THE DAILY CLIPS

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AMANDA RODNEY, Emergency Services Director with the Pitt County Chapter of the American Red Cross, is keeping an eye on the three storm systems in the Atlantic, plotting the latest updates on the door of her office.

Hanna keeps people watching

Storm prompts precautions; major events could be delayed

BY JOSH HUMPHRIES
The Daily Reflector

The projected path of Tropical Storm Hanna shifted east Wednesday, and officials in the Greenville area prepared for the possibility of heavy rain and rough weather late in the week.

Forecasters late Wednesday believed Tropical Storm Hanna would make landfall late Friday or early Saturday between Wilmington and Morehead City.

Jeremy Schulz of the National Weather Service in Newport said forecasts showed the storm making landfall as a category one hurricane then becoming a tropical storm before passing over eastern North Carolina on Saturday morning.

But the storm's path and timetable remain uncertain, Schulz said. Other models have it landing as far west as the South Carolina-Georgia border and as far east as Cape Hatteras. "The longer that storm sits in the Bahamas, the likelier it is going to keep curving east," Schulz said.

Following landfall, the storm is expected to move quickly, possibly being in Canada by Monday, he said.

But it also could bring as much as 4 inches of rain to Pitt County, causing flash flooding. Officials

See HANNA, A7

MORE ONLINE

- Follow developments as Hanna approaches on reflector.com.
- Blog reports on where the storm is going and what people around Greenville are doing about it.
- Regularly updated tracking maps of Hanna, Ike and Josephine.
- Forecasts and news updates from The Associated Press and Cox News Service.
- Click the links with this story on the homepage at reflector.com and go to our Storm Center page.
said that they will be ready to evacuate low-lying areas if necessary.

In the wake of these predictions, Pitt County Schools rescheduled a full slate of high school football games set for Friday, and Emergency Management began implementing its hurricane response plan, meeting with municipal, county and state officials to prepare.

Events expected to draw thousands to the area for the weekend — Ayden's Collard Festival and East Carolina's football game with West Virginia — had not altered their schedules as of late Wednesday.

Ayden officials on Wednesday said events like Saturday's parade and collard eating contest would be rescheduled or canceled if necessary, but "we are not canceling anything yet," said festival co-chair Joe Echel.

A group that meets regularly at ECU in the event of severe weather to assess forecasts, share information and make recommendations was scheduled to gather this morning. "In terms of the current storm, the timing apparently will not affect activities such as classes, and the football game is the only major event scheduled over the weekend," ECU spokesman John Durham said Wednesday.

So far, the home opener against the No. 8 Mountaineers was going ahead as planned at Dowdy-Ficklen Stadium said Tom McClellan, ECU athletics media relations director. "We are still at status quo. As of today we are kicking off at 4:30 Saturday."

The game is expected to draw thousands to the area for tailgating and football as the Pirates try to follow up last week's victory over the No. 17 Virginia Tech Hokies.

The Uptown Greenville organization's Freeboot Friday, an outdoor football celebration with food, drinks and free music, is scheduled outdoors from 5-8 p.m. at the corner of Fourth and Combanché streets.

The event will be moved to Ham's Brew House if it is raining Friday, or canceled, said Uptown's Tracy Fisher. "We are hoping for the best," Fisher said.

The county emergency services department is preparing to open shelters if necessary, said Noel Lee, emergency services director. "Right now we are making plans for the track that would take it right over us," Lee said.

Emergency workers will put up signs on roads where high water rises and encourage people to stay away from those areas, he said.

"The (Tar River) is very low and it could stand a lot of rain, but we would encounter flash flooding because water can't get away that quick" in smaller creeks and streams, Lee said.

Officials are not releasing sites of shelters until necessary, but the first ones would likely open in the northern, western and southern parts of the county, Lee said.

As the storm approaches, coordinators will be in contact with local agencies and monitor the storm and water levels, he said. Workers will contact local government and homeowners who may need to evacuate if it becomes necessary within 24 hours of the storm reaching the area.

