ECU reacts to employee's death
By Jackie Drake And Kathryn Kennedy
The Daily Reflector
Tuesday, July 12, 2011

Friends and coworkers of East Carolina University employee Chris Murphy spent Monday remembering his enthusiasm and vibrant personality.

Murphy died after being struck Saturday by a taxi cab in Nags Head.

Police Chief Kevin Brinkley said Murphy was attempting to cross the five-lane Croatan Highway about 9:30 p.m. when he was hit by a car driven by David Marquis, 46, of Manns Harbor.

Brinkley described the area as a corridor housing commercial properties, including restaurants and retail shops. The speed limit there is 50 mph.

Murphy was airlifted from the scene by a Dare MedFlight helicopter, Brinkley said. A spokesman from Sentara General Hospital in Norfolk, Va., confirmed he died at their facility Sunday night.

Marquis has not been charged and the incident remains under investigation, Chief Brinkley said.

Murphy, 37, was an assistant director of admissions at ECU.

“Our hearts go out to his family,” said Admissions Director Anthony Britt. “We shed a lot of tears in our office today, and I’m sure we'll shed many more. He truly was loved and he will be missed.”
Several people on campus were wearing purple, gold and black ribbons on Monday in remembrance of Murphy, Britt said.

He described Murphy as “a Southern gentleman and a Pirate in the truest tradition.”

A native of Wakefield, Va., Murphy came to work in the admissions office in 2004 as an admissions counselor before becoming an assistant director. He traveled extensively to fulfill his primary responsibility of recruiting students to attend ECU.

“There aren't many people as enthusiastic and as proud to be associated with ECU as Chris was,” Britt said. “Working with him was a joy. He was an all-around good guy, everybody here loved Chris. He was so positive, gregarious and outgoing.”

Murphy earned his undergraduate degree in business at ECU before taking the position in admissions. He went on to complete a master's in sports marketing last year.

“When he interviewed for the job, he told us he bled purple and gold, and there never was a truer statement,” Britt said. “There are so many people that are here on this campus today because of Chris.”

Murphy also was a dedicated fan of ECU athletics, Britt said, attending every event he could. He tailgated at every football game near Elmhurst Elementary School.

Rather than go into the stadium, Britt said he preferred to listen to the game on the radio and continue to enjoy the tailgating atmosphere on campus.

“I have seen firsthand Chris' passion for ECU and for students,” said John Fletcher, associate provost for enrollment services. “Chris' passing is a tragic loss for his family, the ECU family, the Office of Admissions and his many friends.”

Funeral services are pending.
UNC researchers will seek AIDS cure

BY JAY PRICE - Staff Writer

CHAPEL HILL A national consortium of researchers led by a team at UNC-Chapel Hill has won a major federal grant aimed at curing AIDS.

The group was awarded $32 million over five years to seek ways to cure HIV patients by eradicating hidden reservoirs in the immune systems of patients taking anti-retroviral drugs.

It's part of the first major funding initiative aimed at eliminating HIV, the virus that causes AIDS, from the cells and tissues of patients, said Dr. David Margolis, a professor in UNC's School of Medicine and its Gillings School of Global Public Health. He is the principal investigator for the group, which includes researchers from nine other universities.

Many who become infected with the virus can remain relatively healthy by using an elaborate and often expensive regimen of drugs that can block its effects.

But the virus itself never goes away. Instead, bits of its genetic material remain, dormant, in some cells and tissue, said Margolis, who specializes in microbiology, immunology and epidemiology. If a patient stops taking the drugs, the virus can become active again, infecting new cells.

The researchers will try find a way to locate those bits of HIV genetic material and then entirely purge them from the body.

"We're essentially trying to force the virus out into the open," Margolis said.

It's the largest of three related grants that were announced Monday by the National Institutes of Health's National Institute of Allergy and Infectious Diseases.

