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Putting with a purpose
By Ronnie Woodward
The Daily Reflector
Friday, June 4, 2010
Melvin Patterson and Dwayne Harris stayed around the part of Brook Valley Country Club where they knew they could hang Friday: The putting green.
Patterson and Harris — both expected to be key contributors on the 2010 East Carolina football team — were part of the Pirate clan of football coaches and players who volunteered at the inaugural Mac Attack Golf Tournament, named after first-year ECU coach Ruffin McNeill.
The 25 or so players who were on hand were in charge of the putting contest portion of the event, which benefited the Ronald McDonald House of Eastern N.C.
“I’m an avid putter, so I had to get involved in it myself,” Patterson, a senior linebacker, said.
“We love community service and it’s fun for us to come out and meet some of the Pirate alumni and Pirate fans.”

Added Harris: “Doing stuff like this is great for our team and it’s great for the community.”
The event took off when McNeill got involved a couple of months ago. McNeill had a strong relationship with the Ronald McDonald House during his 10-year stint as an assistant at Texas Tech, and he plans to continue that relationship in Greenville.
“The kids have been so openhearted to doing things for the community, which is great for us,” McNeill said. “To see them out here is wonderful, and I’m so proud of them. ... I want the community to know that we are a team of service. Serving the community and the university is a part of our job too.”

McNeill tried to shake hands and hit some golf shots with all of the 100 players who participated. The partnership between the ECU football team, Brook Valley, the Ronald McDonald House and the sponsors that helped put on the event is a relationship that Brook Valley golf professional Bennett Dunn is hoping — and expecting — to continue.
“Being the first year with coach (McNeill) involved, it’s been 100 percent successful,” Dunn said.
“We look forward to doing it again.”

ECU fan Eric Harris, who is actually a neighbor of McNeill’s, said he was pleased to see McNeill and his host of players interacting at the course while benefiting a good cause.
“I think it’s extremely important because he’s such a figurehead in this area,” Harris said of McNeill. “We all know how important (ECU) football is, and it’s nice for him to get out here and be associated with all of these people and support this cause as well.”

According to Patterson, the event gave the ECU players a chance to help the Ronald McDonald House and meet Pirate fans, which is an opportunity they relish.
“These events are fun,” Patterson said. “We love talking to the fans about football, the coaches and the upcoming year.”

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Rehabilitation studies master’s student Nicole McKnight, left, gets instruction on using the Joule functional capacity evaluation system by developer and trainer Mary Ruprecht.
Cliff Hollis/ECU News Services

**ECU has new way to evaluate rehab progress after injury**

**Saturday, June 5, 2010**

*ECU News Services*

New equipment in the College of Allied Health Sciences will help rehabilitation studies students evaluate a person’s physical readiness to go back to work after an injury.

East Carolina University is the first school in the UNC system and the only one in North Carolina using Joule, a functional capacity evaluation system made by Valpar International Corporation.

“If someone has had a work injury or illness, and he or she wants to return to work, this system can help determine how much can be done after injury,” said Dr. Steven Sligar, assistant professor of rehabilitation studies and director of the graduate program in vocational evaluation.

The system, which combines diagnostic equipment and specialized computer software, allows vocational evaluation students to take a person through a series of 20-30 progressive tests to measure a range of abilities, from how much weight someone can lift to balance and stair climbing. It includes a time stamp and stopwatch to determine how long each task takes and how soon someone is fatigued by an activity.

“Within each test, you can make recommendations and modifications. You’re basically writing your report while you’re doing the evaluation,” Sligar said.

The evaluator enters findings into a computer program that produces, on average, a seven-page report to help determine appropriate job matches based on the person’s physical abilities.

“We’re excited about having it,” Sligar said. “I like to say the idea behind it is to find the cans rather than the can’ts.”

Master’s and doctoral degree students will use the equipment, as well as clients in the college’s Project Working Recovery, a service research project that assists individuals in choosing, getting and keeping a job as a means to sustain recovery from addiction, Sligar said.
On Thursday, Mary Ruprecht, the developer and manager of Joule, led a training session for rehabilitation studies students and faculty.
The equipment often is used in worker’s compensation and large rehabilitation centers, where students may work after graduation.
“It will be a good skill for them to have,” Sligar said.

