East Carolina football coach Ruffin McNeill takes his daily walk past Dowdy-Ficklen Stadium Aug. 4.

ECU's McNeill taking it one step at a time

GREENVILLE—Ruffin McNeill walked down Ficklen Drive, trekking through the East Carolina campus. He passed Minges Coliseum, passed a black metal fence shaking with the barks of a familiar friend.

It's about noon - what seemed like the hottest part of this steamy July day - and the ECU football coach has set out on his daily walk. He was about twenty minutes in when the passing cars started honking.

"Doing good, coach," a woman said from her car window.

"Thank you," McNeill replied and waved.

He continued to walk, wiping sweat from his face with a purple terrycloth towel. A man passing on the street advised him to drink plenty of water.
"I will," said McNeill, who was dressed in a white cap, white long-sleeve shirt, black shorts and running shoes.

He could not take 20 steps without a car honking or a passerby waving. They knew him and what he was doing. And they applauded him for it.

He revealed this slimmer version of himself to the public at the start of the team's fall camp earlier this month. He has lost 124 pounds, down from a high of 388 pounds when the Pirates closed the season Dec. 29 with a Military Bowl loss to Maryland.

McNeill is just six months removed from bariatric weight-loss surgery. He underwent that procedure as part of a lifestyle change and to help prepare his body for the hip replacement surgery he had three months ago.

Entering his second season with the Pirates, the 52-year-old McNeill has committed to losing weight, implementing a strenuous exercise and diet regimen into his daily routine. Surgery helped start the process, but he must now, as he says to his players, put in the work.

"It's a lifestyle change," McNeill said. "It's not a fad, one of those six-week, nine-week, infomercial deals. I made the change."

An opportunity

During his walks, McNeill uses a cane, but he said it's mostly to guard against dogs on his routes. "Keeps them off," McNeill said.

Walking is therapy for the coach, who is responsible for more than 100 players, assistant coaches and support staff. Unencumbered by an iPod or any other distractions, he lets thoughts race through his mind. He rehearses answers to questions he anticipates from the news media. He sketches out the speeches he makes to the team.

McNeill was already an avid walker before his hip started ailing, and he relishes these daily walks. He welcomes the heat, knowing you can't avoid the stifling temperatures outdoors during fall camp.

When he thinks about the alternative, about the pain he experienced last season with his hip, the decision was a no-brainer. Walking directly impacts his job.

"I'm at a place that loves what I love," said McNeill, who played football at ECU. "It's really a perfect match. I know I have to win football games. That's a part of the job, But I'm not here to try and keep my job, I'm here to try and do my job."
Those around McNeill understood the opportunity he had in returning to his alma mater as a head coach after 10 years as a defensive coordinator at Texas Tech. They knew he needed to address his health in order to do his best. The Pirates finished 6-7 last year in a season where they displayed an explosive offense. However, a 51-20 Military Bowl loss served to highlight their defensive shortcomings.

There were a lot of people depending on him.

McNeill's brother Reginald, his closest friend, reminded him of that during a weak moment right before his surgery. McNeill called his brother early in the morning to complain about all of the requirements and sacrifices.

"I was just listening to him and I said, 'You don't have no choice,' " Reginald McNeill said.

And McNeill agreed. Those words continue to inspire him when he's tired and climbing a hill on his walk.

McNeill checks his weight during doctor's appointments, but he refuses to obsess about it.

"It's like watching paint dry," he said.

Yet the pictures tell his story. He has more energy these days.

"My mind is much clearer," McNeill said. "Before I had those program organization thoughts going through. But mixed in was pain. My weight was mixed in with that. ... I feel good."

Walk before you run

McNeill's weight loss is evident with one glance. His face is slimmer. His waist is slimmer.

Passersby keep slowing during his walks, feeling compelled to comment on his new look.

"Don't I know you?" a man asked as McNeill walked along the sidewalk of Greenville Boulevard.

"Yes, sir," McNeill said.

"Looking good, brother," the man said. "Thanks for all you do."

While the compliments have become commonplace, some of those closest to McNeill struggled at first to recognize him following the surgery.

East Carolina senior quarterback Dominique Davis walked through the training room recently and peeked into the doctor's office where he thought
he saw a stranger. He thought the team had a new coach, only to realize it was McNeill.

"It was breathtaking when I first saw him," Davis said. "He came out, I was like, 'Oh, my gosh! What happened to you?' It really put a smile in my heart to know he worked out hard just to be fit and healthy for us."

ECU players want their coach to take the next step and run out onto the field with them for the season opener Sept. 3.

McNeill has declined.

"With my luck, one of the kids will get excited, run out, knock me over and the hip would pop out of socket again," McNeill said. "I'd be face down on the grass in Dowdy-Ficklen Stadium with all your cameras on me for 40 minutes. I'll stick to walking for safety purposes."

**No turning back**

McNeill walks six days per week, taking different routes around campus. He usually heads out around noon.

"Rain or shine, he's out the door," said Ann Coyle, his administrative assistant.

If he has time, McNeill may walk for an hour and 20 minutes. If rushed for time, he may cut the walk down to 50 minutes. He has memorized times and distances for each route.

On this particular day, he walks for an hour, heading down Ficklen and up Charles Boulevard, climbing the hill without shortness of breath.

He breaks the long stretch down into short- and long-distance goals, very much like his approach with a football season. Reaching a street sign is one success, making it to a path before the corner is another.

"Little steps," McNeill said.

That mindset has carried him to this point. After the weight-loss surgery, McNeill had to significantly change his diet. He has just started to re-introduce certain foods such as bacon, eggs, cheese and certain vegetables to his body.

He can enjoy a steak - protein is critical - but mostly eats chicken or fish now. For lunch, he may have a low-fat smoothie or yogurt.

It's all about portion-size, McNeill said. He's progressed from eating 1/4 of a cup to a full cup of certain foods. He drinks low-calorie, non-carbonated
beverages and strictly monitors his sugar intake. He stays away from breads, pastas and other carbohydrates.

McNeill said he'll continue to walk every day, if possible, during the season. He's still undergoing physical therapy to strengthen his new hip and plans to add early-morning pool workouts to his daily exercise routine.

"The surgery was beneficial, but doctor [William] Chapman, my surgeon, said the work is up to me," McNeill said.

Does he worry about regressing?

"There may be a setback," McNeill said. "I'm going to try and avoid any. But I know if there is any, I'm going to overcome it."

He's still vulnerable to food temptations, he admits, but he's learning to resist.

