THE DAILY CLIPS

July 18, 2011

News, commentary, and opinion compiled by the East Carolina University News Bureau from:

The Greenville Daily Reflector
The Raleigh News & Observer
   The New York Times
   The Wall Street Journal
   USA Today
   The Charlotte Observer
   The Fayetteville Observer
   The Greensboro News & Record
   Newsweek
   U.S. News & World Report
   Business Week
   Time
Cathy Phipps, an employee with the Adec company in Oregon, checks to make sure a newly installed dental simulator is working properly in a classroom at the Brody School of Medicine on Wednesday afternoon. (Rhett Butler)

**Construction milestone is marked**

By K.j. Williams

As ECU officials celebrated dental school progress on Friday, Dean James Hupp said work on the exterior is the next stage of construction now that the steel framework is done.

A “topping off” ceremony Friday morning marked placement of the last beam in the construction of Ross Hall, the four-story, 184,000-square-foot future home of the new School of Dental Medicine at East Carolina University.

Hupp said work on the exterior is the next stage of construction now that the steel framework is done. The estimated price tag for the building is $50 million. It's scheduled to be completed by late spring or early summer.

Other dental school projects also are making progress.

The first class of 52 students starts classes on Aug. 22.

Inside the school's temporary digs at the Brody School of Medicine, the installation of equipment is nearly complete at the simulation lab where students will learn by working on mannequin heads attached to simulators. The equipment provides practical training. Each simulator costs nearly $6,000.
“You're very close to reality,” Hupp said. “And therefore, you're learning what to do on a human before you work on a human.”

Greenville-based Practicon makes the mannequins that will be used. Each one costs about $1,300.

The simulators allow students to practice on teeth-like material that can be easily replaced inside the removal jaws of the mannequins. The simulator has hoses for drills and suction. It has a controller to regulate the speed of the equipment. The drill's speed will be controlled via a floor pedal.

Heidi Denos, regional territory manager, for Adec, the Oregon-based company that makes the simulators, said the equipment is the most modern available. It also is more adaptable to changes in technology.

Four manufacturing installers and Denos spent the day Wednesday installing the simulators. The mannequin heads are expected to be installed within days.

The lab is located in a section of a large room previously dedicated as a study area for Brody's medical students.

Hupp said that since the dental school is new, students will have access to the latest equipment. X-rays will be digital. “We'll probably be the first to go to 100 percent digital,” he said, referring to dental schools nationally.

Hupp said the dental school bought new furniture for the medical school lounge that will be used by the students. A refrigerator and flat-screen television will complete the upgrade. Dental school funds also paid for the renovation and enlargement of restrooms in the study hall.

The General Assembly has approved funding for the school. Out of about $83 million designated, a portion has been earmarked for the construction of eight to 10 community service learning centers where four-year dental students will provide supervised, low-cost treatment in under-served areas of North Carolina. About $17 million was appropriated for operating expenses. But ECU cut about $1 million due to state budget cuts, Hupp said.

Contact K.J. Williams at kwilliams@reflector.com or 252-329-9588.
School holds 'topping out' ceremony

By Doug Boyd, ECU News Services

Local, state and university leaders lined up Friday to put their signatures on a beam marking a milestone in the construction of the East Carolina University School of Dental Medicine.

Approximately 100 people gathered at the construction site of Ross Hall for a “topping out” ceremony, which symbolizes the completion of the steel structure of the dental school building. The first signer was Dr. Ledyard Ross, a retired Greenville orthodontist who donated $4 million to the school.

The 184,000-square-foot building is rising four stories high on land near the ECU Health Sciences Building on West Fifth Street.

“The old saying is beauty is in the eye of the beholder, and in my eye, that is beautiful,” said Steve Ballard, ECU chancellor, as he gestured toward the building.

Officials expect the school to help ease the statewide shortage of dentists, especially in eastern North Carolina. Four eastern counties — Gates, Tyrrell, Hyde and Camden — have no dentists. The new school will aim to educate dentists who want to stay in the state to practice, particularly in rural areas.
“The mission of ECU is to serve the region and state,” Ballard said. “This school today certainly adds to that mission.”

The first class of 52 students will enter the dental school in August. All are North Carolina residents. They will begin their studies in the Brody Medical Sciences Building until Ross Hall is complete. The structure is scheduled to be finished in June 2012.

Meanwhile, the school is hiring faculty and finishing its curriculum, which will be largely computer- and simulation-based.

Outside the Greenville area, four community service learning centers are being planned across the state with the site for a fifth one to be announced soon. At those centers, faculty members, dental residents and fourth-year dental students will provide care.

“I know what a good school can accomplish, and we have all the goods,” Dr. James Hupp, dean of the school, said.

North Carolina general construction firm Balfour Beatty is building the dental school. Architects are Raleigh-based-firm BJAC and Bohlin Cywinski Jackson of Pennsylvania.
AP Photo / In this June 30, 2011 photo, Rachelle Friedman looks in the mirror during the fitting for her wedding dress in Raleigh, N.C. Friedman was left paralyzed after a swimming pool accident that postponed her wedding plans. Now, she is all set to commence with those plans.

AP Photo / In this June 30, 2011 photo, Rachelle Friedman has her photo made by wedding photographer Martha Manning during the fitting for her wedding dress in Raleigh, N.C. Friedman was left paralyzed after a swimming pool accident that postponed her wedding plans. Now, she is all set to commence with those plans.

NC woman to marry 1 year after paralyzing accident
By MARTHA WAGGONER - Associated Press

RALEIGH, N.C.—A year after she was paralyzed in poolside horseplay at her bachelorette party, Rachelle Friedman knows one thing she would change about her life before the injury.

"I wish we had danced together more because I love dancing so much, and we didn't do it enough," she says of her soon-to-be husband. "Looking back, I would have done it every night."
Friedman will finally make it down the aisle on Friday, marrying the man who has waited with her to exchange vows since the accident. She is wearing the same gown she chose for the first ceremony but with her father pushing her wheelchair down the aisle instead of walking her down it, arm in arm.