**C.M. Eppes students raise money for camp**
Beta Club students at C.M. Eppes Middle School and their adviser, Cheryl Esarey, organized a walk May 21 to raise money for Camp WholeHeart, an ECU-led weekend camp for children and teens with complex congenital heart defects. The walk doubled as a fundraiser and celebration of the close of the school’s End-of-Grade (EOG) testing week.
Approximately 350 middle school students and faculty chaperones took to the sidewalks around C.M. Eppes and ECU’s campus to show support for their schoolmate, Olivia Gude, who has a pacemaker due to a congenital heart defect and has been to Camp WholeHeart. Dr. Priti Desai, ECU assistant professor of child development and family relations and director of Camp WholeHeart, joined the walkers.
“Each student who walked was expected to donate at least one dollar to Camp WholeHeart,” Esarey, who teaches academically gifted students at Eppes, said. “The Beta Club has a service component, so the students organize a special event each year benefitting the community. This year, they wanted to raise money for Camp WholeHeart in honor of their fellow club member, Olivia, who has loved her camp experience.”
The camp’s creator said she was touched by the students’ efforts.
“I am thrilled that the Beta Club students would organize a walk like this, and I was amazed at the number of students who donated,” Desai said. “The students were really into helping out Camp WholeHeart. Their donation will be well spent at camp.”
Since 2005, Camp WholeHeart has been held at Camp Don Lee in Arapahoe for one weekend and is planned again for this fall. Campers are offered many activities, but it’s the friendships formed that keeps campers coming back each year, Desai said. Campers build close bonds due to common experiences with congenital heart defects. According to the American Heart Association, eight babies in 1,000 births will have some form of congenital heart disorder.
The camp is sponsored by the Children’s Miracle Network, a fundraising program of the Pitt Memorial Hospital Foundation. Camp volunteers include ECU students and faculty from many disciplines, including child life, nutrition, pediatric cardiology, education and others from the Children’s Hospital of University Health Systems.

**Hall of Fame for College of Nursing**
ECU’s College of Nursing is establishing a Hall of Fame to recognize the service of nurses who by virtue of their contributions are considered among the most highly regarded nurse leaders and to whom ECU alumni and friends are most grateful, organizers said.
Nurses will be honored for advancing nursing through clinical practice, teaching, administration or research. The inaugural induction will be held during the college’s 50th anniversary celebration in the 2010-11 academic year.
The goal is to induct at least 50 Hall of Fame members to commemorate the event.
“The Hall of Fame is an opportunity to highlight nurses who contribute so much to patient care, health research and the education of future nurses,” Dr. Sylvia Brown, dean of the College of Nursing, said. “With the Hall of Fame, ECU College of Nursing is establishing a permanent tribute which will be a model for nursing excellence.”
A minimum gift of $1,000 will secure a plaque inscribed with the name of the Hall of Fame honoree, which will be displayed in the college. ECU graduates will be uniquely identified on their plaque, and any nurse whose name is honored with more than one $1,000 gift will have a star placed on the plaque. Inductees also will be recognized at an annual banquet, in the annual alumni publication “Pulse” and on the college’s website.
Gifts will support a new Hall of Fame Scholarship Fund to provide merit-based scholarships for nursing students. This scholarship program will help attract more of the best and brightest students to ECU’s College of Nursing, said Mark Alexander, director of development.

Nomination forms are available online at http://nursing.ecu.edu/download/ECUCONHoF_Nom.pdf or by calling 744-2238. The deadline for nominations is Dec. 1. Nominations received after the deadline will be held for consideration in the next calendar year. Gifts may be given by an individual, family or group. Each nomination will be reviewed and voted on by the ECU College of Nursing Advancement Council.

For more information, contact Mark Alexander at 744-2238 or by e-mail at alexanderma@ecu.edu.

**Upcoming event:**
Tuesday: Blood drive, 10 a.m. to 4 p.m., two donation sites: Mendenhall Student Center and Old Laupus Library.
See www.ecu.edu/cs-ecu/calendar.cfm for times, places and more information on this event and other ECU upcoming activities.
Menswear styled, signed, delivered with a bit of mint

CARY -- They remember the mints.

When boxes of golf shirts and shorts and other high-end menswear are shipped from the Peter Millar office and warehouse, the packing list includes mints.

When customers unpack their orders, they are struck by three things: The quality of what they've ordered; each item comes out of the box in the order it's listed on the packing sheet; and, mints are included for the pleasure of it.

It's a little thing, but this year when a few boxes arrived short of mints (they ran out briefly), phone calls started coming.

At Peter Millar, located in a low-profile office park on the southwest edge of Raleigh, the attention to detail, commitment to quality and a North Carolina-grown appreciation of classic menswear has helped catapult the company into one of the hottest brands on the market, particularly for golfers.


The only thing missing is Eastern North Carolina barbecue.

It's through golf that the brand has become almost instantly recognizable. It's what many of the Titleist touring pros wear at tournaments. It's what the NBC Sports golf team wears. And, it's what's the U.S. Ryder Cup team will wear in Wales this fall.

The brand is the creation of Chris Knott, who grew up working at a Fuquay-Varina men's store and attended East Carolina University. Intent on getting into the men's clothing business, Knott worked in New York and learned quality and style at Hugo Boss and Burberry among other labels before introducing his own brand of cashmere sweaters during 2001.

Now, the Peter Millar brand is as familiar to golfers as Foot-Joy and TaylorMade, though it's much more than a golfwear company. Peter Millar golf shirts range from $78 to $98, a price Knott stuck with even when industry insiders suggested he should ask more per shirt a few years ago.

"I've been in the clothing business since I was 14, and I've seen everything come and go," Knott said. "Everything was going super high-end and I felt there was a need for a product like ours, something that's made well and it doesn't cost a telephone number to buy it."

Sitting inside his office, Knott is wearing khakis, a green golf shirt and flip-flop-style sandals. There are fabric samples scattered about and mannequins dressed in samples from the company's fall collection.
What about the beagle?

Work has begun on the spring 2011 line.