"We have guidelines that we look at to try to prepare. As soon as we get a final track we can start finalizing plans of whether we will open shelters or not," Lee said.

"We are proactive and not reactive to the event," he said.

Contact Josh Humphries at 329-9565.
Academic mismatch

Which serves the interests of the black community better: a black student admitted to a top-tier law school, such as Harvard, Stanford or Yale, and winds up in the bottom 10 percent of his class, flunks out, or cannot pass the bar examination, or a black student admitted to a far less prestigious law school, performs just as well as his white peers, graduates and passes the bar? I, and hopefully any other American, would say that doing well and graduating from a less prestigious law school is preferable to doing poorly and flunking out of a prestigious one.

Professor Gail Heriot, U.S. Commission on Civil Rights commissioner and member of the University of San Diego law faculty, addresses academic mismatch in her article “Affirmative Action in American Law Schools,” in The Journal of Contemporary Legal Issues. Citing UCLA law professor Richard Sander’s research, Professor Heriot says that at elite law schools 52 percent of black students had first-year grades that put them in the bottom 10 percent of their class as opposed to 7 percent white students. Black students had a higher failing and dropout rate, 19 percent compared to 8 percent for white students. Only 45 percent of blacks passed the bar exam on their first try compared with 78 percent of whites. Even after multiple attempts, only 57 percent of blacks succeeded in passing the bar.

Professor Heriot points out that this tragedy is reversed when black and white law students with similar academic credentials compete against each other at the same school. They earn about the same grades. When these students with the same grades from the same-tier school took the bar examination, they passed at the same rate.

In the name of affirmative action, diversity and multiculturalism, black students are being admitted to law schools where their academic credentials are far lower than whites. It is truly a vicious, mean agenda, where black students, who would be successes at a second- or third-tier law school, have been admitted to the highly competitive environment of first-tier schools in the name of diversity and turned into failures.

Think of it this way. Suppose you asked, “Williams, would you teach me how to box?” I say yes and the first matchup I arrange for you is against Lennox Lewis. You might have the potential to ultimately be an excellent boxer, but you’re going to get your brains beaten out before you learn how to bob and weave. It’s the same with any student — black or white. He is less likely to succeed if he is placed in an academic environment where his credentials don’t begin to match those of his peers.

I have frequently made this argument only to be asked: If top-tier colleges don’t have racially different admissions policies, how are they going to have enough black students? My response is that’s their problem. Black people can’t afford to have our youngsters turned into failures so that in the name of diversity race hustlers and white liberals can feel better.

Walter Williams is an economics professor at George Mason University.
Moving into an apartment or house is the first major step toward independence for many college students. However, the experience can be marred when a police officer knocks on your door to say a neighbor is complaining about the noise, or a city inspector drops off a citation because trash bags are piling up at your front door.

That's why East Carolina University's Office of Off-Campus Student Services organized volunteers Wednesday afternoon to go around neighborhoods immediately surrounding campus to welcome students back through an event called "Take Heed: Welcome to the Neighborhood."

More than 20 ECU officials, Greenville and ECU police officers and Greenville code enforcement officers distributed about 1,500 bags of brochures and promotional items. The brochures explained services students can obtain on campus and off, along with information about Greenville recycling schedules, emergency information, bylaws and other residential living tips.

"The majority of students, I believe, are very good and very respectful," said Lynn Roeder, associate vice chancellor of student affairs and dean of students. However, young adults living on their own for the first time and in a new community often don't know what rules to follow.

More than 80 percent of ECU students live off-campus, said Lucia F. Brannon, interim coordinator of Off-Campus Student Services.

"We want to make sure the students who live off campus don't feel disconnected," she said. Eric Stokely, a senior from Hertford, has lived off campus for three years. This summer he and roommate moved into a two-story house along Warren Street in the Tar River University Neighborhood area.

"I feel like everybody's great," Stokely said. His neighborhood, a mix of student tenants, long-time homeowners and retirees, is quiet. "They know it's a college town and know we are here. Everyone's been OK."