Also joining her will be the bridesmaid who shoved her into the shallow end of a pool on May 23, 2010 - causing a freak accident that changed their lives. The 25-year-old from Knightdale has stuck with her friend and refused to reveal her identity even as newspapers, television and Internet sites carried the story around the world.

"She was tragically hurt, mentally and emotionally. And I was tragically hurt, physically," Friedman says on a day that a tailor is altering her strapless, simple wedding dress to fit her new, thinner, less muscular body. "It's harder to deal with when you're hurt emotionally sometimes than when you're hurt physically."

Friedman was celebrating with her girlfriends in Virginia Beach, Va., about a month before she was supposed to be married last year when she was injured. After being pushed into the pool, she awkwardly hit the cement bottom. She knew immediately something was wrong.

"I instantly just stopped moving," Friedman says. She floated to the top, face up. Her friends were already in the water to help. This isn't a joke, she told them. Call 911.

The horseplay was no different from the way her friends had goofed around many times. Friedman could have just as easily pushed her friend in the water, she says. She refuses to even call the act a prank because that would imply some devious intent.

"People look at it like this is something that happened to me, but it happened to both of us," Friedman said of her friend.

Friedman is moving on with her life, learning how to play wheelchair rugby and using her knuckles instead of her fingers for tasks such as texting and responding to email.

Neither she nor her fiance, Chris Chapman, ever considered deserting the other. They'd been together for almost five years when the accident happened.

"You have to know me and Chris to understand," Friedman says.
Chapman, a 28-year-old middle school science teacher in Spring Hope, echoes her.

"It was not, 'What am I going to do?'" he says. "It was, 'what are we doing to do?' ... I just didn't know what to do next. It was one step at a time."

The two will exchange vows in a ceremony at The Fearrington House in Pittsboro, with a reception in the village barn. Her favorite flowers, sunflowers, will take center stage. Wedding planning company 1-800-REGISTRY is paying for their ceremony and the honeymoon in Fiji.

"I'll be happy and relieved to see her coming down the aisle," Chapman says. "It's something we've been working on for quite a while."

The two grew up in Virginia Beach, but didn't meet until they were both students at East Carolina University in Greenville, becoming close friends while each dated other people. Once they started dating, he fell in love with her energy and personality.

"She was always positive, always upbeat, always ready to do something," he says. Now, he worries about keeping her active. He's learning to referee at wheelchair rugby, and she's trying to get a hand cycle so they can bicycle together. She also wants to learn wheelchair tennis.

"We're hoping to keep her active," he says. "And I'll go along and try to participate as much as I can."

Before she was injured, Friedman was a program coordinator at a senior activity center in Raleigh, where she planned parties and taught line dancing and light weightlifting. While the job didn't pay a lot, she felt blessed to be employed right out of college, to own a home with the man of her dreams and to be planning their wedding.

A typical day now is "kind of boring," she says. She often visits the senior center where she used to work and does whatever exercises she can at home. She has finished a round of rehab, but is considering more advanced treatment.

While she says she's accepted using a wheelchair, Friedman also talks about trying to raise about $15,000 to go to Project Walk in California for three months of therapy and housing. "They don't promise anything, but there are stories of people with my exact injury walking out of there," she says. "So it's hard not to try."
A more attainable goal awaits her after the wedding. The Beatles fan wants a tattoo of the peace sign drawn on the back of her neck, at the center, marking her injury. Underneath will be inked, "Let It Be."

"It symbolizes that I'm at peace with it," she says.

---

Online:
https://www.1800registry.com/HomeRegistry/rachelleandchriswedding/index.html

Martha Waggoner can be reached at -http://twitter.com/mjwaggonernc
Published Monday, July 18, 2011

**ECU student dies in crash**

By The Daily Reflector

An 22-year-old East Carolina University student who had stopped to exchange information with another driver after a minor accident was killed by a motorist as she stood in the median in Cabarrus County on Friday, a State Highway Patrol official said Sunday.

Lamanda Michelle Reid of Lillington was pronounced dead at Northeast Medical Center in Cabarrus County, said 1st Sgt. Glenn Stokes, who works in Cabarrus County.

The women had pulled their vehicles into a median on Interstate 85 underneath the an overpass when they were struck by a vehicle, the trooper said. The man driving the vehicle crossed the median and returned to the scene.

“It appears that he was traveling too fast, and he just lost control of his vehicle,” Stokes said.

The accident occurred about 1 p.m. The other woman, Ava Dixon of Durham, was not critically injured.
Evelyn Fike Laupus

Mrs. Evelyn Fike Laupus, 89, died Friday, July 15, 2011.
Memorial service 2 p.m. Saturday, Brown Chapel at Cypress Glen.
Visitation following the service. Arrangements by Wilkerson Funeral Home and Crematory.
Program prepares students for life
By Jackie Drake

Students face a multitude of financial decisions, and they aren't always informed enough to make them wisely.

The Financial Wellness Institute at East Carolina University is working to change that.

In the fall, students are often bombarded with offers from vendors on or near campus for free T-shirts or pizza if they sign some paperwork. Institute director Mark Weitzel saw what was happening when he came to ECU as a finance instructor in 1998 and it prompted him to action.

“These kids weren't realizing what they were doing — signing up for a credit card,” Weitzel said.

He approached administration and was able to set up a basic personal finance course for students.

What started as one course in 2001 became the Financial Wellness Institute about three years ago. Part of the College of Business, the institute now offers a 10-week seminar for faculty and staff and makes information available to the community in addition to the course for students. Without its own building, the institute is comprised of a handful of faculty who teach the student course as part of their jobs and lead the staff seminar and community outreach on their own time.

“We're still somewhat new but our origins also go back about a decade,” Weitzel said.

The first class had 60 students sign up, far beyond the original modest goal of 25. Within three years, the class hit its room capacity at 120, and when a 250-seat room opened up, that filled up in another three years.

A second section offered in the fall of 2008 filled up immediately, bringing the total from 250 to 500 students.

“It doubled overnight,” Weitzel said, and a thousand students have taken the class each year since.

The numbers speak for themselves, Weitzel said.
“This course is not required, and it doesn't even count for anything, it's just an elective, but we have this many students taking it every year,” he said.