Along with Scott Mahoney, who joined the company as president and CEO in 2005, Knott has nurtured Peter Millar into a dynamic player in the industry without surrendering its small company touches.

A beagle, with the title of vice president for security, wanders the stockroom where shelves are stacked with boxes of everything in the collection. On Friday, the 55 employees eat hot dogs together at lunch.

The clothes are made around the world, but they wind up at the office park in Cary where each order is hand packed. There's an embroidery shop on site where club logos are stitched.

"You can identify their merchandise from a million miles away," says Marty Hackel, fashion editor for Golf Digest magazine. "When you can identify clothes without looking at the label, you know they've done something significant."

Peter Millar, Knott and Mahoney will tell you, is not a golf brand but a lifestyle brand. Mahoney talks about capturing a "share of the closet," which means outfitting a man from shoes to a coat.

'We are our customers'

They have a simple philosophy: If it's something Knott or Mahoney - two middle-aged men - wouldn't wear, they won't make it.

"We are our customers," Knott says.

It's golf that has opened the door and accounts for approximately half of the company's thriving business.

"Golf buys the airwaves," Knott says. "Golf has television, and that's awesome. You don't see clothing companies running national ads."

But golfers see Steve Stricker and others sporting Peter Millar logos. They see the shirts at better golf shops, at Nordstrom (the only department store with access to the line) and at men's specialty shops.

Some clubs have gone so far as to provide Peter Millar clothing for special events. Golfers can pick what they want on a Thursday and, by Saturday, the merchandise is there, specially embroidered for each person.

They even make boxer shorts, which are expensive - three pair for $90 - but are so popular there were none in the warehouse recently, forcing customers to wait.

Peter Millar's sales climbed steadily through 2008 before going flat during the economic downturn in 2009, when many similar companies saw precipitous drops. This year, Mahoney says, the increase in orders has been substantial.
Peter's on the ball

And, you might ask, just who is Peter Millar?

Knott's mother was an antiques dealer and years ago bought a collection that included an antique lawnball. The ball had its owner's name - Peter Millar - printed on it.

When it came time to name his company, Knott settled on Peter Millar.

The ball is on display at the company office in Cary.

A dish of mints is nearby.
Al Clark: This crowd started at middle C well past middle age
Sunday, June 6, 2010

My walk to the front of the hall was long and silent, the big, black Steinway growing longer with each step. After that, I have trouble remembering.

Watching were maybe 100 friends and family members, seated near the piano in Room 110-B at East Carolina University’s Fletcher Hall. This was my first and likely last piano recital and I was scared, but I had practiced long for this moment, as had my classmates.

I estimated and my family would confirm that I had played Leopold Mozart’s “Burlesque” several hundred times by this time, with degrees of deftness ranging from unrecognizable to nuanced, I thought. The elder Mozart had written the short piece as a piano exercise for his son Amadeus Wolfgang, the Mozart we are most familiar with, and his daughter, Nannerl, in the 18th century.

There were moments throughout this process that I imagined the boy Mozart’s fingers running along the same keys mine now trod, tracing the same note patterns his father had penned for him onto the lines and spaces of the music before him.

As I worked, I also came to realize that I loved learning this. I loved the satisfaction it brought when I played it correctly, at least in some faint way like the Mozarts had written and played it so long before. I realized too what a gift this experience had been, one I could not have appreciated so well as a child. I could not have imagined then the intricate ways the language of music so often outpaces that of words.

Now, with audience hushed and hands poised over the keys, I was ready to play my piece. The recital was the culminating event of a semester-long study of piano under the auspices of the ECU School of Music and led by Professor Jennifer Bugos. Dr. Bugos has for some time now been researching the effects of music instruction on the cognitive skills of older people.

The concept behind her research is that through instruction in music appreciation, theory and performance on piano and percussion instruments, the brain makes strong new connections, which in turn can lead to better cognitive health, especially crucial for adults facing the encroachment of age.

For two semesters I spent an hour a week with Dr. Bugos and a group of delightful “older students” as we first learned something of the history of classical music, its eras, trends, composers and theories. Then this last semester as some groups worked with percussion instruments, my group started at “middle C” and began our trip through the complexities of the piano — which I was now sitting down to face.

It was time to begin.

At that moment, as a kind but expectant audience watched, I felt my fingers simply desert me, only to reattach themselves to some other hands over which I had little control. Each time I started and stopped, my connection to these hands grew more distant. After what seemed an hour, but surely was less than a minute, it was over.

Yes, I sort of blew it and I was truly disappointed. But then, as family and Dr. Bugos assured me,
it was OK, as there were applause and smiles all around nonetheless.
I guess, too, that for us old-timers at the keyboard, playing for the enjoyment of the moment, it
didn't really matter how many times we had to try it before we got it right, even if we never got it
right.
It still was music to our ears.