"I've learned to adapt," McNeill said. "I don't feel cheated. I'm very thankful that I was able to come up with the personal decision, family decision and professional decision to help me. But I still live."

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Politics aside, UNC board sets positive tone

BY JANE STANCILL - Staff Writer

CHAPEL HILL—North Carolina's public universities will welcome tens of thousands of students later this month, even as they slash jobs and drop academic courses.

Plenty of tough calls lie ahead, as the system cuts $414 million in state funding this year and leaders forge a future for public higher education in a new economic reality. Against that backdrop, the university's new decision-makers were sworn in this week, resulting in a Republican majority on the UNC Board of Governors, the body that sets tuition and makes policy for the 17-campus system.

The board has always been heavy on politically connected Democrats. But in a contentious process earlier this year, the GOP-led legislature elected a slate of Republicans who comprise half of the 32-member board. Several Republicans already served on the board, thus ensuring a GOP majority.

The fight for the board seats was unusually partisan. In the House, Democrats turned in blank ballots, refusing to vote for a slate of Republicans, saying the election was a sham because other nominees were pressured to withdraw. Some Democrats decried the lack of racial and gender diversity among the new members.

But there was no evidence of partisanship Friday at the first official meeting of the full board.

UNC President Tom Ross welcomed the new members, saying they were committed and passionate about higher education in general and UNC in particular.

"We will value and need your experience, knowledge and commitment, and we will need your advice, good judgment and support," he said.

But leaders will have their work cut out for them, Ross added.

"We've now taken more than $1 billion in cuts over a five-year period," he said, "so the easy decisions are long gone."

Reports of UNC system budget cuts are starting to trickle in - 190 positions gone at East Carolina and 975 fewer courses at UNC Greensboro. Moody's Investors Service issued a change in the outlook for Western Carolina
University's credit rating, from stable to negative, citing the reduction in state funding.

**New minds will matter**

Ross has made a point throughout the summer to pledge that UNC officials were not going to "whine or complain" about budget cuts that average 15.6 percent across the system.

But it's clear the system will provide detailed information about the impact of cuts. Campuses have been told to submit data to the UNC system administration, where it will be compiled and shared with lawmakers and the public.

The data also will be used by the board as it works out next year's tuition rates and starts what could be a historic and emotional discussion about whether to cap enrollment - limiting the number of students who can be educated at the state universities.

These issues could stir ideological debates that have rarely been heard in the UNC boardroom.

Atul Bhula, the board's student representative, said the new members may provide skills that will help them navigate the economic crisis.

"We have different minds at the table," said Bhula, a graduate student at Appalachian State. "With the new board members, a lot of them have a business mentality, which I think is great."

Ross is tapping into the expertise of a well-known Republican, Lyons Gray, a former six-term legislator who also served in the administration of President George W. Bush. He is serving as a senior adviser to Ross. His salary is paid by non-state funds, UNC said.

**All about the message**

Several longtime Democratic lawmakers who protected the university have retired, which means UNC leaders will have to work harder to get their message across.

"We've got to do a better job of making our case of why the university is an important part of this state," Gray said. "The change in the leadership has presented us that opportunity."

To that end, the system is gathering data on program consolidations and efficiencies. UNC also is conducting a study on teaching workload of faculty - often a political flashpoint.
Polite 'stormtroopers'

On Thursday, members discussed how best to get their message across before the legislature convenes next year. There wasn't necessarily agreement on the approach. One board member used the word "stormtroopers" when discussing strategy.

New board member Ed McMahan of Charlotte, a former Republican lawmaker, said UNC must pay attention to how it crafts its arguments and not slam the legislature.

"I really do caution people against that because we're going to be working with the same people next year," he said.

David Young, a veteran board member and former chairman of the state Democratic Party, said he is as excited as he has ever been to be on the board after meeting the new members.

"I think they're going to be tremendous assets to the board," he said. "They bring a lot of energy."

Everyone recognizes that times have changed and every bit of spending requires more scrutiny, Young said.

"In the golden years, you were able to approve everything pretty nonchalantly," he said. "It's a different day, and it's going to require different types of reviews."

No schisms just yet

Bill Daughtridge, a board member and former Republican lawmaker from Rocky Mount, said the new members bonded this week over a training session about how to work effectively.

"We ended up not feeling any partisanship at all," he said. "There never was a situation during that process where the new Republicans were feeling like they had a burning issue they had against what the board was previously doing. They all felt like they were coming to help."

And now the work begins.

"There are going to be changes," Daughtridge said, "but there were going to be changes regardless of who was here because we just have a different landscape we're operating under."

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The BOG Class of 2011
These members were elected by the legislature this year to a four-year term. Some were re-elected and some are new to the board.

Peter D. Hans, policy adviser from Raleigh, vice chairman (re-elected)
Brent D. Barringer, a lawyer from Cary (re-elected)
W. Louis Bissette Jr., a lawyer from Asheville
Fred N. Eshelman, a pharmaceutical company CEO from Wilmington
John C. Fennebresque, a lawyer from Charlotte
Ann B. Goodnight, a community volunteer and businesswoman from Cary (re-elected)
H. Frank Grainger, a businessman from Cary
Thomas J. Harrelson, a businessman from Southport
G. Leroy Lail, a businessman from Hickory (re-elected)
Mary Ann Maxwell, a business owner from Goldsboro
W. Edwin McMahan, a retired businessman from Charlotte
Hari H. Nath, a retired businessman from Cary
David M. Powers, a businessman from Winston-Salem
Richard F. "Dick" Taylor, a business owner from Lumberton
Raiford Trask III, a real estate developer from Wilmington
Phillip D. Walker, a banker from Hickory
Amna Ahmed, left, puts on her coat with the help of Assistant Dean of Student Affairs, Roytesa Savage, right, during the Brody School of Medicine Class of 2015, whitecoat ceremony, held at Brody School auditorium on Friday, Aug. 12, 2011. (Aileen Devlin/The Daily Reflector)

Med school welcomes 78 students
ECU News Services
Saturday, August 13, 2011

The Brody School of Medicine at East Carolina University celebrated the start of medical school for 78 new students by presenting each with a white coat during a ceremony Friday.

The 40 women and 38 men in the class of 2015 range in age from 20 to 41. As usual, they are all North Carolina residents, with 28 counties of residence listed. They received their undergraduate degrees from 24 different colleges and universities, with the University of North Carolina at Chapel Hill having the most graduates at 22. ECU has 15 alumni in the class, and North Carolina State University has 12.

