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A bald eagle found with an injured wing over Thanksgiving practices flying Saturday morning in a Simpson rehab facility. (Scott Davis/The Daily Reflector)

**Eagle pride soars**

By Jackie Drake

A day to officially recognize the bald eagle is spreading its wings and taking off in North Carolina and the nation.

Gov. Beverly Perdue has declared today American Eagle Day for the first time in North Carolina. The state joins about 30 others that have issued similar proclamations for the promotion and protection of the bird that has become a symbol of America.

Once endangered, bald eagles have made a comeback in eastern North Carolina, according to longtime wildlife photographer and retired East Carolina University professor Jerry Lotterhos.

“Seeing the eagles in our area is very exciting,” said Lotterhos, who is the coordinator of East Carolina Eagle Watch, a new local nonprofit organization under the national American Eagle Foundation.

“We’re trying to protect the eagle in eastern North Carolina,” he said.

Congress has declared a national American Eagle Day in individual years including 2012, but both organizations are working to have it become a permanent annual event.

Eagles were removed from the endangered species list in 2007 but continue to be protected under other federal acts.

One eagle in eastern North Carolina in particular embodies the spirit of survival and freedom eagles have come to symbolize.

Last Thanksgiving, Pitt County Sheriff’s deputies near the Chicod community rescued an eagle with an injured wing, which came to be nicknamed “Catfish.”
After regaining flight, Catfish successfully was released in March, according to wildlife rehabilitator Mark Ansley, who runs the Eastern Wildlife Center in Simpson.

“He did fine at our facility and was flying very well,” Ansley said.

Eagles are very territorial, so the release took place in the same field where the bird was found.

“He flew right off,” Ansley said. “You could tell he knew where he was. He went right back where he came from.”

For more information, visit http://www.easternwildlifecenter.com.

*Contact Lotterhos with East Carolina Eagle Watch at 327-6432.*
Fellows fill need

N.C. Senate Bill 795 is proposing to create the N.C. Teacher Corp (NCTC) as an alternative for the N.C. Teaching Fellows Program: Sorry, but it does not add up.

Almost 80 percent of the Teaching Fellows stay in teaching for at least five years, while only about 40 percent of the alternative entry teachers (those like the proposed NCTC) stay for five years – and less than 10 percent of Teach for America corps members. To supply the same number of teachers as the Teaching Fellows Program, the NCTC would have to supply many times more than the 400-plus Teaching Fellows Program does every year.

There were over 3,925 Teaching Fellows graduates teaching in public schools in 91 of the 100 North Carolina counties in academic year 2010-2011. The Teach for America program has a few hundred members teaching primarily in high-need districts and schools – an important, but niche contribution when compared to the overall need. There is no market research on who would be attracted to the proposed NCTC program. This is a big gamble on both quality and quantity!

We need to place our primary bet on high-quality individuals who want to make teaching their profession. We need the N.C. Teaching Fellows Program!

Charles Coble
Chapel Hill

The writer, co-founder and partner of Teacher Preparation Analytics, is a former dean of the College of Education, East Carolina University.
In Greece, 'Red' Island Shows Left-Wing Divide

By JAMES ANGELOS

ICARIA, Greece—Locals refer to this craggy Aegean island simply as "the red rock"—not so much for its landscape, but for a political tradition that many in Europe worry will help pull Greece out of the euro zone.

There is little doubt which party will win the most votes on Sunday in Icaria, named after Icarus, the mythological figure who flew too close to the sun and plunged into the sea. The Communist Party of Greece, or KKE, a Marxist-Leninist party with members who still revere the Soviet Union, is expected to dominate the vote, as it has for more than a generation.

The Communist Party's success here helps explain Greece's longtime flirtation with an ideology that has done much to challenge the country's place in the currency bloc as its debt crisis has worsened. Greece's entrenched leftist tradition has propelled the KKE's popularity long after the end of Cold War, as well as the recent success of the radical left party Syriza, which upended national elections last month with its anti-austerity message.

The KKE has held limited sway in Greece's national parliament, but its stridence and influence through trade unions, which have protested austerity and labor reforms, make it a robust political presence. Party loyalists have
been among the most vocal street demonstrators, and at one point hung an enormous banner with a hammer and sickle over the Acropolis in Athens.

The party's roots spread deep across Greek society, but nowhere is it stronger than Icaria, a sun-scorched island of around 8,500 residents, where its dominance since after the end of World War II has inspired the "red" nickname. The KKE won 41% of the vote in Icaria in national parliamentary elections held last month—helping boost the party to its sole plurality win in one of Greece's 56 electoral districts.

"You have Cuba, North Korea, and Icaria," says Anthony Papalas, a professor emeritus of Greek and Roman history at East Carolina University in Greenville, N.C., who has written extensively about the island and calls it one of the world's few communist bastions. "It's like stepping into a time capsule."

The left's foothold in Greece and the nation's political polarization, marked by the recent growth in support for extreme parties on both sides of the spectrum, aren't a novel phenomenon.

