THE DAILY CLIPS

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Vigilant students aid police

By Jimmy Ryals
The Daily Reflector

East Carolina University safety officials credited alert students Monday for the weekend apprehension of two murder suspects on campus.

Two unnamed female students were models of vigilance late Saturday night, interim ECU Police Chief Janice Harris said after a public safety forum Monday night.

The students alerted ECU police to a suspicious-looking car in the Mendenhall Student Center parking lot. Shortly thereafter, officers pulled the car over and detained two 18-year-olds, Justin Graham and Charles Frederick Collins. A check of their car’s license plate revealed the men were wanted for murder in Hendersonville.

Harris said she’d like to meet the students who made the call.

“That was a tremendous help,” she said. “I’m still trying to identify the person that gave that information. I think I’m getting closer.”

At three public forums over the last month, campus administrators have been urging students to be more active in reporting suspicious activity to police. The students’ behavior Saturday indicates that message is sinking in. Student Safety Director Michelle Lieberman said Monday at the third forum.

“They (the students) felt very uneasy and uncomfortable with what these individuals were doing in one of the parking lots,” Lieberman told an audience of more than 80 at the Willis Building. “So it was our students that helped, and I think it’s working when we’re able to do things like that. Maybe our message is getting

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out there."

Other messages may not
be hitting their targets, Li-
eberman acknowledged. Over
the summer, ECU installed a
system that would send text
messages to students in emer-
gencies criminal, natural and
otherwise. Student registra-
tion for the alert system has
lagged, as indicated by the
response when Lieberman
asked how many students at
Willis had signed up for it.
Two raised their hands.

Some students are worried
they'll be flooded with messag-
es if they register, Lieberman
said, adding that the system
will be used only in dire situa-
tions. Administrators have
cited tornadoes, hurricanes
and active shooter scenarios
as examples.

"I guarantee if you get a text
message, you need to know
what it's there for," she said.

Campus residents are also
too lax in protecting their
homes, Lieberman said. Eight
percent of students said
they open residence hall doors
for strangers, according to
a campus safety survey con-
ducted in April. Nearly 4,000
of ECU's more than 25,000 stu-
dents completed the poll.

"That doesn't sound like a
lot, but really that is a lot of
students," she said.

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ed at jryals@coxnc.com and
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Women's seminar set to dispel myths about money

Organized by ECU students, the purpose of the “Never Kissed a Frog, Never Had To” program is for women to get solid financial advice.

By Josh Humphries
The Daily Reflector

Some women may need help with financial planning.
ECU will host a financial planning program for women Wednesday at the Rivers Building from 5:30 p.m.

“Never Kissed a Frog, Never Had To,” will be presented by the Family, Career and Community Leaders of America, Alumni and Associates and the ECU chapter of the National Council on Family Relations.

Rebecca Wippich, an ECU senior majoring in family and consumer science education, helped plan the event. She said many women do not get the financial advice they may need.

Wippich said the name of the program is evocative of the fairy tale where a girl tries to find a prince by kissing frogs.

“The idea is to be financially prepared — that way you don’t have to find a prince,” Wippich said.

She said that statistically women are often widowed or divorced by the age of 58.

Wippich and two other students organized the program as part of an honors project.

Bill Wedner and Sean Godwin of the Piedmont Carolinas Group will lead the program. There is room for about 60 people to attend. Everyone is welcome, Wippich said, but women are encouraged to attend.

“Women need to be prepared to take care of themselves and not count on other people.”

Rebecca Wippich
family and consumer science education major at ECU

“Women need to be prepared to take care of themselves and not count on other people,” Wippich said.

To reserve a seat e-mail Wippich at rrw0328@ecu.edu

Josh Humphries can be contacted at jhumphries@coxnc.com and 329-9565.
Needle therapy gaining converts

Duke physician tries to bridge gap

BY JEAN P. FISHER
STAFF WRITER

Allen Baum is not a New Age kind of guy. But when the Cary patent attorney was offered acupuncture to ease possible nausea and vomiting from gall bladder surgery, he figured, "Why not?"

"I decided, 'What's it going to hurt to have a couple of needles in my arm when they're going to be cutting on me anyway?'" said Baum, who had his surgery at Duke Hospital on Nov. 2.

