

AROUND THE REGION

Students abuse prescription drugs

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"It's like drinking a case of beer without the bloated feeling." That's how a twenty-year-old student described the effects of OxyContin®, a prescription painkiller. Sound like a great way to catch a buzz? It's not.

Short-term effects of prescription painkillers include drowsiness and a loss of inhibitions. According to the Drug Enforcement Administration, "A large dosage (of OxyContin®)

can cause severe respiratory depression that can lead to death."

"The greatest danger (to the user) is dependency. A person can become addicted in as few as two or three weeks," Dahpne Scaff, a pharmacist at Family Care Pharmacy in Hertford, said. Once addicted, it can be very difficult to quit.

OxyContin® contains oxycodone HCL, an opioid agonist that has an addiction similar to morphine. Once addicted, an addict can expect flu-like symptoms that include: diarrhea, insomnia, cold flashes, muscle pain, bone pain, restlessness,

involuntary leg movement, vomiting, nausea, and severe stomach cramps.

Scaff said that pharmacists are very observant of their customers. Sometimes customers request their refills early, showing that they have been overusing the drug.

There have also been instances of customers bringing prescriptions from more than one doctor in order to get the drugs that they want. "Whenever we notice something like this," Scaff said, "we immediately alert the physicians involved so they can confront the person."

Breast Cancer Month

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October is National Breast Cancer Awareness Month and is dedicated to honoring the countless numbers of women and men across the nation who have lost their lives to that deadly disease.

Almost every twelve minutes a woman dies of breast cancer, while for men the disease is less likely to occur. The breast cancer incidence in men is 1 percent.

"In recognition of National Breast Cancer Awareness Month, the Student Health Services is providing information baskets with materials stressing the importance of early detection of breast cancer.

"Knowing about self-breast exams can help individuals find cancer early before it spreads," said Mrs. Regina McCoy, Director of Student

Health Services.

Nearly all breast cancers can be treated if detected early and the most effective way of detecting breast cancer is through monthly self-breast exams. Mrs. McCoy also recommended that "women twenty and older perform self-breast exams monthly."

Student Health Services held a Breast Cancer Workshop on October 15th.

Mrs. McCoy says that other ways to be involved in the campaign on campus include wearing a pink ribbon, signing up for Relay for Life, Cars for Cures or by giving a donation to the National Cancer Foundation.

"I feel that it is an issue that needs to be attended to," Charlie Mitchell, an ECSU student said.

Another student, who wished to remain anonymous, said: "Where is it going to end? It is a very scary thought, not knowing if you've got breast cancer or not."

The Compass staff encourages both men and women to perform self exams.

Recruited

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minority male students," Marsha McLean, director of University Relations and Marketing, said in a press release on the ECSU Web site. The release also said that between "1995 and 2000 only nine minority males graduated from the ECSU teacher education program."

Keith Richardson, 2002-2003 Mr. ECSU, a first-year teacher in the Elizabeth City/Pasquotank County School System, was a guest speaker at the summit on October 16. "That's All I Got" was the title of his message, in which he mentioned ways to persuade African American males to teach. He described teaching as a privilege not a job. "One must speak the truth about teaching, mentioning

the pros and cons. Education is a key and by itself, it is an honor," Richardson said.

Marcus Hilliard, a senior at ECSU who is majoring in History with a minor in Secondary Education, said that he always wanted to teach, and believes that "African American male teachers can be more than a teacher, but can also be a role model, particularly to African American students who come from single parent homes."

ECSU and the North Carolina Legislative Black Caucus plan to continue encouraging other institutions to get involved in the recruitment of minority male teachers.

The supply of minority males, particularly African American male teachers, has yet to meet the high demand. The summit held at ECSU addressed a vital need that is now recognized throughout the state.

Late

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person when instructors are tardy or absent from class. "Students should take an active role in their education by reporting teachers. You should be getting your money's worth."

The issue of tardiness also applies to students.

"Anybody that is late to class is inconsiderate and takes away from my ability to learn," Pauline Younger, a senior Social Science major, said.

Most instructors have set guidelines in their syllabi for classroom attendance and tardiness. It's important that each student respects the instructor's rules for the class as well as the other student's rights to an optimal learning environment.

ECSU PLANETARIUM
Thanksgiving Feature
November 19, 2003
5:15 pm - Laser Light Show
6:00 pm - Mouse on the Mayflower
7:00 pm - Laser Light Show
All Shows are FREE and by RESERVATION ONLY.
Call (252)335-3364 for reservations.
All shows are subject to change or cancellation without prior notification.

Planetarium gives community the stars

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Elizabeth City State University's Planetarium hosted a series of free Halloween shows for the university and surrounding communities on October 27-30.

The series of four individual shows included two Laser Light shows, a program entitled "Moon Witch," and another named "The Halloween Show." The presentations featured Holly, a student witch, and Jack, a comedian pumpkin, as they explored the history and traditions of Halloween, fall and winter constellations, and the phases of the moon.

The ECSU Planetarium is located in room 146 of the Jimmy R. Jenkins Science Center. It consists of a 30-foot dome ceiling and can reproduce natural changes that occur within the solar system with a high degree of accuracy. The planetarium is also capable of providing a view of the sky from anywhere in the world.

Since its first utilization in 1990, the Planetarium has provided quality educational programming to students, clubs, organizations, and citizens of North Carolina and abroad.

