THE DAILY CLIPS

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Apartheid activist’s daughter speaks of hope

By Corey G. Johnson
The Daily Reflector

The United States can move forward once it embraces the pride and the shame of its racial history, Naomi Tutu said during a Wednesday night speech at East Carolina University.

Speaking before nearly 130 at a tribute to Martin Luther King Jr., Tutu, daughter of South African apartheid activist Archbishop Desmond Tutu, encouraged the Hendrix Theater audience to consider using truth as a steppingstone to achieving that progress.

“Tell the truth of slavery. Tell the truth of race and racism today. Tell the truth of dispossession of the Native Americans,” Tutu said. “If you don’t do it, you’ll never fully heal from the exploitation. You’ll never fully learn, and you’ll never fully move forward.”

And she should know.

Born in Krugersdorp, South Africa, Tutu assisted her father in fighting for the rights of black South Africans under apartheid throughout the 1990s and early 1990s. In 1984, Bishop Tutu received international acclaim when he was awarded the Nobel Peace Prize for his efforts.

After the country’s first ever democratic election in 1994, the father and daughter worked again — this time on South Africa’s Truth and Reconciliation Commission.

The purpose of the Commission was to bring unity to white and black South Africa by holding hearings to air truth about atrocities of the apartheid era.

Victims were granted reparations for their suffering.

The abusers were given amnesty if they willingly admitted to human rights’ violations.

Tutu said that while listening to the testimony, she was struck by the psychological and moral erosion that the torturing and maiming of black South Africans caused to the whites who administered the abuse.

“One of the leaders of a torture farm said he played with his child during the day and at night gave people electric shock. He said in order to survive he had to split himself,” Tutu said.

“It dawned on me, what if we, as a nation, had taken those minds and instead of asking them to think of ways to torture, we asked them to think of ways to better South Africa? Where as a country would we have been today?”

Tutu said she was encouraged that many of the country’s poorest victims refused huge cash payouts and asked instead for clinics, schools and community centers to be built.

“If those who suffered the worst continued to think of what’s best for the country; it made me say, ‘There is still hope,’” Tutu said.

Tutu works as associate director in the office of International Programs for Tennessee State University in Nashville.

Corey G. Johnson can be reached at cjohnson@coxnc.com or 329-9565.
Upcoming MLK events

The Daily Reflector

Several events are scheduled in the Greenville area through Monday to observe the Martin Luther King Jr. holiday.

- **6 p.m. Sunday:** Southern Christian Leadership Conference memorial service, English Chapel Free Will Baptist Church, 101 E. Arthur St. Speaker, the Rev. Tahron Cannon of Majestic Deliverance in Kinston.

- **7:30 a.m. Monday:** Greenville-Pitt County Chamber of Commerce Community Unity Breakfast; 7:30 a.m., East Carolina University's Murphy Center. Speaker, the Rev. Sidney Locks of Cornerstone Missionary Baptist Church. For more information, contact Frances Faust at 752-4101 or frances@greenvillenc.org.

- **9:15 a.m. Monday:** Community march sponsored by the Coalition Against Racism, and the Pitt County chapters of the NAACP and SCLC. The march begins at Thomas Foreman Park at Nash Street and Martin Luther King Jr. Drive and continues to the Pitt County courthouse, where speakers will address the crowd.

- **11 a.m. Monday:** Town of Grimesland celebration, Grimesland Volunteer Fire Department.

- **Noon Monday:** Black Ministers' Alliance interdenominational service. Location and speaker to be announced.

- **1 p.m. Monday:** Southern Christian Leadership Conference youth program, English Chapel FWB Church, 101 E. Arthur St.

- **4 p.m. Monday:** Southern Christian Leadership Conference, poor people's feast, English Chapel FWB Church, 101 E. Arthur St.

- **6 p.m. Monday:** East Carolina University candlelight vigil and march, College Hill to Mendenhall Student Center.

- **7 p.m. Monday:** ECU musical tribute, Hendrix Theater, Mendenhall Student Center. Professors Louise Toppin and Gerald Knight will perform with Gregory Thompson of Johnson C. Smith University, followed by performances by the ECU Gospel Choir, the choir from Immanuel Baptist Church and ECU Choral Students.
Book signing

East Carolina University professor Steven Cerutti will hold a book signing at 7 p.m. today at Barnes & Noble Booksellers, 3040 Evans St. His book "Words of the Day: The Unlikely Evolution of Common English" examines the origins of specific words through their Latin and Greek roots. Free. Call 321-8119.
WILLIAM ARCHIE DEES JR., 85, died Monday, Jan. 9, 2006, at Wayne Memorial Hospital. A memorial service will be held at 2 p.m. Friday at First Presbyterian Church, 1101 E. Ash St., Goldsboro.

