THE DAILY CLIPS

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Group quietly observes war's fifth anniversary

By Kathryn Kennedy
The Daily Reflector

A small group of peace advocates manned the entrance to Dowdy Student Stores on East Carolina University's campus Wednesday to mark the fifth anniversary of U.S. involvement in Iraq.

They read the names of nearly 4,000 fallen American troops and numerous Iraqi civilian casualties in a steady drone. There were no bullhorns, no podium or microphone — just a rotation of the 10 or so men and women reading from a computer print-off.

Randy S. Rosenberg
Brian K. Baker
Scott Quentin Larson Jr.

As students came in swells, rushing from class to class or grabbing lunch, many slowed to ogle the reader or the brightly colored posters held by silent protestors. In large text the signs most often relayed the financial toll of the war: "One Day of the Iraq War Equals $720 million," or "Cost of War per U.S. Home $4,100." Few students actually stopped to sign petitions asking local newspapers to run daily death counts or to leave e-mail addresses for future rallies.

Also eye-catching was the large sandbox littered with tongue depressors — each bearing the name of a fallen American soldier.

Stephen J. Sutherland
Zachary A. Grass
Christopher S. Cash

More attention was garnered shortly before lunchtime by a group of orange-clad student campaigners. They chanted, "I vote ticket one!" and drowned out the name-reading the with their enthusiasm.

A group of four stopped and talked among themselves about the ongoing protest. One voiced sentiments from the handful stopping to express their distaste for the protest. "I think it's disrespectful," said sophomore Brad Teasley. "Not the protest, but calling the names out. If it was one of your parents, brothers, or sister, would you want their name read out like that?"

Still largely ignored, they pressed on.

Todd E. Davis
Phillip A. Johnson
Ryan Russell

By 3 p.m. they had run out of names to read. Organizer and ECU student Sam Lynch said he was drained but hopeful. The turnout was better than anticipated, he said, and a satisfactory number of students had stopped to talk.

Lynch has served in the U.S. Army for 14 years, and did his own tour in Iraq in 2004. "We all have somewhat different main goals," he said of the protestors. "I want to raise awareness... I'm not trying to change anyone's views."

Most involved expressed that same hope to spread awareness of the ongoing war and get ECU students more involved in peace events. But for Lynch, it centers around those names. "This 4,000 seems like a number," he said. "To me, it's not a number.

Sam Lynch reads the names of the Iraqi war dead on the campus of East Carolina University on Wednesday. Students and members of the peace community of eastern N. C. gathered to mark the fifth anniversary of the Iraq War and to honor fallen soldiers and Iraqis killed in the conflict.

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Transfusions of older blood are linked to more post-surgery deaths

By Thomas H. Maugh II
Los Angeles Times

Heart surgery patients who received transfusions of blood stored for more than two weeks were 64 percent more likely to die in the hospital than those who received fresher blood, a finding that adds to the growing concern about the safety of current transfusion practices.

Several small studies have suggested a danger in using blood that is nearing its expiration date, but a report published Thursday is by far the largest, with more than 6,000 patients enrolled.

In response to the growing concern, some hospitals have modified their procedures for cardiac surgery — one of the largest consumers of donor blood — to minimize the need for transfusions.

New practices include increased use of blood scavenging during surgery, sending patients home with a lower-than-normal percentage of red cells in their blood, new drugs to prevent intra- and post-operative bleeding and, perhaps most important, reducing anemia before surgery.

Some researchers are also attempting to rejuvenate older blood, such as by re-infusing it with nitric oxide, a critical ingredient for delivering oxygen to tissues that has been shown to disappear during storage.

Many of the conservation techniques were developed because of fears about the AIDS virus and other infectious agents in blood, but they have become especially important because of concerns about the blood itself, said Dr. Richard Shamian, chief of cardiothoracic surgery at the Geffen School of Medicine at the University of California, Los Angeles.

But regulatory changes are unlikely in the near future.

A statement Wednesday by the Food and Drug Administration noted that the study in the New England Journal of Medicine was “narrow and non-randomized” and that any regulatory actions would be “premature.”

And any action to reduce the shelf life of donor blood would impair supplies significantly, said Dr. Ross Heron, medical director of the American Red Cross. “I don’t know if we would be able to get enough blood donors to offset that,” he said.

More than 14 million units of blood are transfused every year in the United States. Current regulations allow blood to be stored for as long as six weeks, which allows time to ship it as needed and provides a cushion against shortages.

The surface membranes of fresh red blood cells are very flexible, allowing them to deform to slip through tiny capillaries. As the cells age in storage, however, the membrane becomes stiffer, increasing the possibility that the cells might block small conduits.

The cells also become stickier, increasing the likelihood of a clot.