Stokely previously lived along the southern end of Elm Street and never received one of the information kits.

"It's a good idea, because it lets people know what's going on, especially those that live off-campus," he said.

Ginger Livingston can be contacted at 329-9872 and glivingson@coxnc.com.
Pedestrian struck near ECU campus

BY MICHAEL ABRAMOWITZ
The Daily Reflector

A woman was struck by a car Wednesday on 10th Street at the intersection of Rock Spring Road.

Ashley Robinson was transported to Pitt County Memorial Hospital by EMS personnel, but her injuries did not appear to be serious, based on initial police reports and the account of the woman whose car struck her.

Mary Katherine Lowry, 23, an East Carolina University student, said she was driving her Mazda sedan west on 10th headed to class on the campus when the woman ran across from the south side of the road in front of her car.

"I just don't know why she didn't use the crosswalk 50 yards away," Lowry said.

She said she was driving within the speed limit, but didn't notice the woman until she jumped into traffic in front of her. Lowry said she slammed her brakes, but couldn't avoid hitting the woman.

"I ran to her to see how she was and yelled to a couple of people to call 911 and an ambulance," Lowry said.

Robinson told Lowry that she was OK and didn't need an ambulance, but she waited with Lowry until police and an ambulance arrived at the scene.

"I could have killed her. I couldn't stand it if that happened," Lowry said. "I wish I saw her sooner, but I believe I was driving safely and I don't know what I could have done differently."

Lowry was visibly shaken, but composed herself after talking with police, then drove herself away.

Robinson was listed in good condition at Pitt County Memorial Hospital, an official there said.

No charges are pending against Lowry, a department spokesman said.

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Doctors say Vytorin-cancer link can't be ruled out

BY MARIÁ CHENG
The Associated Press

Munich, Germany

Results so far from three studies of the cholesterol-lowering drug Vytorin are not enough to prove or rule out a possible link to a higher risk of cancer, so the drug should be used with caution until more is known, editors of a leading medical journal urged Tuesday.

The New England Journal of Medicine published results online from one study and an analysis of partial results from two others. They also were presented at a cardiology conference in Munich.

Vytorin is a combination of Merck's Zocor, a long-sold statin drug, and Schering-Plough's Zetia, a newer type of medicine that lowers cholesterol in a different way.

The possible cancer risk unexpectedly arose in July, when Dr. Terje Pedersen of Oslo, Norway, announced preliminary results from a study testing whether Vytorin could prevent damage to the heart's aortic valve from worsening.

The drug made no difference in heart attacks, strokes or surgeries related to the valve problem. But doctors saw a greater number of cancer cases in those taking it compared to others given dummy pills.

That prompted an interim analysis of results of two other ongoing studies of Vytorin by scientists at Oxford University in England. Their review found higher rates of cancer deaths among Vytorin users, but the number of cancer cases did not significantly differ.

"I don't think there is any evidence of hazard here," concluded Sir Richard Peto, a cancer epidemiologist who is helping lead one of the drug company-sponsored studies. But editors of the medical journal noted that participants in these two studies have been followed for less than three years — a short time for risks like cancer to emerge — and concluded that a link could not be ruled out.

Patients and doctors "are unfortunately left for now with uncertainty" about the safety and effectiveness of the drug, they wrote.

Other doctors also were not convinced that Vytorin is safe.