Seeking drug that works

Each consortium will take a different and complementary approach to attacking the reservoirs of the virus, said Nalini Padmanabhan, a spokeswoman for NIAID.

Between them, the three grants could eventually total $70 million if funding is available for all five years, she said.
The UNC-CH-led effort will launch 15 research projects that, among other things, would try to discover how the virus can remain dormant and nearly undetectable, and to identify drugs and methods that can purge it from the body.

An unfunded partner in the grant is the pharmaceutical company Merck, which has in development drugs and other therapies that target such reservoirs of virus.

The grant comes on the heels of an announcement in May that another UNC-CH-led group had found that the antiretroviral drugs used to treat HIV patients can be a strong barrier to spreading of the disease.

If a way to purge patients of the virus can be found, that could join such prevention methods to put HIV in a kind of squeeze play that could sharply reduce the impact of HIV/AIDS on society, Margolis said.

**Lifting the burden**

"We need to work from both ends," he said. "Prevention, and then in cases where we aren't able to prevent it, we need tools to eradicate the disease."

The current treatment regimens, he said, mean keeping patients alive, which is a good thing, but costly. Being able to cure patients entirely would lift that burden for society.

The new grants are unlikely to be enough to develop a cure, but they could provide a solid start, Margolis said.

"We hope to make concrete advances that can be measured and that attract more funding," he said.

"You have to start somewhere, and we're really happy to be a part of the beginning of this."

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UNC Health gives UNC system $20 million to offset budget cuts

The UNC Health Care System has transferred $20 million to the main UNC system to help ease the universities' pain from state budget cuts.

UNC Health CEO Bill Roper announced the transfer at a joint meeting of the UNC Health and Rex Healthcare boards today in Raleigh.

Auditors are still tallying final results for the fiscal year that ended June 30, but UNC Health had a good year with its operations and investments, said spokeswoman Karen McCall. The health system expects to report an operating margin of 5 percent to 6 percent, better than the year before.

UNC President Tom Ross and UNC Chapel Hill chancellor Holden Thorp had requested the money as they reviewed the cuts the system was facing, McCall said. Last week, Ross announced that the UNC system would allocate $414 million in cuts across its system, with UNC Chapel Hill taking an 18 percent hit and N.C. State taking a 15 percent reduction.

"This is a good example of how our system is trying very hard in these tough times to stay together," McCall said. "This is an opportunity to help in an extraordinary time."

Of the UNC Health money, about $5 million will go to UNC Chapel Hill and $15 million will go to the UNC system, McCall said.

UNC Health also saw its state appropriation cut in the latest state budget. For its current fiscal year, which began July 1, the state will provide about $18 million, down from $36 million last year.

Officials at WakeMed, which wants to buy rival hospital Rex from UNC Health for $750 million, have criticized the state's ownership of Rex. One complaint has been that profit at Rex is being funneled back to UNC Health programs in Chapel Hill, rather than used to support more medical care for the uninsured in Wake County.

"Rex and UNC benefit greatly by the research and teaching missions of the university system," McCall said.
Unemployment rate hides thousands of NC jobless

As bleak as North Carolina's official 9.7 percent unemployment rate is, it doesn't completely reflect the number of people struggling to make ends meet and the fragile condition of the state economy, according to experts.

The traditional state and national unemployment numbers are based on household surveys and include only those who meet three criteria: They must be out of work, receiving benefits and actively seeking a new job.

Many economists say a more accurate picture can be seen in what the U.S. Bureau of Labor Statistics calls the U-6 number. That includes people so frustrated they gave up an active job search, those scraping by on part-time work because they can't find full-time employment and those in the midst of training for a career change.

"I think it's a much better depiction of our economic health, which is really dire, not only in North Carolina, but across the country," said Jason Jolley, senior research director at the Center For Competitive Economies at the University of North Carolina at Chapel Hill.

Using U-6 figures, North Carolina's unemployment rate would be 17.5 percent – the ninth highest in the U.S. The national jobless figure would be 16.5 percent instead of 9.1 percent.

