

NEWS

Budget System

Cut-backs into Financial

Put UNC Controversy

Gas Woes Plague ECSU

By ALAN MILLER

The recent budget cuts in the University of North Carolina system will have a devastating affect on its 11 HBCUs and the individual departments according to Billicia C. Hines and Eric Weil, professors at Elizabeth City State University.

Following his selection as head of the UNC system, Dr. Thomas Ross, former 2009 president of Davidson College, announced a retrenchment and across the board cuts that affect faculty, staff and administrators. In addition to an array of cuts, the UNC system has approved 6.5 percent increases in tuition on each campus.

ECSU's Assistant Director of Admissions, Darius D. Eure,

is preparing for an increasing enrollment this fall. "We are taking some things into accordance, and we are looking at some factors. We are under

his World Literature class and that number is expected to rise to 50 at the start of the fall semester. "This doesn't make any sense. Why are we accepting this many students with all of that is going on," said Dr. Weil.

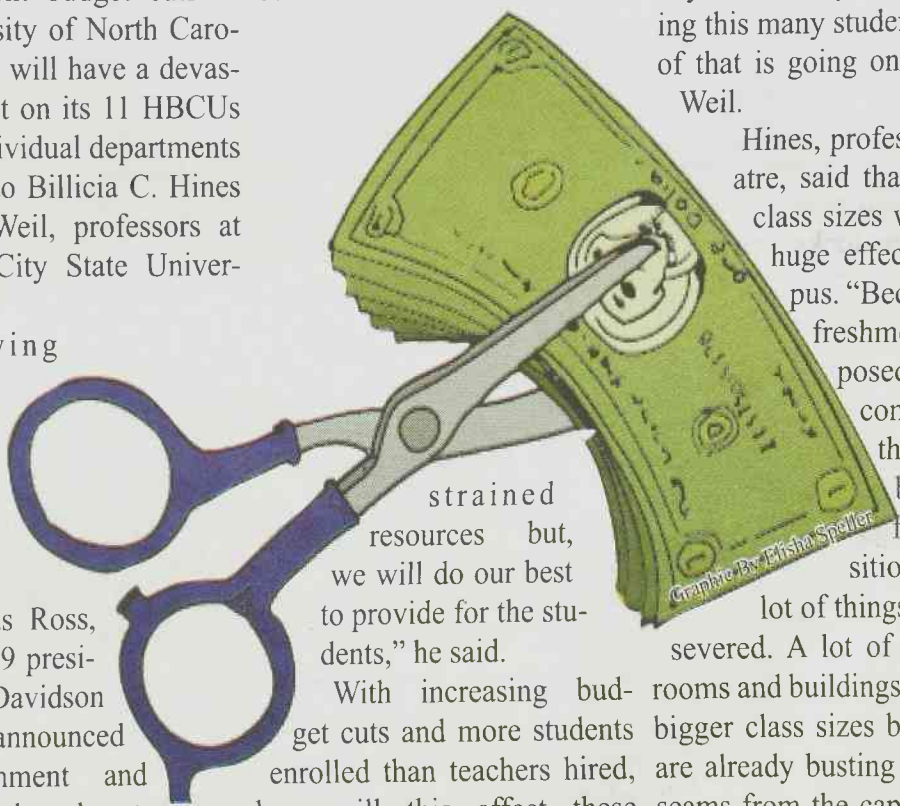
Hines, professor in theatre, said that the large class sizes will have a huge effect on campus. "Because more freshmen are supposed to be coming here, there could be less faculty positions and a lot of things could get severed. A lot of our classrooms and buildings can't hold bigger class sizes because we are already busting out of the seams from the capacity level that we are currently dealing with," Hines said.

Hines doesn't see the budget crisis improving but is hopeful. If the problem persists, there are going to be even more problems that we can't even imagine.

With increasing budget cuts and more students enrolled than teachers hired, how will this affect these schools? Dr. Weil, Language Literature and Communication professor, said, "With an increase in class sizes, you can't have the students do as much as you want for the lack of time to grade all that stuff." He currently has 30 people in

strained resources but, we will do our best to provide for the students," he said.

