THE DAILY CLIPS

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Perdue to ECU: Senate supports funding

By Ginger Livingston
The Daily Reflector

Lt. Gov. Beverly Perdue reassured East Carolina University’s medical school leaders Thursday that the state Senate is backing funding for the Family Medicine Center during the state budget negotiations under way now.

Perdue, who is running for governor, took a 30-minute tour of the facility. ECU wants $36.8 million from the state to build a new 117,561-square-foot facility for its Family Medicine Center, which treats 52,000 patients annually from all over the eastern region of the state.

The school is contributing more than $10 million to the project, including a $2.2 million donation from the Monk family of Farmville to fund a geriatric care practice.

“Her mission here today isn’t campaigning, but to get an education about the Family Medicine Center,” said David Brody, vice chairman of ECU’s Board of Trustees and one of the benefactors of the university’s Brody School of Medicine. “We’ve had Joe Hackney (speaker of the state House of Representatives) and Marc

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Bassnight (Senate president pro tem) here. We are trying to get people in a position of power down here.”

Perdue assured the doctors and administrators escorting her that the Senate was supporting the funding and were keeping it in the budget negotiations going on with House leaders.

“If I was a gambler ... you’ll get 80-90 percent of the money,” she said. “The Senate is holding firm.”

Perdue spent half of her visit questioning Brody and Dr. Bob Newman, clinical services director of the center, and Dr. Nicholas Benson, vice dean of the Brody School of Medicine, about the medical school and Family Medicine Center’s relationship with Pitt County Memorial Hospital and its parent corporation, University Health Systems.

Brody explained University Health Systems is independent of the university and medical school. The medical school doctors and private physicians staff the hospital and the university and hospital work on joint projects like the Heart Center currently under construction.

“The problem is people see what is going on next door at UHS and think we have the (financial) resources,” Brody said.

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Guidelines:
Exercise more, not harder

BY ZOE ELIZABETH BUCK
STAFF WRITER

You can run it, walk it or crawl it, but when it comes to the health benefits, a mile is just a mile.

That's the main message the government is likely to include in recommended exercise guidelines it will issue later this year as a complement to its famous food pyramid.

"Despite the fact that there has been a national policy with respect to nutrition for years, there has never been any national policy with respect to physical activity," said Dr. William Kraus, a Duke University cardiologist and professor of medicine, one of 13 fitness experts who helped compile information for the guidelines.

Kraus said the resulting G38 pages of recommendations can be summarized in a few essential points. Basically, don't sit around all day, and when you do move, you don't have to go at breakneck speed — a boon to mall walkers everywhere.

"It appears that the most important parameter is how much exercise you do, NOT how hard you do it," Kraus said.

This may seem hard to believe, because running gets the heart pumping much more quickly than walking. But running a mile raises the heart rate for only about five to 10 minutes. Walking a mile elevates the heart rate less than running, but can do so for twice as long.

"Whether you walk a mile, jog a mile or sprint a mile, it burns about 100 kilocalories," with the same health benefits, Kraus said.

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CALORIE CHART

Physical activities burn calories at different rates. Here's a sample.

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>130-LB PERSON</th>
<th>155-LB PERSON</th>
<th>190-LB PERSON</th>
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<tr>
<td>Aerobics</td>
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<td>Backpacking</td>
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<td>532</td>
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<td>Bicycling at 10 mph</td>
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<tr>
<td>Child care, such as dressing and feeding</td>
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<td>Cleaning house</td>
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<td>Cooking and food preparation</td>
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<td>Fishing</td>
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<td>348</td>
<td>411</td>
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<tr>
<td>Gardening</td>
<td>295</td>
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<td>431</td>
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<tr>
<td>Golf, walking and carrying clubs</td>
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<td>387</td>
<td>491</td>
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<td>Golf, riding a cart</td>
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<td>246</td>
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<td>Pushing or pulling child in stroller</td>
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<td>Running, 10 minutes per mile</td>
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<td>Stair treadmill</td>
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<tr>
<td>Swimming laps, light-moderate effort</td>
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<tr>
<td>Walking, moderate pace, 3 miles per hour</td>
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<tr>
<td>Weight lifting</td>
<td>354</td>
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<td>510</td>
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</table>

SOURCE: NUTRISTRATEGY, WWW.NUTRISTRATEGY.COM

EXERCISE

CONTINUED FROM PAGE 1A

In fact, for some benefits, particularly glucose control, walking could be better than running.

Kilocalories, which are conventionally referred to simply as calories, are units of energy — such as the energy stored in food and used during exercise. Consuming more calories than we burn can result in weight gain and health problems.

Ideally, the average American should be walking, jogging or running about nine to 10 miles a week, Kraus said. The pace affects only how quickly you want to get it over with.