During the World War II occupation of Greece by German-led forces, elements of the Greek resistance—communist and noncommunist guerrilla fighters—began to fight each other for control of the nation, culminating in a brutal 3½-year civil war that continues to haunt the country's psyche.

Upon the communists' defeat, a wave of leftist exiles was sent to Icaria, where communists were already entrenched in the population. Locals here esteemed the exiles, who were often well-educated and helped build roads, dig wells and provide medical care. Communist ideology spread further around the island.

"We fed them and they influenced us," says Georgios Malathritis, a retired construction worker born in a mountain village.

Many on this island describe themselves as fiercely independent from the Greek government and are proud that before the island became part of Greece a century ago, it was briefly an independent nation called the Free State of Icaria. The Greek government has historically done little to help the island, many locals say, claiming that they have survived intense poverty through a communal spirit that matches well with communist ideology.

For many, their beliefs have been reinforced through experiences of persecution. Older Icarians speak of suffering from incarceration and harassment from right-wing governments.
After it was outlawed following the civil war, the Greek Communist Party was legalized in 1974 following a seven-year right-wing military dictatorship. But the party's aspirations for power were undercut by the rise of Pasok, a center-left party that lured leftist support by expanding government and social spending, including benefits for those who had participated in the World War II resistance.

Today, a sharp drop in social spending due to austerity measures and support for Greece's mainstream parties—particularly Pasok, now struggling for its survival—have cleared the way for the far left's emergence in the form of Syriza, a coalition of leftist parties that finished a surprise second in May elections.

But there is little unity on the fragmented Greek left. KKE members call Syriza populist and opportunistic. Syriza supporters accuse KKE adherents of unrealistically awaiting the emergence of a global communist revolution.

The leader of the KKE, which won just under 8.5% of the vote in national elections in May, has ruled out a coalition with Syriza, and communist candidates are campaigning strenuously to prevent defections to Syriza.

"Long live the KKE," Dimitris Mavratzotis, a gastroenterologist and Communist Party candidate for parliament for the area including Icaria, blared into a microphone at a rally on the island earlier this week in a small mountain village. Behind him hung a poster that read, "Don't trust Syriza."

After the speech, spectators expressed their party fidelity.

"Our grandfathers were all KKE," said 18-year-old Xenofon Kohilas. "From birth we are all KKE."
Kolasa: Survivors’ Day event

First, let me give a “shout out” to Ed Moore (of Sandy Feat sand sculpture fame), the Optimist Club of Raleigh and loads of volunteers and sponsors of the 2012 Mile of Hope. It’s the 22nd year that children receiving care by the Pediatric Oncology programs at East Carolina University-Vidant Health, the University of North Carolina at Chapel Hill and Duke University and their families were treated to a weekend of fun at Atlantic Beach. It’s great to see these kids and their siblings being active, eating healthy and being focused on living life to its fullest. We hope they will have many Survivor Days to Celebrate.

And that’s what today’s column is about: life after the cancer diagnosis. My good friend and colleague, Kathye Bennett-Chambliss, a clinical dietitian working in oncology at the Leo W. Jenkins Cancer Center, wants you to know about a special event. Many cancer patients are thankful for the great nutrition care Kathye has provided locally for many years.

The Leo W. Jenkins Cancer Center, 600 Moye Blvd., will host the 2012 Survivors’ Day at 5:30 p.m. Thursday. This is an East Carolina University and Vidant Health Center collaboration for cancer care to bring patients and caregivers together for fun and information. Anyone who has been diagnosed with cancer is welcome to attend. Survivors are encouraged to bring their families with them. There will be complimentary chair massages, music, informational booths, bingo, face-painting and dinner provided. Admission is free. Call 744-4929 for more information and to register.

More than 1 million people will be diagnosed with cancer in the United States each year. Once someone is diagnosed, they join the 11 million cancer survivors in the United States. This survivorship continues from the day of diagnosis, through treatment and following treatment for the rest of their lives.

Prevention of any cancer is a number one goal along with new ways to battle the disease. But just as important is improving survival after cancer has been diagnosed. Many aspects of life of patients and care givers are affected with a diagnosis, treatment and ongoing survivorship. Cancer and cancer treatment can leave the survivors facing numerous health, social, financial
and personal challenges and is one reason why research and support are so important to so many.

With the good news that the number of survivors is up from the estimated 3 million 40 years ago, the need and the resources for support for survivors during and after treatment is growing. One of these resources, the American Institutes for Cancer Research (AICR), offers strategies and information focusing on healthy eating and staying active. Visit www.aicr.org/patients-survivors for more information.

In the past, many cancer survivors followed extreme diets in hopes of prolonging their lives or preventing a recurrence. But today’s science says the strategies are similar to those that help us prevent cancer or heart disease or other chronic diseases. Don’t use dietary supplements without discussing them with your doctor or dietitian. Be as lean as possible without becoming underweight. Be physically active for at least 30 minutes every day. Avoid sugary drinks. Limit consumption of energy-dense foods. Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.