"It's a little disturbing that nobody knows about the real number," said Cindy Voorhees, among the thousands of out-of-work North Carolinians hidden in the official unemployment rate.

Voorhees lost her graphic design job and exhausted 99 weeks of unemployment benefits while looking for work. She now is taking classes at Wake Technical Community College to get retrained for a job in the biopharmaceutical industry.

"I want to do something important – give back," she said. "When you're not a part of (the workforce), you miss it and you feel like you're not contributing."
Jolley said job creation is at the core of the problem. North Carolina lost about 300,000 jobs during the recession, while tens of thousands of people moved to the state looking for work.

"You're looking at about 80,000 jobs that we need to create each year for the next 10 years to make up for what was lost in the great recession and to keep up with population change," he said.

Despite a slew of job announcements in recent months from new and expanding companies, the state had only 15,168 more people with full-time jobs in May compared with a year earlier.

"That collective conscience we have to create jobs just isn't what it used to be. We're scared," said Jim Kleckley, an economist with East Carolina University. "What we're seeing now is really the structural kind (of unemployment) where the jobs aren't there for the people's training."

Voorhees said that is why she's switching careers so that she will have the training for an industry that is expected to grow in the future.

Reporter: Cullen Browder
Photographer: Edward Wilson
Web Editor: Matthew Burns

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### North Carolina unemployment rates, county-by-county

**May 2011 Unemployment Numbers**

435,787 individuals or 9.70% of North Carolinians were unemployed in the month of May.

*Unadjusted data*

Source: Employment Security Commission of North Carolina
Betsy Young Justus
Raleigh

Betsy Young Justus passed away peacefully on July 9, 2011 at the age of 64 in her home after waging a courageous battle with cancer with her family by her side.

She was born on December 28, 1946 in Aulander, NC, and attended Bertie High School and then East Carolina University where she graduated in 1967. In that same year she married Edward Dale Justus and moved to Rocky Mount where they started their family and she began her business career. Betsy was a remarkable businesswoman and a pioneer in public leadership and entrepreneurial growth in North Carolina. Betsy was the first woman Chair of the State of North Carolina Employment Security Commission from 1987 – 1990 and went on to serve as the first woman Secretary for the NC Department of Revenue from 1990-1993. As Secretary, she represented the state on several national committees and was responsible for enforcing state tax laws and policy. In March 1993 Betsy was the inaugural founder and President of the North Carolina Electronics and Information Technologies Association (now NCTA) the State's premier technology association. Under her leadership the association grew a membership base and public policy infrastructure that laid the foundation for the technology industry to grow and prosper in North Carolina. Her remarkable legacy of public service, business acumen and entrepreneurial spirit, helped numerous companies, organizations and individuals thrive and succeed in their respective missions. In 1998 she left NCTA to work for ACS Enterprise Solutions as Sr. Vice President of Business Development. Later Betsy joined the executive team at Alphanumeric System where she served as Vice President and remained in that position until her death.
Betsy served on numerous boards and commissions including President of the National Association of Employment Security Administrators and the Federal Tax Administrators Organization. She was the Immediate Past Chair of the Board of Directors of the North Carolina Center for Public Policy Research and was an active member of Capital Bank's local Cary Advisory Board. She was President of the Greater Hickory United Way; Board Member of the Wake County United Way and Membership and Finance Chair, Catawba County Chamber of Commerce. Betsy was Outstanding Young Women of the Year; 1982 Woman of the Year, Hickory Business and Professional Woman's Club; and 1981 Woman of the Year, Catawba County ABWA. Governor Hunt honored her accomplishments by presenting her with the Distinguished Women of North Carolina Business and Professional Award. She also received the NC Academy of Women Award, YWCA; and the Woman in Business Award, Triangle Business Journal. She was profiled in Who's Who in State Government as an innovator and trailblazer.