"The jury is still out as to whether there's a cancer..."
LINK
Continued from D1

signal," said Dr. Gordon
Tomaselli, cardiology chief at
Johns Hopkins Hospital and a
spokesman for the American
Heart Association. He was
not connected to the research.
Pedersen's study involved
1,873 people in Europe and
the United States who were
starting to have problems
with their aortic valves. They
were either given Vytorin or a
placebo in hopes that lower-
ing cholesterol would ward
off future heart problems.
Of those given Vytorin, 105
developed cancer, compared
with 70 among those on
placebo. That is higher than
the 93 cases among Vytorin
users and 65 in the others that
scientists reported on a con-
ference call in July when the
issue first became known.
Cancer-related deaths were
higher in all three stud-
ies. Editors of the medical
journal, who combined the
results and found 134 among
Vytorin users and 92 in the
others, said the increase can-
not simply be chalked up to
chance.
Some doctors said that al-
though Vytorin may not have
helped heart valve problems,
it still might be useful for
people who need their choles-
terol lowered — if other drugs
do not work.
"If I was on this medica-
tion and it was the only way
to get my cholesterol down,
I would not change my
therapy based on this," said
Dr. Douglas Weaver, presi-
dent of the American College
of Cardiology. The group has
been asked by the U.S. Senate
to account for the money it
accepts from pharmaceutical
companies, including Merck.
The American Heart Asso-
ciation also accepts funding
from Merck and other drug
companies to finance ongo-
ing operations.
The federal Food and Drug
Administration is looking
into the cancer concerns but
has said that patients should
not stop taking Vytorin be-
cause the evidence of any link
is unclear.
With other options avail-
able for heart patients, some
doctors said there was no
obvious reason to take Vy-
torin. "There's no proof that
this combination is working," said Dr. Christer Hoglund, a
cardiologist at Sweden's Karo-
linska Institute.
"We don't know that this
drug is bad, but we don't
know that it's any good
either."
Hamner, UNC-CH teaming to test medicines

BY SABINE VOLLMER
STAFF WRITER

The new research center in the Triangle has a tall task: keeping bad medicines off drugstore shelves.

The University of North Carolina at Chapel Hill and the Hamner Institutes of Health Sciences will announce this morning that they are teaming to open a Center for Drug Safety Sciences on the Hamner campus in Research Triangle Park.

The partners will spend $10 million over the first three years on the center, which will work with drug companies and federal regulators to find cheaper and better ways to catch fatal flaws in medicines before they are approved.

The animal tests and drug development tools that have been used and refined over decades often fail to flush out faulty drugs, said Dr. Paul Watkins, a UNC-CH professor of medicine who will head the drug safety center.

"Many drugs never hurt a rat, a dog, a monkey," Watkins said. "Once it gets out in the real world, these things are found."

In the past 10 years, drugmakers have pulled about 20 medicines off pharmacy shelves because of serious, sometimes fatal, side effects, according to the Food and Drug Administration. All of the withdrawn drugs, including treatments for diabetes, pain and high cholesterol, were approved for sale after passing FDA safety reviews.

Regulators have clamped down, especially since Vioxx, a popular painkiller, was linked to an increased risk of heart attack. But the increased scrutiny has mainly resulted in more testing, higher drug development costs and delayed approvals of some drugs desperately needed by patients.

The number of new drugs that received FDA approval sank to a 24-year low last year. At the same time, getting drugs approved is taking longer and requiring more work. Little progress has been made to predict which drugs may cause rare but potentially fatal side effects.

The UNC-CH and Hamner drug safety center aims to change that.

By next summer, about 20 researchers are expected to be gathering data and running experiments. They will work on real-world projects funded by pharmaceutical companies. They also will begin to feed clues into a computer to find patterns that could let researchers make predictions for other drugs.

The partnership was lauded by the pharmaceutical industry, which will benefit from the research.

Rare side effects are often linked to certain genetic makeup in patients, said Alan Goldhammer, vice president of scientific and regulatory affairs at PhRMA, the pharmaceutical industry's trade group. "We want to give each patient the right medicine."

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Hammer Institutes

The center's staff will include Watkins, who will retain his UNC-CH position, and four faculty members paid by the UNC-CH schools of pharmacy and medicine. Watkins, who has begun recruiting efforts, said each faculty member is likely to bring along postdoctoral fellows and federal grant money to do the work.

The Hamner Institutes will provide the space, a new, 14,000-square-foot research lab with room for as many as 80 people. The drug safety center's staff will work closely with Hamner researchers, who have more than 30 years of expertise in tracking the health effects of toxic chemicals.

