

AIDS

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One important measure in the fight against AIDS is the Ryan White Comprehensive AIDS Resources Emergency Act.

Established in 1990, the act provides money for research and education as well as to health care providers to enable them to help those with AIDS receive proper medical treatment when they cannot afford it themselves.

The act expired in September, and Congress has yet to renew it.

"It's essentially under consideration now," said Brenda Daugherty, project administrator of the Jemsek Project. "There's been a big push within the last few months. We've done a lot of letter writing."

She said she hopes the act is reinstated in full but is concerned about possible changes.

"We're very fearful that they're going to cut the funds, the funds we need desperately," she said.

The Ryan White CARE Act is pivotal in North Carolina where the AIDS demographic is changing, Jemsek said, citing the recent emergence of female and heterosexual cases.

"The face of AIDS is changing, just like it changed when Ryan White was infected," he said.

Jemsek said North Carolina has much to be thankful for in its university hospitals and their contributions to AIDS research.

"I tip my hat to people at the University of North Carolina at Chapel Hill and to Duke, and to Winston-Salem for all the fine work they've done," he said. "North Carolina should be proud."

Contact the State & National Editor at stntdesk@unc.edu.

ARABIC

FROM PAGE 3

Prior to Yaqub's arrival at UNC, Arabic was offered irregularly, she said. About 25 students studied the language during her first semester.

Now about 90 students are enrolled in Arabic language courses, said Yaqub, who hopes to see continued growth with the pos-

sible addition of a fourth Arabic professor next fall.

She said the jump can be attributed partly to an increased interest in the region after the Sept. 11 terrorist attacks.

"It's grown steadily every year," she said.

Contact the University Editor at udesk@unc.edu.

EXITS

FROM PAGE 3

current council, Wiggins also was at the forefront of the move to rename Airport Road in honor of civil rights activist Martin Luther King Jr.

"Being on council is extremely gratifying," she said. "It's a very important public service."

"You meet citizens who you've never even met before who tell you how much they appreciate your work."

Verkerk, a University art history professor, advocated for transit issues such as red-light cameras and has played a key role in several town-gown issues.

She doesn't see University-related debates slowing any time soon, but she thinks administrators have learned the scope of their relations with the town through projects such as the chiller plant, across from Cobb Residence Hall.

"With the chiller plant, I think we ended up with a project that everyone could live with," she said. "University officials learned a lot there. They're finally understanding the depth of some of the animosity between the University and the town."

That understanding will be crucial during the next council cycle, Verkerk said, pointing to discussions

Dorothy Verkerk

Council member 2001-05



Resumé

■ Advocated for increased energy efficiency and improved greenhouse gas emissions.

■ Supported the successful 2003 bond campaign, which helps fund improvements to sidewalks, greenways and more.

■ Argued on behalf of a red-light camera system and other transit improvements and additions.

SOURCE: DTH ARCHIVES

DTH/FEILDING CAGE

Edith Wiggins

Council member 1996-2005



Resumé

■ Pushed for increased pay and an improved working environment for town employees.

■ Helped usher in renaming of Airport Road to honor Martin Luther King Jr.

■ Fought for increased resident participation within Chapel Hill government.

SOURCE: DTH ARCHIVES

DTH/FEILDING CAGE

on Carolina North, the University's proposed satellite campus.

Verkerk, who often addressed energy and environmental concerns during her council tenure, cited the University's willingness to go along with the town's carbon reduction program, as evidence of a strengthening bond.

"When UNC agreed to participate in (the program), that was huge," she said.

Her efforts haven't been limited to the University — she also fought for the town to lease out rather than sell the land selected

for the downtown redevelopment projects at parking lots 2 and 5 and the Wallace Deck.

"We did some really hard negotiating with that," she said. "That's one thing I was adamant about. We didn't need to sell that town land."

Wiggins said she has concerns about fundamental council personality issues arising in the future.

"In my opinion, today we have fewer independent candidates," she said. "We've gone more to what really is almost party representation."

Verkerk hopes the example she and Wiggins set will be replicated

once they leave their seats behind.

"When Edith and I came on board together, we were very wary of each other," she said. "But once we came out of our corners, I had a good friend."

