

COLUMN



**Burton Peebles**  
Reflections from an alumnus.  
Graduate journalism major from  
Graham.  
Email: bpeebles@live.unc.edu

# The things that count

You might be tired of hearing about graduation and think another column on post-graduate life is wasted space. But the two weeks since commencement have given me pause to see why a reflection on this period of transition is relevant to the UNC community I have called home for four years.

“You may turn your tassels.”

With those words, it all changed. As if someone had ripped open my chest cavity and unearthed my heart, I felt an eerie sense of emptiness come over me as I climbed the steps of Kenan Stadium, a new alumnus of this great university.

Graduation is certainly a time of mixed emotions, providing ample opportunity to reflect on the time, energy and effort spent in this place we call college. Undoubtedly many of my fellow graduates were beyond ready to depart from Chapel Hill, overjoyed to set aside the tuition bills and group projects.

In reflecting on my own conclusion here and on my approaching bumpy transition into law school this fall, I cannot help but shed a tear. Standing in the Tar Pit, trying not to sweat through my mortar board, I realized what really counts in the end.

It's not the degree or the GPA. And as exciting as it might have been, it's most definitely not the number of Blue Cups accrued over four years or the number of UNC basketball games I was lucky enough to attend. What has and will carry me safely into the next chapter of life are the people who stood with me in that sea of blue. The investment I put into relationships and organizations and what I got back from this investment has lifted my application off the page, refined my personal story and provided me true entrée into the Carolina family I am sure to call on in the future.

I surely could bemoan the inequity of monetary resources on our campus. I could spend my time advocating for gender-neutral housing or protective expansions to the University's non-discrimination policy. There is a place for healthy criticism from UNC alumni, whose critical appraisals in the years to come will surely nudge this university forward.

But beyond the room for improvement, each alumnus, current student and member of the Carolina community must reflect on the special connection this place provides each of us.

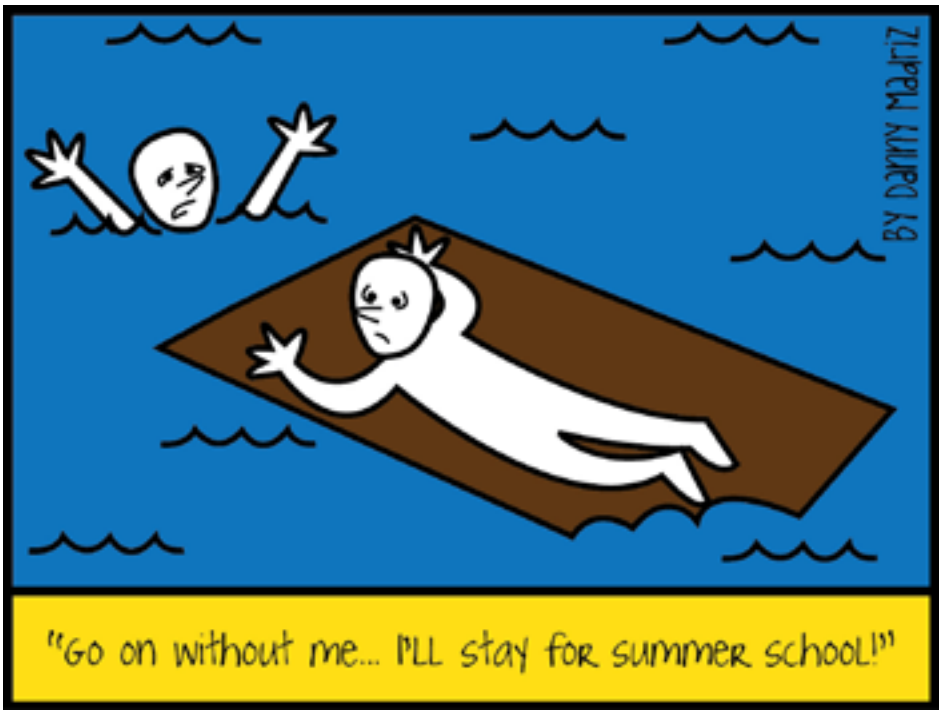
Leaving Chapel Hill left me longing to be back. I know I will return often to reconnect with the place and the people that have given me so much. This kind of connection — this kind of love — is rare amongst our peers.

I will take away Carolina's institutional pursuit of justice. Four years ago, I underestimated Carolina's commitment to providing an inclusive, safe environment for all people. I can confidently say that I am both unsure I will find such commitment elsewhere and confident in my own ability to make an impact beyond Chapel Hill in the Carolina Way.

The transition from undergraduate life into adulthood is full of imperfections that we are charged to fix. And as I try my hand at making an impact, I will keep Carolina close to my heart and wait for the day when — in my own way — I can give back a little of the love it has given me.

I will also take with me the belief in the potential of the underdog. After all, that is what this university was founded to do. Carolina not only believes in the potential of marginalized communities, but its relatively low tuition and programs like the Carolina Covenant and Carolina Firsts help make tangible investments in the future we want to bring to fruition: a world in which, regardless of where and to whom one is born, a child has a bona fide chance at getting a world-class education.