Forging the partnership to establish the drug safety center is part of a vision that William Greenlee, the Hamner's chief executive, has pursued the past few years. Greenlee hopes to turn the Hamner, formerly a little-known affiliate of the U.S. chemical industry, into a series of health research centers sprawling across its 56-acre campus.

Creating key alliances

To realize his vision, Greenlee and Rick Williams, the Hamner's chief business officer, are trying to establish ties with most universities in the region, including Duke University in Durham, Wake Forest University in Winston-Salem and East Carolina University in Greenville.

"We knew we could not do it alone," Greenlee said. "UNC-CH was the first to agree."

The decision allowed the university to keep Watkins, a well-known expert in drug-induced liver injury, who has helped the school attract millions in federal research funds.

Most recently, Watkins helped the university land a $61 million grant from the National Institutes of Health.

Watkins was being courted by Vanderbilt University to establish a drug safety research center on its campus in Nashville. "People in the know realize that's the next big thing," Watkins said.

Establishing the center in the Triangle puts UNC-CH and Hamner at the forefront of medical research, said Charles Hamner, the former head of the N.C. Biotechnology Center and a driving force in turning the Triangle into a biotech hot spot.

"This will give North Carolina the capstone needed for intellectual development and training," Hamner said.

attachment:31.jpg
State gets ready for storm, floods

Hanna is expected to hit N.C. coast

BY JOSH SHAFFER
STAFF WRITER

RALEIGH - Gov. Mike Easley warned that Tropical Storm Hanna could trigger flash flooding with up to 10 inches of rain, and he urged North Carolinians to stock up on supplies and be ready to flee.

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“...along a predicted path that would spare the Triangle its worst wrath.

“Whatever that means for us is less rain, less wind and no tornado threat,” said Brandon Vincent, meteorologist with the National Weather Service office in Raleigh.

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between Wilmington and Morehead City on Friday night, where it would likely hit with the force of a Category 1 hurricane.

Once it sloshes ashore, it will move along the Atlantic coast toward North, Va., dumping its heaviest rain and most powerful winds east of Raleigh. Still, Easley reminded North Carolinians that many spots in the state are still recovering from Tropical Storm Fay, and inches of rain would easily make up for sloshing. He said the storm’s heavy winds will hit hours before the eye passes over.

Easley has activated the state’s Emergency Response Team and has 144 state troopers and 270 National Guardsmen ready to be deployed.

In Cary, crews were visiting parks and other public spaces to make sure loose items were secured and wouldn’t become dangerous flying objects. Storm drains and culverts were being cleared of debris.

“We’re getting in shape early on,” Public Works Director Mike Bajorek said in a press release. Similar precautions were being taken at Crabtree Valley Mall in Raleigh, where floodgates and flood-stopping sand had been deployed. There wasn’t yet being put to use.

Hanna’s danger is greater considering Hurricane Ike and Tropical Storm Josephine lurk offshore. They could make flooding more likely. Any word to evacuate should be taken seriously, the governor said.

“We had a situation where people at Bald Head Island thought it was pretty neat to have a wine and cheese party at the lighthouse,” he said, “and then they want us to come out there and get them. There’s no way we can get out there.”

The rush to stock up on food, fuel and other supplies was mild in Raleigh on Wednesday, but the word “storm” in September always gets people shopping.

People grabbed up lanterns and brought generators in for repair at Burke Brothers Hardware on Hillsborough Street. The Kroger grocery on Martin Luther King Jr. Boulevard was selling bottled water at $3.49 for a 24-pack. Across the Triangle, old supplies got dragged out of cobwebbed drawers.

“They’ve been bringing in old rusty flashlights that have been sitting in the closet,” said Deanna Lusk at Handy Man Hardware on New Bern Avenue. “We haven’t had a storm for a while.”

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UNC President Erskine Bowles says he won't support a change to laws that set the legal drinking age at 21.

In an Aug. 29 memo to chancellors of the 16 UNC-system campuses, Bowles said there is evidence the age-21 law saves lives and reduces alcohol-related injuries and deaths among young people. He cited data from UNC-Chapel Hill's Bowles Center for Alcohol Studies, which was named for his father, Skipper Bowles, and created with family money.

