THE DAILY CLIPS

August 6, 2010

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Catching some **Zzzzzs**: Sleep center puts emphasis on kids
By Kathryn Kennedy
The Daily Reflector
Thursday, August 5, 2010
Rooms in the East Carolina University Brody School of Medicine’s Sleep Center are more hotel than hospital.
Comforters and linens drape the double beds. Heavy curtains dress the windows, keeping out any light. Televisions and standing fans offer comfort to the patient. But to the left of the mounted television is an infrared camera enabling technicians a few doors down to observe any abnormalities — sleep apnea, seizures, delayed sleep phase syndrome — without intruding. They watch for anything unusual happening overnight when a person’s body should be at rest that can intensify a laundry list of other health problems from heart disease to diabetes.
A recent expansion to that center is allowing an increased focus on sleep disorders in children.
The facility has grown to six beds and a research bed since opening in December 2008. The staff also was officially joined by a board-certified pediatrician last month: Dr. Ronald Perkin.
The disorders often present differently in young people and can have varied causes, Sleep Disorder and Research Center Director Dr. Sunil Sharma said.
Adult sleep apnea, in which the airways are obstructed during sleep causing breathing trouble and frequent interruptions, is often a product of obesity. In children it can center on the anatomy of the tonsils and adenoids. Serious cases require surgery.
It’s a growing belief that some children and teens diagnosed with Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder actually may have issues sleeping, Sharma said.
Youngsters don’t know how to respond to the feeling of being sleepy.
“They often act opposite and get hyper,” he said. “They want to fight it.”
Those symptoms are very similar to those seen in ADD or ADHD cases. Treating with chemicals is the worst thing you could do for a child with breathing problems, Sharma said.
Observation rooms equipped for pediatrics include a large recliner so a parent can sleep with his or her child, which is required by law, but also is a good teaching tool. Sharma said that treatments at the sleep center often become family affairs because children model their parents’ sleeping habits. Americans live in a 24-7 economy, Sharma said, a culture “where sleep is considered a necessary evil.”
“Sleep is a very important function of your life,” he said, noting a need for public education on the subject.
Sharma said parents have told him they get better sleep after specialists help get their children on better rest plans.
“To me, it is like treating the whole family,” he said.
Other times, parents may not be aware of what goes on under their roofs at night. That’s when new technology can become a very useful tool.
The actigraph monitor looks like a cheap wristwatch but actually monitors muscle activity on a second-by-second basis and the amount of light around a patient.
A 15-year-old recently treated at the Sleep Center was brought in after his parents were told he was sleeping in class. They were concerned he wasn’t interacting with his peers as much and his grades were slipping. His sleep log looked fine, though during a sleep study they noticed he entered dream sleep unusually fast and worried he might be narcoleptic, a disorder characterized by sudden and uncontrollable, though often brief, attacks of deep sleep.
The test was inconclusive, and he had no family history, as is common with the disease, Sharma said.
So he was fitted with the actigraphy wristlet and sent home. The charts that came from its readings were illuminating. Literally.
“He was telling us he was going to bed at 8 or 9 o’clock,” Sharma said. “Really, he was not sleeping until after midnight. Was up playing video games.
“It’s not that people are trying to deceive me. It’s that they don’t realize what they’re doing (to their health),”

Contact Kathryn Kennedy at kkennedy@reflector.com or (252) 329-9566.
Dr. Sunil Sharma, director of the Sleep Disorder and Research Center at the Brody School of Medicine, stands inside the monitoring room in the sleep disorders lab on Wednesday. The lab allows doctors and nurses to monitor the stages of sleep and non-sleep patients experience during a night’s stay in the lab.
Justin Falls/The Daily Reflector

Dr. Sunil Sharma points to the area on a graph that marks the intersection between wakefulness and sleep for a particular patient on Wednesday. The information is collected using an actigraphy monitoring device worn by a patient.
Justin Falls/The Daily Reflector