"We have a new white laser light program that offers six new shows. It replaces the previous red and green laser program," Jennifer Thoms, a planetarium assistant who graduated from

ECSU in 1994 with a Physics degree, said.

"Instructors can show videos in the planetarium, they just have to call and reserve it," Thoms said. The planetarium has a large selection of videos to choose or the instructors can bring their own.

Other shows scheduled during the 2003-04 school year include a Thanksgiving program, November 19, and a Christmas program that will run on selected days through December 5-13. Future announcements for programs featuring African American History Month, National Women's History Month, National Astronomy Week, and Valentine's Day will be announced soon.

The Planetarium accepts reservations for groups of 20 or more people. For more information contact Jennifer Thoms at 335-3791, 335-3620, or e-mail her at jjthoms@mail.ecsu.edu.

Homecoming

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"Many of the high school bands seemed to show up the Marching Vikings. Maybe they were saving their energy for the game," said Golar Newby, a May 2003 graduate.

The Homecoming game, despite ECSU's defeat, was filled with Viking spirit, and the halftime show energized the audience.

The Viking community gathered one last time for the Step Show and concert featuring Freeway. Alpha Kappa Alpha, Delta Sigma Theta, and Sigma Gamma Rho sororities and Alpha Phi Alpha and Kappa Alpha Psi fraternities offered performances for the more than 200 Vikings and friends that gathered in the Vaughn Center,

Saturday evening, after the game.

An audience member interrupted Sigma Gamma Rho's performance when he allegedly threatened a security officer. Campus police and security quickly removed the man from the gym and the Step Show continued without interruption.

"The Homecoming Step Show was good, but they do better at Viking Fest," said Nicole Burton, a sophomore Biology major.

Freeway, the performer who many students view as an unpopular entertainer, arrived at a not-so fashionably late time.

"The concert was alright, but it just took so long to start. We sat there for an hour and a half," said Gregory Ackles, a senior Special Education major.

Adoption

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home to the United States. Each child in the orphanage had their own nanny who took them home and cared for them each night. These relationships allowed the children to develop bonds with a familiar person and gave them a sense of security.

"Zoe was very attached to her nanny. They told us that she's the type of child who becomes strongly attached to her care givers," Tate said.

58% of college students reported seeing numerous credit card marketing tables on campus for two or more days at the beginning of the semester.

On a test of personal finance skills administered to high school seniors, students averaged a score of 57%, an F on any grading scale. Only 5% of the seniors scored a C or better.

Students simply fill out an application, get a credit card, and charge without any regard to the damage they are doing to their credit report—or to the disproportionate amounts they eventually pay due to their high interest rates. Most students questioned have credit problems already.

"I got my credit card last year.

Her adjustment to American life has gone well. "She'll eat anything; some of the kids wouldn't even eat Cheerios," Tate said. "She does cry a lot and hasn't slept through the night, which is difficult for first time parents to understand, but she keeps doing better and better."

While Laura stays home with their new daughter, Toby is a student and has a fulltime job. "I had to drop a class this semester because I could see that the demands of being a father were causing a problem with my grades. I'd rather get A's and B's tak-

ing nine hours than C's, or possibly lower, taking 12 hours." Tate said.

Tate said that they were treated like VIP's the whole time they were in China. He likened the China he saw to "America of the 50s, so innocent. I didn't want to come home."

"I would recommend Adoptions From The Heart to other couples looking to adopt," Tate said. It took the Tates from March 2002, when they began the process of adoption, until October 12, 2003 to actually be able to call Zoe their daughter and hold her in their arms.

Credit

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dent-credit-cards.com. Businesses inspect your credit history when they evaluate your applications for credit, insurance, employment, and even leases. Based on your credit payment history, provided you receive fair and equal treatment, businesses, can choose to grant or deny you credit."

Each time you are delinquent on your payments, or exceed the limits of your credit cards, you are sending out red flags to creditors, which follow you far beyond your college years.

Credit card companies believe that by providing college students

with credit cards they are giving students a means of establishing credit and it is up to the students to familiarize themselves with terms and information about the credit card. Credit Mutual's Web site states, "Credit cards are very useful for students on many levels. You must be careful when managing your credit card debt and not let it get away from you."

Listed below are a few facts from Jumpstart.org for college students to consider before acquiring a credit card: Undergraduates with credit cards carried an average balance of \$3,071 in 2000. (Source: National Postsecondary Student Aid Study)

Half of all college students with credit cards don't pay their balances in full every month.

My rate is at 15 percent right now. I don't always get the payment in on time, but I do pay it. As far as my credit rating is concerned, I've never really thought about it." Monique, a sophomore at ECSU, was willing to share her experience with credit cards. It is important to be informed of your credit rating and the terms associated with credit.

What is an APR, appraisal rate, balloon payment, creditworthiness, or liability on an account? These are terms you need to familiarize yourself with before acquiring a credit card. In order to avoid bad credit Jumpstart.com offers the following tips:

- Avoid late fees
- Watch for hidden fees

Low minimum payments sound good, but often cardholders pay far more financial charges

Fixed rates often rise right after you acquire the card

Credit card companies will advertise the greatest card and often give you the lower quality card without your approval

A credit card can be a great thing for a responsible individual, but it can also be a bigger hassle than it is worth. Make sure you weigh the pros and cons before you accept a credit card.

For further information, visit www.jumpstart.org, or, <http://www.student-credit-cards.com/>, or <http://www.creditmutual.com/secured.htm>