"Furthermore, I've seen no scientific evidence that supports the contention that lowering the legal drinking age would reduce binge-drinking or lessen other alcohol-related problems on our college campuses or in society at large," Bowles wrote.

Recently, a group of 128 university and college presidents issued a public statement calling for a new debate on the federal law that sets the minimum legal drinking age. The presidents say the legal limit creates a "culture of dangerous, clandestine binge-drinking."

Duke University President Richard Brodhead signed the statement.
Pirates' Lee bursts into the spotlight

By A.J. CARR
STAFF WRITER

When T.J. Lee picked up his cell phone after last Saturday's 27-22 victory over Virginia Tech, he already had 32 messages. They were from family members and friends applauding his blocked punt and game-winning touchdown dash that propelled the Pirates' senior from the shadows to stardom.

Later, Lee, who started the day as an unobtrusive second-string receiver, saw "The Play" on multiple TV highlight shows, including ESPN's Sports Center.

"I've seen it about 10 times," said Lee, who grew up in Raleigh and starred in football and basketball at Enloe High.

His magical moment, which will be indelibly etched among the most memorable plays in Pirates football lore, unfolded like this:

With ECU trailing 22-20 in the waning moments, Lee heeded the advice of coach Skip Holtz, bolted in from the edge, blocked the Hokies' kick, scooped up the ball and sped to the end zone.

"Coach Holtz told me 'go for the ball' [and] I got a nice push," Lee said. "We had worked on it in practice and I had gotten a couple of blocks [during the week]."

"The coaches tell you 'scoop and score' and that's what I did," added Lee, who grabbed the ball off the bounce.

It all had to seem hokey for the Hokies, who have long specialized in blocking kicks.

Lee also caught two passes, just three fewer than he had all last season.

He arrived at ECU following an All-America career at Bakersfield (Ca.) Community College and played in 12 Pirates games in 2007 despite suffering from a torn labrum.

"I didn't want to sit out," said Lee, who underwent shoulder surgery in the offseason.

That determination and steely mind-set tells a lot about why he wasn't afraid to throw his face, arms and body in front of a punter's flying foot last Saturday.

While his heroic block is heady stuff, Lee appears to have maintained his equilibrium.

"I've got to keep playing my role, help the team win," said Lee, a Pirate that West Virginia will be wary of Saturday in Greenville.

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Degrees may be legitimized

NCCU works with accrediting agency on Ga. program

BY ERIC FERRERI
STAFF WRITER

DURHAM — Bachelor’s degrees granted to 25 N.C. Central University students who attended an unauthorized satellite campus in suburban Atlanta could still be valid, the head of an accrediting agency said Wednesday.

NCCU officials have been in discussions for weeks with the Commission on Colleges of the Southern Association of Colleges and Schools, a regional accrediting body. Now, NCCU has until Sept. 19 to answer a series of questions related to the academics offered at the Georgia campus, which was housed at a Lithonia, Ga., megachurch run by an NCCU trustee. If the answers prove satisfactory to the accrediting body, the students who earned degrees in hospitality and tourism, criminal justice and business administration may end up with accredited degrees after all, said Belle Wheelan, the agency’s president.

“We always look out for the students,” Wheelan said. “We are trying to make sure they have the quality education for which they’re paying. A decision will be made as to whether those degrees are legitimate.”

For four years beginning in the fall of 2004, NCCU offered courses and bachelor’s degrees at the New Birth Missionary Baptist Church through a program never authorized by NCCU or UNC system officials. Nor did NCCU notify the accrediting body of the program’s creation. It was eventually submitted to the commission for approval but was denied earlier this year. The program was then shut down.

NCCU has always been accredited, but that designation doesn’t cover the New Birth program because the accrediting agency never knew about it, and an official at the agency said last month that he didn’t think such a change could be made retroactively.