Dr. Sunil Sharma shows how an actigraphy monitoring device is worn by patients. The device collects information about when a patient’s muscles are in use and the amount of ambient light present in the patient’s environment to help doctors determine causes of some sleep disorders.
Justin Falls/The Daily Reflector
MAC presents comedy of errors
By Kelly Kirk
The Daily Reflector
Friday, August 6, 2010
There’s only one time that a 6-foot-plus bunny is acceptable to talk to and that is in the play “Harvey.”
Magnolia Arts Center will present “Harvey” beginning today at the Music Academy of Eastern Carolina.
The play’s director, Dr. George Crowl, scheduled time off from his hectic life to work with this production.
Crowl is the director of pediatric rehabilitation at Pitt County Memorial Hospital and clinical associate professor of physical medicine and rehabilitation and of pediatrics at Brody School of Medicine.
He’s a busy man who also is pursuing a master’s of business degree from East Carolina University.
“Right now I’m not taking courses. I basically put aside time and portions of my life so I could do this for MAC,” Crowl said.
Crowl suggested “Harvey” because of its name recognition.
“This is not one I’ve done before, but I’d thought of it,” he said. “I know that it’s done regularly around the country.”
Mary Chase received the 1945 Pulitzer Prize for Drama for “Harvey.”
The play is a comedy of errors about Elwood P. Dowd, a likeable gentleman who has a 6-foot-3 1/2-inch imaginary friend who’s a rabbit.
When Elwood introduces Harvey at a society party, to the dismay of Elwood’s sister Veta, all the guests leave because of Elwood’s crazy behavior. So to save the family from further embarrassment, Veta decides to commit Elwood to a sanitarium.
At the sanitarium, the doctors commit Veta instead of Elwood. The search for Elwood — and his imaginary friend Harvey — ensues.
“Veta Louise Simmons is the most wonderful, spontaneous and crazy woman you’d ever want to meet,” said Gloria Poorman, who is playing Veta. “She can also be a bit aggravating at times. (She) likes to put on airs for society, but deep down, her heart is in the right place where her family is concerned.”
Poorman says that she’s somewhat like her character in that she has a deep affection for her family.
“Like Veta, I can be a bit of a melodramatic lunatic at times. Don’t get me wrong, we’re not exactly alike, some acting is required,” Poorman said.
Poorman’s daughter, Tabitha, is in the production as well, playing Veta’s daughter Myrtle Mae.

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If you Go!
What: “Harvey”
When: 7:30 p.m. today-Saturday, 2 p.m. Sunday and 7:30 p.m. Aug. 12-14
Where: Music Academy of Eastern Carolina, 1400 Red Banks Road
Cost: $12 in advance, $15 at the door
Call: (888) MAC-EVNT
Visit: www.magnoliaartscenter.com
From left, Judge Omar Gaffney (Andrew Barrett), Veta Louise Simmons (Gloria Poorman) and Myrtle Mae Sommons (Tabitha Poorman) in Magnolia Arts Center's production of Harvey.

Jenni Farrow/The Daily Reflector

Kevin Lee, left, portrays Mrs. Chauvenet and William W. White portrays Elwood P. Dowd in Magnolia Arts Center's production of "Harvey." In the background are Gloria Poorman as Veta Louise Simmons and Tabitha Poorman as Myrtle Mae Simmons.

Jenni Farrow/The Daily Reflector

From left, Duane Wilson (Stephan Harding), Elwood P. Dowd (William W. White), Lyman Sanderson, MD (James Williams) and William R. Chumley, MD (Leo Waivers) in the Magnolia Arts Center's production of Harvey.

Jenni Farrow/The Daily Reflector
Welcome back, Pirates
By Nathan Summers
The Daily Reflector
Thursday, August 5, 2010

For veterans on the East Carolina football team, it’s a familiar day and a familiar time of the year. For the new guys, it’s the beginning of a whirlwind experience they won’t forget. On move-in day, the main business for players is doing a little bit of heavy lifting before the real heavy lifting of a new football season begins. The only injuries or fatigue resulting from Thursday’s 105-man check-in session for the Pirates were likely sore backs caused by flatscreen televisions and comfortable chairs, and of course, a good deal of sore thumbs from PlayStation exploits inside the Belk dormitory.

Starting today, the Xs and Os, the streaks and slants and the stunts and blitzes of brand new offensive and defensive schemes will consume the rest of August.

“We’ve had a week off, and when we all come back here to the dorm, it’s like the whole family is back together again,” senior left guard Cory Dowless said on his way up Belk’s steps. “It’s like having a bunch of your brothers running around every day. We relax over here at night, but when we’re over at the stadium, it’s time to go to work.”

When dusk falls on the dorm, there will be plenty of time for relaxation, but the vets already know — and the rookies are about to find out — that down time comes at a price.

“We’re going to beat up on each other every day. That’s what men do,” junior inside receiver Michael Bowman said of August camp. “But it’s a great experience for us to come back together again, stay together.”

While the National Football League is famous for its rituals regarding the hazing of newcomers, in the ECU dorms it’s more about respect than disrespect.