A growing body of research suggests that the ancient Chinese practice of acupuncture is both safe and effective for treating nausea, vomiting and pain associated with surgery.

In a review of 15 clinical trials, Dr. Tong Joo "T.J." Gan, a Duke anesthesiologist and acupuncturist, found that the ancient treatment significantly reduced pain and the need for painkillers among surgery patients. What's more, patients who had acupuncture were about 1.5 times less likely to experience nausea, severe itching and dizziness — all complications of opiates such as morphine. Such side effects can lengthen patients' hospital stays and cause them to rate their surgical experience as poor, Gan said.

Yet just a handful of hospitals in the country routinely offer acupuncture to surgical patients. Mainstream medicine's reluctance to embrace it is not hard to explain, Gan said.

"Chinese medicine has been practiced for thousands of years, but it is so different from the Western system, so completely alien, that it has been slow to catch on," said Gan, who completed a two-year course in traditional Chinese medicine after finishing his training in anesthesiology. He offers the treatment to his patients at Duke.

Western-trained doctors learn anatomy and physiology and diagnose illness based on biological processes they can see or confirm with tests. Chinese medicine teaches that health depends on achieving balance in the opposing forces of yin and yang and..."
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maintaining the flow of vital energy known as qi (CHEE). Acupuncture is said to regulate qi by using needles to stimulate specific points that lie along meridians thought to course through the body just beneath the skin.

Even when studies show that acupuncture works, Western doctors often find it difficult to overcome reservations about the alternative treatment. Or, Gan said, physicians find fault with the studies themselves, which are often small and frequently don’t compare results with a control group of patients who did not receive acupuncture.

To help bridge the gulf between East and West, Gan recently sifted through dozens of acupuncture studies, including some he led himself, to find those that meet Western standards for clinical research. He found 13 that fit the criteria and presented his findings recently to a national meeting of anesthesiologists.

**Post-surgery risk**

Baum, the Cary lawyer, had never had surgery before getting his gall bladder taken out. But he had heard horror stories about vomiting after surgery. He was worried he might be particularly susceptible, especially after he learned while being prepared for surgery that motion sickness is a risk factor. Baum, 40, gets sick whenever he is a passenger in a car.

Baum asked Gan, who was the anesthesiologist assigned to his surgery, whether there was anything that could be done to minimize nausea and vomiting. He was expecting the doctor to suggest some alternate drugs. Instead, Gan offered acupuncture.

Shortly before Baum’s surgery, Gan inserted two fine needles into his left forearm, near the wrist. That site is established as the most effective at controlling pain and nausea. Then Gan carefully bent the needles to one side and taped them down so they would not be disturbed during the surgery.

Baum had a flawless recovery. He also received anti-nausea medication, however, so he can’t be sure acupuncture deserves all the credit.

“All I know is that I had zero nausea, I had absolutely none,” Baum said. His pain after surgery was also minimal. Less than two days after the procedure, he was taking only Advil to control it.

**ACUPUNCTURE HELPS CURB PAIN**

Acupuncture, an ancient Chinese treatment using needles to stimulate chemical releases in the body, has been proven in clinical studies to be an effective pain control. The FDA has said the therapy can be used for pain after surgery. Yet despite the scientific approval, the treatment is underused in the United States.

Doctors at Duke University Medical Center are leading efforts to use the treatment after surgery.

**THE POINTS**

Needles are inserted in skin at specific points, depending on patient’s illness.

**THE MERIDIANS**

12 lines connect points. Energy called “qi” (pronounced CHEE) is thought to flow along them in a healthy person; needles free it to restore health to an ill person.

**Does it work?**

Judging from results:

In China, it is routinely used to relieve pain. A Duke University study has found it is effective for nausea.

**Stigma is lessening**

Lori Fendell, a licensed acupuncturist who practices with Traditional Acupuncture in Durham, thinks her art is slowly overcoming its stigma. It doesn’t happen often, but Fendell has accompanied a few patients to the hospital for surgeries, performing acupuncture before and after to ease pain and minimize nausea. Patients who can’t get clearance to have an acupuncturist at the hospital can still get treatment, fitting in an appointment the day before surgery or even the day of, if time allows.