Dr. Benjamin Gersh, an ECU faculty member in family medicine and psychiatric medicine, told the new medical students to stay true to themselves and passionate about interests outside medicine and the things they value most. Gersh is a 2006 ECU medical graduate.

“No matter how exciting it is to get the white coat, do not lose sight of those who helped you get here,” Gersh said. “Do not lose sight of the things that make you who you are.”

The class includes Tiffany Lee of Greenville, who received a Fullerton Scholarship worth $20,000 a year. Lee received her undergraduate degree in neuroscience and biology from ECU.

“It's really exciting for me growing up here, and having the opportunity to learn medicine, so that I can serve people who have given me so much,” Lee said. “I'm excited to be going into a profession that I really love and I'm honored to have the opportunity.”
The class also includes three Brody Scholars, Sunny Darji of Charlotte, Scott Gremillion of Raleigh and Marlan Sheridan of Roanoke Rapids. The scholarship program pays tuition and living expenses and encourages participants to design their own summer enrichment program that can include travel abroad.

Gremillion decided to enter medical school after leaving active duty in the U.S. Air Force in 2007 and serving in Iraq. He is a captain in the reserves.

“I'm getting into this to help people and the best way to do that is in primary care,” he said. “I'm just looking forward to helping people, wherever that is, so that I can be a part of their lives.”

The Brody Scholars program honors J. S. “Sammy” Brody, who died in 1994. He and his brother, Leo, were among the earliest supporters of medical education in eastern North Carolina. The legacy continues through the efforts of Hyman Brody and David Brody. Subsequent gifts through the Brody Foundation have enabled the medical school to educate new physicians, conduct research and improve health care in eastern North Carolina. The scholarship is administered through the ECU Medical & Health Sciences Foundation.

Two students in the class received 2011 Robert H. Wright Awards while seniors at ECU: Brittany Leigh Carr of Mount Olive and Parteek Singla of Greenville. The most prestigious award given to ECU undergraduates, the Wright Award recognizes academic achievement, service and leadership.

The symbolic white coats are a gift to class members from the Brody School of Medicine Alumni Society, said Karen Cobb, director of development for the foundation. Ninety-eight alumni donated more than $8,000 to pay for the coats and breakfast.

Participating alumni were given note cards to write a personal note to their students, and Dr. David Collier, an assistant professor and president of the alumni society, gave one to each new student.
City, local developers at odds on site
By Kathryn Kennedy
The Daily Reflector
Monday, August 15, 2011

An increasingly vocal group of individuals is challenging the placement of Greenville's planned public transportation center.

A few doubt the need for a transportation center at all. More say it could be better situated farther west or south of the chosen site, a two-block area bordered by Evans and Cotanche, Eighth and Ninth streets.

The project stems from an eight-year-old examination of Pitt County transit by N.C. Department of Transportation consultants. Integration between city and county and shared routes with East Carolina University buses were recommended, and it was determined that a center serving buses, taxis, bicycles, pedestrians and future rail service was crucial to that goal.

A location in proximity to downtown, East Carolina University or ECU's Brody School of Medicine was suggested.

City staff and other elected officials say the site was selected for many reasons after a thorough process allowing plenty of time for public comment. No one stepped forward with objections and the choice was approved unanimously in 2008.

The project now is entering the property-acquisition phase and, barring new direction from the City Council, plans for development will move ahead.
Concerns
University Book Exchange owner Don Edwards has worried about the proposed Intermodal Transportation Center site for years and said he expressed his doubts to a city official three years ago.

He also invests in properties downtown and advocates for downtown revitalization. Placing the center at the proposed location would undermine revitalization efforts, he said.

Edwards believes it would better serve revitalization to allow ECU to grow into that area. He isn't convinced there's even a need for the site, based on his observations of Greyhound bus use and the cost of running the Greenville Area Transit bus system. That aside, Edwards points to the 21 parcels, each of which will be appraised, then obtained from 13 property owners.

“This is an arduous process for the city to undertake,” Edwards said. “It's going to be expensive ... time-consuming and takes property off the tax rolls.”

“There are willing sellers in better locations, in my opinion,” he said. More than two acres of the adjacent block are owned by Tom Taft, who declined comment.

Real estate developer Jim Ward owns property next door to the transit center site, at the corner of Eighth and Cotanche streets. He said he hasn't suggested that site or any of his properties as an alternative.

Ward said the addition of the transportation center could “jeopardize future development in that area.” Furthermore, development of adjoining properties is at a standstill as banks and potential investors wait to see if the center becomes a reality, he said.

“If you find a willing seller,” Ward said, “you could buy the property for half price in less time.”

Ward argues the site is a key piece in downtown development and, privately developed, could bring tax revenue and jobs to the city.

Edwards named a site on Reade Circle as an alternative for the transportation center. It's a vacant lot across from Sheppard Memorial Library at the intersection with Dickinson Avenue. Ward also suggested looking south of the intersection of 10th and Evans, still within walking distance to downtown and the proposed Stantonburg Road-10th Street Connector.

If designed to blend with other municipal buildings as the city proposes, the center could “establish a standard in an area that needs to be lifted up,” Ward said.
Perplexed
Assistant City Manager Thom Moton wonders why these concerns were not presented before.

As project manager, he said only two individuals have come forward publicly with complaints about the site since 2008. There have been ample opportunities for comment at public meetings, on the website and following segments on GTV9 and media reports, he said.

Edwards blames a lack of business input in the planning process, which he admits to not taking part in.

“I feel like I should have been more vocal about it,” he said, adding that he was simply too busy to volunteer for the project steering committee.

That committee included representatives of the city and county, the GREAT bus system, the Pitt Area Transit Advisory Board, the Greenville Public Transportation and Parking Commission, ECU Transit, Greyhound buses and the Department of Transportation. Committee members determined the center had to be incorporated into the community, not isolated, or it would never be used by people with other transportation options. The intended site gets people close to government buildings, cultural sites, restaurants, retail, ECU and downtown events.

“(Public transit riders) are coming downtown and they're coming to the university,” Mayor Pat Dunn said. “That's not going to change.”

If located on 10th Street, pedestrians using the system would have to navigate more traffic to reach their destinations, Moton said. Heavy use of the area would help ensure safety at the center, as would a proposed police substation at the site. Stakeholders also wanted it close to the existing GREAT bus transfer site on Reade Street.

It is important the center function well for decades, Moton said, and committee members placed that above the ease of acquisition.

It's not uncommon for the city to have to acquire multiple properties from different owners, he said, as in the case of the 10th Street Connector or the Thomas Langston Road extension.