“I just bumped into a freshman that was in my suite, and they really just don’t know what to expect,” junior cornerback Emanuel Davis said. “As an older guy, you’ve been through it a couple times and you just lend a helping hand. We don’t really give them a hard time because we were in their position at one time, and we know it was good when the upperclassmen helped us.”

Davis said that every detail of dorm life with the team is about just that, the team. The Manteo native and returning starter believes that everything from team meals to taking the shuttle bus to and from the practice field every day helps strengthen the team bond.

And then there is PlayStation.

Video games, and the high competitive spirit which surrounds them, might be one of the most common bonds of all in the dorm.

The bragging rights attached to games like NCAA Football, Madden NFL and NBA 2K are something ECU players covet during camp.

The players’ overall favorite game is not hard to guess.
“I would have to say it’s NCAA because we know people (including themselves) that are on the game,” Davis said, adding that no one on the team is more feared on collegiate fields of PlayStation and X-Box than senior reserve receiver Javon Brumsey.

“If I would give the title to somebody, I would have to give it to Brumsey,” Davis said. “He stays on that game. When Madden comes out on the 9th, he’ll be the first one in the dorm to have it. He takes his video games seriously.”

Bowman, on the other hand, likes his chances when he puts his Atlanta Hawks on the hardwood.

“We haven’t established who’s the best in NCAA 11 yet, but as far as NBA 2K10, they know I’m the best,” Bowman said. “I’m unbeatable.”

But not everyone is mashing buttons on sports games every night.

Dowless prefers the sci-fi military thriller Halo. Fellow offensive lineman Josh Clark prefers sleep, and that’s not the name of a video game.

“I try to sleep as much as possible during camp, but I do know you don’t mess with Brumsey,” the sophomore said, adding that camp is about camaraderie as much as it is the playbook. “Camp brings brotherhood to the team and makes us stronger.”

**Plusses, minuses**

ECU will welcome 15 newcomers today who did not enroll early in classes in January or participate in spring drills, including defensive backs Detric Allen, Desi Brown, Lamar Ivey and Damon Magazu; quarterbacks Shane Carden and Dominique Davis; linebackers Jacob Geary and Terry Williams; receivers Lance Lewis and Torian Richardson; offensive linemen Drew Gentry, Mack Helms and Taylor Hudson; and defensive linemen Lee Peques and Chrishon Rose. Six invited walk-ons to camp are transfer kicker Michael Barbour (Maryland), freshman punter Trent Tignor and freshman deep snapper Charlie Coggins, defensive end Terry Biles and wide receivers Justin Hardy and Desmond Lawrence.

Gone from ECU are senior tight end/fullback Kevin Gidrey, who will transfer to South Florida, and senior cornerback Darryl Reynolds, who is not enrolled for classes this fall, marking the end of his ECU career.

Injured and out indefinitely are junior defensive tackle Diavalo Simpson (lower leg) and sophomore defensive tackle Michael Brooks (knee).

Contact Nathan Summers at nsummers@reflector.com or (252)329-9595.
COLLEGE BASKETBALL

NCAA gives hoops coaches good grades

First Academic Progress Report for coaches released on Thursday.

BY MICHAEL MAROT
The Associated Press

Kentucky coach John Calipari got mostly passing grades on his report card.

West Virginia's Bob Huggins did even better, earning perfect marks each of the past two seasons.

The two men, often criticized for their players' academic performance, had better-than-expected scores in the NCAA's first Academic Progress Rate for coaches. On Thursday, the NCAA released coaches' scores in six sports -- baseball, football, men's and women's basketball and women's indoor and outdoor track -- from 2003-04 through 2008-09.

Former East Carolina coach Mack McCarthy oversaw an increase in his team's APR from 927 in 2007-08 to 952 in '08-09.

Calipari and Huggins both were satisfied with their results.

"It's hard to argue with our numbers," Calipari said Wednesday on his website.

Some coaches had complained they alone should not be held accountable for their players' grades.

Apparently, NCAA officials agreed.

The NCAA did not release average scores for coaches, in part, over concerns about statistical anomalies. For instance, in academic years that there were a coaching change, both coaches received the same score. Calipari and Billy Gillispie each received a 922 for 2008-09.

And none of the coaches will be penalized for substandard scores because teams that consistently fall below the mandated cutline, 925, are already being punished.

Walter Harrison, chairman of the committee on academic performance, said the governing body should not penalize coaches based on the scores, which NCAA officials said are being released primarily to help provide recruits and their families with more information about academics.