Dees was the senior partner in the law firm Dees, Smith, Powell, Jarrett, Dees and Jones. He practiced law in Goldsboro for 56 years.

Dees was born in Goldsboro on June 10, 1920, to William Archie Dees and May Smith Dees. He was a graduate of Goldsboro High School.

He earned a bachelor's degree in political science from the University of North Carolina at Chapel Hill in 1941.

Following his graduation from UNC, Dees enlisted in the U.S. Navy as a member of the bomb disposal squad. He received a Bronze Star Medal for supervising the removal of more than 600,000 pounds of enemy and U.S. explosives from critical military areas in the Southwest Pacific.

After the war ended, Dees entered law school at UNC and graduated in 1948. He was an honorary member of the Order of the Cois, the Phi Beta Kappa of the law school. Upon graduation, he returned to Goldsboro to work with his father in the firm Dees and Dees, Attorneys at Law. He served on the Goldsboro Board of Aldermen for seven years.

In 1963, Gov. Terry Sanford appointed Dees to the N.C. Board of Higher Education. Dees served two years, the second as chairman. Later in 1963, Dees was appointed to the Goldsboro City Board of Education. He served as chairman of the school board and remained in that position until 1972.

In 1968, Dees was elected to the Board of Trustees of the NC Consolidated University. During the early 1970s, Dees was elected to the original Board of Governors for the newly organized 16-campus University System. He served as the first chairman of this organization. He later served on a national level as the director and treasurer of the Association of Governing Boards of Universities and Colleges.

In 1984 Dees was the recipient of the AGB Distinguished Service Award for Outstanding Service, the highest honor that can be awarded to a college or university trustee.

In 1990, Dees received the University Award, the highest award bestowed by the Board of Governors of the University of North Carolina. In addition, Dees served on the Board of Governors of the N.C. Bar Association and as chairman of the original Bar Notes committee. He also served as a former president of the District Bar Association.

Dees was an active member of the First Presbyterian Church of Goldsboro. He served as an elder, superintendent of Sunday School and an adult Sunday School teacher for many years.

In 1988 he received the Distinguished Citizen Award by the Torhunta District of the Boy Scouts of America. In 2000, the Wayne County Chamber of Commerce honored him with the Cornerstone Award, the organization's highest honor, for his commitment to growth and industry in Wayne County.

Dees was preceded in death by his first wife, Ozello Woodward Dees, and a sister, Ann Dees Dees.

Dees, better known as “Big Bill” to his family, is survived by his wife, Patricia Turlington Dees; a sister, Sara Dees Fonvielle of Goldsboro; a son, John Woodward Dees and wife, Georgia, of Goldsboro; daughters, Mahala Dees Myrick and husband, Mike, of Greenville, Alice Dees Crabtree and husband, Steve, of Chapel Hill; two stepsons, Dr. William Turlington and wife, Angel, of Clayton and David Turlington and wife, Connie, of Durham; 11 grandchildren, Jay Dees and wife, Meg, of Salisbury, Martha D. Baur and husband, Carson, of St. Louis, Mo., Charlie Dees of Goldsboro, Melanie M. Spannhour and husband, Adam, of Fuquay-Varina, L. David Myrick and wife, Megan, of Seattle, Wes Myrick of Greenville, Will Crabtree of Chapel Hill, Quinn Turlington, Eli Turlington and Sutton Black of Clayton, and Katrina Barker of Durham; six great-grandchildren, Archie Dees, Maggie Dees, Jane Baur, Anna Scott Baur, Hannah Spainhour and Sara Spannhour.

Memorial contributions may be made to either the W.A. Dees Family Scholarship, Wayne Community College Foundation, CB# 8002, Goldsboro, N.C. 27533-8003; or the W.A. Dees Jr. Memorial Fund, UNC Law School, 100 Ridge Road, CB#3380, Chapel Hill, NC 27599.

The family will receive friends in McCrory Hall of First Presbyterian Church following the memorial service at 2 p.m. on Friday.
Ross urges hard line on use of campaign funds

Bowles starts with bow

The honeymoon is on.
UNC President Erskine Bowles clearly said things legislators wanted to hear when he made his first appearance this week before the joint legislative education oversight committee.