“We are only now starting to realize what happens to blood when it is drawn out of a human body and sent to the blood bank for storage,” said Dr. Sunil Rao of Duke University in North Carolina.
Police say foul play ruled out in death

The body of Nickolas Radeka, 71, a retired ECU professor, was found Feb. 26 in a wooded area off West Fifth Street.

By Michael Abramowitz
The Daily Reflector

Greenville police have ruled out foul play as contributing to the death of a retired East Carolina University professor, a department official said Tuesday.

The body of Nickolas Radeka, 71, was discovered Feb. 26 near his pickup truck in a wooded area behind West Fifth Street after an extensive search effort by several law enforcement teams, police reported. Police still don’t know why he was in the area.

Radeka had been missing for two days. An official with the N.C. Medical Examiner’s report ed Radeka died from exposure to the elements, but the findings gave no indication to investigators why he was out there or why he disappeared, said police spokesman Cpl. Kip Gaskins. The case is now inactive.

“We just don’t know, and might never know,” Gaskins said.

The police welcome any information that would spark a reopening of the case, Gaskins said.

“That’s why we classify the case as inactive rather than closed, until some new information or new evidence causes us to change that status,” Gaskins said.

Police responded to a missing person report from Radeka’s wife, Barbara, on the previous Saturday. Workers found his abandoned pickup truck at a construction site adjacent to Brighton Park Apartments the following Monday.

Greenville police, the State Highway Patrol and other agencies used dogs, all-terrain vehicles and a helicopter to sweep the area the next day and found his body.

Radeka was a highly respected professor in the ECU College of Education from 1973-1978, said John Swope, interim dean for the college.

Swope described Radeka as “a man with a good sense of humor who was always there for ECU’s education students.”
The simple push-up an enduring measure of physical condition

By Tara Parker-Pope
New York Times News Service

A symbol of health and wellness, nothing surpasses the simple push-up.

Practically everyone remembers the actor Jack Palance performing age-defying push-ups during his Oscar acceptance speech. More recently, Randy Pausch, the Carnegie Mellon professor whose last lecture became an Internet sensation, did push-ups to prove his fitness despite having pancreatic cancer.

"It takes strength to do them, and it takes endurance to do a lot of them," said Jack LaLanne, 93, the fitness pioneer who astounded television viewers in the 1950s with his fingertip push-ups. "It's a good indication of what kind of physical condition you're in."

The push-up is the ultimate barometer of fitness. It tests the whole body, engaging muscle groups in the arms, chest, abdomen, hips and legs. It requires the body to be taut like a plank with toes and palms on the floor. The act of lifting and lowering one's entire weight is taxing even for the very fit.

"You are just using your own body and your body's weight," said Steven G. Estes, a physical education professor and dean of the college of professional studies at Missouri Western State University. "If you're going to demonstrate any kind of physical strength and power, that's the easiest, simplest, fastest way to do it."

But many people simply can't do push-ups. Health and fitness experts, including the American College of Sports Medicine, have urged more focus on upper-body fitness. The aerobic movement has emphasized cardiovascular fitness but has also shifted attention from strength-training exercises.

Moreover, as the nation gains weight, arms are buckling under the extra load of our own bodies. And as budgets shrink, public schools often do not offer physical-education classes — and the calisthenics that were once a childhood staple.

In a 2001 study, researchers at East Carolina University administered push-up tests to about 70 students ages 10 to 13. Almost half the boys and three-quarters of the girls didn't pass.

Push-ups are important for older people, too.

The ability to do them more than once and with proper form is an important indicator of the capacity to withstand the rigors of aging.

Researchers who study the biomechanics of aging, for instance, note that push-ups can provide the strength and muscle memory to reach out and break a fall. When people fall forward, they typically reach out to catch themselves, ending in a move that mimics the push-up. The hands hit the ground, the wrists and arms absorb much of the impact, and the elbows bend slightly to reduce the force.

In studies of falling, researchers have shown that the wrist alone is subjected to an impact force equal to about one body weight, says Dr. James Ashton-Miller, director of the biomechanics research laboratory at the University of Michigan.

"What so many people really need to do is develop enough strength so they can break a fall safely without hitting their head on..."
PUSH-UPS
Continued from D1

the ground," Ashton Miller said. "If you can't do a single push-up, it's going to be difficult to resist that kind of loading on your wrists in a fall."

And people who can't do a push-up may not be able to help themselves up if they do fall.

"To get up, you've got to have upper-body strength," said Peter M. McGinnis, professor of kinesiology at State University of New York College at Cortland who consults on pole-vaulting biomechanics for USA Track and Field, the national governing body for track.

Natural aging causes nerves to die off and muscles to weaken. People lose as much as 30 percent of their strength between 20 and 70. But regular exercise enlarges muscle fibers and can stave off the decline by increasing the strength of the muscle you have left.