Patti Delevitt of Chapel Hill had Fendell with her at UNC Hospitals in 2001 and 2002 for multiple surgeries to remove cancerous lesions from her tongue, throat and lower palate.

Delevitt said her surgeon was extremely supportive of having Fendell and Delevitt’s other integrative medicine practitioners with her at UNC. Fendell remembers nurses and other medical staff being friendly and interested in what she was doing.

Delevitt, a medical educator who has taught integrative medicine at Duke and other universities, isn’t sure a patient without her credentials would find the local hospital so welcoming.

“I’m not some freak off the street,” said Delevitt, referring to the way some mainstream medical providers regard acupuncture and other alternative treatments such as hypnosis.

Sources: “Alternative Health Guide” by Britta Inglis and Ruth West; “Reader’s Digest Family Guide to Natural Medicine,” National Institutes of Health

MCT Graphics, The News & Observer

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**Other treatment**

Acupuncturists also use dietary counseling, detailed examination of patient’s lifestyle, pulses at various places, appearance of tongue, skin and eyes.
Campuses join green bandwagon

By Jane Stancill
Staff Writer

At Duke University's new French Family Science Center, the urinals are waterless, the carpet recycled, the roofs green with plants.

The $115 million building has a Silver certification from the U.S. Green Building Council — one of 18 Duke projects headed for a Leadership in Energy and Environmental Design stamp of approval. Duke said in 2003 it would aim for all new buildings to be green certified.

Not all North Carolina colleges and universities have gone that far. Some have begun to embrace greener living with composting, biodiesel fuels, solar energy and locally grown food in the cafeteria. But it can be an expensive proposition, and there have been missed opportunities.

The biggest building boom in the UNC system's history did not take full advantage of the green building movement. The $3.1 bil-

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lion in borrowing for higher education construction, approved by taxpayers in 2000, has led to hundreds of new buildings, but most of them lack the latest green advances.

"The first thing that got value-engineered out of every building was the environmentally sensitive, energy-saving devices," UNC President Erskine Bowles said. "I think that's very regrettable."

Short-term tradeoffs

He said the growing campuses instead looked to maximize space in the new buildings. It's unclear how much money the more costly green features could have saved in the long run. By 2008-09, the new buildings will cost an estimated $90 million a year to operate.

"You think, 'Well, I'll make this tradeoff, you know. I don't have to have this energy-saving device, but I really need this classroom space,' and so they made the tradeoff," Bowles said. "I probably would have done the same thing, but I think we're more sensitive to that now, and we're thinking about return on investment."

The system, the state's biggest user of electricity and water, is working to lessen its impact on the environment, and UNC campuses are starting to rethink the way they operate. Under state rules, campuses can retrofit buildings with better equipment and then plow the energy savings back into improvements. UNC-Greensboro has already done one project, and others are expected.

New UNC facilities are built to state standards for longevity, and though they contain some efficiencies, most aren't designed to higher green standards. Some campuses have pushed farther.

At UNC-Chapel Hill, the new FedEx Global Education Center uses stored rainwater to flush toilets and irrigate the courtyard. Five LEED-type buildings are in design or under construction on the campus. UNC-CH Chancellor James Moeser has pledged that the proposed Carolina North research campus will be a model of sustainability — a promise that has been greeted with skepticism by town leaders.

"I think, ultimately, that will be what wins the argument with the town of Chapel Hill," Moeser said. "The town is now beginning to really believe us that we're not just talking about sustainability, we're really doing it."

UNC-CH has a 43 percent recycling rate. Moeser has signed the Presidents Climate Commitment, a promise by 427 college presidents who agree to reduce greenhouse gas emissions and work toward climate neutrality. Other signers from North Carolina include Duke President Richard Brodhead, Guilford College President Kent Chabotar and Warren Wilson President Sandy Pfeiffer.

Campus leaders say it's the socially responsible thing to do, and going green cultivates an image of universities as innovators. Their students are also prodding them to do right by the planet.

UNC-CH students are putting their money where their values are. A few years ago, they voted to raise student fees by $4 per semester to invest in renewable energy. The first $185,000 paid for a solar hot water system on the top of the newly renovated Morrison Residence Hall, which re-opened this summer. Solar panels on the roof provide hot showers for 860 residents.