Bowles talked about how generous the legislature has been to the university system, even in times of enormous budget pressure. He pledged to work more closely with the state's community college system and graduate more public school teachers. He promised to manage the university system wisely, repeatedly uttering the phrase "efficiently and effectively." Those taxpayer-financed buildings going up on campuses? They'll be occupied nights, weekends and summers, he said.

Bowles admitted that the university could do better at keeping students enrolled after the freshman year.

"You look at our retention rates, they ain't nothing to brag about," he said.

And the new president opened the door to advice from legislators.

"I'll come over here, I'll meet with you, I'll listen to you, I'll talk to you. Republican or Democrat — I want your ideas," he said.

Legislators expressed their delight.

Is there a warming trend in relations between the Ivory Tower and the Jones Street gang? Maybe, but Bowles conceded that it's early.

"I'm going to make some decisions people don't like," he said. "This is not a popularity contest by any stretch. What I'm going to try to do is communicate, communicate, communicate."
UNC study raises alarm over habits of young adults

Researchers say trends could impair the health of a whole generation

OFTEN UNHEALTHY

Adolescents often engage in unhealthy activities, and they often change for the worse when they become young adults. Youths surveyed in 1995 were 12 to 19 years old, and those surveyed in 1996 were 13 to 20. In 2001-02 those surveyed were 18 to 26. Here's how some did:

Percentage who had no periods of physical exercise during the week:

<table>
<thead>
<tr>
<th></th>
<th>Males</th>
<th>Females</th>
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<tbody>
<tr>
<td>1996</td>
<td>44%</td>
<td>33%</td>
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<tr>
<td>2001-02</td>
<td>48%</td>
<td>37%</td>
</tr>
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Percentage who had five or more alcoholic drinks at once:

<table>
<thead>
<tr>
<th></th>
<th>1995</th>
<th>2001-02</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>26%</td>
<td>23%</td>
</tr>
<tr>
<td>Females</td>
<td>39%</td>
<td>37%</td>
</tr>
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BY CATHERINE CLABBY

Despite efforts to drum good health habits into young American adults early, they still make harmful choices.

They binge drink, smoke cigarettes and develop sexually transmitted diseases. They exercise less than they did when they were teens and are less likely to carry health insurance or visit doctors or dentists.

It's unclear whether such declines are more proof that young people go through a brief period of sowing wild oats or that this generation is launching a lifetime of trouble.

A large study led by UNC-Chapel Hill researchers, the first of its kind, aims to answer those questions. But findings released Wednesday are already turning heads among public health experts.

"It's stunning," said UNC-Chapel Hill researcher Kathleen Mullan Harris. "We looked at 20 areas, and 16 out of the 20 showed declines in health indicators."

Using data collected by nearby Research Triangle Institute, Harris and her team analyzed information on about 14,000 young people ages 18 to 26 from across the country. All had participated in earlier surveys that captured their pre-adult behaviors.

The results are clear on one important fact: Young people from distinct racial groups wade into different types of trouble. African-Americans, for instance, generally smoke and drink less than others. But they are more likely to risk obesity by eating junk food and skipping exercise.

Whites are most likely to indulge in binge drinking and light up cigarettes. But they work out more and are more likely to have health insurance.

Hispanics are least likely to have medical coverage. Native Americans score poorly on developing asthma and using illegal drugs.

Young Asian-Americans appear to sustain the healthiest habits.

"The disparities vary so much. It isn't one race or ethnic group that's always worse off," Harris said.

Kelli Post, a 24-year-old manager of a Starbucks in the American Tobacco Historic District in Durham, wasn't surprised Wednesday by news that young adults slide into bad habits.

As a high school student, Post ran track and ate her vegetables. While an undergraduate at East Carolina University, she indulged in a lot of Bojangles and Papa John's dinners, smoked cigarettes and drank "whatever was on sale" beer.

In retrospect, she credits much of that to losing a specific influence in her daily life.

"When I was in high school, I was health-conscious about everything because my mom was," Post said. In the past year, she has worked hard to break some bad habits, giving up the smokes and exercising more.

"Once you get to a certain age and get a couple of wrinkles and put on a couple of pounds, you start taking care of yourself," she said.

People who observe young adults up close hope that is usually the case. But they are not sure it is.