Women are at a particular disadvantage because they start off with about 20 percent less muscle than men. Many women bend their knees to lower the amount of weight they must support. And while anybody can do a push-up, the exercise has typically been part of the male fitness culture. "It's sort of a gender-specific symbol of vitality," said R. Scott Kretchmar, a professor of exercise and sports science at Penn State. "I don't see women saying: 'I'm in good health. Watch me drop down and do some push-ups.'"

Based on national averages, a 40-year-old woman should be able to do 16 push-ups, and a man the same age should be able to do 27. By the age of 60, those numbers drop to 17 for men and six for women. Those numbers are just slightly less than what is required of Army soldiers who are subjected to regular push-up tests.

If the floor-based push-up is too difficult, start by leaning against a countertop at a 45-degree angle and pressing up and down. Eventually move to stairs and then the floor.

LaLanne, who once set a world record by doing 1,000 push-ups in 23 minutes, still does push-ups as part of his daily workout. Now he balances his feet and each hand on three chairs.

"That way I can go way down, even lower than if I was on the floor," he said. "That's really tough."
Easley offers Carson reward

Question is who harbored suspects

BY JESSE JAMES DECONTO
STAFF WRITER

CHAPEL HILL - The UNC-Chapel Hill Board of Trustees paid $25,000 in rewards for tips that led to the arrests of Eve Carson's alleged killers. Now the governor's office is offering $10,000 more.

Gov. Mike Easley pledged Wednesday to pay $10,000 for information leading to the arrest of anyone who may have harbored or otherwise supported Dernario James Atwater or Laurence Alvin Lovette Jr. after Carson's slaying March 5.

"It is believed that further information may exist that could possibly implicate others as accessories after the fact," Easley said in a statement. "To preserve law and order, the person or persons who committed such an infamous crime must be brought to justice."

Chapel Hill Police spokesman Lt. Kevin Gunter said he doesn't know of any additional suspects in the Carson case and couldn't identify them if he did. "There may be other potential suspects out there that we might be looking at," Gunter said. "Because it's part of the investigation, that would be information [investigators] wouldn't share with me."

Gunter said he didn't know who received the trustees' $25,000 reward, which came from their personal funds, or how many different people may have split it. He said he had never heard of the governor offering a reward in another case. "It's just a cry for help from the citizens," Gunter said.

Carson, UNC-CH's student body president, was found shot to death in the street of a neighborhood off East Franklin Street, near campus. Police said she had been shot several times, including once in the right temple.

Lovette, 17, and Atwater, 21, were both charged with first-degree murder after surveillance photos showed them trying to use Carson's bank or credit card at a local ATM and a convenience store, according to police. Lovette is charged also in the January slaying of Abhijit Mahato, a Duke University graduate student. Probable cause hearings in both cases are scheduled for next week.
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The Professor as Open Book

By STEPHANIE ROSEN'BLOOM

IT is not necessary for a student studying multivariable calculus, medieval literature or Roman archaeology to know that the professor behind the podium shoots pool, has donned a bunny costume or can’t get enough of Chaka Khan.

Yet professors of all ranks and disciplines are revealing such information on public, national platforms: blogs, Web pages, social networking sites, even campus television.

When scholars were recently given the chance to refute student criticism posted on the Web site RateMyProfessors.com, a cult-hit television series, “Professors Strike Back,” was born. The show, which has professors responding on camera to undergraduate gripes such as “boring beyond belief,” made its debut in October on mtvU, a 24-hour network broadcast to more than 7.5 million students on American college campuses.

“It’s our dominant show driving half of the traffic to mtvU now,” said Stephen Friedman, general manager of the network. “It gets more than our music premieres.”

There was a time when professors did not outrank music premieres on television. They were buttoned-up authority figures, like the legendary fictional Professor Kingsfield, portrayed by John Houseman in “The Paper Chase.” The personal lives of professors could only be imagined from the sparse clues of clothing, handwriting and the contents of offices.

These days, the clues are usually digital and are broad invitations to get to know the person behind the Ph.D. It is not uncommon for professors’ Web pages to include lists of the books they would take to a deserted island, links to their favorite songs from bygone eras, blog posts about their children, entries “written” by their dogs and vacation photographs.

While many professors have rushed to meet the age of social networking, there are some who think it is symptomatic of an unfortunate trend, that a professor’s job today is not just to impart knowledge, but to be an entertainer.

Certainly, professors have embraced the Internet since its earliest days, using it as a scholarly avenue of
communication, publication and debate. Now it is common for many to reveal more personal information that has little connection to their work.

Some do so in hopes it will attract attention for a book or paper they have written; others do so inadvertently, joining Facebook to communicate with students and then finding themselves lured deeper by its various applications.