She is survived by her husband, Edward Dale Justus; her son, Bradford Scott Justus and daughter-in-law, Amy; her grandsons, Grant and Matthew; and her brothers, Robert L. Young and Joseph J. Young.

Betsy was predeceased in death by her parents Deborah Parker Young and Robert L. Young, Sr. of Aulander, NC.

A memorial service will be held at 11:00 a.m. on Friday, July 15, 2011 at Cary First Baptist Church, 218 South Academy Street Cary, NC 27511. The family will receive friends immediately following the service. Memorial donations can be made to the Betsy Y. Justus NCTA Founder's Scholarship, NCTA, 4020 Westchase Blvd., Ste. 350, Raleigh, NC 27607.
Lab technician Tondra Blevins uses Dr. Karen Corbin to demonstrate how blood is drawn from a trial subject through a portal in the metabolic chamber.

UNC institute unlocking mysteries of weight control

BY KAREN GARLOCH - Staff writer

KANNAPOLIS—The room isn't much to look at. Small and plain, with a twin bed, a chair, a dorm-size refrigerator, a sink and a toilet.

But the spartan appearance is deceiving.

This "metabolic chamber" at the UNC Nutrition Research Institute has cost about $1 million to build and maintain. It's the newest and most sensitive of 17 such research tools in the world, according to Dr. Steven Zeisel, the institute's director.
Institute scientists hope the chamber will help them unlock the secrets of human metabolism and provide answers for people who struggle to control their weight.

By monitoring volunteers who stay overnight in the 8-by-11-foot space, researchers hope to identify foods, activity levels and genes that affect human metabolism. With that, they'll be able to prescribe customized diets and exercise plans that are more likely to work for specific people.

"Nowadays people jump around from diet to diet, and most of the time it doesn't work. Then they get discouraged and maybe just give up," said Karen Corbin, a dietitian and research fellow at the institute. "But once you know for sure what's going to work for someone, and they follow your recommendation and see a result, they're going to be more motivated to stick to it."

**College collaboration**

The nutrition institute is part of UNC-Chapel Hill and is housed in one of the new brick buildings at the N.C. Research Campus, a $1.5 billion biotechnology complex on 350 acres that used to be home to the Cannon textile mills.

The campus, created by billionaire Dole Food owner David Murdock, is a collaboration of eight North Carolina universities to promote research in the areas of health and nutrition. N.C. State operates the Plants for Human Health Institute, and Appalachian State University operates the Human Performance Laboratory, focused on exercise.

Collaboration among nutritionists, plant biologists and exercise scientists on the same campus enhances the research process, Corbin said.

"There is something to be said for having everybody here," she said. "It's easy to get together and talk and say 'Hey, I have this idea. What do you think?""

Earlier this year, researchers from UNC-CH and Appalachian State published results from the first study using the metabolic chamber. It found that 10 men who exercised vigorously for 45 minutes in the morning continued to burn calories over the next 14 hours. Proof that an "after-burn" exists could motivate people to exercise intensely enough to get the added benefit, Corbin said.
Currently, the chamber is being used to study whether black pepper increases metabolism. If it does, look for the sponsoring spice company to tout weight-loss enhancing properties.

Institute researchers will work with other food companies and pharmaceutical manufacturers as they try to increase understanding of the role of diet and activity in normal brain development, cancer prevention and the treatment of obesity.

"Everyone's trying to develop products that help people lose weight," said Andrew Swick, director of obesity and eating disorders research at the institute.

"The ultimate goal is individualized nutrition," he said. "We'd love to be able to tell people, 'You're more likely to lose weight by exercising.' Or 'you're more likely to lose weight by eating this.' We'd like to be able to make recommendations individually based on somebody's genetics."

**Subjects under study**

So far, about 50 volunteers have spent time in the metabolic chamber.