See APR, C3

APR
Continued from C1

"With the release of these APR portfolios, we are calling attention to the success of coaches and having transparency. I personally feel that is right, that we should not go further," Harrison said on a conference call. "I personally think, for some of the reasons you just mentioned, and the fairness of it, there are a lot of people responsible for academics, so I'm comfortable with where we are."

Most of the top men's basketball programs had little to quibble with.

Thirteen teams in this year's final AP Top 25 basketball poll, including all the 2010 Final Four teams, produced perfect scores of 1,000 in 2008-09, the most recent numbers. Butler coach Brad Stevens had three straight perfect marks, while Duke's Mike Krzyzewski, Michigan State's Tom Izzo and Huggins all scored 1,000 two consecutive years.
Pirates should be worth watching

Ruffin McNeill likes to say he's as country as a dozen eggs, but there's nothing old-fashioned about what the East Carolina coach has planned for his new team this fall.

McNeill, a Lumberton native, returns to his home state and his alma mater with Texas Tech's old playbook tucked under his arm. He was the brains behind the Red Raiders' blitzing, gambling defense, and he brought 26-year-old Lincoln Riley with him from Lubbock to run the pass-first, pass-second offense.

No one knows exactly what to expect from the Pirates this season. Skip Holtz didn't exactly leave the cupboard bare when he moved on to South Florida, but it isn't full, either. Throw in the adjustment to new schemes on both sides of the ball, and mysteries abound Down East.

One thing, though, is certain: The Pirates will take more chances than ever before, and not just in the high-flying offense that posted such big numbers at Texas Tech. With and without the ball, they'll push the envelope as far as they can.

Holtz wasn't exactly vanilla in terms of persona or coaching style, but a big change is afoot. McNeill exudes down-home aw-shucksery to hide a coaching philosophy that's straight riverboat gambler.

Most defensive coordinators, when promoted to head coach, run offenses designed to minimize turnovers and maximize possession, but McNeill has wholeheartedly embraced an offense that moves as quickly as possible.

"That's what I believe in, having faced it for 10 years on a year-in, year-out basis in the spring and the fall," McNeill said. "That's what I wanted to do. Of course, I told Lincoln to put his own flavor into it, whatever he wants to add to it, too, but that'll be the basic concept."

Perhaps his biggest gamble, or at least his first one, was on Riley. The Texas Tech offense was very much a Mike Leach creation, and Riley was merely the receivers coach, and a young one at that. He won't turn 27 until after the Pirates' opener against Tulsa this season.

But when Leach was fired over a bizarre set of circumstances surrounding an injured player - who happened to be the son of ESPN analyst Craig James - McNeill got a pretty good sense of what Riley had to offer.

McNeill was promoted to interim coach for Texas Tech's bowl game against Michigan State. He turned the offense over to Riley, whose playcalling helped the Red Raiders post a 41-31 Alamo Bowl win over the Spartans, rallying from a fourth-quarter deficit with two unanswered touchdowns.

"That helped," McNeill said "But I had watched him coach and been around him. We raised him from
a lamb to a ram when he was a young coach. But the Michigan State game really helped. In the game, hearing him on the headphones, hearing how he flowed and the confidence factor there, understanding where and when and what time to call, timing, I thought that was a big part of it."

So based on that experience, McNeill had no hesitation bringing Riley along to run his offense at East Carolina. And based on their experience at Texas Tech, the Pirates figure to be as fun to watch as any team in the state this fall, even if they're on the wrong end of a few Conference USA shootouts.

At last month's Pigskin Preview, McNeill joked that the Pirates would run the ball every play and play a base defense.

That's guaranteed to be just about the only thing they won't do.

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ECU has plenty of open spots

Skip Holtz is gone.

So is most of the talent that helped East Carolina capture back-to-back Conference USA titles the last two seasons before Holtz left in January to coach South Florida.

Holtz’s replacement, Ruffin McNeill, was a key player as a defensive back from 1976 to 1980 in some of the best years in Pirates history, which included an Independence Bowl trip in 1978.

Now McNeill has to help rebuild East Carolina again with a lineup that includes just two returning starters on defense. Here are three things to watch as the Pirates prepare for McNeill’s first preseason camp:

1. Backfield issues.

The two most important positions on the team are going to feature first-year starters.

There are several candidates to step in for quarterback Patrick Pinkney, who passed for 6,980 yards in a highly successful career.

Sophomore Brad Wornick is a former walk-on who has risen quickly to the top of the depth chart. He completed 18 of 33 passes for 226 yards and two scores in the spring game but is untested in game action.

