THE DAILY CLIPS

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Lunden: Stay in the race

Power of the Purse speaker urges women to stay active, engaged

By Jane Welborn Hudson
The Daily Reflector

Wednesday, May 06, 2009

Television personality and mother of seven Joan Lunden told more than 800 Greenville women — and a handful of men — how they can, like her, have it all: a successful career, an energetic family, good health and an opportunity to make a difference in the world.

At the Women for Women Fund's fourth annual Power of the Purse luncheon Wednesday at the Greenville Convention Center, the former "Good Morning, America" host said that she decided when she turned 40 that it was time to make some changes.

"I decided I didn't want to be on the sidelines," she said. "I still wanted to be running the race." Since making the decision to balance her life, she said, "I am more physically fit and engaged in life at 58 than I was at 40."

She shared six steps for a balanced life:

Find and follow your passion. "Don't sit around and wait for something to happen, make it happen," Lunden said.

Establish priorities and set boundaries. "You can not do it all, so don't beat yourself up," she said. "Why is it so hard for us to say no? Let's all say it together, it's only two letters. .... 'No.'"

Invest in yourself, your health. "Your health is 70 percent in your hands and 30 percent hereditary," she said. "It's your choice to be healthy or not. Don't fall to the bottom of your to-do list. ... I don't think most of us pay attention to our own bodies or our own health and happiness. We will pay a very high price if we don't take care of our health."

Never underestimate the power of a positive attitude. "A sense of enthusiasm for life has a positive impact on others, but it also has an amazing impact on you," she said.

Ask for help. "This seems so hard for so many women," Lunden said. "Remember what I call the Three Ts: tone, tact and timing" as you approach family and friends for assistance.

Count your blessings.

Eight members of the South Central girls' basketball team and Coach Mary Bryan Carlyle attended the luncheon. They were the guests of Cissy Brown, a regional sales director for GlaxoSmithKline. Brown said she invited the team members with the highest academic records to reward them for their hard work and inspire them to achieve even greater things.

The team, which has finished the past two seasons with a 29-1 record and a berth in the Eastern Regional Finals, raises most of the money for their needs themselves by holding chicken dinners, car washes and bake sales, and by hosting an annual tournament.

"We take a lot of pride in being self-supporting," Carlyle said. "We helped buy our uniforms and warmups, and we pay for summer travel. It feels good to know we can do this."

"This team is what Women for Women is all about, using teamwork to solve problems," Women for Women Advisory Board Chairwoman Bonny Breuer said.
Brown said she challenges others to sponsor a table for young women to attend next year’s Power of the Purse luncheon, scheduled for May 5, 2010. The speaker will be announced at a later date.

✓ Grand presenting sponsor of the Wednesday luncheon was Dr. Mary Raab, and grand sponsors were June Ficklen and the Eddie and Jo Smith Foundation.

The Women for Women Fund of the Greater Greenville Community Foundation was founded in 2005 for local women interested in becoming effective philanthropists through the power of collective grant-making to meet the critical needs of women and girls in the Greenville area. The fund provided $49,000 in grants last year.

Contact Jane Hudson at jhudson@coxnc.com or (252) 329-9577.

women power

Women for Women is open to any woman who gives a tax-deductible contribution of $100 or more to the Women for Women Fund of the Greater Greenville Community Foundation.

Visit the Web site at www.womenforwomengreenville.com or call Ginger Minges at 752-2441 for more information.

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Weather cooperates for Uptown Umbrella Market

By Kathryn Kennedy
The Daily Reflector

Wednesday, May 06, 2009

The dozen vendors participating in the retooled Uptown Umbrella Market were in luck — they didn't need their props for rain protection Wednesday.

Swiss Chalet Bakery had fresh breads and pastries for sale. U.B.E brought tees. Greenville resident Kelley Haven brought herbs and greens from her own backyard.

"(We'll come) whenever there's enough to share," she said of her family.

Uptown Greenville Executive Director Denise Walsh called Wednesday a "modest start" to the local market, which is operating twice monthly at the site slated to become Five Points Plaza. She said the new market isn't intended to detract from the county farmers market. Her nonprofit organized the event and provided tables and umbrellas to vendors.