But Wheelan said NCCU still has the chance to state its case and legitimize those degrees. In dealing with NCCU, the commission ventured into some uncharted waters, Wheelan said.

“This is the first time this has happened to us,” she said.

Since the program was shut down, NCCU officials have scrambled to figure out what to do for the 25 program graduates and 39 students still enrolled. NCCU has not yet announced its plans for those 39 enrolled students.

A degree from an accredited institution generally represents a guarantee of academic preparedness, so an unaccredited degree may hurt a person’s chances of getting into a graduate program or finding a job in some fields, experts have said. But the New Birth degrees are still from NCCU and bear no language distinguishing them from conventional university diplomas, so most grad school officials and potential employers might not ever know.

The details surrounding the program’s origin remain unclear. Eddie Long, the pastor at New Birth Missionary Baptist Church, has been an NCCU trustee since 2002. NCCU’s chancellor at the time was James Ammons, now president at Florida A&M University. Ammons said last month that he assumed the program had been properly authorized, even though he regularly attended meetings of both the NCCU Board of Trustees and the UNC system’s Board of Governors, the two governing boards that should have signed off on the initiative.

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Fear of gaining weight is foremost on the minds of many college freshman. So says Anna, my niece from Asheville who four years ago this month was an entering freshman at UNC-Chapel Hill. I wrote then about her plan for avoiding the dreaded "freshman 15." So how did she do?

She did great. She did it by working regular exercise into her daily routines, and by being mindful of her eating habits.

It's all about the lifestyle you lead," Anna told me.

For instance, when other students took the bus to get across campus, Anna walked. "I never started riding the bus, so it didn't become a habit," she said. "So when it rained, I walked. I wouldn't have even known which bus to take."

With the benefit of four years of experience adjusting to life away from home, what other advice does Anna have for students struggling to keep their weight under control at school?

Plenty. She says there are several keys:

- **Get more physical activity than you get at home.** Freshman year, Anna increased her level of activity by walking everywhere she went. "If I wanted to get frozen yogurt with my friends, we walked to Franklin Street and back," Anna said.

  She used the time walking to class to catch up on phone calls. "It saved time, and it was easier, since I didn't have my own space when I was a freshman," she said.

  Another bonus to walking instead of driving: It was easier than having to hunt for parking spaces on campus. Often it was just as fast, too.

- **Immunize yourself against overeating.** "A lot of people gained a lot of weight, because they ate late night food, especially Chinese and pizza," said Anna. "They did it on top of everything else. It's like a whole extra meal each day."

  Anna didn't eat late at night and only ordered pizza a handful of times during her entire college career. She kept a limited amount of snack food in her room, mostly fresh fruit.

  She also resisted the temptation to gorge on the food available in the dining hall. "You don't need all that food," she said.

  "If you're overwhelmed by all the food that's there in the dining hall, remember that it'll be there tomorrow," she said.

- **Cap the alcohol.** In addition to extra food, a lot of students gained weight from liquid calories. "Even if you only drink two or three times a week, it can add up to a tremendous number of calories," she said.

  Like fat, alcohol contains a concentrated number of calories. Sweet mixers add even more. And beverages go down so easily that you might not even be conscious of how much you are consuming.

- **Socialize strategically.** In her senior year, Anna and her friends used walking as a social event. "We'd walk and talk," she said. Or she and a friend would go out for an easy run and gab.

  They also took advantage of the free pool and gym memberships at school. "We jumped rope and swam at the gym to mix it up," she said. "I made it a social thing."

  It's advice that worked for Anna. It's lifestyle advice that could work for the rest of us, too. Find ways to be more physically active more often. Condition yourself to avoid excess calories from snacks and drinks. Socialize on your feet instead of sitting at a table.

  Take a lesson from a college undergrad and you, too, may avoid an extra 15 pounds.

Suzanne Havala Hobbs is a licensed, registered dietitian. She holds a doctorate in health policy and administration from UNC-Chapel Hill where she directs the doctoral program in health leadership in the School of Public Health. Send questions and comments to suzanne@onsetable.net.