EDITORIAL CARTOON By Daniela Madriz, daniela.madriz@gmail.com



EDITORIAL

## A lack of transparency

### Administrative silence sends a loud, negative message.

Administrators could use The Daily Tar Heel as a means for communication with students, but recent fraud within a University department has created a barrier between all parties.

In the wake of irregularities found in the teaching and oversight practices in the African and Afro-American studies department, many University officials have told the DTH they can't answer reporters' questions.

Chancellor Holden Thorp did release the University's report and review of the African and Afro-American studies department. A University spokesman said, "The chancellor felt strongly that transparency and

accountability were essential."

If this is the transparency the University promised, it's simply not enough.

The newspaper's primary aim to this point has been to find out how the University plans to handle the repercussions a state investigation into the fraud might entail for UNC.

As a student publication, we are especially concerned with how the fraud will affect the University's image.

But questions have been ignored or circumvented. A DTH reporter called numerous administrators and officials. Many redirected her to previous statements made by other officials.

When asked what the investigation would mean for students, an administrator responded with no comment.

When asked how the University is handling publicity related to the investigation, an

official said, "Chancellor Thorp prefers not to say anything while the investigation is pending."

Administrators should communicate their plans in handling this situation.

Transparency also requires a more timely result.

On Nov. 7, a DTH reporter made a public records request for grade distributions in all AFAM classes for academic years 2006 through 2011. The request was received by the University Nov. 10, but due to backlog, has yet to be filled.

When the value of students' degrees — and UNC's reputation — is on the line, it's imperative that the University communicates how it will handle the situation.

Our requests from the University are extensive but not inappropriate. We want to know what this investigation means for students and UNC.

COLUMN SERIES: HEAVY ISSUES

## Everything in moderation

### Have a better outlook this swimsuit season

*This column is part of a summer series that will focus on college-aged men and women's perceptions of beauty and body image issues.*

With two weeks separating us from the start of June, summer is beginning in earnest. Which means — bathing suit season.

It's a daunting phrase. Shedding our winter layers gives way to a flood of self-consciousness. Warm weather wardrobes reintroduce us to body parts that were kept bundled up all winter. We become painfully aware of what we consider to be our flaws. We fixate on these imperfections until we are tempted to pull those turtleneck sweaters back out — even if it is 80 degrees outside.

For me, the annual period of self-loathing begins in a Target dressing room. I go in hopeful that one of the swimsuits I've selected will prove to be purchase worthy. After five minutes of standing under fluorescent lights staring into a warped mirror, I'm prepared to sell my soul to a plastic surgeon.

Lately I've been disturbed by how frequently my conversations with other women focus on weight. I have a friend who pasted a picture of herself in high school onto the fridge, aiming to reach that weight again. She looked at it every time she opened the door, hoping it would motivate her to lose two pant sizes.

In a survey conducted by the National Association of Anorexia Nervosa and Associated Disorders, 91 percent of college-age women said



**Rachel Shope**  
Carolina Girl  
Senior English major from Marshall.  
Email: shope@live.unc.edu

they attempted to control their weight through dieting, and 25 percent used bingeing and purging as a weight-management technique.

Needless to say, this is a widespread issue that most girls around us are also dealing with — even if we feel like we're the only ones. We shame ourselves for having eaten ice cream or gorging on Nutella the night before. We verbally dissect ourselves. Even if we have not actually gained any weight, we insist that we are heavier and less desirable than we were last summer, or even last week.

We often react with desperation. Calories become the basis of a cruel bartering system. We lay out a plan for diet-and-exercise boot camp. Fast forward two weeks: we have found our frenzied attempts to be unsustainable and are more discouraged than before.

This can have some serious consequences, ones that have a detrimental effect on how a college girl lives her life. Once you drop a certain amount of weight, your sex drive takes a dive. You're constantly tired, and your body reverts back to pre-pubescence. That makes studying — and partying — a lot more

difficult.

I don't mean to say that we should not be conscious of what we put into our bodies, nor do I mean that we should ignore signs that we are unhappy with ourselves. If something about your body makes you uncomfortable, by all means, change it up. There are perfectly healthy ways of doing exactly that. Integrate a salad into your nightly meal at Lenoir, or bike to campus instead of taking the bus.

Often we spend so much time chastising our cravings that we forget to listen to our bodies. The distorted picture we saw in the dressing room plasters itself on the walls of our minds. In trying to erase it, we punish or deprive ourselves. What we have to remember is that picture is mostly a trick of light and mirrors.

As the temperature climbs and bathing suits become more prominent in daily wear, I urge you to be kind to yourself. Indulge. Make a trip to YoPo. Drink in the Carolina blue sky. Read the book that's been sitting on your shelf all year.

And if you really do find yourself unhappy with your body, summer's a perfect time to start up a routine. Swim some laps at the pool. Take a Zumba class. But make moderation your motto — in exercising as well as indulging. And if you need help, don't hesitate to call Counseling and Wellness Services at (919)966-2281 to schedule an appointment.

Remove yourself from the fluorescent lights for a while. Step outside. Feel the sun on your skin. It does a body good.