Many, though, say that by divulging family history and hobbies, they hope to appear more accessible to students.

William Irwin, an associate professor of philosophy at King's College in Wilkes-Barre, Pa., has a Facebook profile, appeared on “Professors Strike Back” and, last summer, created a MySpace page (with a harpist playing music by Metallica) that he says had some 10,000 friends.

Note the word “had.” Mr. Irwin’s page, on which he was blogging constantly, he said, vanished around Thanksgiving for reasons he has yet to unravel.

“There were all kinds of people I was meeting,” he said. “It was kind of an exciting alternate universe to be part of.”

Mr. Irwin updates his Facebook page with photos and titles of books he is reading, but he misses what he calls the Las Vegas feel of MySpace. Still, his postings ignite a conversation with students. “Anything I can do to kind of meet them halfway,” he said, “I try to do.”

This sentiment is shared by scholars who think that knowing that your Latin professor likes fly fishing and runs a knitting circle could improve the teacher-student relationship.

David H. Collingwood, a mathematics professor at the University of Washington and a Web page pioneer, whose online photographs show him drinking wine in Italy, mountaineering and scuba diving, said in an e-mail message that undergraduates in large classes often fear approaching the professor for help. Having a common interest can break the ice.

“I have students come to my office hours and comment on a commonality between their interests and mine,” he wrote. “For example, one student said they had sat in precisely the same spot as I had in the Italian Cinque Terre town of Vernazza.”

Nate Ackerman, a lecturer in mathematics at the University of Pennsylvania, whose Web page includes information about his wrestling achievements and photos of him with his cats, agreed. “It’s better when your professor’s human,” he said.

http://www.nytimes.com/2008/03/20/fashion/20professor.html?_r=1&th=&oref=slogin&emc=th&pag... 3/20/2008
Some scholars suggest that the need to present oneself so chummily is indicative of student demands. Sam Gosling, a psychologist and an associate professor at the University of Texas at Austin, who has about 300 students on his MySpace page, said there are students today who think professors are not doing their jobs unless they convey information in zany, interactive ways.

It is something he sees reflected in student evaluations and something that anyone can observe on RateMyProfessors, where students critique classes with comments like “bring a pillow.”

When David Linton, a communication-arts professor at Marymount Manhattan College, was asked in “Professors Strike Back” to respond to a student who said his class was “not a happy learning experience,” he said in part: “What the hell does that mean? Who the hell said it was supposed to happy? I hope it’s good. I hope it’s stimulating.”

With his frank rebuttals and voluminous puff of gray hair, Mr. Linton has become something of a celebrity thanks to such appearances. “I walked into the gym the other day and some woman on the treadmill looked up and said ‘I just saw you on RateMyProfessors.com,’” said Mr. Linton, who is now dreaming up a series, “Professors at Play,” that would jutbapose scholars’ work at universities with their personal hobbies. Were he to have his own episode, he would like to be ice or roller skating.

“It bespeaks a certain kind of desire that all of us have for that moment of fame,” he said.

But there are those who prefer to be more opaque, at least in cyberspace. “I can see it if somebody’s using a Web page to store syllabi and articles and store biographies, store vita and that’s fine,” said Stephen Eric Bronner, a political science professor at Rutgers. “But just to say ‘I shoot pool’ or ‘I play poker,’ this kind of thing, what does it really mean? You humanize yourself in front of your students. You don’t have to do it through that.”

Mr. Bronner, who recently returned from Darfur, was perplexed that more people remarked about his appearance on “Professors Strike Back” than his trip. “I don’t know, I find it a very odd thing,” he said. “It’s just, it’s irksome in a way.”

There are many reasons professors have embraced the Web and other media to reveal more of themselves. Mr. Gosling, whose studies include personality and virtual environments, noted that people are far less formal in all areas of life. “Twenty years ago, many fewer professors would have been wearing jeans and sneakers to work,” he said.

It is also possible, he added, that some professors are doing online what they have long done in their offices: displaying family photos and personal artifacts, decorating with posters, literally keeping their doors open.
Mr. Friedman of mtvU said it is the nature of the age. "I think it's part of this increased transparency," he said.

He acknowledged that watching the uninhibited scholars responding to student criticism on "Professors Strike Back" is "almost as if your therapist, who you know nothing about, is going to come and respond."

"It feels as if they are breaking some kind of wall," he said.

And yet, in some ways, the online and on-screen chumminess may not cross over beyond those realms. A number of professors said the most disarming thing of all to students is when they encounter a professor not on a Web page, but in the real world.

When a student spotted Mr. Gosling on a street near campus, he said, "She looked at me in, like, horror. Like, 'Wait a minute, you have a life?' The idea that I would continue to exist -- it was sort of a violation of her expectations."