

The Daily Tar Heel

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UNC, WACHOVIA INK DEAL

AND SIGNAGE MEANS?

- More than \$9.1 million given to the Department of Athletics during the next eight years
- Two 6-feet by 8-feet permanent Wachovia displays on two upper-level video boards
- A permanent Wachovia display on the courtside LED board
- On-site Wachovia sponsorship at Boshamer Stadium, Carmichael Auditorium and Fetzer Field
- Nike logos to appear on goal posts in the Smith Center

FIRST SIGNS OF CORPORATE SPONSORSHIP ANNOUNCED

BY LINDSAY MICHEL
ASSISTANT UNIVERSITY EDITOR

Virtually untouched since its 1986 opening, the Smith Center soon will sport the signs of corporate sponsorship.

UNC and Wachovia Corp. have entered into an eight-year partnership that will foster on-site sponsorship in UNC athletic facilities, corporate and University officials announced Tuesday.

The agreement also will serve as an extension to the 2003 agreement to have Wachovia be the official financial services sponsor for the Department of Athletics.

Director of Athletics Dick Baddour said Wachovia's strong reputation and long-standing relationship with North Carolinians and the University served as the company's most appealing draw.

"It just seems like a natural for us," Baddour said. "We were looking for a kind of organization that shared our values."

The funding — which will begin this academic year as a \$1 million installment and will total more than \$9.1 million by 2013 — will go toward improving UNC's Olympic sports facilities and to programs such as sports medicine and student-athlete services.

Now, as it strives to maintain

its facilities, the athletic department is financially stretched, said Martina Ballen, senior associate athletic director for business and finance.

"We have a lot of facilities, and it is not cheap to maintain these facilities, much less to renovate or improve them," Ballen said. "So what this additional amount does is it allows us to do all those things

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DTH WISHES YOU A HAPPY HOLIDAY

Do not fear, do not fret, The Daily Tar Heel will resume publication Monday after a holiday respite. We encourage readers to visit our Web site, dailytarheel.com, during the break for fresh content, such as the results of the University's sporting events. Enjoy the break; we certainly will.

Sports teams need to feed

Specialized diets enhance abilities

BY KRISTIN PRATT
STAFF WRITER

For most Americans, the traditional Thanksgiving meal provides fuel for watching football and putting up with family members.

But North Carolina athletes see Thanksgiving dinner and every meal as an opportunity to fuel their bodies for competition.

Nutrition is a crucial component of athletes' training because it provides them with the energy to perform at their best, says Jennifer Ketterly, nutrition and fitness coordinator at the UNC Center for Healthy Student Behaviors.

"It's a component that serves as a base for all of their training," says Ketterly, who also coordinates and helps recommend nutrition plans for the University's athletic teams.

"Because you can't take supplements and you can't take steroids to get bigger, the only thing that they have is to maximize their performance nutrition principles."

But eating right doesn't just provide power for games or practice.

"Mainly what we're trying to do is fuel them so they don't get fatigued in games or practices, because as fatigue levels rise, the risk of injury rises as well," she says.

Generally, athletes have to take in more calories and have to eat at the right times.

"All in all, carbohydrates are the main energy source for athletes," Ketterly says.

In fact, she says, athletes need 60 percent to 70 percent more carbohydrates than the average person because they have a higher need for energy, and it is important for athletes to get the right ratio of carbs into their diets.

That ratio depends on the time of the pregame meal.

"When you eat is almost as important as what you eat," Ketterly says.

Generally, it's important to spread out eating throughout the day because it is better for the metabolism and limits any increases in body composition.

Because proteins takes longer to digest, for example, players are better off eating them well before game time.

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A BLOGGER'S WORLD

Maintained by
DEBORAH NEFFA
STAFF WRITER

BLOG LINKS

- Chris Coletta**
barbecuetenders.blogspot.com
- Derwin Dubose**
www.derwindubose.net
- Ginny Franks**
missoginny.blogspot.com
- Dustin Ingalls**
www.livejournal.com/users/swankydustin
- James Riley**
www.unc.edu/%7Eriley/blog.html
- Kris Wampler**
wampersays.blogspot.com

Check out all those blogs >>

With 16,525 undergraduate and 10,353 graduate students at UNC-Chapel Hill, communication plays an invaluable role on campus. Now, more than ever, that communication is coming in the form of personal diaries.

Web logs, online journals accessible to large audiences, allow students to become better acquainted with others at UNC-CH by permitting the exchange of opinions and ideas through writing and commentary.

Similar to any other habit, Web logs — known as "blogs" colloquially — can either be used in moderation or become an addiction.

COMMENT > "Blogs are their own steroids, they can be just as good or bad as anything." — Journalism professor Paul Jones (I also direct ibiblio.org, a digital archive run jointly by UNC-CH and the Center for the Public Domain.)