If consumed at all, limit alcoholic drinks to two for men and one for women a day (a serving is 5 ounces of wine, 12 ounces of beer or 1½ ounces of distilled spirits). Limit consumption of salty foods and foods processed with salt (sodium).

The only guideline that these cancer experts gives that differs from good dietary guidelines focuses on red meat. The AICR suggests you limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.

If you are a cancer patient or a cancer survivor, schedule a visit with a registered dietitian to help plan your eating approach. It will be well worth your time and money.

Professor emeritus Kathy Kolasa, a registered dietitian and Ph.D., works with the Family Medicine Center, Brody School of Medicine at ECU. Contact her at kolasaka@ecu.edu.
Duke study finds gamers shouldn't dial and drive

By Kerstin Nordstrom - knordstrom@newsobserver.com

DURHAM—Pairing cellphones and driving is a skill that people, on average, have not mastered, according to accident data and numerous studies, such as those equating cellphone use with drunk driving.

But what about people who play video games, who have been found to have better attention and perception compared to the general population? Sarah Donohue, a postdoctoral researcher at the Center for Cognitive Neuroscience at Duke University, thought if anyone could do a good job of talking and driving, it’s gamers.

Turns out she was wrong.

In a study published in the journal Attention, Perception, and Psychophysics, Donohue and her colleagues examined how well people did three primary tasks while also performing a second task: answering Trivial Pursuit questions over a speakerphone. “It’s not completely analogous to a cellphone conversation,” says Donohue. “But it taps into many of the same mental processes.”

One of the primary tasks was taking a simple computer test, similar to a moving-objects test at an eye doctor’s office. The second was finding hidden pictures, as in a children’s puzzle book. The third was driving on a simulated course. The researchers evaluated how people performed the primary tasks and whether their performance suffered when also “on the phone.”

The researchers then compared the performance of gamers and non-gamers.

Both groups were equally bad at trying to take the test or solve the puzzle while talking over the speakerphone.

The gamers, unsurprisingly, did better at the driving-only task, likely because it echoed the feel of many live-action video games. But once the phone was thrown into the mix, their driving also got worse. Seemingly, no one is immune.

“For years I’ve been getting (angry) at drivers on their cellphones nearly running into me,” says lead researcher Stephen Mitroff, associate professor of psychology and neuroscience and member of the Duke Institute for Brain Sciences. “I wanted some data so I could justify my anger.”
His anger, he learned, is justified. Everyone’s performance on every task suffered while multitasking.

So why do so many of us do it anyway?

“We’ve all been talking on the phone since we were 10, and driving for almost as long,” says Mitroff. “They seem second nature. We see the data and think, yeah, but I’m okay. But then everyone can think of that horrible person they’ve been behind.”

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After Harvard study urging career training, states network to offer 4-year college alternative

By Associated Press, Published: June 19

More than a year after the release of a Harvard University report encouraging the development of more pathways to careers for young adults, a coalition of six states has begun taking steps toward offering viable alternatives for students beyond attending a four-year college.

The Pathways to Prosperity report by Harvard University’s Graduate School of Education concluded millions of students are being shortchanged in preparation for a successful career by a one-size-fits-all approach that encourages everyone to earn a bachelor’s degree.

The researchers noted that while most jobs now require some higher education, just a third of those created in the coming years are expected to require a bachelor’s degree or higher. The same amount will need an associate’s degree or occupational credential. The report’s authors urged the U.S. to place a greater emphasis on occupational instruction.

Illinois, Maine, Massachusetts, Missouri, North Carolina and Tennessee announced Tuesday they have formed a network to build alternative tracks leading to a successful career. They’ll be working with the Pathways to Prosperity Project at Harvard and Jobs for the Future to connect employers with educators and policymakers.

“We’re going to work in a more deliberate, concerted way than we have been on establishing career pathways,” said Paul Reville, Massachusetts’s secretary of education.

Harvard doctoral students and leaders from Jobs for the Future, an organization that seeks to align education with career opportunities, will be visiting each state to look at current workforce needs and where there are postsecondary education gaps. They’ll then focus on building a system of pathways for high school students toward a postsecondary credential.

“This is valuable not just for preparing students to transition one day into the workforce but also building motivation and inspiration for students,” Reville said.

The idea of guiding students toward a path that doesn’t result in a four-year degree has been somewhat controversial. Some fear it will result in students being sent on tracks early on that limit them later in life. The report authors and network
participants say students who choose a career track will be equally prepared to pursue a four-year degree later.

Robert Schwartz, co-author of the report and a leader of the state network, said the coalition comes at a time when more families are questioning the value of investing tens of thousands of dollars in higher education that burdens students with debt and doesn’t always lead to a lucrative career.

“I think we’re going to see much more pressure from middle class families on schools,” Schwartz said.

The coalition expects other states to join the network in the weeks and months ahead.

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