The course covers areas students need to be familiar with during the next few years of their lives, such as loan repayments, how interest is calculated over time and how best to do their own taxes.

“It's based on what's relevant to students,” Weitzel said. “This is vital information that they need to have. It's personal finance with the emphasis on personal.”

It even covers monetary aspects of marriage and talking openly about money, which Weitzel calls “the last great taboo subject in our society.” Many couples discuss everything from children to sex to religion, Weitzel said, but financial disagreements actually are the cause of most divorces.

The staff seminar focuses more on later-life decisions like buying a house, and staff are allowed paid time to attend just like any other job training.

Weitzel and a few coworkers began team-teaching the class and recently wrote their own textbook to go with it, which will debut this fall. Weitzel brought his expertise from 13 years in the banking industry to campus when he sought a job that would allow him more time with his kids.

“I spent my career working with money and with people and I was always amazed at how little they understood,” Weitzel said.

The course topics all focus on one central message.

“There are lots of people out there every day trying to separate you from your money in ways that are all perfectly legal, but not the best for you, though they try to make it seem that way,” Weitzel said.

In the future, Weitzel would love to see the personal finance course become required for all students.

“It makes perfect sense,” he said. “If we continue graduating kids with $20,000, $40,000, $60,000 in student loan debt and their major will get them a job that won't even pay the interest, what a disservice we've done them.”

For more information, visit http://www.ecu.edu/business/fwi.cfm.

Contact Jackie Drake at jdrake@reflector.com.
Economy takes interns to new places

Every day, Kaitlyn Tillery wakes up in a world of skyscrapers, Yankees baseball and Broadway.

The senior communications student at East Carolina University is spending her summer as an intern at Madison Square Garden.

It is a vastly different landscape than she is used to in Greenville or in her hometown of Wake Forest.

“Last weekend I went to brunch on a boat and then a Yankees game. Tomorrow, I'm going to a Broadway show,” she said. “This weekend there will be a flea market in Hell's kitchen.”

Tillery is one of a growing number of ECU students landing high-profile summer internships where they gain experience in their field of study.

Economy opens doors

Lee Brown, assistant director of career services for the College of Business, has noticed the increase in ECU student internships and credits them in part to budget cuts within companies.

“Companies over the past few years have seen decreased budget dollars for hiring full time employees, therefore, they can use internships as a low risk with a relatively low dollar allocation to assess possible future employees,” Brown said.

Increasingly, it means students such as Tillery now get their chance in some prestigious places.

At Madison Square Garden's public relations department she monitors press, pitches stories to the media about upcoming events, interviews players for team segments, creates and distributes media releases and even helped produce MSG’s new Action Sports division.

“There are just some things you can't learn in the classroom and internships provide that training, often with help from veterans in your field,” Tillery said.
Living in New York City is an advantage all on its own, she said. Tillery is spending her summer in the New York University dorms in East Village and tries new restaurants and explores different areas of the city every weekend.

**Becoming professionals**

Closer to home, senior Jalisa Trotter of Greenville is working toward her public health studies degree. Trotter is completing an internship with DSM Pharmaceuticals in Greenville.

Her days are filled with research on wellness initiatives and programs. One day was spent at a Chamber of Commerce meeting where she learned that DSM's wellness center serves as a model for other companies.

Rose Haddock, the internship coordinator for the Department of Health Education and Promotion, works with students like Trotter to help them get as much out of their internship as they can.

An internship provides students with a setting in which to put the last few years of hard earned knowledge into action, Haddock said.

It also provides students with the opportunity to become more professional.

“They learn that they have to be punctual, dress professionally, be able to work as both a team member and independently, and ask questions — to be ready to learn and act,” she said.

Mandy Goynes, a rising senior from San Antonio, had to learn quickly to work six to seven days a week and up to 13 hours a day.

She's interning at the University of Findlay's Summerstock Theatre Program in Findlay, Ohio, after attending the Southeastern Theatre Conference.

Goynes is studying theatre arts design and production with a double concentration in scenic design and scenic carpentry.

Building contacts and networking will help Goynes land future opportunities, she said.

“You never know who you could meet, and if you make a good impression with the right people, it could mean a job down the road,” she said.

Christopher Beanland, of Cary is interning at Merrill Lynch Wealth Management Group in his hometown. Beanland, a financial services major, wants to be a financial advisor.

He hopes his summer at Merrill Lynch will make his resume stand out.
“A college degree can only take you so far,” Beanland said. “Experience is what employers are looking for.”

**A key tool for job hunting**

Crystal Furr, a senior from Concord, understands the importance of having internships in today's economy. “If you work hard enough, it can almost guarantee you a job offer,” she said.

Furr, a graphic design student, is interning with Burke Communications in Charlotte, and landed the internship after contacting numerous companies by phone and email. One thing Furr has learned as an intern is how fast paced a work environment is, she said.

Communication student Christiane Cordero landed an internship in her home state. Cordero, a junior and native of Valencia, Calif., works in Los Angeles for 102.7 KIIS and 98.7 KYSR.

Cordero helps load and edit audio for the morning music show, blogs for the station, connects with the station's audience through Twitter and works with contest winners, she said.

Working for a radio station has helped her sift through the options she has as a broadcast journalism major.

“The last thing you want is to graduate and get a job only to figure out that it's not for you,” Cordero said.

**Kids work out and shape up at ECU**

Local school students who play sports recently had the opportunity to get a leg up on their competition.

Athletes in grades 6-12 spent a portion of their summer on the ECU campus attending the Department of Kinesiology (formerly Exercise and Sport Science) Athletic Conditioning Camp, College of Health and Human Performance.

Cones, ladders, plyometric boxes, jump ropes, and medicine balls scattered throughout the Christenbury Memorial Gymnasium were used to help these young athletes improve their power, speed, strength, and agility.

Catie Jones, 14, returned for a second year said, “This camp was fantastic. We did something new every day.” She plans to try out for volleyball and swimming as a freshman at South Central High School this fall.

