

ECSU sponsors 21st annual senior games

Over 50,000 participate in 53 statewide games

By Chris Chinaka
Staff Writer

The 21st Annual Albemarle senior games, a nonprofit organization dedicated to providing year-round health promotion and education for adults 55 years of age and older, was sponsored by the Area Agency on Aging and held in Elizabeth City on May 16.

In 1983 Lee Redrick started this program with a vision to create a better lifestyle and health service for seniors and the program continues to host approximately three weeks of sporting events each spring. Seniors who simply want to come out and support or volunteer are welcomed.

At the Games, individuals compete for awards in their own sex and age category within five-year increments (55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+). In double competition, the age group is determined by the age of the younger players. One of the best things about the senior games is that you don't have to be a professional athlete, artist or performer to enjoy the events

and it gives seniors the opportunity to test their abilities.

To be eligible to participate you must be 55 years of age or older and be a resident of North Carolina for three consecutive months each year. A liability waiver must be signed before entering the games. There are over 50,000 participants statewide in 53 local games that serve all 100 counties across the state. Those participants who qualify at their local games are invited to attend State Finals each fall at Raleigh.

Every two years, some final winners qualify to represent N.C. at the National Senior Games. The state Finals requires 900 volunteers to help coordinate 64 activities, so this is a big event.

"Overall I felt comfortable with my performance today," said Mark Norman, a senior game participant. "I was in many events like Croquet, Spin casting, 100 and 200 meter relay events. I won three of four events. It feels good to come out and compete. With the state finals coming up on the 26th September through October 2nd there will be over 3000 participants, so I have to prepare my self mentally and physically for games."

The Region RAAA has been sponsoring the senior games for the past 21 years. Any business company, corporation, or

organizations are welcomed to help sponsored in any form.

Assistant Agency Administrator Lynne R. Raisor said, "Our overall goal is to provide fun, fitness, and fellowship for the seniors of our region." This will be Mrs. Raisor's sixth year working with the games.

Elizabeth City State University has helped by allowing them to use the Track and filed swimming Pool and Tennis court. Administration has accomplished this through help from the AAA (Area Agency on Aging). Staff, county governments, volunteers from the community, partnerships with Parks and Recreation Departments, a local university athletic department, senior centers, and countless private businesses have donated financially to keep the events operating.

The agency organizes sports clinics to help prepare participants for the games so the athletes are accommodated with professional assistance if any is needed.

If you are a Senior citizen, this is a chance to get up, get out and have some fun.

For any questions or additional information you can e-mail Mrs. Lynne R. Raisor: lyraisor@simflex.com. Fax (252) 426-8482, or Office Phone (252) 426-5753 ext. 232.

The internship of your dreams

Taking initiative key to landing a fulfilling summer internship

By Danielle S. Parker
Staff Writer

It's almost summertime. The weather's about to get hot, the amusement parks are about to open, and summer vacation is only a few weeks away. What will you do? You have 8 to 9 weeks to do whatever you want. You can choose to relax the entire summer, get a summer job, go on several vacations, or do the internship of your dreams.

When searching for an internship, know that they will not come to you, you have to go to them. An internship is about gaining experience. Consider an internship that will interest you. Most internships do not pay. However, there are a few that will. Most internships give college credits.

The Internet is a good way to search for different internships. Many college campuses have a career service program that offer many internships, some paid. Determination is a key factor when getting the internship of your dreams. Although the thought of some internships may seem impossible to get, trying is the best step. Don't limit yourself. Go beyond measure. Go further than staying in your city or state.

Showing determination and a willingness to work will help you. Never go into an internship expecting to do exactly what you want to do. It's always best to have a good resume, good cover letter, and recommendation from people that you know will look out for you. Getting an



internship is not always easy. It can be hard when you don't have help from other people.

My dream was to get an internship at the widely known Black Entertainment Television (BET). It is something that most young people only dream about. It was a dream of mine until I made it a reality. It took a lot of determination and help from others to get me there. As a Communication Studies major, I knew that I wanted to do something this summer that focused on what I wanted to do after I graduated.

For the past three summers, I spent my days working 40 to 50 hours a week and making \$7 an hour. Making the money was fine, but I was unhappy. I knew that I wanted something better.

My freshman year in college, I set a goal to work for Black Entertainment Television. While

searching the Internet, I came across the contact information for BET. At that moment, I knew or at least had a feeling that working for BET was something that I wanted to do this summer. A couple of days later, I called and my internship application was mailed to me that same day.

Once I got my application, I talked with one of my professors and we went from there. It wasn't a hard process for me because I took the initiative to get what I wanted. I didn't wait for anyone else to do it for me.

I searched the Internet, got the contact information, called, filled out the needed documents and with encouragement from others I got the internship. For eight weeks, I'll be at the nation's capital, Washington, DC, working for BET. I know this will be the best summer ever!

Campus library celebrates National Library Week

Students offered free movie, library tour

By Shanna Williams
Staff Writer

The Elizabeth City State University Library Club participated in the National Library Week celebration hosting library tours for students and organizing a free showing of the movie "Ray" in the G.R Little Theater. Vershonda Harrell and Tyonne English, both members of the club, showed the different areas of the library to students, including the reference department, the media center and the serials department.

The premiere of "Ray" lasted two hours, from 7:00 p.m. to 10:00p.m. with approximately 20 people coming out to see the film. The message of the movie was how the infamous singer maintained a career in spite of his disability. As a result, Ray Charles never let his disability control his career.