Increasingly, students have been the driving force on environmental issues. A residence hall at Appalachian State will be renovated next year, with the project aimed at a LEED certification.

"I think that's through pressure from students," said Cody Grasty, a graduate student and president of the UNC system's Association of Student Governments. "Students are much more cognizant and realistic about the environmental impacts we all make."

Universities have also caught on to the idea that being green is appealing to prospective students, who are drawn to anything hip and cutting-edge.

"Students and parents are starting to ask about it," said Tayve Capps, who is a full-time environmental sustainability coordinator at Duke, which last month was named by the Sierra Club as one of the nation's 10 "cool schools," along with Warren Wilson College near Asheville. "We really see it as part of the competition for students out there."

Edible landscaping

Ryan Morra, a senior who grew up in Pennsylvania, picked Warren Wilson because of its green ethos and its work program, in which students have jobs on campus. He lives in Warren Wilson's EcoDorm, which incorporates passive solar energy, composting toilets, wood from recycled fence posts and "edible landscaping," a garden of salad greens, berries and herbs.

"When people come and visit me, their eyes open wide, and they say, 'This is your dorm?'' Morra said.

Morra realizes there is more to sustainability than certified buildings. It requires that students take ownership, he said. "It can't just be passive. The people in the buildings have to be active in their use of the features."

Some campuses have so-called green games competitions among dormitories to monitor and reduce energy usage.

At Duke, 10 students will conduct the ultimate green experiment in January when they move into the new Home Depot Smart Home on campus. The 82 million, 6,000-square-foot home has solar panels for hot water and cisterns for capturing and storing rainwater. The house has a steam washer and a trivection oven that cooks a turkey in 20 minutes.

It has labs where the residents, mostly engineering students, will be able to rig up experiments. Removable wall panels make it easy to rewire and reprogram the technological gizmos.

Living there will be work, said future resident Scott Steinberg. But it will also be way cool.

Over morning coffee, students will be able to use voice recognition software to ask the house, "What's the weather?"

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Colleges waive application fee

Schools try to nudge high school seniors by letting them apply for free this week.

BY JANE STANCEILL STAFF WRITER

A flood of college applications is expected at North Carolina colleges and universities this week.

Twenty-seven campuses will waive their application fee through Friday as part of College Application Week. Volunteers at more than 100 high schools around the state will hold programs to help students apply to college.

The experiment started a couple of years ago at one high school. Last year, it spread to 15 schools, where 900 college applications were completed. Next fall, it will become a statewide event.

The push is expected to generate at least 25,000 online applications this week through www.cfnc.org, a Web site that links to every state university, private college and community college in North Carolina. The site is a one-stop shop for students planning to go to college in the state.

"We expanded the bandwidth just to make sure we can handle the applications this week," said Bobby Kanoy, the UNC system's senior associate vice president for academic and student affairs. The idea is to get more high school seniors to apply to college and to nudge them to apply earlier in the year. By January, students can begin to file applications for financial aid.

Volunteers, including staff from college admissions offices across the state, will help students navigate what can be an intimidating process. Students will be able to apply during the school day.

"They've got the skills to go college but they may be the first in their family," Kanoy said. "They just need that little bit of encouragement to do it."

Gov. Mike Easley declared Nov. 12-16 College Application Week. The event has two sponsors: College Foundation of North Carolina, a free service of the state that helps students plan, apply and pay for college; and the Carolinas Association of Collegiate Registrars and Admissions Officers, a professional organization of admissions counselors at 200 colleges and universities in North Carolina and South Carolina.

Getting more students in the college pipeline will help the state's economic well-being, higher education leaders say. According to the state Commission on Workforce Development, by 2014, the state will need more than 400,000 new workers with at least a four-year college degree to be competitive in the global economy.

To find out more, www.cfnc.org or call toll-free (866) 866-2362 CAROLINAS ASSOCIATION OF COLLEGIATE REGISTRARS AND ADMISSIONS OFFICERS

THE PARTICIPATING SCHOOLS

These schools either do not charge a fee for online applications or will waive the fee this week:

Barton College
Belmont Abbey College
Bennett College for Women
Brevard College
Cabarrus College of Health Sciences
Campbell University
 Catawba College
Gardner-Webb University
Guilford College
Johnson & Wales University of Charlotte
Lees-McRae College
Lenoir-Rhyne College
Louisburg College
Mars Hill College
Meredith College
Methodist University
Montreat College
Mount, Olive College
N.C. Wesleyan College
Peace College
Pfeiffer University
Queens University of Charlotte
Salem College
St. Andrews Presbyterian College
St. Augustine's College
Warren Wilson College
Wingate University
Any North Carolina community college

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Report: USA sees first increase in foreign students since 9/11

More Americans study abroad, too, but is it enough?