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ECU dean Rick Niswander talks business
The Daily Reflector
Monday, June 7, 2010

Cypress Glen Retirement Community residents recently held the spring ECU Club meeting. Dean of the College of Business Rick Niswander was the keynote speaker, discussing ways the East Carolina University School of Business is teaching students to be leaders in today’s world.
“Of course we need to teach debits and credits, but there are other things the business students need to learn to be a leader in the professional world today,” he said, including a positive attitude and teamwork. “You don’t always get what you want, but you can work with people to get things done.”
Niswander said the business school is focusing on several “big pieces” help students be leaders. Curriculum has been modified, courses added and Business Week magazine is being used as a teaching tool in class. “It shows what they are learning is relevant and matters today,” said Niswander.
Another change is that students are now in the School of Business for four years of college, not just the last two years after completing the core curriculum. They are able to create connections with other students from the beginning, including having a senior student mentor assigned to each freshman. Also available are professional advisors who work with the students to help guide them in career choices.
Students take courses to learn how to run a meeting, work with teams and utilize Meyers Briggs Personality Type testing. They also learn proper etiquette in business situations. And a Speaking and Writing Center is available to help students with making a speech or writing a paper.
Another new requirement is the Leadership Portfolio, featuring a series of things students need to complete before graduating including a required reading list and volunteer service hours each semester.
The club also was entertained with a performance by Irish dancer Stephanie Britt, an ECU student who has won many awards for her authentic Irish dancing.
The Cypress Glen ECU Club is sponsored by the East Carolina Alumni Association and is open to all residents and their guests who have an interest in East Carolina University. Many Cypress Glen residents have close ties to the university. Some are ECU graduates, family members of graduates, and former employees of the university.
Cypress Glen, the region’s only continuing care retirement community, is managed by the United Methodist Retirement Homes, Inc., with support by Life Care Services LLC.
Pirate pitching coach steps down

The Daily Reflector
Friday, June 4, 2010

East Carolina baseball pitching coach Bill Jarman has resigned from his position after four years with the program.
Jarman cited family reasons in the announcement made by head coach Billy Godwin on Friday. “I would like to thank Bill for his loyalty, service and dedication over the last four years,” Godwin said. “He has been a huge part of our success and we wish him and his family the best in their future endeavors.”
Jarman, who mentored eight All-Conference USA selections during his tenure, helped Pirate hurlers rank among the league leaders in almost every pitching category. This past season, the Pirates led C-USA in strikeouts (487), strikeouts looking (157) and innings pitched (516), while ranking second in earned run average (5.25) and opposing batting average (.289) for the second straight season.
“It’s my desire to spend more time with my family,” Jarman said. “I’m extremely grateful to the ECU baseball program and the athletic administration to have been part of this university. I wish the Pirates much success for years to come.”
A formal search for Jarman’s replacement will begin immediately. “We will move as quickly as we can, yet this is a very important decision for the future of our program, so we’ll take as much time as we need in order to find the best person to be our new pitching coach,” Godwin said. “It’s possible that potential candidates are still competing and that we will not be able to complete the process until the conclusion of the College World Series.”
— ECU Media Relations
Corolla shipwreck may be North Carolina's oldest

COROLLA -- A shipwreck exposed on the beach by winter storms could date to a time of commerce between England and Jamestown in the early 1600s.

Possibly the oldest known wreck on the North Carolina coast, the timbers and construction of the ship are very similar to the Sea Venture, the 1609 flagship of seven vessels that carried people and supplies to Jamestown, said Bradley A. Rodgers, a professor of archaeology and conservation in the maritime studies program at East Carolina University.

Remains of the Sea Venture rest off the Bermuda coast after it ran aground there in 1609 during a storm.

The wreck at Corolla grabbed attention after it was exposed following November nor'easters. On April 6, crews from the state Wildlife Resources Commission, the Corolla fire department and residents hoisted it from the sand and dragged it on a sled to a lot near the Currituck Beach Lighthouse.

North Carolina underwater archaeologists and maritime history experts as well as students from ECU have since documented, sampled and measured the 12-ton wreck.

Plans are to take it 90 miles down N.C. 12 to the Graveyard of the Atlantic Maritime Museum in Hatteras for display.

"It has a very unusual design," Rodgers said. "We couldn't believe our eyes when we saw that thing."

An ECU graduate student will do historical research as part of his thesis, Rodgers said. Details might be found in the United Kingdom's Public Record Office, he said.

"It's going to be a detective story now," Rodgers said. "He's going to have to follow every lead he can."

Records would help

If found, records would show the name of the sponsoring company, names of officers, cargo, destination and possibly where and how it wrecked, Rodgers said.

The ship is relatively large and probably carried valuable cargo. "It may not be that hard to find something on this," Rodgers said. "It would have been a tough loss for whatever company sponsored it."

Two months ago, researchers thought this wreck could be the HMS Swift, a British ship about 70 feet long and 16 feet wide that ran aground off Point Comfort in the Chesapeake Bay in 1698. Currents
might have carried the ship southward.

A closer look showed the ship was much larger, possibly 80 to 110 feet long and 30 to 35 feet wide, Rodgers said. Timbers were made from trees cultivated to bend for use in a shipbuilding style known as compass framing. The timbers curved upward to form the ship's sides.

After 1650, builders used compound framing, connecting shorter sections of straight beams to form the curve of the ship.