For now, the council members both said they are keeping their calendars open — especially Mondays, Wiggins joked.

"My plan now is to see what it feels like on Monday night to be out of council meetings for a change."

Contact the City Editor at citydesk@unc.edu.

BLACKBERRYS

FROM PAGE 3

BlackBerry service could be a huge inconvenience for the millions of subscribers worldwide, who use the device on a regular basis.

"For many people, they've become an essential part of how we do business," said Howes, who added that he mainly uses his BlackBerry to keep up with his e-mail when he is in meetings or on the road.

"I got along very well without it

before ... but it does make my work more efficient," he said.

Still, many believe that BlackBerrys have had negative effects for users, especially those who have a hard time getting away from their work.

Alan Konell, a Chapel Hill therapist and author of "Partnership Tools: Transforming the Way We Live Together," said universities notoriously are filled with workaholics, and that BlackBerrys can make the boundary between work and

home more difficult to distinguish.

"BlackBerry gets rid of the useful anchor that going home used to be," he said. "All inhaled and no exhales is not good."

Jerry Lucido, vice provost for enrollment policy and management, said a vacation from BlackBerrys might keep administrators from being consumed by work.

"As we're walking through McCorkle Place or Polk Place, we might actually see the trees instead of preparing for the next meeting."

Lucido added that the worst part about the devices is when they buzz during a meeting.

"It has the potential of being addictive and makes us less attentive to one another," he said.

"You're trading off personal time — some thinking, reflective time — for some linear productivity."

Still, Lucido said he feels no nostalgia about the way he had to work before BlackBerrys came around.

"I think it has actually helped me do what I have to do."

But Howes said he felt liberated when he turned off his BlackBerry.

"I did not use it over Thanksgiving weekend, and I didn't miss it."

Contact the State & National Editor at stntdesk@unc.edu.

THE Daily Crossword

By Stanley B. Whitten

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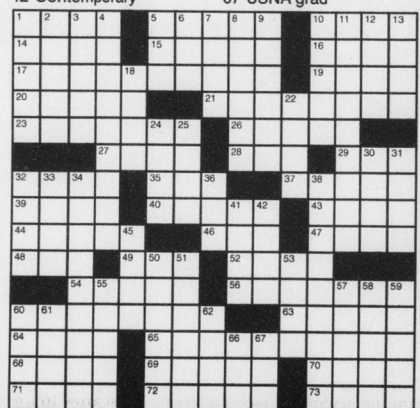
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ENERO EAR PRUNE
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Healthy Campus 2010
The Center for Healthy Student Behaviors and Carolina Fitness

Healthy Eating at college: Making it Happen!

Let's face it... college students are not the best role models when it comes to healthy eating. This is unfortunate considering the relationship between diet and health. The 2005 dietary guidelines encourage 2 cups of fruit and 2 1/2 cups of vegetables per day for a 2000 calorie diet. That's 4 servings of fruit and at least 5 servings of vegetables! We are also advised to frequently opt for whole grains.

What about students who rely on "dorm cooked" food when going to a restaurant or the dining hall isn't an option? Is it really possible to eat this way? YES, with these simple options:

- Pierce a sweet potato and bake in the microwave for 6 minutes or until done. Balance with a protein source such as canned tuna, wild pink salmon or flaked chicken breast.
- Toss fresh spinach with canned mandarin oranges and chopped walnuts. Drizzle with your favorite oil and vinegar dressing and call it lunch...or dinner.
- Zap a veggie burger and serve on whole grain bread. Open a can of spinach or carrots to balance out the meal.
- Spread pizza or spaghetti sauce onto a split whole wheat English muffin. Top with shredded part skim mozzarella cheese. Bake in dorm kitchen oven until cheese melts and muffin is crisp. Add veggies such as sliced peppers and onions.
- Go for the tasty simplicity of natural peanut butter on whole grain bread.

For more healthy eating ideas, or for a free nutrition evaluation, contact the Center for Healthy Student Behaviors at 962-9355.

The Center for Healthy Student Behaviors
966-6586 or 962-9355
<http://shs.unc.edu/chsb>
Carolina Fitness
962.4SRC or 962.RHRC
<http://carolinafitness.unc.edu>

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