By Mary Beth Makleek
USA TODAY

The number of foreign students enrolled in U.S. colleges and universities has increased for the first time in five years, a sign that efforts to recover from a post-9/11 dip are paying off, a report says.

The report also found that the number of U.S. students studying abroad is continuing its upward trend, increasing 8.5% in the 2005-06 academic year to a record 223,534.

Nearly 583,000 foreign students studied in the USA during the 2006-07 academic year, up 3% from the previous year, says the report, Open Doors 2007, released today. Based on a survey of nearly 3,000 U.S. colleges and universities, it is published annually by the Institute of International Education (IIE), a New York-based non-profit, with support from the U.S. Department of State’s Bureau of Educational and Cultural Affairs. That follows several years when enrollments either declined slightly or remained flat.

The report says evidence suggests the rebound will continue. The number of new enrollments in the USA rose by 10% last fall, it says, a sign of growing interest. And a separate online survey, conducted last month and released today by several higher-education organizations, suggests modest growth continued this fall. Of the 702 institutions responding, 57% reported increases in overall international enrollments this fall over last fall; 24% reported level enrollments; 19% reported a decline.

Institute president Allan Goodman attributes the turnaround to "vigorous efforts at the national, state and campus level," including smoother visa application process through the U.S. State Department and stronger recruitment and outreach by colleges and universities.

"America needs to continue its proactive steps to ensure that our academic doors remain wide open and that students around the world understand that they will be warmly welcomed."

Some educators remain troubled by the sluggish growth, noting that the USA is losing ground to other countries as competition for foreign students intensifies. The market of students studying outside their home countries grew 49% between 1999 and 2004 to 2.5 million, and the number is projected to nearly triple by 2025 to 7.2 million, says Marlene Johnson, executive director of NAFAA: Association of International Educators, a Washington-based group.

IIE data show international enrollments in U.S. schools increased 10% during the same period. "We are not doing as well as we should be," she says. "Attracting international students and scholars to the United States is integral to effective public diplomacy, and we need a comprehensive national strategy."

It also confers economic benefits. During the 2006-07 academic year,
the report says, international students and their families spent $14.5 billion on the U.S. economy.

The report raises concerns about the number of U.S. students studying abroad, which has increased 150% in the past decade. But most of the nation's 15 million college students graduate without the experience, the report found.

Language and cultural skills are increasingly valued by employers and vital to America's national interest, Goodman says. Acknowledging that costs may deter some from study abroad, IIE has created a website, StudyAbroadFunding.org, aimed at helping students find scholarships to help support overseas study. Says Goodman: "Students should get a passport along with their student ID!"

Other Open Doors Findings:

- India remains the leading exporter of students to the USA for the seventh year in a row, followed by China and the Republic of Korea.
- Asia remains the largest sending region, accounting for 59% of U.S. international enrollments.
- Business remains the leading field of study for foreign students, followed by engineering; 18% and 15% of foreign students, respectively, study those disciplines.
- Colleges and universities in California enrolled the largest number of foreign students (77,997, up 3.5%), followed by New York (65,884, up 2.5%) and Texas (49,081, up 5%).
- For the sixth year in a row, the University of Southern California enrolled the largest number of international students, 7,115.
- Of U.S. students studying abroad, 52% enroll in short-term programs; 37% spend a semester abroad; and 5.5% spend a full academic year or longer abroad.
- The United Kingdom remains the leading destination; 32,109 U.S. students were enrolled there, about the same as the previous year. Italy was the second most popular, Spain, France and Australia rounded out the top five.
- Among regions of the world that saw increases in the number of U.S. students: Asia (26%), Latin America (14%), Africa (19%) and the Middle East (31%).
- The top three major fields for study abroad are the social sciences, business and management, and humanities.