Adding wheels or water changes things. To get the same benefits as walking or running one mile, you would have to bicycle five miles, or swim only one-fifth of a mile. For example, if bicycling were the exercise of choice, the average American should bike 45-50 miles a week to keep healthy and maintain weight. A swimmer would need to put in only about 2 miles a week.

Such exercise, on top of normal everyday activities, adds up to approximately the number of calories consumed in a week, assuming a 2,000-calorie-a-day diet.

To lose weight, added Kraus, one simply needs to offset the caloric balance by consuming fewer calories than are burned.

A pound is about 3,600 calories, so to lose a pound a week you can either cut those 3,600 calories out of your diet, or burn those 3,600 calories on top of your regular physical activity regimen.

Jeanine Taylor, 73, has been walking for exercise in the Cary Towne Center since the late 1980s. She was thrilled to know her form of exercise is as beneficial as more-strenuous activities.

EXERCISE ADVICE

GET OUT THERE: No matter what, fit some kind of physical activity into your schedule. Sitting around doing nothing is flat-out bad for you.

PACE YOURSELF: It doesn't matter how intense you make your activity, what matters is the volume of the activity. Running a mile has the advantage that you can get it over with faster than walking a mile, but the health benefits are almost identical.

STAY IN BALANCE: To maintain your weight and reap health benefits, the calories burned in a week should equal your food intake. Most of the calories you eat are used for everyday activities such as putting away the groceries, or even breathing. Your exercise regimen should burn off the excess.

Not everyone is convinced that crafting universal health guidelines is worthwhile. Dr. Norin Hadler, professor of medicine at UNC-Chapel Hill, sees it as a preoccupation with "the minutiae of lifestyle issues," which neglects to take into account an individual's circumstances, such as poverty or diet.

"Western society has been medicalizing facts for centuries," he said. "This year, if you give your child margarine, you're a criminal; last year, if you gave them butter you were a criminal."

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"I have a son-in-law who does triathlons," said Taylor, as she sat with her husband and a friend in the mall food court. "Next time I see him, I can't wait to tell him that what I'm doing is just as good as what he's doing."

She knew that

Mary Pierce is 81 years old, and has been walking the mall for 25 years. Pierce was unfazed by the advisory council's conclusions.

"Of course, walking is good for you," she said. "I'm healthy as a horse. I haven't had a cold in 25 years."

And the benefits of physical activity are not restricted to weight loss or cardiovascular health. The advisory committee examined a number of physical concerns, including cancer, diabetes, bone density and heart disease. Across the board, health benefits increase with the volume of exercise done, not the intensity.
Finally, a bright spot.

Speaking of staying tuned, a follow-up on the bittersweet graduation tale of Katherine Derrick.

This remarkable 18-year-old ran a household, nursed a dying mother and managed to hold down a job and maintain high grades in high school — only to come up short in financial aid at her chosen school, UNC-Wilmington.

The response to Derrick's story is a reaffirmation of what is so wonderful about the readers of The News & Observer. Dozens of people offered assistance great and small. (Contact: Katherine Derrick Education Fund, c/o Freedom Federal Credit Union, 2809 Millbrook Road, Raleigh, NC 27604; account No. 300778, sub-code 92.)

I even heard from the head of the dentistry program at UNC-Chapel Hill, who asked Derrick to contact him directly. She hopes to be a dentist one day.

But the best call came at 10 a.m. on the day the column ran, at Derrick's aunt and uncle's home in Raleigh. It was the UNCW chancellor's office, assuring her there was no need to stress. The school would do more to make her college dream a reality — without a mountain of debt.

Best of luck to Derrick. And thanks to you all.

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Letters

Students can learn to rely on themselves during ‘gap year’

USA TODAY’s article on young Americans taking a “gap year” is great news. As the story stated, it’s not new to thousands of teens from Australia, the United Kingdom and elsewhere who have benefited from a break before college (“College can wait awhile,” Cover story, Life, June 19).

Even so, I worry that U.S. students will not get the real benefit of what a gap year offers: exploring the world and becoming self-reliant without the ever-present hovering parents.

It was so typically American of the article to announce in the first paragraph that an American gap year will “involve more than rest and relaxation.” Why is it that American parents and educators feel the compelling need to meddle — by adding unnecessary structure — and interfere with what should be a fantastic life experience for these young adults coming of age?

Our three boys each took time off between high school and college to explore Australia. They applied for and received their own work visas. They traveled from town to town on their own or with friends living in youth hostels, worked for their own wages and met many wonderful people.

But the best part? It was all theirs. There weren’t any parents in the way. No educators or other organizers were telling them what to do. It was their responsibility to find work, get out of bed, buy food, cook dinner and stay alive.

Young people were becoming independent and self-reliant without parents. What a concept!

Rick McLeod
Bellaire, Texas