The shipwreck is made entirely of wood without iron fasteners, another indicator of earlier origins. Tests on the timbers show the outer frame is made of oak. Other timbers appear to be made of an older wood such as chestnut, Rodgers said.

Additional clues

Residents Roger Harris and Ray Midgett found coins from the early 1600s encrusted on the timbers. Three fleur-de-lis symbols are visible on one side, but the bust of King Louis XIII on the other side is worn away. Midgett found a coin stamped 1603.

In his Manteo office last week, Harris placed a ruler next to the penny-size, copper-colored coin for a measurement. "If you put it on a metric scale, it's right at 19-1/2 millimeters," he said.

According to his research, that is exactly the size this coin is supposed to be. Harris and Midgett found the coins stuck to the exterior of a concretion, a mass of encrusted materials about the size of a basketball.

Harris also found other items near the wreck, including a small metal wax seal stamp with the initials "T.M.," a skeleton key and a star-shaped rowel of a horseback rider's spur.

X-rays showed the concretion also held small cannon grape shot and straight pins, said Nathan Henry, a state underwater archaeologist. The rest of the ship's story will have to come from research by the ECU team, he said.
Easley lawyer says NCSU bungled her challenge of firing

RALEIGH -- N.C. State University officials have misled the public about the dispute over former first lady Mary Easley's effort to contest her firing, her attorneys said in a letter Friday.

The letter, sent to NCSU trustee Randall Ramsey, claims that the university has no procedure for a case like Easley's and that the "process cobbled together by NCSU does not meet basic due process requirements."

The letter comes a day after NCSU officials announced that they had dismissed a grievance Easley filed last summer. In a statement, the university said Easley failed to respond to a request to schedule a pre-hearing meeting and the grievance hearing itself.

University officials refused to say more about the grievance, saying it was a personnel matter. Easley was told of the dismissal in a letter dated last Wednesday.

Easley was given a five-year, $850,000 contract to run a speakers series and create a public safety leadership center in 2008. But controversy erupted after The News & Observer reported that her job had been pushed by her husband, former Gov. Mike Easley, and orchestrated at the highest levels of state government.

The university's board of trustees recommended that Interim Chancellor James Woodward end Easley's contract last summer.

Woodward said Easley was no longer needed because substantial portions of her job were eliminated as a result of budget cuts required of the university by the shortfall in the state's budget.

In their letter Friday, Easley's attorneys, Wade Byrd and S. Luke Largess, say the faculty committee appointed to review her grievance "made very clear" that it could not provide Easley with any documents about her firing or the budget information that would have led to it.

"Mrs. Easley was not let go because of the budget, but she had to prove that fact without access to any evidence," Byrd and Largess wrote.

In an interview, Byrd said Easley would continue to contest her firing, but he would not say how.

"It's not over," he said. "That's about all I want to say about it."

It's not clear whether Easley can continue to dispute her firing within the university system. Under some circumstances, university employees can appeal to the UNC system's Board of Governors, and some have pursued their grievances in court.

Byrd said he drafted the letter to Ramsey not because the university had dismissed Easley's grievance but in response to its announcement Thursday, which said Easley had not followed procedures. The letter indicates that Easley did not follow the procedures because she thought the process was flawed.

Through a spokesman, NCSU Chancellor Randy Woodson said that he would not comment on the letter from Easley's attorneys because it involved a personnel issue.

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Kids' pain kept in check by team at UNC Hospitals

Two surgeries on Christina Shaban's legs, just 10 months apart, were worlds different in terms of the pain the Chapel Hill teenager endured.

After a procedure last May at UNC Hospitals in which her femur was broken to begin lengthening the bone, Christina, now 14, writhed in agony. Narcotics made no dent.

For the procedure this past March, in which the femur was again broken and the knee reconstructed, Christina hurt, but nothing like before.

"It was so much better," she said.

The difference was the involvement of a pediatric pain team, established a year ago at UNC Hospitals - the first such team in the state. Its mission is to aggressively manage the pain children feel from surgeries and traumas.

While all hospitals take care with children, the UNC Hospitals' pediatric pain team consists of nine specially trained anesthesiologists who work in an around-the-clock service dedicated exclusively to children. They use nerve blocks, epidurals along the spinal column, opiate medications and other techniques to ease pain throughout their young patients' hospital stays and beyond.

Although new to North Carolina, the pain unit approach is gaining in popularity, ending the last vestiges of the bizarre myths that children either don't feel pain as acutely as adults or somehow can't communicate it. Anyone within earshot of a child with a skinned knee can attest to the fallacy of such notions.

"Pediatric pain for many years has been very poorly understood," said Dr. Peggy McNaul, one of the pain team specialists. "People are frightened and timid about pain control in children, primarily because of the lack of understanding."

A 2004 clinical report by the American Academy of Pediatrics noted that inadequate sedation and pain control can cause lasting problems for children.

"Post-traumatic stress disorder can occur after procedures or stressful medical experiences that are not accompanied by appropriate pain control or sedation," the authors wrote.

Yet aggressive pain management is not always pursued. Many fear children can be over-sedated, hampering efforts to discover the source of pain or trauma. In addition, heavy use of opiates such as morphine can cause respiratory distress, severe constipation and other problems.