Estimates based on the tax value show the parcels can be acquired for approximately $2.4 million, Moton said, and building costs can vary from there. No final design plan has been developed.

Councilmen Max Joyner Jr. and Bryant Kittrell are listening closely to the debate. They attempted to slow the process in February, but their motion failed 4-2.
Joyner agrees there are better sites, despite voting for the current location in 2008. That was three years ago, he said, and “hindsight is 20-20.”

Kittrell suggested sites near the former Imperial Tobacco Warehouse near Dickinson Avenue to accommodate any future rail service. He also has lingering concerns that the project has crawled along and grown more expensive over time.

The Intermodal Feasibility Study released in 2006 estimated the transportation center would cost between $6 and $8 million to build, depending on site and design. Project costs are now estimated at more than $11 million.

The federal government is expected to cover 80 percent of costs, with the state and city each chipping in 10 percent.

Kittrell said he is grateful for $2.9 million awarded in federal earmarks for property acquisition and design, but said the money still comes from taxpayers and should be spent wisely.

He said the city can't count on federal funds, given the state of politics and the deficit. Also troubling Kittrell are recent meetings with ECU representatives. They seemed, suddenly, to oppose the site, he said.

**ECU support**

In an interview Aug. 1., Rick Niswander, vice chancellor for administration and finance, said ECU fully supports the idea of the Intermodal Transportation Center.

The detail troubling the university is that the buses, according to the current plan, will exit on Cotanche Street and run by the Recreation Center to start their respective routes.

“That is very problematic to us,” he said. Fears for pedestrian safety in that area arose during the development of ECU's master plan this spring, Niswander said. Planners don't believe Cotanche Street is conducive to an increased volume of large-vehicle traffic, and it would be better if buses used Evans S

“If (those issues) are resolved, that site's fine,” he said. “If they're not resolved, that site's not fine.”

That traffic pattern was necessary to protect two historic properties across Evans Street: the Greenville Museum of Art and A & B Auto Service.

The city signed an agreement with the Federal Transit Administration, the department of transportation and state and local preservation officers assuring mitigation of any effect to those properties. A third property on the site, the Jones Lee house, must be relocated. Moton said the city is willing to work with ECU, and that the first step is to sit down with administrators and flesh out their concerns.
ECU has been an “active participant” in planning the center, Moton said. The university agreed in March to trade two parcels it owns on the site to the city. “The conflict is news to us,” he said.

**Next steps**
Despite the controversy, the project is rolling forward. The city obtained clearance to acquire property from the federal government last month following a lengthy environmental assessment — another time people could have commented and didn't, Moton said.

“These folks have been given the opportunity and now, at this point, they want to put a fly in the ointment,” said Bob Thompson, who represented PATS on the steering committee.

Commercial and residential appraisers should submit estimates on property value by November, but will require a review before the market value is determined. Dunn said there is no need for council involvement at this point, as the purchase of the property already has been authorized.

More than $230,000 has been spent in studies pointing toward this site to date. Edwards and Ward counter that some of the best business decisions they ever made were to walk away. “There is no one location for anything,” Ward said.

Moton said he is not authorized to look at any alternative sites without direction by the City Council. And unless that comes, he'll continue doing his job as directed three years ago this October.

Contact Kathryn Kennedy at k kennedy@reflector.com or
Fit Pirates: ECU keeps required exercise course

ECU Notes for Sunday, Aug. 14, 2011

Obesity rates are rising throughout the nation, but ECU’s Department of Kinesiology continues to battle the bulge.

Many universities around the country are tossing the requirements for a general exercise course. Yet East Carolina University is moving in the opposite direction. It continues to require students to take the course in order to graduate.

“Requiring college students to participate in an exercise science class taught by proficient instructors has been proven to provide the skills necessary to help young adults develop healthy lifelong habits,” said Glen Gilbert, dean of the College of Health and Human Performance.

College is a time when many young adults start to develop sedentary behaviors, Gilbert said. He sees a course such as ECU’s exercise 1000 (Lifetime Physical Activity and Fitness Program) as a fundamental need that can counter unhealthy habits.

“If all universities provided that opportunity for students, we would likely see improved health behaviors,” Gilbert said.

“The course helped me stay motivated to exercise regularly and stay in shape,” said Carolyn Dawes, a junior from Charlotte, who took EXSS during the second summer session. “I will definitely use the skills I learned in my future workouts.”

Many universities are cutting exercise courses because of recent budget cuts and financial
limitations. ECU, however, plans to keep the required course in its foundations curriculum to expose students to physical activity experiences and knowledge though each of its components: aerobic, muscular strength, flexibility, stress management, energy balance and exercise.

In the long run, working an exercise routine into one’s daily life can save thousands of dollars, said Dr. Tim Gavin, professor of physiology.

“A lot of people can’t afford pharmaceutical or surgical solutions to weight loss,” he said. Exercise, however, is effective and cost efficient.

He said that the exercise course gives students a toolset of healthy habits to use in their daily lives in college and throughout the rest of their lives.

“Many people do not know the first place to start living an active, healthy lifestyle,” said Gavin. Just like people need a skill set to manage finances and work, they need one to manage healthy habits, and college is the first place they can start, he said.

If an adult is able to maintain a healthy lifestyle, their chances of surviving a heart attack or stroke are greater, said Gavin. Not only does an active lifestyle mitigate consequences, but it also improves mood and cognitive function, he said.

**Beyond ECU**

One of the main goals of the course is that students leave with the skillset to continue exercising even after they graduate.

Once students graduate, said Gavin, they will have to learn how to balance even more priorities, and need to learn how to maintain exercise as a top one.

The course offers students specific tools they can use to lead a healthy life after they graduate. One example: Showing them the benefits of a mobile gym.

By using everyday items like a chair, students can find easier or alternative ways to be physically fit, said Rebecca Davis, who teaches LPAF classes.

Students are also required to keep logs that detail their progression in the class, and help them analyze their strengths and weaknesses.

Students’ level of physical activity is measured at the beginning and at the end of the course. The 2010-2011 Foundation Curriculum Assessment Report, which records students’ progress after taking a core class, showed an increase in regular participation in moderate to vigorous physical exercise or activity as a result of taking the class.

**Learning lifetime health skills**

Some students who completed exercise 1000 during the summer sessions said the course changed how they think about fitness — and habits.
“This class has taught me the rights and wrongs of being fit and healthy along with exercising correctly,” said Queenie Huynh, a senior from Raleigh who took the course during second summer session.