Redshirt freshman Rio Johnson and freshman Shane Carden also are competing for the job. But the leader in terms of experience and athletic ability is Dominique Davis, a transfer from Boston College.

The Pirates also have lost their top five rushers from last season. But senior Jonathan Williams is quick and athletic and has some experience. He rushed for 380 yards on 75 carries in a suspension-shortened 2008 season.

2. Front seven.

East Carolina’s only returning starters on defense are the two guys who play farthest from the ball—cornerbacks Emanuel Davis and Travis Simmons.

The Pirates need linemen and linebackers to emerge who can pressure the quarterback and stop the run.

Senior defensive tackle Josh Smith of Garner, who had 26 tackles and four sacks in a reserve role last season, is the top candidate for a leadership role. Nose tackle Antonio Allison and ends Matt Milner of Raleigh and Marke Powell also show promise and are the likely starters.
At linebacker, the appropriately named Dustin Lineback (29 tackles last season) may have to lead the way. Steve Spence and converted wide receiver Wes Pittman of Cary will try to hold down their starting spots.

3. New system.

Offensive coordinator and quarterbacks coach Lincoln Riley is installing the same wide-open scheme that made Texas Tech one of the most dangerous offenses in the nation for the last several years.

That's great news for East Carolina wide receiver Dwayne Harris, who's one of Conference USA's most potent breakaway threats and should catch a lot of passes as a slot receiver. With Michael Bowman lining up in the other slot position, wideout might be the most talented and deepest position on the team, so that bodes well for the Pirates in a scheme that uses primarily four wide receivers.

But the danger in a fast-paced, spread approach is that the running game can get neglected.

That could put extra pressure on an East Carolina defense that might not be ready for it.

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**N.C. State's Yow warns agents**

**RALEIGH** -- New N.C. State athletic director Debbie Yow plans to send a warning to sports agents.

In writing, Yow intends to explain to agents that if they break any laws while recruiting N.C. State athletes, the university will take legal action against the agents.

A wide-ranging NCAA investigation into possible impermissible contact between college football players and sports agents has generated headlines for weeks. NCAA investigators spent July 12 and 13 interviewing athletes at North Carolina and also have met with players at South Carolina, Alabama and Clemson.

Wednesday, investigators returned to UNC. Yow said NCAA investigators have not inquired about N.C. State athletes, but she wants to put sports agents on notice anyway.

When she was athletic director at Maryland before coming to N.C. State, Yow had university general counsel Susan Bayly send letters to sports agents registered in that state warning that the school would seek damages. Now N.C. State general counsel Eileen Goldgeier is working on a letter to be sent to agents who are registered in North Carolina. Yow said the letter will warn agents that if they violate the law while dealing with N.C. State athletes, the school will sue them.

"I’m going to protect N.C. State University from any agent abuse," Yow said.

North Carolina's Uniform Athlete Agent Act requires agents to register with the state and refrain from promising anything of value to athletes while they're in school.

After reading media reports last month that NCAA investigators had interviewed athletes at UNC regarding contact with agents, North Carolina Secretary of State Elaine Marshall began an investigation of possible improprieties involving sports agents.

Violations of the law are a Class I felony in North Carolina. The law allows a civil fine of up to $25,000, but ACC commissioner John Swofford would like unscrupulous agents to face more substantial penalties.

Yow hopes the potential of a lawsuit that could extract greater damages will be an additional deterrent. The Uniform Athlete Agents Acts in North Carolina and Maryland specifically mention that an educational institution can seek damages, including lawyers' fees, from an agent (or former athlete) who injures the school.

It's difficult, however, to assign a potential dollar amount for those damages in court. It's conceivable that serious NCAA violations could, for example, force a school to give back hundreds of thousands of dollars in NCAA tournament money.
If a school is banned from bowl participation, violations could cost a school more than $1 million. But legal experts say it would be difficult to hold an agent responsible for such large amounts, because such serious penalties usually are levied only when a lack of institutional control on the part of the school accompanies the violations.

"You're going to have this question about whether the harm was caused by the action [of the agent] or by the failure of the institution effectively to control," said Paul Haagen, a Duke professor and co-director of the university's Center for Sports Law and Policy. "There would be a contributory negligence kind of thing there. That would be a difficulty [in court]."

Experts were unable to cite a case in which a school has sued an agent under the Uniform Athlete Agent Act.

University of Vermont law professor Michael McCann said there's a public relations advantage, though, in sending the letter, even if it doesn't have a big legal impact.

"Is it a good idea to send a letter?" said McCann, who specializes in sports law. "In some ways it's a deterrent. It also shows that the school cares."

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