina, Inc

counseling combined with equestrian activities, according to employee Laura Anthony.

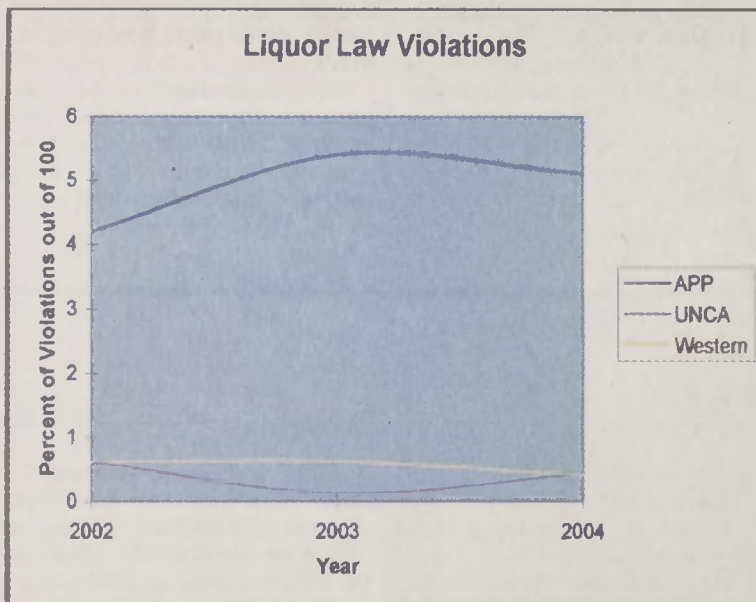
"The first session is just a history of the patient. There's a lot of information gathering. After that, the sessions take place in the arena with the horses," Anthony said. "You break through all these barriers in one or two sessions."

The horse is nature's lie detector, according to Anthony.

"The whole concept is based on the fact that horses are animals of prey," Anthony said. "Because of that, they are super sensitive to their surroundings. Not just physical, but they're sensitive to people's emotions they're carrying with them, or whether or not a person is cohesive with what they say and what they're really thinking."

"We can tell from how the horse responds to the client whether or not the client is being honest."

The therapist absorbs the horse's reaction to the client, according to Anthony.



STATISTICS PROVIDED BY UNCA FACTBOOK, WESTERN CAROLINA UNIVERSITY FACTBOOK AND APPALACHIAN STATE UNIVERSITY FACTBOOK.

"Clients come up with their own information. It's their own personal discovery they make as a result," Anthony said. "Then, we ask questions to help them to go in a little deeper with that information."

Employee Josie Saxton said horses need to know if everything is safe in their immediate environment.

"They are basically big bunny rabbits, and we are predators," Saxton said. "They're already suspicious of us. And, if we have an extra layer going on of dishonesty, then we are just not fit to be around and they won't stay around us."

Employee Rob Jacoby said the horses also bring out all sorts of

“ ”

We can tell from how the horse responds to the client whether or not the client is being honest.

LAURA ANTHONY
Horse Sense of the
Carolinas employee

human emotions.

"We see frustration and anger, communication skills and relationship skills," Jacoby said. "All that comes out in moments. It's then that we see the truth and

we'll be talking to each other while the person is out doing their thing and deciding where we want to go with them."

Saxton said clients end up with a lot of useful insight they can take home with them.

"Everything is very immediate and it's in the moment and it's all about what works for you in that moment," Saxton said.

University Treatment Options

Dale Kirkley, counselor at the Student Wellness Center at Western Carolina University, said there are certain behaviors that may indicate a friend is having a substance problem.

"There is probably a long list of things that might be symptomatic. For instance, frequent, heavy alcohol use, priorities changing, more time gravitating toward that lifestyle, decreasing interest in priorities in other areas, decreased school attendance, seeing friends less and less, having blackouts and personality changes," Kirkley said.

Kirkley said despite what some say, he believes college students are not apathetic toward drugs.

"That's not true of the majority," Kirkley said. "I think it's a misrepresentation of how students feel."

SEE TREATMENT PAGE 2

AZD assists cancer patients

By Paige Reinhard
STAFF WRITER

Alpha Xi Delta members invites people to shave their heads to help raise money for children with cancer at their upcoming Haircut Party.

"We sit there and we tell them, 'You're beautiful with or without hair.' But yet we say, 'I could never cut mine.' So, what kind of double standard is that?" said Michael Chapman, creator of Haircut Party For Kids With Cancer.

Giving up his or her hair is a minor sacrifice for a person to make, according to Chapman.

"It's not like sacrificing your life. It's a piece that will grow back," Chapman said.

This is not the first time Alpha Xi Delta hosted a similar event, but this year is slightly different.

"We had our own Haircut Party two years in a row, but this year we are given an opportunity to work with more people and be on a bigger scale," said Rachel Blake, chapter vice president and junior drama student.

Alpha Xi Delta takes a very active role in getting the word out about the fundraiser, according to Blake.

"We are helping with advertisement, and we will be at a bunch of different locations around Asheville the last week of April promoting it," Blake said.

This year Alpha Xi Delta hopes to double or triple the amount they raised in the past, according to Blake.

"In the past, on our own, we have raised over \$10,000, but this year the goal is somewhere around \$20,000 to \$30,000," Blake said.

Chapman said a young girl named Hannah especially moved him. She was diagnosed with acute leukemia lymphoma at the age of five and had to undergo 108 weeks of chemotherapy, according to Chapman.

"Hair grows back for us," Chapman said. "Hannah didn't have hair for two years. She didn't have a choice in that. We do have a choice. And that choice is to sacrifice one little part of us."

Anyone is welcome to participate in the event.

"And if that means someone with waist-length hair saying, 'Look, I will shave my head if we can raise \$5,000, then we are going to go out there and raise \$5,000 for that girl,'" Chapman said.

It is important for us to take responsibility for helping children who have cancer, according to Chapman.

"We have to take possession of these children in our hearts," Chapman said. "They are just regular children that have a disease. They are forced into it, and they have to face it."

Being involved in fundraising of this kind is more than just about raising money, according to Blake.

"In doing all of our philanthropies I think that the most important thing is learning from other people," Blake said.

It is important for organizations to give back to their com-

SEE CANCER PAGE 2

SEE LEVEES PAGE 2