“You get to do fun activities while actually getting a workout,” said Chris Hardison, a junior communications major from Williamston.

One change is in store for exercise 1000 students for fall 2011: no more required swim test.

In the past, ECU required all students to complete a swim test in order to graduate. Starting in the fall of 2011, students will no longer be required to take this swim test. Many students were putting off an exercise course because they feared taking the swim test, said Dr. Stacey Altman, chair of the Department of Kinesiology.

Now, students like senior Colleen Minan of Falls Church, Va., can register for an LPAF course with less to worry about. “I can actually look forward to enjoying the exercise class, a class I appreciate, instead of stressing about the swim test. It will be one less thing to worry about during my senior year.”

Gilbert, the health and human performance dean, said learning healthy habits is part of a student’s university education. That’s why exercise 1000 remains a required course here.

“ECU demonstrates that we care about the health of our students,” he said.

Alumnus steps forward in paralysis research (with contributed photo)

When Reggie Edgerton ’61 took health, exercise physiology and biology classes at ECU while working at the campus infirmary, he had no idea that the foundation for a remarkable research career was being established. He also couldn’t have known that his research would become a life-changing discovery for a man paralyzed from a spinal cord injury and could provide hope to millions of others.

Edgerton recently lead the clinical trial that used epidural stimulation of the spinal cord to help Rob Summers, who was completely paralyzed from the chest down, regain voluntary, conscious control of movement and other autonomic functions such as improved bladder and temperature control.

For more than three years following a motor vehicle accident, Summers was unable to stand, step or exert any voluntary control of muscles within his legs.

Doctors told him he would never walk again.
Then he became the first human to participate in specific research involving epidural stimulation.

Epidural stimulation works through a 16-electrode array along with a small stimulating device and battery, which was surgically implanted in Summers’ dura, the thick membrane surrounding the lumbar spinal cord.

The device permits long-term electrical stimulation and activates the spinal nerves just enough to make them responsive to sensory signals coming from the lower extremities of Summers.

Edgerton said, “The stimulation is at a threshold intensity which does not actually induce a movement but enables the spinal cord to receive and interpret the sensory information which tells the spinal cord to stand once pressure is placed on the bottom of the feet.”

After weeks of stimulation and locomotor training, Summers was able to stand independently for up to four minutes at a time and he could perform this repeatedly after brief periods of rest. He could also take steps with assistance. Finally, after six to seven months, he was able to voluntarily move his legs on command but only during epidural stimulation.

“The results from the first subject that we have implanted using the stimulation strategies developed have significantly exceeded our expectations,” said Edgerton. “These results have revealed a new and important conceptual discovery that could have a large impact on a wide range of neuromotor disorders.”

Future research plans include repeating the procedure in four more subjects using the present technology and to develop a more advanced device that will take full advantage of the capability of the spinal circuitry to control movement in the presents of stimulation.

Edgerton received his bachelor of science in health and physical education from ECU in 1961; in 1963 his master’s degree from the University of Iowa; and in 1968 his Ph.D. in exercise physiology from Michigan State University. He is a native of Pamlico County near Oriental, and serves as professor at the University of California, Los Angeles.

**Students receive scholarships for study abroad**

Two ECU students are enjoying study abroad thanks to scholarships awarded by the German Academic Exchange Service.

Ashley Hooper of Raleigh is completing a year of study at the University of Leipzig, Germany. She was also selected for the organization’s Alumni Association Academic Excellence Award, which supports her attendance at the Institute for Cultural Diplomacy Academy in Berlin. The weeklong academy focuses on cultural diplomacy and
international relations through expert lectures and workshops, cultural and social activities.

Hooper is a rising senior majoring in German and history.

Chadwick Spence of Charlotte received an undergraduate scholarship funding a year of study at the Universität Konstanz in southern Germany. He is a rising junior majoring in German and chemistry.
ECU scientist receives biotech research grant

Beth E. Thompson, an assistant professor in the Department of Biology at East Carolina University, was among eight scientists to receive Biotechnology Research Grants from the North Carolina Biotechnology Center totaling $595,325.

The grants, providing a maximum of $75,000, support novel research projects at academic and nonprofit research institutions. Scientists gather preliminary data that enable them to attract additional funding. Historically this program has leveraged $2.46 in additional funding for each $1 granted.

This year’s awarded projects range from an exploration of a new anti-viral compound found in a tiny marine creature to research into developing a promising new material that can be absorbed by the body while closing cleft palates.

Scientists at the main campuses of Duke University, North Carolina State University and the University of North Carolina at Chapel Hill are not eligible for these grants. They are eligible for other Biotechnology Center funding programs.

Thompson, who received a bachelor’s degree from Rice University and her Ph.D. from the University of Wisconsin in Madison, received a grant of $73,790 to develop techniques that can control floral development in maize plants, potentially a way to increase yields.

More than $3,042,000 in Biotechnology Research Grants has been awarded to 44 North Carolina scientists at 12 institutions since the program was started in 2006.

The pre-proposal deadline for the 2011-12 funding cycle is at noon on Wednesday, September 21, 2011.

The Biotechnology Center is a private, nonprofit corporation supported by the N.C. General Assembly. Its mission is to provide long-term economic and societal benefits to North Carolina by supporting biotechnology research, business, education and strategic policy statewide.
Past and present North Carolina Teaching Fellows scholarship recipients gathered at the Richmond County Schools Central Office in Hamlet Thursday morning to discuss what the loss of the program will mean to the recruitment of fresh blood for the state's teaching pool.

Teaching Fellows Scholarship not available this year
By Philip D. Brown, Richmond County Daily Journal

Since the fall of 1986, the North Carolina Teaching Fellows Scholarship program has helped 119 Richmond Senior High graduates achieve their dream of being a teacher, but it won’t be offered this year after becoming a budget casualty in Raleigh.

Thursday morning, three former Teaching Fellows now teaching in Richmond County Schools, a college senior who was awarded the scholarship and one of last year’s recipients gathered with Richmond Senior Teacher Recruitment Specialist Trudy Watkins to discuss what the loss of the scholarship means for aspiring teachers and the public schools it has fed quality candidates to over the years.

Watkins explained RCS has several former Teaching Fellows among its ranks, including principals and teachers, many of whom are themselves products of the county schools.
“It’s an awesome opportunity,” she explained. “You don’t have to be a Teaching Fellow to be an effective teacher, but the opportunity is beyond measure, because this has been such an effective program.”

