



Commuters Carry On...

Life is a little different when education involves being totally on your own.

by Carlen Sullivan

"Just because I don't live on campus I never know about any of the parties," griped one of ECSU's typical off-campus students, better known as the commuters.

Like most American colleges and universities, the ratio of on and off-campus dwellers is not quite equal. The commuter often is treated as though he or she plays no part in the university.

Out of 1500 ECSU students, we have 850 living on campus and 750 commuters, but the commuters feel their roles are just as important, maybe not in the social sense, but definitely in the educational sense.

The majority of ECSU commuters live here in Elizabeth City, but some drive from South Mills, Currituck and even from the Outer Banks. There are various reasons for living off-campus, with just as many pros and cons.

Michael Carver, an ECSU student, sees both the good and the bad sides. He believes that living off-campus is better in some respects. "I have two different sets of friends — those on and those off-campus. If I want to party on-campus, I can, but then I can always leave it. It's also nice not to always rush around and be with people."

Another ECSU commuter said: "I would rather live on campus, but I save twice as much money by living off." She claims it is hard living off campus because she cannot keep up with various events by just going to classes. She did admit, however, that it was not all bad as she said: "It is real nice to not feel rushed about having to make the cafe on time and be able to eat whatever you feel like eating."

One big complaint of the commuter is the time involved in commuting. This is especially true of the long-distance commuter.

Helen Hoppe, an ECSU student and Nags Head resident said: "I like commuting because it gives

me two separate lives, but it's really bad when I have to leave at 6:30 a.m. for an 8:00 o'clock class. I've really learned to appreciate my education, though."

ECSU student Dreana Bird-saw, another Nags Head resident, appreciates her education in the same manner. When asked whether or not she missed social involvement, which is an important part of college, she responded: "At this point in time, I sorted out my priorities and found that education is most important." Because commuter Joanne Bartlett found the drive too much from Nags Head, she decided to move to Elizabeth City to complete her education.

I really enjoy school now; it's so nice being just a mile away from campus. I'm still a commuter, but just a short-distance one," said Barlette.

Whether long or short-distance, commuting is the same, but other priorities are being met. A lot of on-campus parties and fun may be missed, but isn't education the goal after all?

On the yard....



Can YOU Take the Heat?

A student looks at the pressures of college life.

by Rick Jones

Pressures plague college students on campuses all over America. I speak for the ones that occur on this campus.

Since attending ECSU, I have overcome many problems. But, there are many I continue to fight now.

You may feel there are more important pressures, but the most eminent ones are: money, academics, and peer pressure; not necessarily in this order.

Money has been, and probably always will be, our biggest obstacle; especially, while we are in school. It seems as though even if your eligibility index number is zero, financial aid will not be awarded to the ones who really need enough money to pay tuition. Then, there are those who receive an over-abundance of aid, enabling them to feast upon big refund checks. While they are heartily feasting, we are barely making ends meet from what we receive from home.

Do not misunderstand, I am most thankful for my financial aid and the support I receive from home. But, come on, help the needy!

In dealing with the harsh problem of peer pressure, everyone experiences heartaches and headaches.

Everybody wants a "friend," but most of all, everybody wants to be accepted. There is not a student on this campus, including me, that has not attempted to "hang" so as to be accepted by his/her peers. And it really is a painful experience when one feels like an outcast or loner.

The pressure arises when someone rejects you because you would rather do your own thing. Because of this, your peers persecute you to the point of being influenced by someone. This most frequently occurs during the freshman year. Later, you begin to "mellow out" to being yourself. Your peers accept you or they do not. It will be their problem!

There seems to be something that sometimes will keep you from being on time or cutting that 8 o'clock class. It may be due to fatigue, not having the assignment, or hatred for the class. These reasons can be

easily applied to being tardy or absent for other classes throughout the day.

There is another pressure that plagues us — the new Attendance Policy. Take it from a fellow Viking; do not play with it. The "enforcers" of this policy are serious. Not that I am testing the policy, but I am in danger of receiving FA in a few of my courses. Due to extenuating circumstances, I was forced to miss some classes. Although some of these circumstances are legitimate, many may not be accepted under the new policy. So, at this time, I am in a state of hopeful waiting.

If you are thinking about over-cutting a class, don't even try it! As I said earlier, the "enforcers" of this policy are serious — and I do mean DEAD SERIOUS — about what the policy states will happen to you if you over-cut any class without an official excuse.

I have tried to touch upon a few of the pressures on college students, but if you feel there are more of them that should be discussed, please submit the topic or whatever you may have to say about it to: The Compass, Box 815, ECSU.

Stop Smoking Seminar Held

by Mike Moore

Smokers Must Choose not to Smoke; Must Choose not to do things harmful to their bodies.

This was the major theme of a series of seminars held in the University Center, entitled "A 5-Day Plan to Stop Smoking" presented by Pastor Russell Cooper and Dr. James N. Slade, Oct. 10-14.

Cooper, Pastor of a Seventh-day Adventist Church, admits: "Always having been a non-smoker somewhat inhibits my projection of non-smoking's benefits to others."

However, most people can stop smoking far easier than they ever thought possible. "It really works," Cooper said.

Slade, an Edenton pediatrician, showed the physically harmful aspects of smoking cigarettes.

An important factor to the program's success is its "buddy system." In the buddy system, one partner helps himself quit smoking by helping his partner to quit.

To stop smoking, smokers must consciously attempt to eliminate the enemies of their willpower. These enemies are the culprits which allow this particular dirty habit to take control. If a smoker's willpower is destroyed, any number of bad habits may develop while his/her willpower is absent.

