

Student Health Services Has New Doctor

Cylea Seabrook
Contributor

There is a new on-campus physician. With over eight years of experience in the medical field, Dr. Barber, a native of Trenton, North Carolina, is fulfilling his dream by becoming a university doctor.

Though he presently resides in Durham, North Carolina, Dr. Barber will be working at the University in Student Health Services on Mondays from 1:00 a.m. until 5:00 p.m., Tuesdays from 8:00 a.m. until 8:00 p.m. and Wednesdays from 8:00 a.m. until 12:00 p.m.

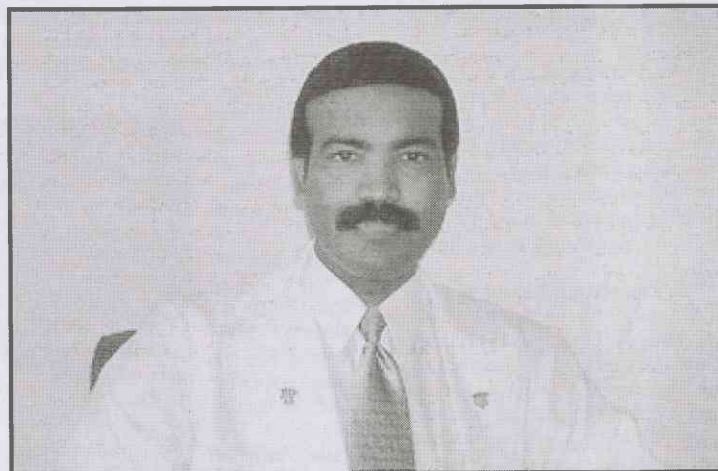
Barber says that while working in health services, he plans to transform the infirmary to an advanced medical center so that students will not have to leave campus for medical assistance. Barber works with various pharmaceu-

tical companies so he can provide inexpensive medicine for patients.

He also plans to up-grade the current laboratory, be able to draw blood and hopefully acquire an electrocardiogram machine, which is a non invasive test that records the electrical activity of the heart.

His advice to students is to exercise: "Not only is it good for the body, but for the mind because it relieves stress," he says smiling. Dr. Barber expressed that he feels welcomed and very at home with the help of faculty, staff and students.

He is a graduate of the University of North Carolina School of Medicine where he obtained a degree in biolog and graduated Summa Cum Laude. He currently operates his own weight loss center in Hillsborough.



Dr. Barber
Photo by Inger Parker

Guide to Happiness During Your College Years

Lost in the current obsession to get into the best university is something most adults readily admit, at least in hindsight: It doesn't matter so much where you go to college, but what you make of the experience.

So how to make the most of it?

It turns out there are a whole range of concrete ways students can improve their experience," said Professor Light who teaches at the John F. Kennedy School of Government at Harvard.

1. Meet the faculty. Your job is to get to know one faculty member reasonably well and get the faculty member to know you reasonably well. If you do nothing else do that. On the most opportunistic level this means that at the end of four years -two semesters each-the student has eight professors to write recommendations for jobs or for graduate school. But more impor-

tant, the relationship makes a student feel more connected to the institution.

2. Take a mix of courses. Nearly without exception, the students in the study who were struggling were taking nothing but large introductory courses that were needed to complete their degree. The trouble is introductory courses range across so much material they often fail to offer students anything to sink their teeth into. So when it comes time to choose a major, students don't know what really interests them.

3. Study in groups. Students who studeid on their own and then discussed the work in groups of four for just once a week, understood material better and felt more engaged with their classes.

4. Write, write, write. Choose courses with many short papers instead of one or two long ones. This means addi-

tional work-more than 12 hours a week versus fewer than 9 or about 40 percent more time-but it also improves grades. And the more writing, the better.

5. Speak another language. Foreign language courses are the best-kept secret on campus. Many students arrive with enough skills to test out of a college's language requirement. In short, foreign language courses combine all the elements that lead to more learning and more engagement.

6. Consider time. Students reported that they did not succeed when they studeid the way they had in high school, squeezing in 25 minutes in a study hall, 35 minutes after sports practice and 45 minutes after dinner. Grades and understanding improved when they set aside an uninterrupted stretch of a few hours.

7. Hold the drum. Students often

flounder in college because they do not have the same social or family support network they had at home. Those who get involved in outside activities even ones not aimed at padding a resume or graduate school application are happiest. Joining a band for example can get one involved in pep rallies and football games and introduced them to a diverse range of students.

What goes on in situations outside of class is just as important and in some situations, it turns out to be a bigger deal than what happens in class. Very often an experience outside of class can have a profound effect on the courses students choose and even what they want to do with their lives. So students make a concious effort to make the most of your entire college experience.

Information for this article was obtained from the *Harvard Guide to Happiness* from the New York Times.

Summer Safety Tips You Should Know

Heather Malone

1. Wear sun block to avoid sunburn. The sun damages the skin cells and can cause skin cancer.

2. Wear sunglasses. Your eyeballs can get sunburned too. Light colored eyes are more susceptible to sun damage.

3. Drink plenty of water to stay hydrated. Soda and some teas contain caffeine, which dehydrates the body.

4. Step into some shade or go indoors. This helps to prevent sun burn and heat stroke.

5. If you're drinking alcohol, stay out of the hot sun. Alcohol dehydrates the body and staying in the sun dehydrates the body even more.

6. Never drink alcohol then swim or

drive a boat.

7. Never swim alone. If you get a cramp, or get into trouble, nobody will be there to help you out of the water.

8. If you're driving, don't speed to get where you want to go, and stop frequently to stay fresh and stretch. If you start to get tired, STOP! Rest for the remainder of the day, then start again the next day.

9. Do all of your strenuous activity during the cool parts of the day, like in the early morning or during the evening.

10. If you're playing sports, be sure to wear the proper safety equipment, and drink plenty of fluids.

New Fitness Center Open in Elizabeth City

Brian Gray

bgray21@hotmail.com

The Fitness Warehouse is a new gym located in downtown Elizabeth City that provides the most current workout equipment and competitive single, family, student and corporate membership and rates.

The new gym offers aerobics, step aerobics, yoga and kickboxing classes. In addition, there are also powerlifting sessions offered. Equipment such as Hammerstrength, Lifefitness, Cybex

and Stairmaster are all synonymous with quality.

The Fitness Warehouse is co-owned and managed by three community members: Sam Bloodworth, Donnie Markham and ECSU student, Bean Owens. The gym has a knowledgeable staff of 13, including world ranked professional bodybuilder, A.J. McLee.

The Warehouse opens at 5:30 a.m. and closes at 9:30 p.m. Monday through Friday, and is open on Saturday from 8 a.m. to 6p.m.