Teaching Fellows have traditionally been accepted at 13 public and four private universities in the state, where those accepted into the program have enjoyed increased cultural opportunities, additional student-teaching experience and the opportunity to travel to school systems across the nation and internationally to stay abreast of cutting-edge techniques in the education field.

The awards have been worth $26,000 over a four-year university education, and has been awarded to 500 high school seniors across the state.

Those who have been through the program said it helped to prepare them for the rigors a career teacher faces, and that the next generation of teachers will miss out if this opportunity isn’t made available to them.

“It definitely gave me a heightened college experience,” L.J. Bell Pre-K teacher Randi Wood explained, recounting the financial and training benefits of the program.

Mineral Springs third grade teacher Libby Harrell explained those benefits cleared the path for her to enter the profession she’d always desired to enter.

“I’ve been teaching for 13 years, and with or without the teaching fellows I was going to be a teacher,” Harrell explained. “I do feel that I was offered more than other teaching majors, though, just because we were part of a group, and had the additional opportunities … It’s also nice not to have a loan payment once you begin teaching.”

For Fairview Heights third grade teacher Jessica Steadman, the Teaching Fellows scholarship may have been the real deciding factor in what she would do with her life.

“My family didn’t have the money to put me through college - they just didn’t,” she explained. “Honestly, without this scholarship, it probably would have deterred me from going into teaching, because I don’t know that I would’ve wanted to go that far into debt to do this. It’s not that I didn’t want to be a teacher, but I wouldn’t want to borrow that much money to do it - especially knowing what I’d be making once I got out.”

Over the years, Watkins said the money has definitely attracted students to the program and to the teaching field. Since 1986, she said the high school
has received more than $4 million in scholarships for potential teachers, with the vast majority of that money coming from this program.

“You have to understand, this is a highly selective program, and no one is just handing them this money,” Watkins explained. “There are many requirements they had to meet to be awarded a Teaching Fellows scholarship.”

Watkins also explained the North Carolina Department of Public Instruction is putting on the full-court press to try to bring the program back in a future budget.

“What this legislature did was grouped the Teaching Fellows in with a bunch of other fellowships that aren’t productive,” she said. “This is productive - it’s as simple as that.”

Former Richmond Senior High Teaching Fellow Chris Larsen is now a senior at East Carolina where he is studying to become a math teacher, and he said the program has exposed him to many different opportunities for enrichment, as well as providing a support system among other students working toward the same goal.

“That’s one thing I can say for this program,” he explained. “No matter when you become a teaching fellow, you have something in common with everyone else who is one.”

As part of his service assignments, he said he’s worked with frosh fellows entering ECU and even gone to meet with prospective Teaching Fellows still in high school.

“Sometimes you get to see them the next year, and sometimes you hear they went somewhere else,” Larsen continued. “(The group learning experience is) definitely something that was attractive to me about the program, though - that and the money.”

Alex Gardner will be a freshman at UNC-Chapel Hill this year, where she plans to study to become a math teacher, and said she’s already seeing the benefits of the program.

“For instance, on the first day, I’m going to go ahead and begin tutoring students - they call it ‘Teaching Fellows Tuesday,’” she explained. “So, I go ahead and begin my teacher experience on the first day, whereas the other students usually have to wait until their junior or senior year to get in the classroom and teach.”
Watkins said that without the lure of the traditionally largest scholarship award for potential teachers the state has offered, the job of recruiting students to become teachers will become more difficult.

“The whole teacher recruitment program was begun in 1986 with the Teaching Fellows scholarships,” she said. “We’ve always had clubs like the Future Teachers of America, but we’re going to miss this scholarship opportunity tremendously. There are some other, smaller scholarships out there for students who want to teach, but they don’t even make a dent in the awards from the Teaching Fellows.”

Watkins said the loss of this scholarship program is part of a larger picture, along with severe budget cuts for public education and the lifting of the cap on the number of charter schools in the state, to move toward less accessibility to education than the “come one, come all” approach of public schools.

“I think it’s a disservice to the profession,” Harrell said. “The teaching field is already facing so much with budget cutbacks and so many teachers retiring or leaving public education, and I feel this may mean there will also be less people coming in - so, it’s really losing at both ends.”

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Aug. 15 – Brody School of Medicine (Ashraf)

Monday, August 15, 2011

Dr. Muhammad Salman Ashraf, an infectious disease specialist, has joined the Brody School of Medicine at East Carolina University and its group medical practice, ECU Physicians.

Ashraf joined ECU as an assistant professor in the Department of Internal Medicine, section of infectious diseases.

Ashraf has a medical degree from Dow Medical College in Karachi, Pakistan, and completed residency training in internal medicine at Columbia University College of Physicians and Surgeons-Harlem Hospital Center in New York. He also worked as chief resident and junior faculty member at Akron General Medical Center in Ohio before joining North Shore-Long Island Jewish Health System in New York. There, he received fellowship training in geriatric medicine.

Ashraf then completed a fellowship in infectious diseases at the Brody School of Medicine.

Ashraf is board-certified in internal medicine and geriatric medicine. His clinical and research interests include infection control and antimicrobial stewardship, infections of the elderly and infections in long-term care settings.

He sees patients at the ECU Physicians practice at 2300 Beasley Drive in Greenville. Appointments are available by calling 744-5700.
Golden Living Center has supported the Department of Family Medicine's teaching nursing home project for 30 years. The latest donation was for $116,435. From left are Dr. Tae Joon Lee, medical director at Golden Living Center; Maria Knupp, ECU family nurse practitioner; Hal Garland, executive director of Golden Living Center; Dr. Paul Cunningham, dean of the Brody School of Medicine; and Dr. Kenneth Steinweg, chairman of family medicine.

Golden Living Center donates to Brody School of Medicine
Monday, August 15, 2011

Golden Living Center has donated $116,435 to the Department of Family Medicine at the Brody School of Medicine at East Carolina University to support the department's teaching nursing home project.

The department provides primary medical care for the residents of the local Golden Living facility on MacGregor Downs Road.

Hal Garland, executive director of the local Golden Living Center, presented the check to Dr. Paul Cunningham, dean of the Brody School of Medicine; Dr. Kenneth Steinweg, chairman of the ECU Department of Family Medicine; Dr. Tae Joon Lee, medical director at Golden Living Center and clinical assistant professor of family medicine at ECU; and Maria Knupp, a family nurse practitioner in the family medicine department's geriatric division.

The money will be used to support the instruction of resident physicians and geriatric fellows, faculty salaries and teaching materials. Medical, pharmacy and physician assistant students also go to Golden Living Center for clinical learning.