Sam Lucas of Winston Salem was one of four ECU undergraduate health fitness specialist students who assisted with the camp.
“Basic planning for each session included getting the campers to perform drills that would require them to use body awareness and coordination,” he said. “Progressive drills were designed to take athletes from simple movements to dynamic movements that involved major muscle groups.”

Students worked under the supervision of Dave Kemble, instructor, who has organized this camp for three years.

“The most important drills we teach are deceleration drills,” Kemble said. “Too often young athletes are taught to accelerate their bodies to run fast. My training philosophy is different. Before campers learn to run fast they must demonstrate their ability to slow down and control their bodies.”

While the focus of the camp was to improve athletic development, this type of training can also reduce the risk of sport-related injuries.

“This camp has proven to be an exciting time in my academic year. To see my students evolve from the classroom into these capable leaders is one of the most rewarding experiences I've had in higher education,” Kemble said.

**Women's health to be discussed at exhibit**

Physicians will discuss a range of women's health issues from mammography to bone health on July 26 at Laupus Library on ECU's west campus.

The talk is free and open to the public. It will be held 4:30-6 p.m. on the library's fourth floor in conjunction with the exhibit, “Wearing Our Insides Out: Women's Health and Art,” a two-woman show of digitally printed, medically related textile work on display at the library.

The exhibit will be on display through Aug. 11.

Artists Catherine Billingsley and Maria Modlin will moderate the panelists: Dr. Lara Surles, primary care physician from Medical Park Family Physicians; Dr. Rachel Raab, oncologist from ECU's Brody School of Medicine; Dr. Christopher Hasty, orthopedic surgeon from Orthopedics East; and Dr. Jan Wong, director of ECU's Breast Care Center.

“This panel discussion will highlight the medical issues that inspired our artists and challenge all women,” said Dr. Dorothy Spencer, director of Laupus Library and associate vice chancellor of communication and information resources at ECU.

Each doctor will speak about 10 minutes, and there will be a 20-minute question-and-answer period.
Billingsley and Modlin are graduates of ECU’s fine arts program in textiles in the School of Art and Design, where Modlin is a technology support technician.

Billingsley has used images from her own routine medical tests — eye, mammogram, ultrasound, and bone density tests, and dental, chest, hand, hip and knee X-rays — to transform them into different art forms.

Modlin has concentrated on family-related health concerns and has printed microscopic images of cancer, heart disease and diabetes in repeating patterns on fabric to make clothing.

**Upcoming event:**

Saturday: 10th annual Winning with Diabetes Conference, 8 a.m.—4 p.m., St. James United Methodist Church Family Life Center, 2000 E. 6th St., Greenville, sponsored by the ECU College of Nursing, Pitt Memorial Hospital Foundation, Brody School of Medicine and University Health Systems of Eastern Carolina. Fee is $25 and includes lunch. Registration is required. Call 744-6504.

See www.ecu.edu/cs-ecu/calendar.cfm for times, places and more information on these events and other ECU upcoming activities.
Dr. Suzanne Lazorick, left, examines Inikia Arrington, 6, at the ECU's Brody School of Medicine's Pediatric Healthy Weight Clinic on Tuesday, July 12, 2011. (Aileen Devlin/The Daily Reflector)

Dr. David Collier, associate professor of pediatrics at ECU's Brody School of Medicine discusses past medical studies, which help the doctors at the Pediatric Healthy Weight Clinic understand more about child obesity. Tuesday, July 12, 2011. (Aileen Devlin/The Daily Reflector)

**Programs combating obesity**

By K.j. Williams

Anquan Arrington said the first sign that her daughter's weight was interfering with her health was visible on the back of the 6-year-old's neck.
The Greenville mother tried diligently to scrub away the dark patches on Inikia's skin, but they wouldn't wash off.

The cause was a condition called acanthosis nigricans, said Dr. David Collier, an associate professor of pediatrics at East Carolina University's Brody School of Medicine. It's an early indicator that an increased risk of diabetes is developing.

Arrington took action after Inikia's cardiologist explained the condition.

She was given a referral to bring Inikia to ECU's Pediatric Healthy Weight Clinic, which has a six-month waiting list. Collier is director of the Pediatric Healthy Weight and Treatment Center which includes the clinic.

Inikia has been a patient there since December of last year.

“My dad had diabetes and he had to have insulin shots, and I didn't want that to happen to her,” Arrington said Tuesday at the clinic where Inikia was examined by Dr. Suzanne Lazorick, a pediatrician.

Collier said that Inikia's condition occurs in all races. As a person's muscles become insulin-resistant, the body produces more insulin. That rising level in turn stimulates certain cells into overproduction of melanin, the skin's pigment.

Arrington said Inikia's dark patches are going away. “It's reversible, if we change up now,” she said.

To do that, Arrington said she “killed Oreos.”

Soft drinks got the heave-ho. Serving sizes shrunk.

“It's a serving size that makes sure she gets what she needs, not what she wants,” Arrington said. “Moderation is what we're doing. She eats a lot of fruits.”

Collier said that making small changes makes a big difference.

“The things she likes are not forbidden,” he said of Inikia's diet.

Her mother just has to continue with the current plan.
“She doesn't have to make it perfect. She just has to make some improvements,” he said.

Inikia said she's feeling great.

“I feel happy because I drink a lot of water and it's very healthy for you,” she said.

**Regional concerns**

Collier said that while obesity is a national problem, it's more prevalent in the Southeast, particularly in rural areas.

Eastern North Carolina has a obesity rate of 31.4 percent compared to the state's rate of 27 percent, according to an analysis of N.C. State Center for Health Statistics data by ECU’s Center for Health Services Research and Development.

Statewide, the ratio of obesity for blacks is 40.3 percent compared to whites at 28.3 percent, the center's website shows.

Obesity also is a problem that's grown since the 1980s. Statistics from earlier decades show that nationally about 4 percent of children were considered obese, Collier said.

The center's N.C. Health Data Explorer reports 2009 statistics that show 18 percent of Pitt County's children are obese.

Obesity puts children's health at risk, according to the website for the federal Centers for Disease Control and Prevention. Obese children are more likely to have high blood pressure and high cholesterol, which are risk factors for cardiovascular disease. Other increased risks include impaired glucose tolerance, insulin resistance and type 2 diabetes.