"I think it might give producers another opportunity and place to sell," Walsh said, "especially in the summertime when things are plentiful. There are enough people in our community to support many markets."

Across the parking lot, Starlight Café owner Alan Boutilier was giving a similar pitch. His was to a local farmer who usually sells produce and his wife's pies at the Pitt County Farmers Market on County Home Road.

"I've been wanting to have a downtown farmers market for a long time," Boutilier said. "We need vendors. I think it's a good location, and once people know it's here, we'll stay busy."

The restaurateur was there with several samples of goat's milk and unprocessed cheeses. He also invited Rainbow Meadow Farms, a Greene County farm raising antibiotic and hormone-free pork, chicken, turkey and lamb.

Owner Genell Pridgen had already run out of boneless chicken breasts an hour after the event began. Her children were in tow with bushels of produce. They plan to come back with grass-fed beef next time.

The Sojourner co-owner Michelle Jenkins said she doesn't know if she'll come back for every market, but hopes it will do well. Jenkins is hoping for what Walsh summarizes as "stay, shop, dine." That means people who come downtown for the market will wander by the storefronts afterward.

"We want people in the surrounding neighborhoods to be able to walk, to interact in a diverse group in a way they might not otherwise," Walsh said.

Contact Kathryn Kennedy at kkennedy@coxnc.com or (252) 329-9566.
Lightning remodels NCSU bell tower

Crane will reposition dislocated granite

BY MARTHA QUILLIN, Staff Writer
Comment on this story

RALEIGH - With graduation two days away, N.C. State University is scrambling to fix the crown on a campus jewel. It’s bringing in a platform lift to hoist a 1,500-pound hunk of granite back into place atop the bell tower after a bolt of lightning knocked it loose.

The jolt, delivered Tuesday evening, also dislodged a smaller piece of stone, which fell to the ground and was picked up by a souvenir-hunter.

The whole incident just adds to the tower's mystique, said Dr. Tom Stafford, vice chancellor for student affairs and one of two resident bell tower experts.

The other is Matthew Robbins, a graduate student obsessed with finishing the tower. It was begun in the 1920s and pronounced complete several decades later, though it lacked several original design features and, most glaringly, bells.

Robbins, who lives across the street from the tower, was on his porch with friends Tuesday evening when lightning flashed with a huge boom, followed by the smell of an electrical fire. When the rain slacked off, the group went to see what had happened.

They found the bell tower dark, its clock frozen at 6:55 p.m.
"The weird thing was the chimes were not affected because they're in another building, so they continued to ring," Robbins said. "The lights were out, the clock was out and it was really foggy, so you couldn't see it, but you could hear it. It was really eerie."

Stafford, too, heard the crash and made his way to the bell tower.

While he was there, a young man walked up carrying a piece of carved granite, maybe a foot long and 10 inches wide, from the tower's southeast corner, nearly 115 feet up.

"That belongs to the state, and you need to give that back to the university," Stafford said he told the man.

Campus police Capt. John Barnwell said officers were trying to track down the man they believe has the stone and ask for it back.

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Four years after Katrina, a college class comes of age

Those who weathered the storm as freshmen are graduating into civic life

BY KEVIN MCGILL, The Associated Press

NEW ORLEANS - In the months after Hurricane Katrina swamped the University of New Orleans campus in August 2005, the basketball team practiced at a school six hours away in Texas and played almost its entire season on the road, winning just three games.

Some team members quit, but for those who stuck it out, "it made us closer," said Jada Frazier, who was a freshman from Albany, Ga.

"I strongly believe that sometimes you have to go through some hardships and changes in order to become a stronger person," she said. "And I don't think I could have gone anywhere else and become the person that I am today."

Frazier is a member of the Class of Katrina -- the graduating college seniors who were brand-new freshmen when the hurricane plunged New Orleans into anarchy and ruin four years ago.

Many of their classmates left and never came back. But they returned, whether out of loyalty to their school or affection for the city. And for some of them, it was a life-changing experience.

Tulane University student Denali Lander, an English major from Boulder, Colo., helped start a nonprofit relief effort called the NOLA Fund. Originally a source of aid for families displaced by the storm, it evolved into a program providing students at a New Orleans public school with technology training and free laptops.