This year is the 30th the center has supported the teaching project. Golden Living Center's 72,000-square-foot facility can accommodate up to 152 residents.

24 Karat Award
Golden Living Center in Greenville has received the 24 Karat Award for 2010.

The award is given annually by Golden Living Centers to the top four facilities in the nation. Golden Living has 325 facilities nationwide and is the largest provider of short-term and long-term care services.

Leslie Campbell, Division 9 president of Golden Living, presented the award during a luncheon at the facility. More than 300 associates and guests attended the event. Campbell said the Greenville center excelled in seven key metrics of performance, including customer service and survey performance.

All associates received a bonus for the achievement, and a computer was purchased for their personal use at work.

Hal Garland, executive director of Greenville's Golden Living Center, said the award was a special achievement since the new facility is in its first year of operation. Golden Living relocated last year from Moye Boulevard to a new facility on MacGregor Downs Road.
Bill Friday scores NCAA victory on grades and games

BY KEN TYSIAC - Staff Writer

Last week, some ideas championed for years by former UNC System President William Friday were implemented by the NCAA.

As college sports increasingly became a big business driven by TV and coaches' salaries escalated, Friday often warned of a dangerous shift away from the academic mission of the universities.

The events of last week left Friday hopeful that the pendulum is swinging back toward academics. On Tuesday and Wednesday, more than 50 university presidents met with NCAA President Mark Emmert in a historic gathering to discuss the future of college athletics.

On Thursday, the Division I Board of Directors announced the approval of a rule that the Knight Commission on Intercollegiate Athletics - of which Friday was a founding member - proposed 10 years ago.

The rule bans teams with four-year NCAA Academic Progress Rate marks below 930 from postseason play. In essence, that means 50 percent of the players in a program have to be on track to graduate in order for a team to play in a bowl or an NCAA tournament.

Friday, the 91-year-old champion of reform, was pleased.
"This is a pivotal point," he said. "If you really mean these people are student-athletes, then you have to emphasize that particular point. This is the first major turning in the road."

In 2001, Friday said, the Knight Commission outlined three major objectives.

The first goal was to get university presidents more involved in overseeing the athletics endeavors that were taking place on their campuses.

Friday said the meeting with Emmert was an important step toward that goal.

North Carolina Chancellor Holden Thorp, who attended the meeting, said the presidents were serious about the steps Emmert is taking to fix college athletics.

"You saw the list of presidents that were there," Thorp said. "There are people who are involved in college athletics in a big way, and they were supportive of how this is going."

The Knight Commission's second goal 10 years ago was to safeguard academic integrity in college athletics. Friday said tying the postseason to an academic benchmark was important for that.

A third objective, establishing financial integrity in college athletics programs, still needs to be addressed, Friday said.

But the new academic rule has teeth.

Ten teams that participated in the 2011 NCAA tournament, including NCAA champion Connecticut, would have been ineligible under the new rule, according to USA Today.

Eight of the 70 bowl teams from last season, including N.C. State, would have been held out of postseason play because of APR marks below 930, according to a Birmingham News report.

After years of lobbying for it, Friday was glad to see the NCAA getting serious about classroom performance.

"It's an important step," he said. "It's not the only step that's left, but it's the first one. It's a clear pronunciation that academics is a consideration."
Thorp backed by UNC bosses

BY KEN TYSIAC - Staff Writer

CHAPEL HILL—UNC system president Tom Ross and UNC Board of Governors chairwoman Hannah Gage issued a joint statement Friday proclaiming the board's full support of North Carolina chancellor Holden Thorp.

The official vote of support came in the wake of criticism from Tar Heels fans angered by Thorp's decision to fire football coach Butch Davis. The UNC football program faces NCAA charges of nine major program violations, but Davis' supporters have pointed out that he was not named in the NCAA's Notice of Allegations and have questioned Thorp's decision to dismiss him just nine days before the start of preseason camp.

"We are well aware that there are some alumni and other friends of UNC-Chapel Hill who strongly support the decision to make a coaching change, some who vehemently oppose it, and others who support the decision, but not its timing," the Board of Governors' statement read. "We also know that making difficult and unpopular decisions comes with the job of being a university chancellor, and that Chancellor Thorp is committed to doing everything possible to maintain both academic integrity and athletic success at Carolina."

During a news conference following the end of the Board of Governors' regularly scheduled meeting Friday, Ross said it's important to look at the full body of Thorp's work when evaluating his performance.

"I think if you look at the overall responsibilities of a chancellor and consider all of those, he has done an extremely good job," Ross said. "I know there are a lot of people who disagree with this decision, and there are a lot who support this decision. The board looks at the broader picture and supports his leadership."

A UNC spokesman said Thorp was not available for interviews Friday. On Thursday, following the Board of Governors' committee meetings, Thorp said he intends to continue leading UNC and that the Board of Governors has been "great" as the school has dealt with the NCAA investigation.
Ross said he received at least 100 emails from about 80 fans reacting to the firing of Davis. Some were supportive; those that disagreed varied in civility. One email, also received by Board of Governors members, was deemed threatening enough toward Thorp that it was turned over to law-enforcement officials.

Gage said Thorp's decision transcended athletics and that he took a stand when he felt it was necessary.

UNC is preparing its response - due Sept. 19 - to the NCAA's allegations. UNC officials are scheduled to appear in front of the NCAA Committee on Infractions on Oct. 28.

Ross was asked if the Board of Governors is pleased with what it knows about UNC's internal investigation of the NCAA situation and if he had a response to fans who have called for an independent probe by the Board of Governors.

"We've had reports about what's taken place," Ross said, "and I think we've indicated that we support the chancellor."

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If an ACC team does leave for the SEC, perhaps defensive tackle Michael Brooks' East Carolina team would be a sentimental choice to replace them in the ACC. Gerry Broome - AP

**ACC shake-up highly unlikely, but just in case...**

Ken Tysiac

Sports talk radio hosts have lots of time to fill right now.

The NFL and college football seasons haven't started yet. The NBA is in a labor stoppage and NASCAR just isn't as interesting as it used to be.

So when talk of the SEC raiding the ACC starts crackling through the airwaves, there is reason to be cautious.

But talk of Texas A&M leaving the Big 12 seems legitimate. Texas A&M has a legitimate reason to bolt because the Big 12 has sold its soul to keep the Aggies' rival, Texas, in the conference.

If the SEC takes Texas A&M, the conference would be looking for a 14th member, and some attractive options exist in the ACC:

Florida State has a national following and a top-25 program even after Bobby Bowden's ouster.

