

FEATURES

Reserve call-up

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Call-up mobilization problems couldn't keep Dr. Karen Strother-Jordan's husband from being called to Kosovo to serve a 90 day tour of duty for the Army Reserves. Dr. Strother-Jordan is a professor in the Language, Literature and Communication Department.

Nationwide, 300,000 members of the Military Reserves and National Guard have been called to fulfill their obligations.

Dr. George L. Jordan III, a radiologist at Albemarle Hospital, received his first phone call from the

Army Reserve spring 2003. Dr. Jordan was initially assigned to go to Iraq to serve as a radiologist for the United States Army but another doctor took his place.

In June, Dr. Jordan was told to report for duty and was sent to Kosovo. Upon arriving in Kosovo, he realized that although he was stationed there his work was being sent to him electronically from Germany. His duties include reading films and making diagnoses on his computer, and not actually examining patients.

"Why go across the world to perform a task that could have easily been performed at home?" Dr. Strother-Jordan asked. This and many other issues about the reserv-

ist call-up are concerning Americans across the nation.

The GAO report, (GAO-03-921), to the Subcommittee on Personnel, the Committee on Armed Services and the U.S. Senate says that the methods used to call-up reserves were out-of-date. Instead of an automated system, the mobilization process was based on paper, phone calls, faxes, and e-mail messages.

The report also revealed that 12 reserve units, due to poor tracking systems, were kept on alert for over a year and whenever one position could not be filled, the Army sent out 567 requests to locate that one person to assume the task. The

Army had incorrect addresses for over 40,000 Individual Ready Reserve Personnel.

The Army is not the only branch of the military to have call-up problems identified by the GAO report. The Air Force Reserve and the Air National Guard had no automated system in place and some Naval Reserve officials did not know which recruits were called to their processing centers or when they should report.

The report also criticized the poor communication and the amount of outdated information involved and that the defense department "did not meet the mobilization requirements needed to deal with the terrorist attacks."

The report concluded that the call-up was "hampered by information gaps between data systems maintained by active-duty and reserve components."

The GOA recommends that the Department of Defense improve mobilization planning, increase visibility over the readiness of small units, provide for the seamless transfer of reservist's data, update mobilization guidance, improve predictability for the Army units, increase access to the Individual Ready Reserve (IRR), and update IRR policies.

The DOD generally agrees with the GAO report and its recommendations.

Fighting the "Freshman 15"

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The freshman year of college for most students is the most drastic change in their life. This freedom brings with it a lot of stresses that most students have never had to deal with prior to now. These stresses, and new freedoms, lead many students to neglect their dietary habits. The "Freshman 15" is a term that describes the weight-gain that many freshmen experience.

"All-you-can-eat dining halls, weekend parties (with a bit too much drinking and munching), skipping meals due to bus schedules, late-night pizza runs, and stress-eating all contribute to excess pounds put on by first-year students," Sheri Albert, MPH, Registered Dietitian at the University of California at Los Angeles said.

"Fast food and the over use of the microwave for meals are culprits (of weight gain)," Beverly Shannon, RN, BSN of the Elizabeth City State University Student Health Services said.

"Education on the long-term effects of weight gain, such as hypertension, heart disease and diabetes," is one preventive measure that Shannon recommends.

Some students believe that the "Freshman 15" is merely a myth.

"I lost weight. I lost about 10-15 pounds my freshman year, but I gained it back my sophomore year," Carla Chambers, a junior majoring in Social Work, said.

"I think I lost weight. Cafeteria food isn't that good so most students eat out everyday," Renee Deans, a senior majoring in Business with a concentration in Management, added.

"Students do gain weight their first year, but the average is about only six pounds for men and 4.5 pounds for women," reported Boston's Channel 5 News on a study performed at Tufts University's School of Nutrition Science and Policy.

Drastic changes in weight can have serious long-term effects that many college students don't consider. Regular exercise and a healthy diet are two habits that all people should adopt, sooner than later.

"Freshman 15" Prevention Tips

- ❑ Resist going back for seconds and thirds.
- ❑ Eat slowly and savor your food.
- ❑ Choose low fat foods.
- ❑ Keep in mind that fat-free doesn't mean calorie-free.
- ❑ Fill up on high fiber vegetables and fruits.
- ❑ Drink more water, and keep other beverages in check.
- ❑ Minimize late night snacking.
- ❑ Eat at regular intervals throughout the day.
- ❑ Be active on a daily basis.