"I've always been a civic-minded person, I like to think. But certainly the hurricane kind of
put that at the forefront of my interest," Lander said.

Many of New Orleans' freshmen had decorated their dorm rooms when the city was ordered evacuated. Administrators returned weeks later to find major damage at Dillard University, Xavier University, the University of New Orleans and Southern University at New Orleans. Tulane and Loyola universities fared better.

Other colleges around the country took in New Orleans' students for a semester before classes finally resumed in the city in January 2006 -- in trailers at some of the flooded campuses or, in the case of Dillard, at a hotel. It was a dreary, depressing experience.

An international business and Spanish major, Ashlee Yates of Memphis, Tenn., recalled a Dillard gym piled ceiling-high with the belongings of students who wouldn't be coming back for them. Her dorm room had flooded, and she had lost everything.

"The morale became really, really low after the hurricane," Yates said. "A lot of students that came in with me aren't here anymore."

More than possessions

Jazmine Boutte, a student at Dillard, didn't just lose what she had on campus; her family in New Orleans lost their home to flooding. It was, she said, a shock to her then-materialistic soul when she wound up in Houston with no extra clothes, dependent on the kindness of strangers.

"I've really changed from how I was. I would never want Wal-Mart clothes and things like that, and that's what I had to resort to right after we evacuated," Boutte said. "I just never thought I would have to have people giving me things when I used to be the one giving all the time."

When she returned to New Orleans, Boutte helped paint and clean damaged property, tutored schoolchildren and participated in the building of a Habitat for Humanity house. She took part in a 2006 rally to encourage displaced residents to vote -- the kind of civic activity she said she never would have participated in before.

"I was kind of materialistic before Katrina. I've really learned not to take anything for granted," she said. "My whole views on having this and having that have really changed."

Matt Limback, a Tulane student from Chesterfield, Mich., who fled less than 24 hours after arriving on campus, said he never thought of transferring to another school. When he returned, the university dispatched him and others to the hardest-hit areas to help with the cleanup.

"It was pretty dismal when on the first couple of weekends back they send you down to the Ninth Ward, where you're going through houses where you find dead animals, dead pets," Limback said.

But he and other graduating students said they were grateful to have been part of the city's healing.

Charles Figley, a psychologist and disaster trauma expert recruited to work at Tulane after the storm, said the students' reaction is common among those who have withstood hardship: "They have a source of inspiration and self-confidence that emerge as a result of some terrible disaster."

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PIRATES
Continued from B1

according to a report released Wednesday. The Pirate men's basketball team finished with an APR score of 879 in the recently released 2007-08 report. It was the only squad from the school to have an APR score fall below the penalty threshold of 925.

But the score also showed a steady improvement by the team over the last three years. The men's basketball team finished with an 843 in the 2004-05 report, an 849 in the 2005-06 report and an 861 in the 2006-07 report.

Due to falling below the penalty mark in recent years, the team lost one scholarship for the 2008-09 season and also had its 20-hour weekly practice time reduced to 18 hours. East Carolina's highest APR scores came from four women's teams — tennis (a perfect 1,000), volleyball (989), swimming (987) and golf (984).
Triangle ACC athletes advance

BY KEN TYSIAC, Staff Writer
Comment on this story

The three Triangle men's basketball teams that capture the nation's attention are among the national leaders in the classroom, according to NCAA Academic Progress Rate data released Wednesday afternoon.

N.C. State led all ACC men's basketball teams with a score of 995 out of a possible 1,000. The rate measures the total progress toward graduation of athletes on each team at each Division I school. A 925 is considered a passing score.

School athletics officials said N.C. State's strong showing in the classroom is partly due to coach Sidney Lowe's efforts to keep players in school after he took over for Herb Sendek in 2006. Coaching changes often are followed by an exodus of players who transfer to other schools, but that didn't happen at N.C. State.

"I think academically when Herb left they were in pretty good shape, and Sidney has done a good job of trying to maintain kids in school," said N.C. State athletics director Lee Fowler.

The men's basketball teams at Duke and North Carolina scored 989 on the Academic Progress Rate. The three Triangle teams were the only men's basketball teams in the ACC to receive public recognition awards from the NCAA for their high APR scores.