Virginia Tech has a football program that's without peer in the ACC.

Clemson is Auburn with a lake. As a small-town, football-crazed state-supported school, Clemson has a lot in common with Auburn, Georgia,
Florida and other SEC schools. So why not join a conference with schools that have similar demographics?

This point has been made before, but it's worth making again.

In each case, it's good to remember who makes the decision to switch athletic conferences. University chancellors, presidents and boards of trustees usually are charged with that task.

And while the SEC has won the past five national championships in football, the ACC has finished first among BCS conferences in the NCAA's Academic Progress Ratings in each of those academic years.

Chancellors like to be aligned with other schools that possess highly regarded academic reputations. The big dollars of the SEC are enticing, but having an association with Duke, Wake Forest, Boston College, North Carolina, Georgia Tech and Virginia is not to be underestimated when evaluating chancellors' motivations.

Another point is that in terms of football, the ACC schools would put themselves in danger of being considerably less competitive if they joined the SEC. Virginia Tech dominates the ACC, but loses almost every time it plays a nonconference opponent, with recent defeats coming against Boise State, East Carolina and even James Madison. Florida State gets thumped every year by Florida; why join the SEC and get clobbered by a bunch of other football powers, too?

Bottom line, except for the money in the SEC - which is enticing - there aren't many reasons to leave the ACC.

As for the idea that the North Carolina schools might leave, you can forget it. UNC's rivalry with Duke in basketball is far too important for the Tar Heels to leave for the SEC. (The SEC would not be interested in Duke as a package deal). N.C. State's culture and tradition as the first home of the ACC tournament, and rivalries with UNC, Duke and Wake Forest would make it difficult to leave.

If somebody does leave the ACC, though, it would be fascinating to see who got an invitation to become the new 12th member. Keep in mind, the academic profile of the new school would remain critically important to the ACC. Here would be some likely candidates:

**1. Rutgers:** A New Jersey presence would deliver a new TV market and bridge the geographical gap in the ACC between Maryland and Boston
College. Rutgers has a decent football program and a basketball program that should be better than it is with a location so close to New York City.

2. Pittsburgh: This is another geographical bridge school that would help the ACC in football and basketball. The TV market isn't huge, but it's bigger than the one Virginia Tech brought to the ACC a few years ago.

3. Connecticut: The basketball program would add a lot to the ACC, and the football program is coming off a BCS appearance. The Huskies would provide a local rival for Boston College as well.

4. East Carolina: Perhaps this is a sentimental choice as the only non-BCS conference member on this list. The Pirates wouldn't add anything in basketball and don't contribute a TV market. But East Carolina has demonstrated that it can compete with ACC teams in football, and if North Carolina politicians are courted in the right way (remember Virginia Tech in the last ACC expansion), the school could get a shot at ACC membership.

Again, though, this is getting way ahead of the game. It will take a bold move by a chancellor for a school to leave the ACC, especially with the college athletics hierarchy suddenly at least paying lip service to the importance of academics.
Families and friends help new Meredith College students move into the Faircloth Dormitory. Meredith welcomed 410 freshmen from 19 states and 15 countries Saturday.

**It's moving day at Triangle campuses**

By Colin Campbell - Staff Writer

Emotions are running high this weekend as college freshmen leave home for the first time and descend on Triangle schools, rushing to beat parking restrictions as they move into dorm rooms.

N.C. Central University in Durham, N.C. State University and Meredith College in Raleigh all welcomed the Class of 2015. The whirlwind of events for the first day had many students feeling both nervous and excited.

"It's mixed emotions right now," said Ashley Thomas, a Meredith freshman from Timberlake.

**The weather:** The occasional rain shower didn't dampen students' excitement, and many said they'd prefer the humid 71 degrees Saturday afternoon in Raleigh to the 100-degree heat they'd feared.

**By the numbers:** Nearly 3,500 N.C. State freshmen will move into dorms by today, Director of Housing Susan Grant said. At Meredith, 410 freshmen
from 19 states and 15 countries arrived Saturday morning. N.C. Central welcomed 800 of its 1,250-member freshman class to campus housing Saturday.

**A loud welcome:** Families driving onto the Meredith campus were greeted by a dozen or so students cheering, blowing whistles and banging pots and pans at the entrance. Several held signs that said "Honk if you love MC," which brought on a steady cacophony of car horns all morning. College officials said the greeters had been up since 5 a.m. working on a colorful, 100-foot-tall balloon archway that the cars passed through.

"I heard they had a surprise, but I didn't know it would be to that extent," Thomas said of the display.

N.C. State students got an equally noisy greeting, with the university's marching band parading through campus Saturday afternoon.

Packed and ready to go: Hand trucks were the sought-after item on local campuses as families struggled to carry boxes and refrigerators from far-flung parking spaces.

Some students packed light, bringing clothes, school supplies and little else. Others had trouble fitting their belongings into their half of a dorm room. A few U-Haul trucks were spotted on State's campus.

"You can see hand trucks piled as high as the people," said Kathleen Elliott, a resident adviser at Meredith. "Where does it all go?"

Katlyn Thompson, a Meredith freshman from Smithfield, said it took two cars to bring her stuff. By lunchtime though, her multicolored plastic bins were stacked neatly into a corner, and she was busy putting photos on her bulletin board.

Lots of helping hands: Most students brought family members to help with the move, but their classmates and even professors and administrators were eager to help, too.

At N.C. State, more than 800 students from fraternities, sororities and groups like Campus Crusade for Christ volunteered as "Wolfpack Movers." N.C. Central had 100 volunteers signed up through a similar program. They greeted freshmen in parking lots and pitched in with the move, though not everyone took them up on the offer.

"A lot of the fathers don't want to let the women help them," said Shelly Brown Dobek, associate director of Greek life at State.
School leaders got in on the act, too. N.C. Central Chancellor Charlie Nelms, N.C. State Chancellor Randy Woodson and new Meredith President Jo Allen were all out carrying boxes Saturday morning.

Still to come: Move-in for UNC-Chapel Hill students starts later this week. Duke University students arrive Aug. 23, and Peace College welcomes its new students Aug. 27.

Students at NCSU, NCCU and Meredith won't start classes for a few more days.

Until then, freshmen will be busy with orientation events and "welcome week" activities.

At NCSU today, freshmen will compete in a disk golf tournament and go on a scavenger hunt through the campus.

Meredith has "a slew of activities planned until classes begin," Associate Director of Admissions Megan Greer said.

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