THE DAILY CLIPS

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Pirates, Wolfpack begin a battle for blood — literally

BY KRISTIN DAY
The Daily Reflector

This weekend the Pirates will take the football field for the season's first competition versus their rivals at North Carolina State University, but today, they begin another battle against the Wolfpack — and this one's for blood. Today and Wednesday, each university will line up with arms ready to see which school can donate the most blood. NCSU is up first.

ECU will collect blood donations Wednesday from 10 a.m. to 8 p.m. at Jones Hall in the Murphy Center. The winning school will be announced at Saturday's game in Raleigh.

Both schools will receive similar trophies made by ECU graduate Barbara Hutchins. Elizabeth Browning, special events coordinator for the Student Pirates Club, describes the sculptures as copper bands made to hold a large blood droplet for the winning school. She also said they are planning a presentation for ECU at the home game against Houston on Sept. 27, Family Weekend.

The smack-talk already has begun.
"It'll be a presentation for ECU winning," teased DJ Fussell, president of the Student Pirate Club.

Elizabeth Browning, special events coordinator for the Student Pirates Club, added that they "had no doubt" ECU would be victorious.

Organizers are hoping to receive 255 pints of blood — about 300 donations — and that would make this the second-largest blood drive for ECU's fall semester, possibly for the entire academic school year, Clark said. The largest is usually during a competition between Health and Exercise classes, when student-donors are also given extra credit for the course for giving.

Every donor will receive a free "I Bleed Purple and Gold" T-shirt and could win two tickets to Saturday's game, an autographed football or a...
GRANT LLEWELLYN and the North Carolina Symphony Orchestra will present the opening concert in the S. Rudolph Alexander Performing Arts Series at 7:30 p.m. Friday.

Concert is Friday

The opening concert of the S. Rudolph Alexander Performing Arts Series will be at 7:30 p.m. Friday in Wright Auditorium. The day was incorrect in a story in Sunday's Look section.

The concert will feature Grant Llewellyn and the North Carolina Symphony Orchestra performing "In the South" by Edward Elgar, Four Sea Interludes from "Peter Grimes" by Benjamin Britten and Symphony No. 9 "From the New World" by Antonin Dvorak. Tickets are $10-$32. Call 328-4788 or visit www.ecu.edu/srapas.

--- The Daily Reflector ---
Building healthy lifestyles

Take Off 4-Health camp, case-management program help kids maintain healthy weight

BY TOM MARINE
The Daily Reflector

The video played for about 10 minutes. It showed a stream of pictures — dozens of pictures — of young campers rock climbing, shadow boxing and rope swinging to the tunes of various rock 'n' roll bands. It featured many of the activities offered this summer at the Take Off 4-Health camp at the Eastern 4-H Center, a healthy lifestyle camp for overweight boys and girls.

Watching the video were 25 young people who attended the camp and recently met on the East Carolina University campus for their first reunion.

As part of the Pediatric Healthy Weight Case Management Program at Pitt County Memorial Hospital, the campers and their families are working closely with case managers to help identify the children's needs to keep them at a healthy weight. During the coming year, each family will meet at least once a month with their case manager to track progress and coordinate care through health education, support, nutrition counseling and physical-activity assessments.

Marcus McNeill, a 15-year-old freshman at J.H. Rose High School, said he enjoyed different parts of the camp, including being with people who deal with the same weight issues as him.

"It was more realistic," Marcus said, referring to the daily walks and other physical activities he did while at camp. "It wasn't over the top. That way we wouldn't be in a state of shock when we got back home."

The three-week camp, run by ECU's Brody School of Medicine and North Carolina State University's Eastern 4-H Center, aimed to help the teenagers lose weight, build self-esteem, learn the tools needed for healthy lifestyles, according to a camp pamphlet.

Marcus said he has incorporated many of the things he learned at the camp into his daily life. He said to become healthier he has started reading nutrition information on food labels, walking on a daily basis and trying to not drink sodas.