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By DAVION BRADLEY

Over the past six months, the national price of gas risen by approximately 30 percent. Elizabeth City State University students have begun to feel the pinch and it stings.

Because of higher gas prices, people are spending more, with their extra money going into gas tanks. According to the Automobile Association of America, the recent national average for a gallon of unleaded is \$3.74. That's up 91 cents from one year ago.

According to wishtv.com, prices have been increasing steadily since early February when tensions in the Middle East cut about 1.5 million barrels of crude oil per day from the world market.

Gas prices are causing people in communities, such as Elizabeth City, to make tough decisions. "Do I spend money on high gas prices, or do I spend money on groceries for my family," said Linda Whidbee, a native of Elizabeth City.

Convenience stores are being

hit as well; the higher the gas prices, the less convenience stores are making. "Since the rise of gas prices, we are not making nearly the amount we have made in the past years," said David Allen, a manager at an Elizabeth City Sunoco.

Expensive gas prices are taking a bite out of local students. Already having to balance how they spend money, it is worse for students with jobs and vehicles. "I don't have enough [gas] to go to work. I'm praying the gas prices go down," said Camron Gorham, an ECSU senior.

From March 24 to April 11, gas prices rose and they are getting closer to an all-time high of \$4.11 per gallon.

There is no solution to stopping gas prices, but here are some tips on saving money:

- Carefully plan your errands.
- Sacrifice some pleasures.
- Maintain your vehicle.
- Use alternate forms of transportation.
- Carpool with co-workers.

College Students Fight Perils of Freshman 15

By NEKO PHILLIPS

Despite all of the proactive measures that Elizabeth City State University's administration have taken to ensure that its student population and non-students maintain a proper weight and stay healthy, the problem persists.

Obesity is defined as a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health. It can lead to reduced life expectancy or increased health problems. America is the leading nation in obesity statistics. Fast food chains and being ignorant of proper nutrition habits are major factors. Each plays a significant role. Obesity is very pronounced on college campuses and universities. Unhealthy weight gain results from a person consuming too many calories while not doing enough physical activity to burn it off.

Living on campus is new to every freshman. Eventually, it becomes their home, work, school or community that may provide barriers or opportunities for an inactive and active lifestyle. According to downtoearth.org, not only does the fast food industry spend billions per year on marketing, but they have also infiltrated our schools by signing contracts with them.

Most claim that students will gain the "freshman 15." Students leave home and visit fast food restaurants more frequently. Their schedules change often and eating patterns naturally follow. Universities are profiting by contracting with popular fast foods chains and offer more unhealthy choices and minimal fresh foods. After being asked why college students are overweight on campus, Regina McCoy Davis, Director of Student Health Services at ECSU, reported "Overweight and obesity rates have increased nationally. Over 30

percent of college students are considered to be overweight or obese. Rates of obesity tend to be higher for African Americans and Hispanics. Trends show that obese teens grow into obese adults. "Lifestyles and environmental influences are the main contributing factors to being overweight or obese," said McCoy-Davis.

A problem occurs once students arrive on campus and are not properly educated on healthy eating habits and proper nutrition. Students are surrounded with many poor choices, quick and easy meal options. "Persons who are overweight tend to have decreased endurance and being overweight can result in long term health problems such as heart disease, hypertension, diabetes and elevated cancer and cholesterol levels," said McCoy-Davis.

In many colleges and universities, obesity is a growing problem. However, ECSU is trying to combat this dilemma.

ECSU offers a rather new fully equipped gym and also provides a separate wellness center in the student health services center. The cafeteria has also incorporated other reduced sodium items into its menu. Sabrina Williams, former Food Service Director, said that a large salad bar that offers fresh fruits and vegetables and two vegetables are always offered in the main food line every meal.

Obesity is now the number one preventable cause of death in this country. According to thinkexist.com, over 3,000 people die of obesity every year. Obesity is preventable. You wonder why people continue their regular eating habits and ignore the importance of exercise with the necessary

equipment provided for them. "All it takes is willpower and motivation" an ECSU student said. "We must recognize that obesity is a real threat that compromises the overall well-being and development of our students. Much is at stake—these young people are not just our future alumni but America's next generation of leaders."