## Weekly QuickHits



### James O'Keefe

Mr. O'Keefe posed as a DTH reporter to get faculty to condone voter fraud at UNC. Your organization's called Project Veritas. Don't you think you should get the truth, I don't know, truthfully?



### Weather (again)

It's been gorgeous lately, but when it finally gets hot enough to go swimming, thunderstorms abound. Next time you serve up humid and gross, Mother Nature, hold the side of lightning.



### I'll Have Another

We like the horse's name, and we like the fact that we might be looking at a Triple Crown winner here. We've seen Seabiscuit. It's time our generation take a horse people could make movies about.



QUOTE OF THE DAY

"Everyone left everything on the field, whether they were on the bench, in the dugout or out on the field, we left it all there. You can feel good about a performance when you do that."

Donna Papa, after the UNC softball game at Georgia

LETTERS TO THE EDITOR

### A concerned parent in need of an explanation

TO THE EDITOR:

It has come to my attention that revered Orange High School principal, Armond Hankins, will not have his contract renewed after this school year. This is extremely disappointing to many in the community. Unfortunately, no explanation will be given to parents as, according to the Board of Education, this is a personnel matter.

I'm not really certain if an explanation is or will be given to the Hankins. In the recent past, Orange County school contract renewals were not offered to past Superintendent Shirley Carraway, administrator Donna Williams, Principal Mamie Jay and now Orange High Principal Armond Hankins. These are the dismissals that I am aware of.

I am concerned how this affects the system's ability to recruit and retain administrators and educators of color. I am also concerned how this affects families of color moving into our community. In an educational environment, it is extremely important to see and have those individuals that "look like me."

Students of color in Orange County Schools have very few of these role models. The ones that they've had in the most recent past have been dismissed. What's going on?

Bryant M. Colson  
Orange County parent

### Religion still a valid supporting argument

TO THE EDITOR:

So the Bible says marriage is between a man and a woman. Also old civil law tradition going back hundreds of years says the same thing. So the fact that the Bible says so "opposes the U.S. Constitution, as the First Amendment to the Bill of Rights provides for separation of church and state."

Many people believe the Constitution actually contains the words "separation of church and state." Not true! What it actually says is, "Congress shall make no law respecting an establishment of religion or prohibiting the free exercise thereof." It is false to say that because some people supported Amendment One on the basis of religious beliefs, that it is therefore a "legislative mistake."

J.E. Williams '50

SPEAK OUT

### WRITING GUIDELINES

- Please type: Handwritten letters will not be accepted.
- Sign and date: No more than two people should sign letters.
- Students: Include your year, major and phone number.
- Faculty/staff: Include your department and phone number.
- Edit: The DTH edits for space, clarity, accuracy and vulgarity. Limit letters to 250 words.

### SUBMISSION

- Drop-off: at our office at 151 E. Rosemary Street.
- Email: opinion@dailytarheel.com

### Kvetching board™

kvetch:

v.1 (Yiddish) to complain

To the flocks of people walking around in business attire last week: You made my summer wardrobe look less classy than usual. Let my athletic shorts and I live in peace.

You probably feel as if you've discovered uncharted areas of Davis, but you don't have to give me the stink eye when I decide to sit in the same room as you. We can share.

So many hot men. I'm taking summer classes more often.

To all older men with silver-gray hair: Please stop wearing khaki pants and a Carolina polo around campus. My poor heart can't take these false Roy sightings for much longer.

To the woman sitting across the street from 140 West Franklin yelling, "Build it up, boys!": you aren't making them go any faster.

To the creepy man who told me he liked my "frock": this is the 21st century. It's a dress.

To the person who left their Katana in the UL during exam week: I'm sure there are better forms of protection. Like Safewalk.

To the post-grad hanging out in the Union during finals week pretending to be the conductor of the Polar Express: what? You don't even go here.

That moment you realize the only reason your kvetch got published is because it's summer and no one else is submitting.

To the guy who brought his daughter to campus wearing matching Elmo shirts: You're doing it right.

To the guy who hit on me at the bar with the pickup line "I want to honor you" — stop trying to make chivalry happen.

To the group of confused and disappointed people leaving Wilson Library: I promise, there ARE books in there.

To my former roommate: Congrats on getting into law school, but I will always remember the time you thought dandruff and dead scalp skin were different things.

Shit English Majors Say: "No, I'm not going to teach."

The whistler in the Arbo does speak. He told me he has 3 diaphragms.

Send your one-to-two sentence entries to  
opinion@dailytarheel.com,  
subject line 'kvetch.'

## The Daily Tar Heel

Established 1893,  
119 years  
of editorial freedom

**ELIZABETH JOHNSON**  
SUMMER EDITOR  
MANAGING.EDITOR@DAILYTARHEEL.COM

**TAYLOR HARTLEY**  
OPINION EDITOR  
OPINION@DAILYTARHEEL.COM

## The Daily Tar Heel

### PROFESSIONAL AND BUSINESS STAFF

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**OFFICE AND MAIL ADDRESS:**  
151 E. Rosemary St.  
Chapel Hill, NC 27514-3539



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