Dr. Mark Piehl, medical director of WakeMed Children's Hospital, said such fears are easing, and hospitals are changing the way they approach pain care for children.

"There's a lot of literature and talk about it," Piehl said. He said his staff, while not part of a formal pain
unit, strives to eliminate all pain and is rated on how well they succeed. Even simple procedures such as
drawing blood are done with a local numbing agent.

"We can't promise 100 percent pain-free, but that's my goal," Piehl said. He said his team is also
aggressive using sedation during procedures that are not painful, but anxiety-provoking. Imaging
technologies such as MRIs, for example, can cause great distress, so a mild sedative can be useful.

"It helps us take better care of children, frankly," Piehl said.

Easier recoveries

Dr. Karene Ricketts, a member of the pediatric pain unit at UNC Hospitals, said it's important to manage
pain early and aggressively in children, just as it is in adults.

"If we can manage acute pain, then we can hold off the development of chronic pain," Ricketts said,
noting that by staying ahead of pain, nerve pathways are less apt to become stuck in pain mode.

The UNC Hospitals group believes children recover more quickly with better pain management.

Christina Shaban's experience suggests such an outcome. Born with a condition in which her right leg
was significantly shorter than the left, Christina underwent an initial surgery last May. Doctors cut the
long bone in half, then attached a device that made tiny adjustments each day, pulling the bone apart to
prompt constant growth until the desired length was achieved.

After that first surgery, Christina was in the hospital for a week, and the pain was excruciating.

"I saw the terror in her eyes," her mother, Tina Shaban, said. "She was screaming for me to help her - the
IV pain medicine was not doing the trick."

Shaban said the pain slowed Christina from tackling the physical therapy she needed to gain strength.

For the second procedure, needed to straighten the leg and rebuild her knee, the pain team was in place.
This time, Christina had an epidural anesthetic administered through a catheter in her back, and it was
left in place long after surgery.

McNaul said the team can keep an epidural for up to five days to numb pain when regional anesthesia is
warranted. Such efforts diminish the need for morphine.

"It offers better pain control by infusing the nerves that are activated by pain and minimizing
intravenous opioids," McNaul said. "Kids are more awake and more alert."

Christina left the hospital after five days, and felt as if her recovery was fast-tracked. She hopes to begin
high school this fall without the braces and crutches she's worn for a year.

"I mean, it still hurt, but it was just a lot better than the first time," she said. "And I just don't have that
fear."

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Fowler's exit from N.C. State linked to e-mails

Randy Woodson took office as N.C. State's chancellor on April 5.

It didn't take long for the university's supporters to tell him they wanted a change in leadership in the athletic department.

"Welcome to N.C. State," Jim Gillen '91 wrote in an April 7 e-mail to Woodson. "... Please fire Lee Fowler."

"I would just like to welcome you to the N.C. State family," Steven Kotsokalis wrote in an April 9 e-mail. "... get Lee Fowler out of here. Please we need a new athletic director."

In accordance with a public records request from The News & Observer and The Charlotte Observer, N.C. State provided copies of e-mails sent and received by Woodson, Fowler and interim chancellor Jim Woodward related to the decision to have Fowler step down, which was announced May 4. The newspapers requested e-mails dating back to Feb. 1.

The e-mails reveal a deep discontent among at least a faction of N.C. State fans who insisted on being heard by interim chancellor Woodward and then by Woodson as the university's administration underwent changes at the top. Twenty-nine people e-mailed Woodson, Woodward or Fowler from February through the beginning of May to suggest or demand that Fowler be fired or resign.

In one e-mail that was later copied to Woodson, a university trustee e-mailed trustees chair Lawrence Davenport accusing Fowler of playing political games and comparing Fowler's situation to a horror movie. The same trustee, Steve Warren, later e-mailed Fowler to say how "truly sorry" he was at how things worked out for Fowler.

Woodson said Friday that although the decision to have Fowler step down was made before Woodson's arrival, as the new chancellor he had to determine whether the decision should be reversed. Although Woodson said Fowler had supporters, he said the tide of public opinion made it difficult for Fowler to continue in his job.

"As a leader, you always have to assess whether the people that report to you are in a position to be successful," Woodson said. "Can they lead the organization that they have been charged to lead? And I think it had become clear to both Jim Woodward and me that that had become a difficult environment for Lee Fowler."

Fowler served as athletic director for 10 years, spearheading a $120 million effort that substantially upgraded N.C. State's facilities and overseeing a program that has avoided running afoul of the NCAA. But many fans have become restless as the football team has suffered through four straight losing seasons and the basketball team has missed the NCAA tournament four straight times.
The frustration of fans who want more wins from Wolfpack teams is obvious from their communications with university officials. That frustration became clear late in former basketball coach Herb Sendek's tenure as he became increasingly unpopular before leaving for Arizona State in 2006.

Kellie Harper already understands the fans' fervor after one season as N.C. State's women's basketball coach. Harper, who is on the committee searching for Fowler's replacement, told committee members May 17 that the new athletic director will need to be aware of how passionate N.C. State fans are and turn that energy into a positive even as new technology makes it easier for critics to complain.