North Carolina's honor comes a month after the Tar Heels won the NCAA title with a win over Michigan State in the national final in Detroit.

"It further shows for us that we're doing things the right way and that across the board, we're
pretty competitive in playing. And now this is just another measure that shows that we're doing the right things academically," said Steve Kirschner, the North Carolina sports information director.

Also receiving public recognition in men's basketball were Davidson, with a perfect score of 1,000, and Winthrop, with a 986. South Carolina was among 42 Division I men's basketball teams to receive a scholarship penalty for a low APR.

The Gamecocks were penalized one scholarship as one of four SEC men's basketball teams to receive penalties. Georgia Tech, which lost two scholarships, was the only ACC men's basketball team penalized.

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**Selected NCAA Academic Progress Rates**

x - Not subject to scholarship penalties based on demonstrated academic improvement.

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Holding College Chiefs to Their Words

By ELLEN GAMERMAN

Reed College President Colin Diver suffered writer’s block. Debora Spar, president of Barnard College, wrote quickly but then toiled for hours to cut an essay that was twice as long as it was supposed to be. The assignment loomed over Wesleyan University President Michael Roth’s family vacation to Disney World.

The university presidents were struggling with a task that tortures high-school seniors around the country every year: writing the college admissions essay. In a particularly competitive year for college admissions, The Wall Street Journal turned the tables on the presidents of 10 top colleges and universities with an unusual assignment: answer an essay question from their own school’s application.

The “applicants” were told not to exceed 500 words (though most did), and to accept no help from public-relations people or speechwriters. Friends and family could advise but not rewrite. The Journal selected the question from each application so presidents wouldn’t pick the easy ones. They had about three weeks to write their essays.

The exercise showed just how challenging it is to write a college essay that stands out from the pack, yet doesn’t sound overly self-promotional or phony. Even some presidents say they grappled with the challenge and had second thoughts about the topics they chose. Several shared tips about writing a good essay: Stop trying to come up with the perfect topic, write about personally meaningful themes rather than flashy ones, and don’t force a subject to be dramatic when it isn’t.

As Mr. Roth of Wesleyan, in Middletown, Conn., waited in line with his daughter for rides at Disney World, he thought about his question -- describe a person who’s had a significant influence on you -- and wondered whether the topic he’d chosen for his response was too personal.

"It occurred to me, that must be the question our applicants ask themselves," Mr. Roth says. "I can write about my history teacher or a public figure, what you’d expect, or should I write something more meaningful to me, but riskier?"

In the end, Mr. Roth decided to take a risk, telling a story of his brother who died at age five, before Mr. Roth was born. His older brother’s portrait hung in their childhood home.

"I was to heal the wounds caused by the death of that beautiful little boy in the picture," he wrote. "Yet I was also to remain the trace of those wounds."

Mr. Diver of Reed, in Portland, Ore., was asked to write about an experience that demonstrated the importance of diversity to him. He described a violent episode as a young man that eroded his liberal self-image. Overhearing the mugging of a young black woman outside his home in Boston’s South End, Mr. Diver, who is white, grabbed a baseball bat and hit the woman’s attacker, who was Latino.

"Doubts welled up in my mind," Mr. Diver wrote. "Did I really understand what it means to live in a diverse neighborhood? Or did I just want cosmetic diversity as a backdrop for imposing my white, professional-class ways?"

The incident, which occurred in 1975, is mentioned in "Common Ground," a book by J. Anthony Lukas that told the story of
three families, including Mr. Diver's, in a rapidly gentrifying and racially divided neighborhood.

Robert Oden, president of Carleton College in Northfield, Minn., was asked to evaluate the impact of a significant experience, achievement, risk or ethical dilemma that he had faced. He wrote about how life should be approached as an adventure, and described running, panicked, in the streets of Cairo when a trip to the pyramids, on the western edge of the city, went awry. "Within a few short minutes, I was lost. Utterly, hopelessly, lost and confused."

Eventually, he realized that he was safe, and concluded that around the world, "people are people," and most are kind and quick to help others.

Mr. Oden says he found it tough to write an essay that didn't sound a little crazy in its attempt to be interesting. "I can think of writing an essay that would be batty and daft and wild, and I can think of writing a very conventional essay that would be neither," he says. He went with Cairo because it was a specific story, set in a particular place, with details he remembered vividly.