"The members of the Library

Club enjoyed sponsoring the movie and Tyonne English and Vershonda Harrell had a nice time doing the tour," said Ms. Jackie King, the Library Club advisor.

The team began by showing the circulation department and the tour guide Tyonne English explained the department's responsibilities, which include issuing library cards to students who have lost or misplaced their cards and checking out books.

The loan period for books is approximately two weeks, and the overdue fine \$.25 per day, per book. Students can also get an NCLIVE password and obtain reserve materials at the circulation desk from Ms. Juanita Midgette and Ms. Matisha Askew, who both work at the desk.

The Reference Department is responsible for providing assistance in using the library's print and electronic databases. Mrs. Patricia Hines and Mrs. Cheryl Sutton can assist the students with encyclopedias, literature resources and ready reference reserve.

The Media Center assists students with their class presentations and offers projectors, VCR's, projectors and scanners, and DVD's players. Mr. Goodwin and Mr. Blount are responsible for that particular department.

The Serial Department has journals, newspapers, magazines, and Electronic Journals Service (EJS) for students. Also, the library provides magazines such as Jet, Essence, GQ and daily newspapers are kept behind the desk. For assistance with serial needs contact Ms. Jackie King and Mrs. Beathia Weeks.

The two library representatives, Harrell and English, personally thanked each student for participating in the Library tours. The Library Club and staff did an excellent job of making the two events for the National Library Week an educational success. The Library Club is looking for members who are interested in community service activities. For more information contact Ms. Jackie King in the library.

Students post slanderous rumors on Viking Voice Exchange forum

Greek fraternities main focus of posts

By Darrin Harris
Correspondent

Last month there were occurrences in which certain persons posted many slanderous rumors on the Viking Voice Exchange, a web bulletin site where ECSU students may express their personal feelings about current issues. The site administrator eventually suspended the perpetrators, who had posted rumors pertaining to the Greeks on campus. Unfortunately, however, the damage was already done.

Kristopher Alexander, a senior, said, "Students should be more responsible when using the exchange. It's not so much the student's fault, though. The people who created the exchange should've seen this coming." Many other students believe the

exchange is for freedom of expression and censoring what students can and cannot say would defeat the purpose. Some, however, feel there should be some type of judgment on the content of the posts. Shayla McDuffie and LeShawnte Riddick, both members of Delta Sigma Theta Sorority Inc., agree.

"Most of the people posting demeaning things have no idea what they're talking about," McDuffie said. "They don't have lives of their own, so they try to destroy other peoples' (lives)."

Clayton "CK" Knight, senior and member of Omega Psi Phi Fraternity Inc. said, "The rumors have gotten out of control. This may not be necessarily true, but I think people are inventing things to say to make interesting gossip topics."

When asked if he thought this could have been prevented, Knight said, "I think it could be prevented by making the exchange only accessible to ECSU students through their

mailing accounts and SS#s."

Some people agree with this method of prevention. Even so, others may say that it's too much to go through just to voice your opinion.

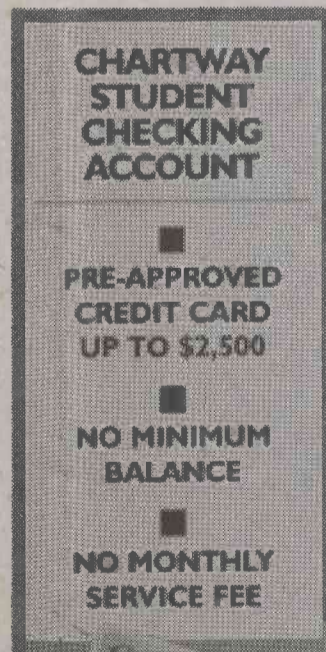
James Stratford, the new SGA president for 2005-2006 said, "It's good that students are using the Viking Voice Exchange as a mode of expression. They should, however, get involved with other aspects of getting their voices heard."

There is a membership agreement all members have to read and agree to before using the exchange. Not everyone will abide by these codes of conduct, though. The overall problem is from the students as well as staff; if students gossip, they have to know where and when it is appropriate and staff should monitor what is being said.

When asked if he thought the negative statements could have been prevented, Stratford said, "I think the Webmaster should read all posts before they are posted."

Get credit just for going to class.

Pre-approved credit card with Student Checking for Full-Time Students.



CHARTWAY
STUDENT
CHECKING
ACCOUNT

PRE-APPROVED
CREDIT CARD
UP TO \$2,500

NO MINIMUM
BALANCE

NO MONTHLY
SERVICE FEE

Chartway understands that one of the most important words in the student vocabulary is...FREE. That's why there's Chartway's Student Account. With Checking, Overdraft Protection, Unlimited Check Writing, a Check/ATM Card plus a pre-approved Visa® Credit Card up to \$2,500, it may be the easiest credit you'll earn all semester. Come see for yourself at our full-service Chartway branch now open inside of Farm Fresh located at 683 South Hughes Boulevard in Elizabeth City or any of our 23 convenient branch locations in Hampton Roads.

CHARTWAY®
FEDERAL CREDIT UNION
For every dream, a way.

GET YOURS TODAY!

Visit us today!

NOW OPEN – inside Farm Fresh at 683 South Hughes Blvd.

1-877-CHARTWAY
(1-877-242-7892)

*Membership eligibility subject to verification. Proof of full-time school registration required. Offer subject to change. Certain restrictions apply. Call or stop by for details.

NCUA