"I notice what he does, so I do it too," said Brenda J. McNeill, Marcus' mother. "I'm concerned because I don't want him to have to live with the same (health) problems I have."

Jim Cox, coordinator of Healthy Weight Case Management, said the main goal of the case management is not actual weight loss. Instead, he said they want to promote healthy lifestyle change, such as reducing the time watching television or playing video games, keeping...
pedometer logs and writing diet recalls.

"What we promote is healthy lifestyle change," Cox said. "We are on the treatment end of things. We have an interdisciplinary team that offers an interdisciplinary approach so they can make a change."

Cox said while the children were away at camp, his team worked with their parents in preparation for when they returned home. After educating the families, Cox said they asked what barriers are preventing change.

"Our commitment to families is that as long as they are willing to work with us, we are willing to work with them," Cox said. "We can only be as successful with the children as their parents let us be."

There are also economic consequences associated with being overweight or obese, according to the Centers for Disease Control and Prevention.

Data from the Behavioral Risk Factor Surveillance System categorizes 6 percent of North Carolina residents as obese, resulting in more than $2 billion in medical expenses.

"If you prevent a child from developing heart disease or diabetes at an early age, there is a cost associated with that," Cox said.

Joyce Scheibler, nurse case manager for the program, said she works with about 30 children from Pitt County and focuses on four areas — medical, nutritional, physical activity and psycho-social. In total, she said there are nearly 80 active participants in the program.

Scheibler said one of the most important parts of what she does is simply getting families to understand how to make better health choices.

"You have to work with where they are at and how far they are willing to go on changing their habits," she said. "It takes the whole family. It is a household change."

As for Marcus, he has one piece of advice for anyone trying to lead a healthier life.

"It's not the easiest thing to do; you have to be committed," Marcus said. "You may not always succeed, but you have to keep trying."

Contact Tom Marine at tmarine@coxnc.com or 329-9567.
Area man, victim of skydiving accident, was 'the ideal student'

BY JOSH HUMPHRIES
The Daily Reflector

The small community of Deep Run in Lenoir County is mourning the loss of a friend and volunteer firefighter killed Saturday in a skydiving accident.

Adam Howard, 21, a student at East Carolina University, was skydiving in Yadkin County with an instructor when their parachute failed to open.

According to friends, Howard took his girlfriend skydiving as a graduation present. It was Howard's first jump, and he was attached to an instructor, James Paul Pregler, 38, of Salisbury, who also died while making the tandem jump at Swan Creek Airport in Jonesville.

The Federal Aviation Administration is investigating. Howard graduated from the building construction technology program at Pitt Community College in 2007 and was attending construction management classes at East Carolina University.

"He was a super kid," said Bill Hill, chair of the building construction technology program at PCC. "He was the ideal student. He was kind of a quiet kid — one you could depend on to always do the job right — the type of kid you love to have as a student."

Susan Nobles, vice president of institutional advancement, sent an e-mail to PCC staff members alerting them to the accident Saturday.

Nobles wrote that Howard and his father, Ted, worked every year to build sets for the Easter pageant at Tanglewood Church of God in Kinston and also helped rebuild a sound booth at the church's youth ministry center.

Howard was the first recipient of the Joyce Ann and Bobby Dunn Scholarship at South Lenoir High School.

The family will receive friends from 5-7 tonight at Tanglewood Church of God with funeral services to follow.

A graveside service will be held at 11 a.m. Wednesday at Pinelawn Memorial Park.

Survivors include his parents, Ted and Gail Howard, and sister, Allison Howard.

JOSH HUMPHRIES can be contacted at jhumphries@coxnc.com and 329-9565.
by Kathryn Kennedy
The Daily Reflector

Government and the media are almost always at odds.

Fortunately, as ECU keynote speaker George Freeman explained, we have the Constitution to help sort things out.