With the assignment of picking a person who inspired him -- from fiction, history or a creative work -- Grinnell College's Russell Osgood chose history, writing about 18th-century Anglo-Irish political figure Edmund Burke. Mr. Osgood, who announced this week that he will step down in 2010, drew parallels between his experience as president of Grinnell, in Grinnell, Iowa, and Mr. Burke's philosophy.

"Burke, like David Hume, believed that change is best accomplished by a gradual movement in structures and institutions rather than by violent upheaval. When I arrived at Grinnell as a new president in 1998, there was concern, even apprehension, about me and the possibility of change," he wrote. In response to those concerns, Mr. Osgood says he told people that any change he brought to the college would occur "thoughtfully and after learning and listening." He says he wanted to act in a way that was consistent with Burke's philosophy.

Given the same question, Marvin Krislov, president of Oberlin College, in Oberlin, Ohio, says he briefly wondered if he should write as if he were a high-school senior, but then concluded he'd write a better essay if he looked back on his experiences from an adult perspective. He described a trip he took a few years ago to South Africa's Robben Island, where anti-apartheid activist Nelson Mandela was imprisoned:

"Contemplating Nelson Mandela's life can make one weep at the inhumanity and cruelty he experienced. But it is also inspiring," Mr. Krislov wrote, adding that he was especially impressed by a school Mr. Mandela and his colleagues created while they were in prison. "I was deeply moved by their faith even under horrific circumstances in education as the path to social change and uplift."

One of the most challenging questions came from the University of Pennsylvania application: Write page 217 of your 300-page autobiography. President Amy Gutmann focused on her professional accomplishments, including creating a vision for the school, dubbed "the Penn Compact," when she became the university's president in 2004. "No sooner had I begun writing my presidential inaugural address than the political philosopher in me took over," she wrote. "Instead of delivering the standard omnibus address that no one will remember, why not propose a new social contract to put the ideals of higher education into ever more effective practice?"

Some presidents, like many high-school students, wrote about their extra-curricular activities. "What I love about bicycling is how close I am to the countryside, moving slowly enough to see everything, and able to stop when a spot beckons," wrote David Oxtoby, president of Pomona College in Claremont, Calif. Others took the opportunity to focus on academic policy: "We need to adjust to the new economic realities while maintaining our commitment to access and affordability," wrote Catharine Hill, president of Vassar College in Poughkeepsie, N.Y.

The question for University of Chicago President Robert Zimmer was simply a quote by poet Rainer Maria Rilke translated from the German: "At present you need to live the question." His interpretation: "Living the question is not simple. It entails the intensity of argument and engagement. It demands intellectual risk-taking and a preference for analysis, inquiry and complexity over easy solutions or comfort."

Ms. Spar, president of Barnard College in New York, says the application exercise reminded her how difficult it is for students to write an original essay, especially when so many are answering the same questions from the common application.

"In an ideal world, I'd rather go back to the system where colleges ask more idiosyncratic questions, because really what you want
to find out is, why is this particular kid a good fit for this particular school?" she says.

When she sat down to write, she rejected one of her first ideas, which was to describe her running and swimming routine. "That struck me that'd be a very, very boring and self-aggrandizing essay to write," she says.

So Ms. Spar, who once wrote a graduate-school application essay about talking backwards, used a trick familiar to many survivors of the college essay ordeal: She turned her question on its head. Asked to describe an ordinary-seeming daily routine or tradition that held special meaning for her, the working mother wrote instead about her lack of routine. She described a typical chaotic day: she was juggling preparations for a black-tie event with the needs of her three kids. Meanwhile, her husband was stuck in a snowstorm in Buffalo, N.Y. and the family cat was found with a "writhing" chipmunk inside the house.

"I pack my daughter's clothes for soccer practice and put her Hebrew homework where she has at least a remote chance of encountering it. In between, I check on the chipmunk, which is now expiring sadly on the downstairs rug," Ms. Spar wrote, later adding: "The chipmunk has died. And another day begins. Thankfully, I've never been much for routine."

Write to Ellen Gameran at ellen.gameran@wsj.com