"It's important [for the new AD] to know that we're operating with a different group [of fans]," Harper said.

'Wishful thinking'

A Feb. 10 e-mail from Woodward to trustees chair Davenport confirms that the process of removing Fowler began long before Woodson took office.

Woodward said he planned to meet with Fowler before the trustees' meeting scheduled for the following week.

"Maybe wishful thinking, but I sure was hoping that he would agree to a definite timeline [preferably earlier than Oct. 1]." Davenport replied. "I want to be as fair as possible and would love to send him off with our best wishes and a resounding round of applause for all he has done but know that is a stretch."

By March 23, Fowler had been told that he needed to find a new job and that the university would help by not announcing his departure until May.

The critics' rationale for getting rid of Fowler is spelled out in their e-mails. On April 22, one fan e-mailed Woodson a copy of the NACDA Directors Cup all-sports standings, showing that N.C. State was 103rd in the rankings, last among ACC schools.

"I challenge you to look up the last time we won an ACC championship in men's basketball, baseball, football, soccer, women's basketball/soccer, men's golf, etc.," another fan, Bruce Lennon '90, wrote on April 28. (N.C. State has won five ACC titles since 2005 - two in men's cross country and one each in women's cross country, softball and wrestling.)

"Not only are our teams bad but our uniforms are the worst in the ACC," David Batten wrote to Woodward on Feb. 13.

Discontent over Fowler reached as high as the Board of Trustees.

On April 9, ESPN.com's Andy Katz talked to Fowler and basketball coach Sidney Lowe and wrote a story dispelling a rumor that Lowe had been fired.

Fowler told Katz that even though Fowler's house was on the market, there had been no discussion about his job as the new chancellor took office.
That wasn't exactly true because Fowler had been told in March that he needed to find a new job, but Fowler said Friday that he'd been told there was a chance, however unlikely, that the new chancellor could reverse the decision when he took office in April.

Katz also quoted Fowler as saying the trustees have said Lowe deserves another year.

Trustee Steve Warren copied the story to trustees chair Lawrence Davenport, who later forwarded the e-mails to Woodson. The e-mails show Warren's comments to Davenport.

Warren wrote that Fowler was "playing political games" and said "this horror movie" needs to be over.

"We cannot let this film keep running," Warren wrote.

Warren called Fowler's reference to Lowe and the board of trustees "unprofessional."

"The BOT is none of his business," Warren wrote. "He is always running for cover."

But on May 6, two days after Fowler stepped down, Warren wrote Fowler and told him he was sorry how things had worked out. Warren called Fowler "my Christian brother and a great person."

"You have made a wonderful contribution to our athletic department," Warren wrote.

Contacted by a reporter last week, Warren said in an e-mail that his statements were not inconsistent. He wrote that he considers Fowler to be a friend, and that he is sorry things didn't work out for him at N.C. State.

Warren wrote that Fowler made valuable contributions, including construction of some of the best facilities in the nation.

Nonetheless, Warren - who is on the committee searching for Fowler's replacement - supported the decision to get rid of Fowler.

"In my opinion, at this time new leadership in the athletics department is in the best interest of the university," Warren wrote to the newspaper, "but I remind you that it is the Chancellor who has the responsibility for all personnel decisions and not members of the Board of Trustees."

Powerful supporters

The e-mails show that Fowler had powerful supporters, too.

On May 4, trustee Jim Owens e-mailed Woodson to say SAS CEO Jim Goodnight told him the previous night at a meeting in Washington that he was concerned that some of the trustees intended to oust Fowler.

"I responded that Trustees are concerned about the relative performance of our athletics but that I could not comment on confidential personnel decisions," Owens wrote to Woodson.

Owens wrote that the school would have to do damage control after the announcement because some
strong financial supporters were loyal to Fowler.

Woodson responded to Owens, writing that he knows the bulk of satisfying Goodnight's concerns will be a job for the chancellor.

"I know Jim is close to Lee as a friend," Woodson wrote, "but I'm sure he holds his direct reports responsible for delivering against SAS's goals."

Through a spokeswoman, Goodnight declined to comment for this story other than to say he remains "a firm supporter" of N.C. State.

Another Fowler supporter, Bob Kennel, e-mailed on April 16 a message stating that Fowler had done nothing wrong and is more than competent.

Ultimately, under Fowler the school didn't meet the goals many N.C. State fans have in the win-loss column. So Fowler will officially end his tenure June 30, to the satisfaction of those who welcomed the new chancellor with calls to find a new athletic director who now will get a chance to end the frustration of those fans.

"Anybody interested in this job is going to be interested in it largely because we do have a committed fan base," Woodson said. "So it is a positive. People attend our events. They contribute to the Wolfpack Club. So from that standpoint it is a positive. I think the best way to turn it into a positive is to stay connected to the fan base in a positive way and to lead an organization that is successful."

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Colleges Extend the Welcome Mat to Students’ Pets

By JACQUES STEINBERG

COLUMBIA, Mo. — When Allison Frisch goes shopping this summer for furnishings to decorate her freshman dorm room at Stephens College, she will be looking for a comforter for herself — and a matching doggie bed for her roommate.