Freeman, vice president and assistant general legal counsel for The New York Times, spoke to more than 100 people gathered Monday at East Carolina University's Hendrix Theater. It was the kick-off event to the university's United States Constitution Week. Earlier in the day he spoke to classes and student media groups.

Monday night, Freeman spent about 45 minutes discussing the powers of the press, detailing two struggles between government and his newspaper.

"Congress shall pass no law prohibiting the freedom of speech or freedom of the press," he quoted from the First Amendment.

And yet, he noted, even understanding the document itself prompts disagreement.

Freeman outlined difficulties arising

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between those who favor an originalist view of the Constitution and those who believe it's a "living document," changing as the nation's needs do.

Those differences, he said, have had a direct effect on media legal battles.

Freeman drew parallels between two historic events at the Times — wiretapping used two years ago during the War on Terror and the 1971 publication of the Pentagon Papers. Both happened during wartime, he pointed out, though one took place in "rice paddies and swamps rather than the desert."

"Quite a few times, on the basis of a plea from government, we've delayed or not published information."

George Freeman
The New York Times

Two years ago, a Times reporter heard that the government was using illegal wiretapping — listening without necessary warrants. The newspaper's pursuit of the story prompted a showdown with the president, who wanted it kept quiet.

White House administrators informed them, Freeman said, that if there was another terrorist attack "you'll have the blood of Americans on your hands if you print this article."

The newspaper did publish the report and there were no legal repercussions.

That starkly contrasted with the publication of the Pentagon Papers during the Vietnam War, as Freeman told the audience.

The attorney gave a play-by-play account of how Daniel Ellsberg, the man commissioned to create a history of how the U.S. became involved in Vietnam, changed his pro-war stance and handed the classified documents over to the Times.

The legal battle ended when the Supreme Court
ruled 6-3 that the newspaper could publish the information.

He noted that case set the precedent that disclosure does not necessarily mean espionage, but emphasized newspapers still weigh carefully what they should and shouldn't publish in the interest of national defense and other issues.

“People don’t really realize that the Times and other newspapers and the mainstream media think awfully hard about what they’re going to publish, if there might be a chance it could jeopardize any national interests,” he said. “Quite a few times, on the basis of a plea from government, we’ve delayed or not published information.”

Freeman then requested questions from the audience, but only a few stepped forward with queries.

One woman asked if the media made the same effort during the Iraq War as during Vietnam to bring the “horrors of war” into U.S. homes.

Freeman responded that, today, reporters can actually be embedded with troops, however not as many outlets may be able to afford the costs or the risks to send them overseas.

“I think we do see scenes of war of both heroism and terror,” he noted.

Another woman asked what he says to allegations that the press is liberal. Freeman said that outside of editorial pages, news coverage is usually objective. He admitted bias is more likely in the selection of stories to cover, but said that could be based on a number of things outside of ideology or party politics.

Kathryn Kennedy can be reached at kkennedy@coxncc.com or 329-9566.
Adam R. Howard
DEEP RUN — Adam Ryan Howard passed away in a tragic skydiving accident on Saturday, Sept. 13, 2008 at the age of 21.

His friends knew him as “Cadillac”. Adam was a senior at East Carolina University majoring in Construction Management. Adam enjoyed hunting and fishing, but his true passion was his love for the fire service. He joined the Deep Run Volunteer Fire Department at the age of 14, and was recognized as “Fireman of the Year” three times during his tenure and was currently serving as Captain. Adam was a member of Tanglewood Church of God in Kinston.

Adam was preceded in death by his maternal grandfather, Jerry Smith, and his paternal grandfather, Abbie Theodore Howard Sr.