The major enemies of willpower are: overeating, lack of rest, overworking, and alcohol. These factors, which are all dangerous in themselves, actually contribute to the acquisition of the possibly fatal habit of smoking.

Decisions are made everyday: to wake, or to sleep; to smoke, or not to smoke; to live healthy, or to die gasping for air.

"Rockers" Go West!

by Rita Carroll

On May 10, 1983, Geology students left for Summer Camp in Utah. The group included five students and one teacher. Dr. Francisco San Juan, Jr. It took seven days to get to their destination. They were gone for four weeks; two weeks for travel and two weeks for field work.

On the way, the students camped out every night, unless the weather made it impossible. They did all their cooking and eating indoors. They lived the lives of outdoorsmen. The only time they were permitted to sleep and eat in a civilized atmosphere was when the weather too bad to do otherwise.

The trip was an adventure for everyone, including the instructor, Dr. San Juan. They had experiences they will probably never have again in a lifetime.



Geology students spend a month in the 'great outdoors'.

The provinces visited included Comb Ridge, the Blanding - Bluff - Cedar, Mesa Natural Bridges Area, Blue Ridge, the Interior Low Plateau, the Central Low Lands, the Great Plains, the Southern Rocky Mountains, and the Coastal Plain. They also visited other important landmarks, scenic views, historic sights and souvenir shops.

The students got up each weekday morning at 6:30, ate breakfast and then started their day of work, which included mapping and the collecting of samples formations and other feature areas. At 12:00 each day, the crew ate lunch. After working for a few more hours, they returned to camp and ate dinner — thus ending their day of work.

Renate's Memories

by Ina D. Lane

Life on campus at ECSU is a time for making memories. Traditionally, college days are a time of transition from youthful pursuits to adult career goals. For senior, Renate Jones, the tradition has proven true.

Renate describes living in Bias Hall as a freshman as "the best time of my life." Something was always happening—dances, parties, and athletic events. On one of the rare occasions when the dust of boredom began to settle, Renate and her roommates cleaned it out with a third floor Bias Hall party.

During her first two years at ECSU, Renate was on the track team. She was also voted Miss Sophomore by her class.

It was during her sophomore year that school really became important. Renate began concentrating her efforts on her major, English-News Media, and ECSU.

Renate was selected Miss Compass during her senior year. She said, "Now I spend much of my time getting my career together so I can enter graduate school." She credits the Modern Languages Department with her personal, academic, and social growth.

When asked about a parting thought, Renate said, "Even though ECSU is a small university, you learn a great deal academically and you learn a lot about yourself. Your maturity and wisdom grow. Students complain, but they take pride in their University."

The Modern Languages Department, in particular, and people, in general, at ECSU have taught me a lot. I feel that, one day, this will be a top-class university — but will still retain the attention and individuality that students need."

Renate Jones will be leaving her youthful pursuits behind, and in their place she will be taking part of ECSU in her memories wherever she goes.

Fall Convocation Oct. 13

by Algie H. Mabry Jr.

Speaking of the Fall Convocation, Dr. Townes, Acting Vice Chancellor for Academic Affairs, said, "It is one of the most prestigious affairs at this University."

Dr. Townes introduced the guest speaker, Dr. Phifer, President of the Robert Moton Foundation, whose Conference Center is in Capahosic, Virginia, is familiar to many members of the University family.

Moton served as spokesman to establish the first Black Veterans' Hospital. A diplomat for six American Presidents, Moton founded and served as President of Tuskegee Institute in Alabama.

Dr. Phifer referred to her speech as a chat, rather than an address. Her reason for this

Wanted: Ambassadors

by Celeta Mann

Do you have a positive attitude, leadership qualities, dedication, and a pleasant personality? If your answer is yes, you should consider becoming a Viking Ambassador.

The program is organized to recruit Upward Bound students interested in ECSU. The program is an extension of the Admissions staff. Viking Ambassadors are well informed tour guides who assist groups or individuals who want to view the campus.

Ambassadors visit different high schools during breaks to recruit students. The recruitment process is very important to ECSU. It is necessary to assure that students are aware of the educational possibilities at our university.

"The Viking Ambassador program is a positive vehicle for enhancement at ECSU," said

Mr. Kit Elmore. Elmore, Cynthia Turner and Harold Murrill advise the Viking Ambassadors.

The program is considered to be an extra-curricular activity. Hard work and dedication are necessary for its success. Recruiting involves sending a visitation packet to all interested students. The packet includes brochures, evaluation forms, financial aid and admission applications. When conducting a tour, Ambassadors are expected to be well dressed, informative and professional.

Anyone seeking employment in public relations would benefit from this program. A Viking Ambassador meeting is held twice a month. If you feel positive about ECSU and feel you can dedicate time to this program please contact the Admissions office. It will make you and our school look good.

She commented positively that the only way a student, educator, or administrator can get something rewarding out of anything is to first put something in. It is sort of like a flow chart with the input determining the output.

Dr. Phifer closed by encouraging all to invest where they see profitable. Before concluding her "chat," she read excerpts from a journal of Dr. Moton and closed with saying, "We no longer want to survive but thrive!"

approach was to better acquaint herself with her audience in a comfortable atmosphere.

To open her "chat," Dr. Phifer asked the question, "Have you assessed your R.O.I.?"

Appearing to be the only one who knew what "R.O.I." was, Dr. Phifer explained that this abbreviation simply means "return on investment."

Dr. Phifer closed by encouraging all to invest where they see profit. Before concluding her "chat," she read excerpts from a journal of Dr. Moton, and closed with saying, "We no longer want to survive, but thrive!"

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