Recipes of the Month

Scrambled eggs:

- 2 eggs
- 2 Tablespoons of milk
- 2 Teaspoons of margarine
- Salt and pepper

Beat two eggs in a bowl and add 2 tablespoons of milk, and salt and pepper. Melt 2 teaspoons of margarine in a 1-quart Casserole dish in microwave (30 seconds). Pour egg mixture into dish and cook uncovered 3 to 4 minutes. Remove and let stand covered for 2 minutes.

Mini pizzas:

- 4 English muffins
- 1 Can tomato sauce
- Oregano, garlic powder, mozzarella cheese
- Optional: green pepper strips, pepperoni, mushroom, slices, grated Parmesan cheese, and chopped onion

Toast 4 English muffins, top with 1 can (8 oz.) tomato sauce, teaspoon oregano, dash of garlic powder and mozzarella cheese. Cook uncovered 1 to 2 minutes. Optional toppings: green pepper strips, pepperoni, slices of mushroom, grated Parmesan cheese, and chopped onion.

Dorm rooms: Hot and cramped

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Sweat starts to trickle down your forehead, your clothes start to stick to your body, and it feels like your room is blazing on fire. These are just a few reasons why students who live in non-air conditioned dormitories at Elizabeth City State University such as Wamack Hall, Doles Hall, Hugh Cale Hall, and Mitchell Lewis Hall are complaining. There may just be complaints until the renovations are finished on campus.

"I just moved out of Hugh Cale Hall into Butler Hall because I have bronchitis," said Kacey Smith, a senior.

Wamack, Doles, Hugh Cale,

and Mitchell Lewis are dormitories that will soon be renovated but in the meantime students still have to suffer from the heat.

"Hell yeah, it's illegal! It is so hot in here," said James Stratford, a freshman who resides in Hugh Cale. I have six fans, and there is so much wind that it sounds like I'm on the Titanic. I think I saw the Devil sitting down with an air-conditioner; we need a ventilation fan to pump the heat out." He adds that Mitchell Lewis has nothing on Hugh Cale when it comes to the heat, because the trees try to fan themselves outside their window. Accordingly, he may have some agreement on the comparison between Hugh Cale Hall and Mitchell Lewis Hall.

"It's only hot in here [Mitchell

Lewis Hall] when the sun is out," said Tim Core, a senior who resides in Mitchell Lewis.

These particular dorms are not the only problems that students are complaining about: many of them are also overcrowded, and have been that way since last year.

"When I first got here I wanted to go back to New York because of the room size, and as small as this room is, I had a roommate. But I'm okay now, because I got the closet," said Stratford.

There are many upperclassmen who share dorms with underclassmen and this can cause a problem with co-ed visitation. Freshmen are not allowed to participate in co-ed visitation in

the dormitories; so therefore, upperclassmen have to choose a floor where freshmen aren't residing. This may cause upperclassmen to have to relocate, thus moving in with someone else on a floor where freshmen aren't residing, and creating an overcrowded room.

"As an upperclassman, having to reside in Bias Hall last year, I would say that it was an experience that I didn't feel was fair," said Lashonda Harvey, a senior. I had to be subjected to the rules of freshmen. Not being able to have privileges such as co-ed visitation that I had earned as an upperclassman. I've also noticed that in addition to this problem, that it is very unfair for anyone, not just underclassmen to live in non-air conditioned dorms, but

if there is going to be a factor, I feel that upperclassmen have earned the right to reside in air-conditioned over underclassmen."

The female freshmen dorm this year is New Residence and the male freshmen dorm is Wamack. Wamack is non-air-conditioned while New Residence is air-conditioned.

"I also feel that the university is being biased because underclassmen males have to live in non-air-conditioned dorms, and underclassmen females don't. If the males are subjected to such torture, the females should be also," states Harvey.

Fall weather is approaching, so hopefully the rooms will cool down for the students who stay in those particular dorms, but the overcrowding will have to be endured by all those involved for now, or at least until all the renovations are done.