At ECU's Pediatric Healthy Weight Clinic, staff look at the medical side and work to mitigate outside influences such as poor diet and lack of exercise, along with social and psychological factors. The clinic also sees adolescents and young adults.
“We have an integrative model that addresses some of the complex issues that need to be addressed,” Collier said. “We hope to follow them until they reach a healthy body mass index. That can be years.”

In North Carolina, adults tied with Michigan for 10th place in an obesity ranking. The state's children ranked 11th.

More than 29 percent of adults are obese in the Tar Heel state, according to a 2010 study by the nonprofit, nonpartisan Trust for America's Health and the Robert Wood Johnson Foundation. About 18 percent of children and teenagers ages 10-17 meet the criteria for obesity or overweight, the report states, citing the 2007 National Survey of Children's Health.

Nationally, more than 12 million children and adolescents are considered obese or overweight.

**Addressing the problem**

Another group confronting the childhood obesity problem is University Health Systems of Eastern Carolina. The system's hospitals include Pitt County Memorial Hospital.

Melissa Roupe, administrator of the UHS Childhood Obesity Program, said the free program started with grant funding. When the funding was depleted, UHS kept the program with some modifications. It's being introduced in other counties, and a more general, educational approach is planned.

The program's case managers use evidence-based approaches and work closely with pediatricians, the children and their families.

“The childhood obesity epidemic has really expanded in the last few years,” Roupe said.

Portion sizes have grown and people eat out more, she said. “Kids don't play outside as much as they did.”

Children are more sedentary, watching television and playing video games. Instead of walking to school, many ride the bus.

“All of those changes in their ability to have personal activity have increased their weight,” she said.
The UHS program works with families to develop healthier choices and fitness programs that fit their real-life environment.

“It's a lifestyle change, and that takes a long time to do,” Roupe said.

The goal is an improvement in the body-mass ratio between height and weight since the children are still maturing, she said.

“We really don't push losing weight, just maintaining weight and growing into it.”

Brandon Manning, 14, has been in the program for two years. He will be a ninth-grader at North Pitt High School in the fall.

“It's made me change my life in many ways by eating healthier, making life decisions and watching what I eat and making me exercise more,” he said.

Brandon already played sports like basketball and football, but he's become more active in the program.

Getting healthier is a goal anyone can reach, he said. “You can do anything if you put your mind to it.”

His mother, Yvonne, said she put him in the program because she was concerned about health problems that can be aggravated by being overweight.

“I just want him to try to have a healthier life,” she said.

She said the whole family is participating by making healthier choices that encourage Brandon and don't single him out.

Moriah Brown, 13, has been in the program for four years. She'll be an eighth-grader at Ayden Middle School in the fall.

She's kept with it, even though it can be a challenge.

“Sometimes, it was giving up a habit or making sure to do different things every day,” she said.

Moriah's become more fit, and has made her school's volleyball team for two years straight.
“It's helped me be much more active because I felt better about myself,” she said.

Her mother, Renise Keys, said getting fit has been a family effort. She works out at the fitness center with her daughter. And the family plays on church teams.

Their eating habits also have changed.

“We eat fruits with every meal and a vegetable,” she said. Fried foods have been relegated to once a week, not nightly.

Roupe said the Southern way of preparing food can contribute to weight gain, so less fattening cooking methods can make a difference.

Pitt County's health department partners with a variety of agencies to address health issues, said Dr. John Morrow, the department's director.

The health department received a two-year, $1.6 million federal Communities Putting Prevention to Work grant to identify ways to reduce the problem of obesity by making it easier for people to buy healthy food and exercise.

Morrow said that the community needs to make it easier for children to become physically active by providing the infrastructure that makes it possible for them to safely do things like walk or ride a bicycle to school. That's one of the issues that the grant will help address.

Contact K.J. Williams at kwilliams@reflector.com or 252-329-9588.
A national study is gearing up that will look at causes of obesity beyond the obvious culprits.

Health care providers typically focus on making dietary changes or encouraging exercise to help people lose weight.

The federal study will collect information on participants' diet and activity levels but it will go further, delving into factors that occur before and during pregnancy. Possible environmental links will be investigated.

“It began in response to the Children's Health Act of 2000,” said Dena Herman, co-director of the National Children's Study for the Los Angeles-Ventura Study Center. “That's when Congress directed the National Institute of Child Health and Human Development, as well as other federal agencies to undertake the long-term national study of children's health and development in relation to environmental exposures.”

The study's pilot phase began in 2007. Initially, the focus was on recruitment. Data collection is expected to start next year.

“We're following mothers and children for 21 years,” said Herman, a registered dietician who's an adjunct assistant professor at University of California at Los Angeles' School of Public Health.

Nationally, there will be 105 research centers and 100,000 children will take part. Several North Carolina counties are participating, including Burke, Cumberland, Duplin, Durham and Rockingham. Buncombe and Gaston counties are potential sites for future study.

The research will examine women's weight at every stage of pregnancy.

“Weight status during and before pregnancy are very large factors that have an effect on the infant and early childhood likelihood of gaining weight,” Herman said.
“What happens preconception and during pregnancy is very critical to determining a child's health even at the earliest stages.”

At East Carolina University's Brody School of Medicine, Dr. David Collier, a pediatrician, agrees with this assessment.

There's research that shows that an obese mother gives birth to an infant and young child that is “predisposed to be overweight across their life span,” he said.

Collier said the reason for this is hard to identify.

Brody researchers hope to receive funding for a joint study on the effect of pregnancy weight with Duke University. They would look to see if there was a correlation between the mother's height and weight and the baby's.

“Our hypothesis is that a healthier weight during pregnancy would equal a baby that's a healthy weight at birth, who gains the appropriate amount of weight over the first year of life,” Collier said.

The national study will look at more than obesity. It will include data on topics from autism to attention deficit hyperactivity disorder. Data likely will be available at three- to five-year intervals.

“The National Children's Study is one of the largest efforts of its kind in terms of data that will be collected,” Herman said. The child's physical environment, including water, air and soil, will be studied. The family environment, including diet and social interaction, will be examined.