Dr. Tanika Day, a Duke University community and family doctor, sees a troubling rate of obesity among teenagers and young adults. She blames parents' worries that outside play is dangerous and too much time playing computer games. And low-cost, high-fat fast food is prevalent in every town, which doesn't help.

"I think it's a new thing we're dealing with," Day said, noting that many of the young people don't heed the health warnings that abound.

Looking ahead

Knowing for sure that young adults practice poorer health habits than teenagers could be highly useful to public health experts, said Christine Bachrach, chief of the demographic and behavioral science branch of the National Institute of Child Health and Human Development.

"We've been very focused on teenagers. Maybe we need to look beyond the teenage years," said Bachrach, whose institute has funded Harris' surveys.

Bachrach wonders whether young people today are slower to slip into stages — say, marriage or launching careers — that tend to moderate risky behaviors.

Harris, the UNC researcher, says high schools may have to better prepare adolescents about the importance of taking care of themselves after they graduate.

"They need to know about the long-term consequence of engaging in such behaviors," she said.
BAD HABITS
A survey by UNC revealed that unhealthy lifestyles engaged in by adolescents got worse when they became young adults. Youths surveyed in 1995 were 12 to 19 years old, and those surveyed in 1996 were 13 to 20. In 2001-02, those surveyed were 18 to 26.

- Number of days ate breakfast during the past week.
  - Males: 4.31 in 1996, 2.75 in 2001-02
  - Females: 3.82 in 1996, 3.03 in 2001-02

- Number of days ate fast food during the past week.
  - Males: 2.38 in 1996, 2.61 in 2001-02
  - Females: 1.96 in 1996, 2.28 in 2001-02

- Percentage who smoked cigarettes daily during the past 30 days.
  - Males: 7% in 1995, 6% in 2001-02
  - Females: 28% in 1995, 16% in 2001-02

- Percentage who used marijuana during the past 30 days.
  - Males: 18% in 1995, 13% in 2001-02
  - Females: 24% in 1995, 18% in 2001-02

Source: Estimates from Add Health, The National Longitudinal Study of Adolescent Health

Staff writer Catherine Cribb can be reached at 956-2414 or ccribble@newsobserver.com.
College coffers are in the pink

9.7% average return is healthy for endowments

By Mary Beth Marklein
USA TODAY

U.S. colleges and universities earned "respectable returns" on their endowments last year as wealthier schools posted higher averages than less wealthy ones, a report shows today.

Annual returns on endowments averaged 9.7%, says the Commonfund Benchmarks Study. It is based on 729 education institutions, primarily public and private universities but also independent schools and private education foundations.

The health and size of a college's endowment is an important indicator of the financial stability and long-term focus of an institution, says John Griswold, executive director of Commonfund Institute, which did the study. The institute is the research and education arm of the Connecticut-based company that manages investments for nonprofit groups.

Most, but not all, participants in the study are Commonfund clients.

Last year's not-quite double-digit average is down from 14.7% in 2004, the report says, but up from 3.1% in 2003, and well above the drops reported in 2002 (minus 6%) and 2001 (minus 3%).

Institutions with more than $1 billion in assets, which primarily are private universities, reported higher three- and five-year averages: 11.6% and 5.1%, respectively, compared with 9.5% and 3.3% for institutions with less than $10 million in assets, the report says.

Similarly, wealthier institutions reported having higher expectations than other schools.

Such institutions typically "started earlier and have access to more sophisticated staff," Griswold says. But the fastest-growing endowments are those for educational foundations, many of which were created to increase private donations to public colleges and universities, he says.

Other findings:

- Average spending rates on the endowments declined for the fourth year in a row to 4.6%. Nearly half (45%) of institutions reported no change to their spending rate, while 34% reported a decrease, and 13% reported an increase. But 49% also reported that spending in actual dollars increased; 25% reported that it decreased, 21% reported no change.

"So support is actually increasing even though the spending rate is down," Griswold says.

"People scream and yell at these universities for not spending enough, but in fact they are spending more in dollars."

- Endowment growth from gifts averaged 5.4% last year, compared with 5.5% in 2003 and 2004. The average dollar amount of total new gifts to the endowment was $7.9 million, compared with $6.7 million in 2004 and $6.9 million in 2003. Annual giving funded an average of 7.5% of the operating budget, up from 7.3% the previous year.

Interviews were conducted during the second half of 2005; for more than 80% of participants, the fiscal year ended June 30.