That is because Ms. Frisch will be sharing her room with Taffy, her 10-year-old Shetland sheepdog. And Stephens, a women’s college founded here in 1833, says it is glad to have them both.

Ms. Frisch is one of 30 incoming freshmen at Stephens who have asked to bring a family pet to campus when they arrive this fall. That represents an increase of 20 over last year’s freshman class — so many that the college is renovating a dormitory for the students and their companions, most of them dogs and cats. The dorm, dubbed Pet Central, will have a makeshift kennel on the first floor, staffed by work-study students who will offer temporary boarding and perhaps a bath.

With these efforts, Stephens is hoping to smooth the transition of some students who may be so anxious about leaving home or adjusting to college life that a stuffed animal will not be of sufficient comfort. They want the real thing.

Stephens joins a growing number of colleges putting out a welcome mat for pets. They include the Massachusetts Institute of Technology and the State University of New York at Canton, which allow cats in some dorm rooms; and Eckerd College in South Florida and Washington & Jefferson College in Pennsylvania, which set aside rooms for students with dogs or cats and others who love animals so much they just want to live near them.

“I recognize this as being a trend that is tied directly to the whole notion of helicopter parenting,” said Dianne Lynch, who became president of Stephens last year and who is herself
the owner of two dogs and two cats. “It’s harder and harder for students to leave home. Bringing this particular piece of home with them may make that separation easier.”

While about a dozen colleges have explicit policies permitting pets of some kind — Eckerd even allows snakes, provided they are “less than six feet long and nonvenomous” — Ms. Lynch predicts that that figure will soon rise.

“Colleges will begin to recognize that this is important to students,” she said, adding that in an increasingly competitive recruiting market for top students, becoming known as pet-friendly is another way for a college to differentiate itself.

Stephens, which began allowing dogs and cats in designated dormitory wings in 2003, said their owners tended to be especially organized and responsible and do well academically.

While acknowledging that a pet can provide a teenager relief from stress, as well as unconditional love, Dr. Harold S. Koplewicz, a psychiatrist specializing in children and adolescents, said he worried that taking a pet to college could slow the transition for some students.

“By having your pet there,” said Dr. Koplewicz, who is also president of the Child Mind Institute, “you could have an excuse not to go out and talk to people.”

Moreover, Dr. Koplewicz said he worried that allowing a student to have a pet might merely serve as a Band-Aid on what could be a more serious mental health problem, like depression. “You can understand that a college might make this accommodation,” he said. “That doesn’t necessarily address the issue that these are risky years.”

But Elena Christian, a dance major who is entering her senior year, said that being able to raise her 18-month-old Chihuahua in her dorm room had only served to enhance her social and academic experience at Stephens.

“She really keeps me calm,” Ms. Christian, 20, said as the dog, Annabelle, who weighs less than seven pounds, tugged on a red leash on the grass outside her dorm on a recent morning. “Sometimes during finals week, I get stressed out. She always does something that makes me laugh.”

Ms. Christian said that not long after she got Annabelle from a breeder, the dog provided her with perhaps the best lesson she had learned in college: that being responsible for the well-being of another requires constant vigilance.

That hard lesson came after she inadvertently left Annabelle alone in a pen in her 13-foot-
by-15-foot dorm room without ensuring that the gate to the pen was closed securely. While Ms. Christian was in class, the dog scampered out and gorged on a nearby stash of beef jerky and chocolate. Her owner skipped her next class to rush Annabelle to the veterinarian, who administered Ipecac.

“She was not happy,” Ms. Christian recalled.

But man’s (or student’s) best friend may not make the best dormmate. And so Stephens, following the lead of Eckerd and Washington & Jefferson, has established a Pet Council made up of students and faculty members that enforces a lengthy list of strict guidelines. (One example: a dog is never allowed to roam free in a dormitory room while its owner is in class.) A repeat violation by Ms. Christian could result in Annabelle being removed from her care; indeed, two students lost their dog privileges last year after the Pet Council ruled that they were not taking appropriate care.

The college also takes noise complaints seriously; after a three-week grace period at the beginning of a semester, a yappy or barking dog can also be barred. And to respect the wishes of students who may not be so pet-friendly — as well as those with allergies — dogs and cats are not welcome in classrooms or in common areas like lounges.

Though in years past Stephens has barred pets weighing more than 40 pounds, that rule is being relaxed, with the belief that some of the biggest dogs are often the most docile. Unlike their owners, dogs and cats are not subjected to preadmission interviews, but proof of vaccinations is required.

For Ms. Frisch, 18, who starts at Stephens in the fall, Taffy’s acceptance was almost as exciting as her own into the college’s theater program.

Indeed, Ms. Frisch enjoys being around her dog so much that when she was cast in a community production of “The Wizard of Oz” as the Wicked Witch, she arranged for Taffy to play the role of Toto. (She said her father never shared her passion for Taffy, relegating the pooch to the basement.)

While Ms. Frisch’s family lives just 15 minutes from the Stephens campus, she said that she expected some homesickness and that having Taffy with her would undoubtedly help.

“I took her for a walk on campus the other day,” she said. “I told her, ‘Yeah, Taffy, we’re going to be happy here.’ ”