The study also will look for possible links between chemicals and obesity or diabetes.

Collier said the possible influence of chemicals on obesity is a controversial topic. There is evidence in animal studies that some man-made compounds may cause changes to the metabolism. Other chemicals may act as endocrine disrupters, mimicking estrogen, which tends to cause weight gain.

Contact K.J. Williams at kwilliams@reflector.com or 252-329-9588.
Accreditation coming up for ECU, PCS

By Jackie Drake

Pitt County Schools and East Carolina University are due to renew their accreditation in the next couple years.

The Southern Association of Colleges and Schools accredits its member educational entities to evaluate their quality and effectiveness.

The school district is due for accreditation next spring, and the university's date is 2013.

While similar, the accreditation processes for ECU and PCS will be handled in different divisions. The institutions soon will begin preparations for the extensive process, which for universities happens every 10 years and for school districts every five years.

The SACS is part of AdvancED, the world's largest education organization serving more than 27,000 public and private schools and districts across the United States. It also includes the SACS' northern counterpart.

Accreditation generally involves an internal report, an outside evaluation and a site visit from AdvancED representatives. There is no cost to the educational institution other than time and paperwork preparation and travel expenses for the visit, done by educational experts who volunteer their time.

“District accreditation provides great benefit to the school system,” Jennifer Oliver, vice president for communication for AdvancED, said. “We look at the whole picture to assess how all the parts work together to benefit the individual schools and students.”

Accreditation is a voluntary method of quality assurance developed more than 100 years ago by American universities and secondary schools, and designed primarily to distinguish schools adhering to a set of educational standards, according to the AdvancED website.
While accreditation is a set of rigorous protocols and research-based processes for evaluating an institution's organizational effectiveness, it also examines the whole institution — programs, cultural context and community of stakeholders — to determine how well the parts work together to meet the needs of students.

Joyner Library at ECU expands programs
By Jackie Drake

Libraries are usually quiet places, especially in the summer, but Joyner Library at East Carolina University has been busy setting up new and expanded offerings for students and the community.

Starting this fall, Joyner will offer a new center for students with learning disabilities and an expanded resource center for teachers.

“We're very proud of our library, our services, and the building itself, but we also think it needs enhancements,” library dean Larry Boyer, said.

Construction is complete, and furnishing is in progress for a new space for Project STEPP, or Supporting Transition and Education through Planning and Partnerships, set to open in August.

“The STEPP program was created here a few years ago in the College of Education to give academic support to students with learning differences who might not normally be accepted to a university but are capable of college-level work,” Boyer said. “It's been shown to be very successful.”

Ten students are admitted each year who receive extra study skills training and spend a certain amount of hours with tutors.

This summer, some of the stacks were rearranged to make room for a common area, a new classroom and 11 new group study rooms, complete with plasma touch screens and wall-size white boards.

The library gets full use of the STEPP space, which adds about 50 seats, on evenings and weekends for all students.

“It's a win-win situation,” Boyer said.

The Teaching Resources Center, established in 1988, has been expanded to include a separate classroom, service desk and work stations that add about 50 seats.
The center now offers a smartboard like those seen in public schools in addition to the model school library of children's literature and K-12 textbooks.

In addition to ECU College of Education students looking to become teachers, the center also is open to working teachers in the public schools.

“ECU graduates more teachers than any other school in the UNC system,” Boyer said. “The Teaching Resources Center is one of the busiest areas of the library.”

Both expansions, totaling about $500,000 in one-time money not connected to this year's budget, will bring the library's seats up to about 1,700. There are 46 group study rooms and 65 individual study rooms.

“When the building was finished in the late 1990s, it could seat about 1,800,” Boyer said. “Because of the growth of the collections, we lost some seats and we were down to about 1,300 but the student population was increasing. There just wasn't enough room.”

So to make room, staff put some of the volumes in storage or recycled them, but the content still is available online. The information is more important than the medium, Boyer said.

Last fall, Joyner opened the Collaborative Learning Center for group studies that added about 200 seats.

“It's been a blockbuster success since then,” Boyer said.

Students may not be ready for school to start, but the staff at Joyner Library are.

“We're really excited about the new seats and classrooms,” Boyer said.

Contact Jackie Drake at jdrake@reflector.com or 252-329-9567.
Storm: Students and cost of college

My parents met in teachers college. It's little wonder that they both held higher education in high esteem.

Perhaps that's why there was never any question in my mind that I would continue my academic journey after high school. The question was not if I would attend college, but where I would go.

I made my decision to attend Central Michigan University based on two criteria:
1. It has an excellent journalism program; and
2. It had one of the lowest tuition rates in the state.

The fact that CMU had a reputation as a party school had nothing to do with my choice, I swear. Anyway, isn't cultivating a taste for beer part of the college experience?

I bring this up because I have seen several articles lately questioning the value of college. The Pew Research Center assembled a report on the topic. An economic writer for The New York Times weighed in. The Huffington Post, NPR and a columnist from Forbes magazine also expressed opinions.

I suppose it's not surprising that people are taking a closer look at the costs associated with higher education. Across the country, universities have jacked up tuition rates, in part due to reduced state funding. At many public colleges, the cost of gaining a diploma has more than tripled in the past 30 years. At some private institutions, costs have jumped 20 fold. And in a time when the job market is — at best — lackluster, acquiring tens of thousands of dollars in debt is enough to give anyone pause.

I was lucky enough to attend university at a time when costs were much more affordable, when grants and scholarships were available and when I was able to secure a part-time job that helped me cover almost all my additional expenses.

But even though those days are in the past (the distant past, in my case), I would still argue a college degree is worthwhile.
First of all, there's the matter of earning potential. The Pew research study found that, on average, adults who graduate from a four-year college earn about $19,550 more per year than their non-college educated counterparts. That gulf in earnings has only widened in the last few decades: The inflation-adjusted pay of college graduates has risen, and the inflation-adjusted pay of every other group has fallen.

Secondly, although the job market is tough for college grads, it's worse for people without a degree. The unemployment rate for people with a bachelor's degree or higher was 4.5 percent in July, compared to 10.1 percent for those with only a high school diploma.