On a recent day, a 50-something woman sat inside the soundproof space, watching a movie on a laptop computer. In an outer room, a computer displayed measurements of the amount oxygen she had consumed, carbon dioxide emitted and calories burned.

She is one of 18 post-menopausal women being monitored for the pepper study. Animal studies suggest that black pepper increases metabolism. Anecdotally, people get hot when they eat pepper, which could mean they burn more calories. But this is the first human study of the hypothesis, Swick said.

Research subjects stay in the chamber about 24 hours on two occasions, a week apart. During one stay, they eat food made with pepper. During the other stay, they eat food without pepper.

Although they eat the same foods, they get different amounts. "Some people burn less calories per pound. Some people burn more calories per pound," Swick said. "We have to feed them an exact amount of calories based on their energy needs."

For example, one woman required 1,550 calories while another needed 2,150.
In the institute's "metabolic kitchen," cooks prepare food to order, with the exact number of calories, proteins, carbohydrates and fats prescribed by researchers.

Meals are delivered to the chamber in a pass-through between double doors that prevent air from escaping. Subjects must eat their meals at specific times and finish in a certain amount of time. They get up every hour to stretch, and they're not allowed to sleep, except at nighttime, because that would decrease their metabolism and skew the study results.

At the end of the study, Swick said, "We'll find out whether black pepper increases metabolic rate or not. ... We'll be able to detect less than a 100-calorie difference (per day)."

That's a small amount, but it adds up over time.

"If you overeat by 100 calories per day, you would gain 10 pounds in a year," Swick said. "If we can find three or four things that raise your calorie requirements and your energy expenditure by 50 to 100 calories (per day), that would be huge."

**Finding answers**

Researchers at the institute and elsewhere are excited about the potential for finding answers to questions about metabolism.

"There's a lot that we still need to learn about the factors that influence energy balance," said Dr. Russ Pate, an exercise science professor and researcher at the University of South Carolina. "What's important about a metabolic chamber is that it enables you to study issues related to energy balance in a very precise way."

Precision is important, he said, because "if you average it out, it's really a tiny number of calories per day that ultimately results in excessive weight gain and obesity."

Pate visited the N.C. Research Campus about a year ago and said he's looking forward to research results. "We certainly see the remarkable resources they have there."

kgarloch@charlotteobserver.com
ogaines@charlotteobserver.com / Nutrition researchers use a metabolic chamber to measure the calories people burn while they're inside.

Precise answers

Researchers at the UNC Nutrition Research Institute study metabolism to find out why energy and nutrition requirements differ and how to give personalized advice.

"Telling everybody the same thing just doesn't work," said dietitian and research fellow Karen Corbin. "There's got to be a better way."

"Some people overeat and gain weight. Some people overeat, and they don't gain weight. The question is why, and how do we predict for that in larger populations, and then how do we help people?" asked Andrew Swick, the institute's director of obesity and eating disorders research.

UNC Nutrition Research Institute: www.ncresearchcampus.net.
The 12 best college financial aid policies

By Daniel de Vise

In today’s paper, I write about the trend toward “no-loan” financial aid pledges at some of the nation’s top universities. More than 70 schools have replaced loans with grants in at least some of their aid awards, focusing on the neediest students.

I resisted the temptation, in that story, to rattle off a list of the schools with the best aid policies. So, why not do it here?

There are two great places online to examine each of the dozens of aid pledges in detail — here and here. The following list is based on their research.

One important caveat: Harvard and Yale have some of the most generous aid policies not because they are more benevolent than other colleges, but because they have the largest endowments in higher education. The pledges cost money.

The top 12:

Amherst College. Amherst replaced loans with grants and work-study for all students in fall 2008. As a result, the share of students at Amherst who are poor enough to qualify for Pell grants has nearly doubled to 23 percent, surely one of the largest totals among top liberal arts schools.

Bowdoin College. Bowdoin, like Amherst, phased out loans for all students in fall 2008.

