

An alphabet of advice

Nurse offers simple tips for healthier lives

Camille DeMere
Multimedia Editor

Being healthy is easier than many think, speaker and registered nurse Barbara Bancroft said Monday evening in Whitley Auditorium.

Actually the top three risky diseases — heart disease, cancer and Alzheimer's — are prevented in many of the same ways. Exercising, eating healthier and taking daily supplements, while also being more aware of one's body, can promote a disease-free lifestyle, she said.

The medical profession is constantly changing, and being aware of new discoveries can improve health.

Bancroft said 30 years ago medical professionals were sure that people started out with a set amount of neurons that depleted over time and that there was no way to replace them.

It has since been discovered that things like exercise stimulate the production of neurons in the hippocampus, the memory area of the brain.

Antidepressants, such as Paxil, and medicines for high cholesterol and lithium, a common treatment for bipolar disorder, also cause neuron production.

"So pop a Zoloft and hop on the treadmill, and you're going to get brand new neurons," Bancroft said.

Bancroft also offered easy ways to actually attain the lofty goal of "eating properly." She recommends eating fish that are high in omega-3 acids,



Barbara Bancroft has spoken to more than 2,000 audiences about the ease and importance of staying healthy.

LINDSAY FENDT | Staff Photographer

like salmon, mackerel and tuna.

"The only people that have to worry about mercury are pregnant women and children," she said. "The rest of our brains are basically impenetrable to the stuff."

Americans are overweight, and portion control is the culprit. Bancroft said in the past 30 years, men's daily calorie intake has increased by 168 calories. Women consume 355 calories, or an extra McDonald's cheeseburger more per day than in 1971.

Visceral fat, or fat around the middle, has become so prevalent that it is now classified as an organ by doctors. This "organ" is producing hormones that

actually lead to an increased prevalence of the top three killers in America.

"Men and women should both check their waist measurements," Bancroft said. "Guys should have a 40 inch waist or less, and women should measure at 35 inches or less."

In addition to exercise, avoiding stress reduces the appearance of belly fat.

Bancroft also suggested that everyone gets regular check ups, but that those with early onsets in their family histories should be especially vigilant.

"Subtract 10 years from when mom had breast cancer, and that's when you should start getting examined," she said.

New Web site provides alternative for buying textbooks

Jack Dodson
Reporter

Attempting to offset the infamously high prices of college textbooks, Greensboro couple Mike and Marti Smith created Textbook Freeway as a networking site to link students to exchange their books. The site launched on March 16.

When their daughter enrolled in the University of North Carolina at Chapel Hill in 2007, the prices they were paying for textbooks seemed steep to them, without any way to get around paying a lot. Based on the assumption that each book would be about \$150, and that students would typically need about five books, a college student can pay about \$750 per semester, they said.

Bookstores only offer a fraction of this for returns, leaving students out \$300 - \$400 by the end of a semester. So, on the way back from Chapel Hill, after paying hundreds of dollars for new textbooks, the Smiths began to discuss the idea of exchanging textbooks without losing money.

"We wanted to do it for nothing, because we wanted the students to have zero out-of-pocket," Mike said.

This wasn't entirely practical.

As the Web site states, "What we would like to have happened was to be able to swap books with no money changing hands, but that was not practical, because, who would give up their books with no guarantee of receiving books? So, we developed the 50/50 plan."

For \$50 to buy or sell, students can post their used textbooks on the Web site and offer it to people who don't want to spend \$150 for

the same book. It is \$5.95 per book to buy, but after selling, and assuming that every book is sold back, it is still cheaper than buying from a major retailer.

"We were never in this to make a whole bunch of money. If we could make money, and the students could save money, that's a win-win for both of us," Mike said.

Mike visited Elon Monday afternoon with hopes of promoting his new company at the school. But just as on every college campus, advertising from private companies is limited so that Textbook Freeway cannot hand out fliers or place advertising on campus.

So the Smiths have come up with other ways to promote the company.

Newspapers and radio stations all around the country have run stories on it. The Web site gets hits every day from places like Alaska, Seattle and France. But on campuses, the Smiths have tried to team up with organizations, particularly sororities.

With two sororities in North Carolina that are running fundraisers to promote Textbook Freeway and getting a dollar for each book sold, the company's name has gained some momentum.

Essentially, it is a word-of-mouth effort, relying on Facebook and college students to spread the idea.

"We're starting our marketing in North Carolina, but with Facebook, there are no limits," Mike said.

In its first month of operation, Textbook Freeway has a professionally-designed Web site maintained by BEN Interactive in Greensboro, and it has been campaigning for a new way of buying and selling college textbooks.

'Silver Fox' visits campus, speaks next week

Sarah Costello
Reporter

On April 7, Elon will host CNN's news anchor, Anderson Cooper, for a question-and-answer session and lecture in Koury Center's Alumni Gym. Cooper is a well-known and successful broadcast and print journalist as well as an author and the host of "Anderson Cooper 360."

"The idea to invite Cooper may have originated when (President Leo)Lambert met with some SGA students," said George Troxler, dean of Cultural and Special Programs.



Anderson Cooper
CNN News Anchor

When asked who would be a good speaker to bring to campus, the students agreed Cooper would be an ideal choice, he said.

"It's very difficult to book (Cooper)," Troxler said. "They said it's very unlikely that he would be able to come." Despite the difficulty in booking a visit with Cooper, a date was eventually confirmed late last year after Dr. Lambert wrote a letter stressing Elon's strong communications program.

"Anderson Cooper comes when he comes," Troxler said. "We even offered a private plane that will enable him to return to New York that night. We made it as convenient for him as possible."

Troxler said the contract contains a clause that excuses Cooper from visiting campus in the case of a huge event. As of now, Cooper is still on schedule to visit Elon next week and the event is highly anticipated, especially among communications students.

"I think it's a great opportunity that Elon is bringing him here. I think it's awesome, especially being with Phoenix 14," said junior Shea Northcut, who is majoring in broadcast journalism.

Cooper will discuss current events during his lecture next week and will also touch on his experience covering past events.

Cooper studied political science and international relations at Yale University, but decided to pursue a career in journalism despite his lack of training in the field.

Before anchoring for CNN, Cooper was an anchor for Channel One News and later ABC. He also traveled the world reporting international stories.

Cooper has received numerous awards for his accomplishments in journalism, including the GLAAD Media Award for Outstanding TV Journalism and the National Headliners Award.

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Elon poll results in direct conflict with lawmakers' recent reintroduction of 'Defense of Marriage' bill

ban on same-sex marriage while 43 percent support a constitutional ban. Less than a third of respondents, 21 percent, support full marriage rights and 44 percent oppose any legal recognition for same-sex couples.

Elon's lesbian, gay, bisexual and transgender organization, Spectrum, attempts to educate community members and raise awareness of gay rights issues. As part of this mission, faculty and staff members can become LGBT allies who offer support specifically to students struggling with sexual orientation and gender identity issues.

"It is a shame there aren't more accepting people," said Libby Joyce, LGBT ally and assistant director of institutional research. "The civil rights of a minority should not be put to a vote of the people. I would simply

like equal rights."

Forty-one states' laws define marriage as between one man and one woman and only Massachusetts and Connecticut allow gay marriage, while Vermont, New Jersey and New Hampshire allow civil unions. The only time a constitutional amendment banning gay marriage has been beaten was in Arizona in 2006, but it passed on a second ballot run in 2008.

In addition to questions asked about same-sex marriage, the poll also asked questions surrounding controversial issues such as video poker and juvenile justice.

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