Third, not all the benefits of college can be measured by a salary or the acquisition of job skills. College can help individuals grow intellectually, allowing them to become lifetime learners able to adapt to changes and absorb new skills more easily. That's important in a world where a flood of information saturates us almost every day of our working lives.

All this doesn't negate the reality that huge debt can be an untenable burden for graduates. Perhaps the best strategy is avoiding huge debt. There are many ways to accomplish this. Here are a few:

Consider attending a community college for a year or two before transferring to a four-year university. You'll collect valuable credits at a lower cost and will be ready to hit the ground running when you start classes at your school of choice.

Weigh the costs and benefits of public versus private universities carefully. Attending your "dream school" may prove less than dreamy if you have to borrow to cover the full ride. Most public colleges offer excellent educational opportunities and a much lower price.

Explore every grant and scholarship option. Not only do universities offer a variety of scholarships — some of which go unclaimed — individual departments often have smaller grants and awards available. It is well worth your while to aggressively seek out such money.

Save, save, save. When I was in high school, my wise and frugal mother encouraged me to sock away money from every part-time job I ever held. Did that cash come in handy? You'd better believe it did.

Get a job. I worked all four years while I attended college. Minimum wage employment not only will provide you with extra spending money, it may also provide motivation to finish your degree.
College can be the gateway to a better life, but during a recession it's important to approach your education as you would any investment. Be thoughtful, be thorough and be unafraid to ask questions.

In other words, begin your higher education by educating yourself about your options.

And if one of your options just happens to be a party school — well, so be it. Just educate yourself on the wisdom of drinking quality beer.

Janet Storm is a copy editor at The Daily Reflector. Contact her at jstorm@reflector.com or 252-329-9587.
UNC honor court failed to find McAdoo's obvious plagiarism

BY DAN KANE - Staff Writer

Last fall, UNC football player Michael McAdoo accepted the university honor court's findings that he had received impermissible help from a tutor who footnoted and sourced one of his papers.

The ruling resulted in an "F" on the paper, placed him on academic probation for a semester and helped keep him off the football team last year. He's also one of seven players who sat out the season as a result of an NCAA investigation into allegations of academic fraud and financial gifts and trips from agents.

When McAdoo sought to return to the team this year, he was forced to make public the process that led to the honor court's punishment. And it didn't take long for the public spotlight to shine on something missed by the professor, the honor court, the athletics department and the NCAA: McAdoo had submitted a paper that was plagiarized from multiple sources, with many passages lifted word for word.

The discovery produced more embarrassment for a university still reeling from its worst athletic scandal in 50 years. This time, Athletics Director Dick Baddour had gone to bat for McAdoo to convince NCAA officials that he deserved reinstatement for what appeared to be a lesser, admitted transgression, only to realize afterward that the paper represented something worse.

"This has been the most difficult year in the lives of everybody involved," Chancellor Holden Thorp said in an interview Thursday. "And this is another sad part of the whole episode."

McAdoo, a defensive end from Antioch, Tenn., declined to talk about his case after a hearing Wednesday in which a state judge refused to grant him an injunction so he could play football.

The professor who assigned him the paper, Julius Nyang’oro, who is also chairman of UNC's Department of African and Afro-American Studies, is out of the country and could not be reached.

Baddour had testified to NCAA officials that McAdoo's paper was "his work." Baddour also could not be reached for comment.

The 39 percent solution

McAdoo's paper first became an issue when the university discovered that he had gotten too much help from a tutor, Jennifer Wiley, who wrote the footnotes and
the bibliography for him. That led to his removal from the team for the past season, and after the honor court's decision, prompted the NCAA to declare him permanently ineligible.

McAdoo filed suit this month to challenge the NCAA decision. He contends that his misconduct, as found by the honor court, does not rise to the level of a full ban from playing football for NCAA member colleges.

Unlike honor court cases, state Superior Court proceedings are public, and that required McAdoo to produce the paper at the heart of the academic violations, as well as records of the honor court and NCAA proceedings. Message board commenters on Pack Pride, a sports website devoted to rival N.C. State, seized on the paper, finding several examples of plagiarism.

The SportsbyBrooks news blog was the first to pick up on the controversy.

In the 21-page paper, about the evolution of Swahili culture, McAdoo lifted large chunks of prose directly from books and essays, and included one passage that appears to originate from various websites with little or no attribution.

The News & Observer scanned McAdoo's paper with an online plagiarism detection program, scanmyessay.com, and found that 39 percent of the content matched other material. Additionally, the program didn't catch passages from a 1911 book, "The Future of Africa," which McAdoo used extensively in his paper without giving the author proper credit.

**Missing the plagiarism**

For more than 130 years, UNC-Chapel Hill students have pledged to abide by an honor code that forbids them from lying, cheating, stealing and other misbehavior. Those accused of violating the code go before a court of their peers who serve as prosecutor, defense and judge, deciding their academic fates in closed-door sessions.

It is a process defended by students, faculty and administrators.

The McAdoo case caused the university to acknowledge that the honor court does not have the anti-plagiarism programs to catch cheating - programs that are free on the Internet. Some academic departments do have the capability.

Thorp and other officials acknowledged that the honor court rarely investigates beyond the allegations brought to its attention.

UNC history professor Jay Smith said he is not surprised the honor court missed McAdoo's plagiarism. He has been arguing for two years that the honor court system fails to get at the heart of the misconduct.

He became a critic when he turned in a student for plagiarizing a paper in 2009. Smith had found four examples of copied passages, but at a hearing, the honor court's prosecutor provided the evidence for only one example.
As a result, the court's panel could consider only that example. It found the student guilty, but the student appealed. The appellate panel, Smith said, threw out the charge on the grounds that it could have been an honest mistake, something the panel might not have done if it had known there were three other examples.

The experience convinced Smith that students do not have the time or expertise to handle complex misconduct cases. He also said the court is too often limited to considering the charges brought to it, rather than exploring the possibility that a more egregious offense occurred.