Sound of the revolution >>

As a new means of communication, blogs are revolutionizing the Internet, fostering an immediate and accessible flow of information from reader to reader. On campus most students see the blogs as an expansion of the tenets of the college lifestyle, though there has been some backlash.

COMMENT > "People can send out party invitations, look at the news, shop, and even find dating over the Internet. It's the direction society is going." — Alex Robinson, sophomore English and anthropology double major

KEEP READING 'A BLOGGER'S WORLD,' PAGE 5

HOW-TO BLOG

The University provides every student with free Web space.

For more information on how to set up the site, go to <http://help.unc.edu/?id=108>.

The Web offers a number of free blog hosting sites:

- www.xanga.com
- www.blogger.com/start
- www.livejournal.com
- www.myspace.com
- www.pivotlog.net

BLOGGIN' TIPS

- 1 Update your blog frequently with new content. You won't attract readers without fresh material.
- 2 Try to have a more popular blog provide a Web link to yours. People won't read your blog if they can't find it.
- 3 Maintain some standards of ethics. Avoid criticizing others and don't verbally abuse your readers.

PHOTOS COURTESY OF APPLE

Holiday travelers opt out of highways, into skyways

Gas prices push air travel numbers

BY PAUL KIERNAN
STAFF WRITER

For most North Carolinians, the way to spend the Thanksgiving holiday is a no-brainer — it's getting there that's the problem.

Holiday travel rarely is predictable, but higher gas prices have caused some kinks in this year's outlook, pushing people more toward the skies.

"We're seeing only about 0.5 percent increase in auto travel this year primarily because (gas) prices are so high, but air travel has gone up by 3.2 percent," said Sarah Davis, spokeswoman for AAA Carolinas.

There is usually about a 2 percent year-by-year increase in the number of people on the roads, she noted.

Still, with an estimated 1.05 million travelers expected to drive this year, people should leave at nonpeak travel times and allow plenty of time to reach their destinations, said Tammy Stewart, a spokeswoman for the N.C. Department of Transportation.

"I'm sure there will be acci-

dents with the number of people out there," she said.

Most work zones along major highway routes will be inactive between Tuesday evening and Monday morning, Stewart said.

In addition, the N.C. State Highway Patrol is planning to increase its presence on interstates and four-lane highways to try to minimize traffic fatalities during the Thanksgiving holiday, said Lt. Everett Clendenin.

"Twenty-four people were killed on North Carolina highways last year," he said. "It's the deadliest holiday weekend in North Carolina."

The apparent trend toward air travel might help keep that number at bay.

As the average price of gas in North Carolina has jumped from \$1.92 per gallon last year to \$2.27 this year as of Nov. 17, more travelers are considering flying.

Raleigh-Durham International Airport is expect-

SEE TRAVEL, PAGE 5

GOBBLE, GOBBLE



DTH/SCARLETT MILLER

Maura Casey admires wreaths made of dried flowers at the Grandma's Garden booth at the Carboro Farmers' Market on Tuesday. Maura is spending the holiday with her sister Meghan Casey. See page 2 for an article on other holiday goings-on.

Potential driving delays ahead

Durham County

The following ramps are closed with signed detours in place:

- Northbound and southbound I-85 off-ramp to Hillandale Road (exit 174)
- Avondale Drive (exit 177) on-ramp to I-85 North

Wake County

- A new traffic pattern on U.S. 1/64 North from Kildaire Farm Road to the I-40 interchange. The new traffic pattern will provide an additional temporary lane from Walnut Street to the I-40 interchange.

Good to know:

- The penalty for speeding through a marked work zone is \$250.
- Call 511, NCDOT's free travel information line, for updates on real-time incidents affecting traffic patterns.

SOURCE: N.C. DOT
DTH/FEILINDING CAGE

Announcement

No guest column today

The weekly guest column will not run in today's DTH because of a miscommunication.

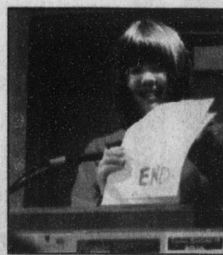
The columns will resume their normal schedule Wednesday.

online | dailytarheel.com

DOLLAR BILLS YA'LL Committee votes to support \$5,000 for 'Science Guy'

POLICY SHIFT? Annual Carolina Poll shows a general shift toward the left

A HIGHER STANDARD? Committee discusses requirements for Greek label



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TELL ME A STORY

The Carolina Parent's writing contest winners read their material at a Durham event. Stories centered around turtles, ants and gerbils.

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THOROUGH DRUMMING

The Tar Heel men's basketball team rebounds from a close win against Gardner-Webb to thump Cleveland State, 112-55, to go to 2-0 Tuesday.

weather

Mostly Sunny
H 48, L 34

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