Survivors include his parents, Ted and Gail Howard; sister Allison; and cherished girlfriend, Brooke Scott; his beloved maternal grandmother, “Nana,” Edna Smith; his paternal grandmother, Hilda Harper; and “honorary grandmother” Betty Harris. He also had some especially close family members including Uncle Tommy and Aunt Diane Howard, and children T.J. and wife Brittany Howard, Ashley and Brad Howard; Uncle Brian and Aunt Robbie Harper and son, Cameron; Uncle Jay and Aunt Angie Smith and children, Aiden and Kyndall; Uncle Jerry and Aunt Dell Howard; and Uncle Donnie Howard. Other family members include Jean Milner, Trudy Smith; Janice Johnson, Sandra Swaney and numerous cousins.

Adam was loved and will be forever remembered by his family and friends.

Visitation will be held tonight from 5-7, at Tanglewood Church of God. Funeral service will begin at 7 p.m., officiated by Pastors Tim Lanier and Anthony Braswell with additional visitation afterwards. Graveside service will be at Pinelawn Memorial Park at 11 a.m. Wednesday.

Memorial contributions can be made to the Adam Howard Scholarship Fund, c/o Deep Run Volunteer Fire Department, PO Box 71, Deep Run, NC 28525 or by contacting Chief Michael Gray at (252) 560-4930.

“Greater love hath no man than this, one that would lay down his life for another. John 15:13.”

Arrangements by Howard-Carter Funeral Home
Gene P. Baker

Gene P. Baker, well known educator and outdoor enthusiast, died Sunday, Sept. 14, 2008 with his devoted family by his side, after a five week battle with pulmonary edema. He was a constant source of insight to his students and his children. After retiring from education with 32 years of service, he was so fortunate to find his "working" home at Greenville Marine and Sports Center where he enjoyed every minute of his work for 16 years. The funeral service will be conducted Wednesday at 11 a.m. in the Wilkerson Funeral Chapel. Burial will follow in Pinewood Memorial Park.

After graduating from Greenville High School, Gene served four years in the United States Navy. After his military service he attended East Carolina University and received his B.S. degree in Science and his Masters degree in Education. He was a member of the First Free Will Baptist Church, where he served on the finance committee, the furnishing committee, and sang in the choir for many years.

He was a member of the first Board of Directors for the Boys and Girls Club, member of the NC Teachers Association and Principals Association. He was a former member of the Civitan Club and the Pitt County Wildlife Club and was a faithful steward of the Pamlico River Estuary. Gene was an avid supporter of the senior games. He excelled in billiards, and was the Pitt County Billiards Champion for several years and the NC State Billiards Champion for two years. He was also a member of the Coastal Conservation Association and a member of the Eastern Pines Men's Fellowship Club, serving twice as the chairman of the scholarship committee. Gene and his wife, Judy were ardent supporters of the academic mission of ECU and were members of the Chancellor's Society.

He embodied the words "Renaissance Man;" he played the banjo and the mandolin, he loved to sing and play bluegrass and gospel music. He built several boats over the years; his last one "Strong Medicine" was started in November 2004 and completed in April 2008.

Gene was the lighthouse to his family; steady, calm, trustworthy and dependable. He was a man of his word and the best friend to his son, Kevin, daughter, Shanna, and wife, Judy. He had an extraordinary zest for living, forever the optimist, fixer of all things that could be broken, including hearts. He was a loyal friend to many. A lover of all nature and outdoor life, Gene taught his children to respect and love all God's creatures. He loved boating and fishing and passed that passion down to his family. The love for his family was unconditional and he instilled in his children the values of helping others, respect, self-worth, and confidence.

To his family and many friends, Gene was a hero, he never gave up. One day before his death he asked his wife and children to remember "I never gave up, I just gave out."