That's problem enough for cases involving non-athletes, he said. But when an athletic department relies on the court to determine facts crucial to a key football player's eligibility, he said that puts the university's academic integrity at great risk. Student-athletes on UNC's basketball and football teams help the university collect millions of dollars in television rights, ticket sales and licensing fees, creating pressure to keep athletes eligible.

The athletics department puts "UNC's credibility on the line without apparently doing the due diligence on the basic facts of the case," he said. "And I think that's a very serious problem."

The undergraduate honor court handles roughly 190 cases a year, and most students are found guilty - 90 percent for the most recent academic year. Often students admit wrongdoing, eliminating an evidentiary hearing before a five-student panel.

Earlier this year, Smith surveyed faculty about the honor court. While a strong majority favored the process, one surprising finding was that many faculty said they don't use it. They are not identified in the survey, which was made public in April by the reesenews.org digital news service produced by UNC journalism students.

Reasons varied. While some faculty said the punishments were too harsh, many others said the court was being too lenient on cheaters.

Several responses suggested preferential treatment for student-athletes by UNC officials or the honor court.

"The evidence of cheating could not have been more obvious, and the excuse given was completely implausible," one wrote. "Also, this case dealt with a student-athlete, and I found the interventions from the athletics department asking that the case not be brought before the honor court unethical."

More academic help

Thorp said he wished someone in the university had caught the plagiarism in McAdoo's paper before the Wolfpack fans did, but he also said the handling of McAdoo's academic misconduct does not suggest the need for an overhaul of the honor court.
He said there's no need to put the plagiarism-catching technology in the hands of honor court prosecutors because they are not asked to do more than prove or disprove the allegations before them.

He also did not back away from the university's position that McAdoo should return to the team if the NCAA reverses itself about ruling him ineligible. The school has invited McAdoo to serve as a "student-coach" on the football team while he tries to convince a state judge to let him play.

"He was tried by the honor court. He got a sentence and he served it," Thorp said. "So, if he wasn't (a member of) the football team and this whole thing happened, this is exactly how we would have handled it."

Thorp does believe, however, that some reform is needed. His fix is to do more to help them in the classroom.

"We need to do a better job creating an environment where our student athletes have the resources and time so they can do their academic work."

News researchers Brooke Cain and Peggy Neal contributed to this report.

dan.kane@newsobserver.com or 919-829-4861

Common language

Former UNC football player Michael McAdoo made public his 2009 term paper on the evolution of Swahili culture earlier this month in a Superior Court filing in Durham related to his lawsuit against the NCAA and the university to win reinstatement to the team. The filing shows that the university's honor court ruled that he had received improper assistance from a tutor with citations and a "works cited" list.

Along with the improper help with footnoting, examples of plagiarism have been detected within the paper since it was made public. Running McAdoo's paper through an anti-plagiarism scanner offered online on Viper's scanmyessay.com site, 39 percent of the essay was found to match content traced to other articles, websites and resources. Below are three passages from McAdoo's paper matched with source materials, including one not detected by the anti-plagiarism scan - a 1911 book titled "The Future of Africa," which was cited incompletely in McAdoo's text.

The examples in the image above show how McAdoo's text, transcribed on the left side, compares to original source materials, on the right side. Click the image above this box to enlarge it.

Sources: Court filing from Michael McAdoo suit vs. the University of North Carolina; UNC Chancellor Holden Thorp and the NCAA; scanmyessay.com, www.archive.org,
Close kin

It should come as no surprise to state lawmakers that a report they commissioned on ways to find efficiency in the state community college system might reap a whirlwind. The 58 schools, whose mission ranges from preparing students for four-year college programs to training workers in their 50s who seek new skills to help them overcome layoffs, engender in the communities they serve a fierce loyalty.

And they are more, in those communities, than classroom buildings. Individual presidents typically are community leaders. Those who serve local boards use that experience to hone their own leadership skills. The colleges become cultural centers for broad cross-sections of people who live nearby.

A close, personal loyalty and affection for the colleges develops over the years. And this is apart from the academic contribution the community colleges make to the "big picture" of North Carolina's higher education landscape. In a given area, particularly one without a public university or even a private one, residents of nearby towns will inevitably have someone in a family, or maybe several people, enrolled in a program related to the community college.

Ideas for change

So what's this notion that in the name of efficiency, some of the smaller schools should be consolidated with the larger ones? That's a recommendation from a report generated through the General Assembly's Program Evaluation Division. The report, which was released last month, says the smaller colleges, ones with 3,000 students or fewer, are less efficient in terms of expenses and could be merged with other schools, saving money on administrators and oversight.

On its face, the argument is not preposterous, in a time when state spending is under severe pressure and it's important to identify areas for savings. Yet there is a potential for harm that should give decision-makers pause.

Part of that has to do with the expense and trouble of accomplishing the consolidations, which would involve 22 colleges and result in 15 mergers.
Scott Ralls, president of the system, says that from his viewpoint the idea's a bad one because carrying it out would, if everything worked perfectly, save only about $5 million a year, which amounts to less than half of 1 percent of the community colleges' $1.3 billion annual budget. That's not a lot of money, relatively speaking, to put the system through quite a gymnastic contortion.

That's an even better argument if one considers the expense of carrying out the mergers, and the outcome, frankly, would be uncertain.

**The other factors**

Ralls makes another point that's important as well. "Community colleges," he says, "are much more than places where classes take place. They're the hubs of leadership; they're the beacons of economic hope, and they are the catalyst for things happening in many communities where they don't see a lot of positive things happening."

He and others, who of course have an intense professional commitment to preserving the system's strengths as they see them, question whether a $5 million saving is worth perhaps putting those strengths at risk. It is a valid question.

It's fair to generate discussion about changing things, even big things. Efficiencies in the state's public university system, for example, are discussed from time to time in terms of whether there are duplicative programs or too many administrators. Even such discussions can promote positive changes. For example: the community college report suggests a more centralized purchasing system, which is not a bad idea.

And if college administrators examine proximity to other schools and factors that might favor mergers, the world would not end. But even a smaller college can contribute greatly to a community. North Carolinians who have driven any distances in their state can recall going for miles through rural areas and then coming upon a community college set back from the highway, the wheel hub of a county, or a region.

This is a value worth considering as change is pondered.