Claremont McKenna and Pomona colleges. These schools, the crown jewels of the Claremont Colleges system, phased out loans entirely in 2008. These pledges don’t just help poor students. Roger Huddle, a rising senior at Pomona with a household income approaching $100,000, has enough aid to cover about two-thirds of the full price of attendance. ”When they say no loans, they mean no loans,” he said in an interview.

Davidson College. Eliminated loans in all financial aid awards in 2007.
Harvard University. Possibly the most generous aid policy in higher education. Harvard phased out loans in 2008. And, in a unique “zero to 10” standard, the university pledges that families earning up to $180,000 (!) will pay, at most, 10 percent of their income toward college.


Princeton University. Princeton was the first school to pare loans from some financial aid awards, in 1998. Since 2001, the policy has applied to all aid recipients.


University of Pennsylvania: Eliminated loans from aid packages in 2009.

Vanderbilt University. Eliminated loans from all need-based aid awards in 2009.

Yale University: Yale has retreated from an aid stance that once surpassed Harvard’s in largesse. Today, it meets full demonstrated need without loans, and caps the family contribution at 10 percent of income for families earning up to $130,000.
Why you want to go to college: In 140 characters or less

By Luke Kerr-Dineen and Natalie DiBlasio, USA TODAY
July 11, 2011

At the University of Iowa, a good tweet is worth $37,000.

That's the price of a full scholarship, and that's exactly what a student hopeful can win in a contest the university has dreamed up that takes electronic communication to a new level. The university is asking prospective students to submit a 140-character tweet in place of a second essay.

The University of Iowa is joining several others in its attempt to make students get to the point quickly and to improve their social media skills — two qualities that today's Twitter-savvy marketplace demands.

•Kentucky Fried Chicken offers a Colonel's Scholars Twitter scholarship for $20,000 over four years based on a tweet responding to "tell us in 140 characters why you deserve a $20,000 scholarship." The competition received 2,800 applications last year, says Rick Maynard, KFC spokesman.

•Scholarship.com, an organization to help students find money for college, offers the Short and Tweet Scholarship, which asks applicants to sum up their college experience in a

•The 140 Scholarship, presented by College Scholarships.org, a website to help students search for funding, looks for a tweet highlighting how to use Twitter to improve the world. The winner recieves $1,400, and the first and second runners-up receive $140, according to the website.

At the University of Iowa, the person with the best tweet by the July 28 deadline will receive a full scholarship to the university's business school.

Applicant Seth Goldstein of Columbus, Ohio, submitted his tweet last week and said he was excited for the "fun, unique challenge."

"It is something different and out of the box," Goldstein said. "No other MBA schools I have applied to have anything like this."

Jaron Lanier, author of You Are Not A Gadget: A Manifesto, says he doesn't support the idea.
"They're devaluing their future, because they're identifying themselves with a fad rather than something more long term," Lanier says. "It comes off as a school trying so hard to be cool."

Jodi Schafer, the University of Iowa's director of MBA admissions and financial aid, says that application essays were becoming unoriginal and often highly edited.

"We're hoping that incorporating social media in the process will help bring back some of that creativity," Schafer says.

Students are encouraged to link to their blogs, videos, Facebook accounts or anything else that may help answer the question: "What makes you an exceptional Tippie Full-time MBA candidate and future MBA hire?"

University of Iowa alum Kinzie Dekkenga has considered going back to school for a few years, but "life got in the way," and it wasn't until she saw the scholarship offer on Facebook that she decided it was time to apply.

"I saw it and I thought, 'Oh my gosh! Why not?'' Dekkenga said. "Taking the burden off the 800-word-essay was a huge incentive. I am on social media almost every day, so it's more comfortable to tweet than to write an essay."

Dekkenga worked on the tweet for five days.

"It turns out … having to simplify your thoughts down was much harder than I thought," Dekkenga said. "I sat on the Twitter page and just kept typing things, but I was always 100 or 200 characters over."