He was preceded in death by his father, Alton P. Baker and mother, Ethel Leary Baker; best friend, Sidney Carraway, and brothers-in-law, Elton and James Lloyd Ballance. He is survived by his wife of 47 years, Judy B. Baker; son, Charles Kevin Baker and wife, Denise, of Washington, N.C.; daughter, Shanna Baker, of Raleigh; granddaughter, Coral Rose Baker; step-granddaughter, Jessica Hassell; step-grandson, Christopher Carr; sister, Patsy Baker O'Leary; and niece, Linda O'Leary; sister-in-law, Bernadine B. Carraway; nephews, who were like his sons, Sidney Carraway Jr. and James Burney Carraway and wife, Pam; great-nephews, Chad Carraway, Hayden Carraway, and Bryson Carraway; great-nieces, Maddy Carraway and Lauren Carraway; sister-in-law, Doris Ballance; nephews, Rudy, Randy and Thomas Ballance; and nieces, Diane and Kim Ballance; brothers-in-law, Doug Ballance, and Charles Ballance and wife, Nita; nieces, Lisa and Dee Dee Ballance; and his faithful companion Golden Retrievers, Megan and Sunni.

The family will receive friends tonight from 7 to 9 at Wilkerson Funeral Home and at other times at the home.

The family would like to thank their many friends for support and visits during Gene's illness. A very special appreciation and respect to the doctors, nurses and staff of Pungo District Hospital in Belhaven for the wonderful, personal, and never ending care given not only to Gene, but to his family as well. We can never thank you enough.

Memorials may be made to the ECU Volunteer and Service Learning Center, Old Cafeteria Building, ECU, Greenville, NC 27858 or to the Coastal Conservation Association of North Carolina, P. O. Box 58629, Raleigh, NC 27658.
RALEIGH – Raleigh’s five colleges and universities account for about one-fourth of all salary income in Wake County, according to a study by a consortium of Meredith College, N.C. State University, Peace College, St. Augustine’s College and Shaw University.

The group, the Cooperating Raleigh Colleges, commissioned the economic impact study to raise awareness among city, county and state officials in charge of some of the funding the schools receive.

“If you’ve been in a community for a long time, sometimes you get taken for granted,” said Jenny Spiker, CRC’s director.

The schools used to focus mostly on students, faculty and on-campus affairs, Spiker said. The study is one of the steps they are taking to make themselves more known and speak out together, she said.

Colleges and universities nationwide are stepping up collaboration with surrounding communities and neighborhoods, Spiker said. “We’re not just here for the students; we’re here for the communities, too.”

Michael Walden, an economist at NCSU, conducted the study. Some of the findings:

- Of the estimated $5.5 billion that CRC members contributed to Wake County’s economy last year, about $4 billion came from alumni who live and work in the area. Walden said he was surprised by alumni’s spending. “I would have guessed a little lower.”
- More than 61,400 alumni of the five schools remained in the area or came back after graduating and held jobs in Wake County last year.
- CRC members spent $941.1 million on faculty and staff salaries last year. Construction on campus accounted for $50.6 million in spending, and athletic and cultural events for $26.6 million.
- Students spent about $331.4 million in the local economy.
- The five schools provided nearly 24,000 jobs for faculty, staff, students and contractors.
- The combination of schools in Raleigh, including traditionally African-American and women’s colleges, is somewhat unique, Walden said. Only a few other areas in the United States have a similar variety of schools, such as Boston, the Bay Area and Austin, Texas.

*Staff writer Sabine Vollmer*
Housekeepers to give UNC-CH list of beeps

From Staff Reports

CHAPEL HILL — A group of housekeepers at UNC-Chapel Hill plans to present a list of grievances to the university today.

The group says the university is trying to move existing staff to a seven-day schedule, meaning that housekeepers would be cleaning dormitories every day of the week.

"The university has ignored the requests of housekeepers for additional staff, overtime pay for weekend work or shift differential, and a consistent Monday through Friday schedule of 40 hours per week," the housekeepers said in a statement. "Many housekeepers are single parents, have second jobs and rely on public transportation to get to and from work. It would be an undue hardship on most workers to adjust their weekend schedule to accommodate for child care and transportation."

Richard L. Mann, vice chancellor for finance and administration, said a committee of housekeepers and managers has worked in good faith since July and meets again Wednesday. "We expect the committee's recommendations to result in a positive resolution — one that meets the needs of our employees and the housing department," he said.