Thursday, July 12, 2012

Opinion

The Daily Tar Heel

COLUMN



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Find the courage to talk to someone

emember those hot summer days of frizzy hair and relay races that made you feel like an Olympian? There was a bit of magic in the air that made you feel like a superhero. As kids, we lived with the energy to be the best, to tackle every "no" and make it a "yes." But every time we feared, worried or hurt, we wanted to keep those things to ourselves instead of talking about them. And we're still staying silent.

For girls, looking beautiful was more important than expressing your true self. For boys, tears were weak and emotions would only lead to trouble. Ultimately for all of us, being vulnerable meant being alone.

Why do we associate vulnerability with failure, weakness and regret? Does fearing it impact our friendships and growth, even during college?

College is one of the most important periods in our lives. The truth is, every person around you is fighting a different challenge, whether he or she has shared or not. Confidence, body image, sexuality, health, violence - these challenges come in storms.

But is it easier for each of us to dismiss the things that aren't obvious? It's easier to think Carolina blue skies are never cloudy, that your best friend isn't covering up an eating disorder or that your hallmate's hermitage is not a way of crying away the scars of sexual assault. Why? Because questioning, fearing, sharing – this means giving into vulnerability.

We are taught to live in solitude rather than seek the strength of solidarity. It's easier for us to believe that we are the

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



EDITORIAL

Athletic culture needs change

Athletic success should not come at the expense of academic rigor.

n order for UNC to claim academic prestige, all of the University's programs must reflect prestige.

New details about academic fraud in the Department of African and Afro-American Studies at UNC seem to confirm what many have suggested all along, that academics are often compromised to maintain a competitive advantage in athletics.

The University's investigation into the department began in September, when it was found that a former UNC defensive end plagiarized a paper for a course in the department, and the plagiarism went undetected.

In May, the University released a report on its findings which showed – among other things - forged faculty signatures on grade rolls for several courses and unauthorized grade changes.

At that time, University officials said the investigation was thorough and complete, and those involved in questionable academic practices will no longer be associated with UNC. When the University's

initial report was released, Karen Gil, dean of the College of Arts and Sciences, sent a letter to all college faculty members: "The courses in question involved both athletes and non-athletes, and there was no evidence that athletes were treated differently than the other students."

A month later, despite the fact that administrators claimed their confidence in the report's completeness, Chancellor Holden Thorp said at least one of the suspect classes was composed solely of current and former football players.

This week, new reports in The (Raleigh) News & Observer suggest the problems involving student athletes were more ingrained and go back farther than the University initially suggested or reported.

The continued release of new information suggests that the University's attempts at transparency have been neither thorough nor complete.

UNC has always held itself to a high standard of academic excellence, and the events surrounding the reports and investigations into the Department of African and Afro-American

Studies threaten to dismantle that reputation.

At the June UNC-system Board of Governors meeting, board member Hannah Gage said. "This incident leads one to believe there is a culture operating under its own rules."

It's time to alter the culture that plagues many top universities - finding balance between competitive athletics programs and academic rigor.

UNC now has an opportunity to be at the forefront of that cultural change, if it's brave enough to risk a few trophies.

University officials have changed some academic policies. But they need to be address the severity of the problem and ensure that reform goes deep into the culture.

This means University officials should communicate better with the public and respond in a timely manner to records requests.

Athletics are important. They bring in revenue and create a sense of unity and pride among students and alumni.

But this is a school that touts its excellent academic reputation. And we must hold success in the classroom to be as important as victory on the playing field.

OUOTE OF THE DAY

"UNC is one of those places — it's not a stepping stone to get somewhere, it's a destination."

Harlis Meaders, on coming back to UNC as the head coach of track and field and cross country

LETTERS TO THE EDITOR

Sandusky trial sheds light on sexual assault

TO THE EDITOR: The Jerry Sandusky trial grabbed my attention in a way that most high profile cases have not.

The case saddened me because on several occasions, adults witnessed abuse on young boys and did nothing to immediately stop it.

They may have told a father or a superior, but they did not immediately call 911. They did not stop what they were witnessing.

The uncomfortable fact is that one in four girls and one in six boys are sexually abused before they turn 18. Sexual abuse brings about a lifetime of damage for survivors. I know because it happened to me.

As a survivor, it is important for me to speak out and let other survivors know that we have a voice. We must speak out and shine a light on this abuse.

Like Jerry Sandusky, most child predators blend into the community. They don't fit into the creepy stereotype where society likes to place them. They look like regular men and women. Most children are abused by people they know and trust.

It isn't enough for parents to tell their children to stay away from strangers.

Children must be taught what type of attention is inappropriate from an adult. They must be taught to report anything that makes them feel uncomfortable.

If you ever witness abuse, or a child tells you that they are being abused, believe them. Do something.

Call the police and let them investigate. People like Jerry Sandusky survive because, as a Sandusky victim put it dur-ing his testimony, "Who would believe a kid?"

A. Matthew Smith '15

issue that only promises to grow more divisive.

I was horrified to read about the N.C. state legislature's "accidental" vote to legalize fracking. I find the irony of this "mistake" to be intolerably absurd and perverse, and would urge you as strenuously as possible to throw your full weight behind a call for a re-vote on this bill.

Barring this possibility, I would urge you to adopt any measures at your disposal to halt the proliferation of fracking in N.C.

The accidental push of a single button should not be allowed to decide the outcome of an important legislative process involving the health and safety of citizens across the state.

Thank you very much for your consideration.

Stephen Joseph Ross '07

Kvetching board[™] kvetch:

v.1 (Yiddish) to complain

To every out-of-stater who has ever complained about NC winters being too cold: I blame you.

Yes, my sex life is nonexistent right now. No, I will not be reading "Fifty Shades of Grey."

The best thing about this heat wave is I forget that I'm too broke to buy groceries because it's too hot to eat.

To the CW driver with the hot pink purse and the Victoria's Secret shopping bag: Where exactly are we going?

I might look forward to my August refund check more than Christmas.

To the first year who called Cobb a hotel, wait until you see South Campus.

To the girl at the gym in an off-the-shoulder tank top, full make-up and jewelry: Your ten minute cycle session was as inspiring as the look on your face when you

Send your one-to-two

opinion@dailytarheel.com,

Due to an editing error in

Thursday's letter to the editor

"Words from Paul Frampton,"

the letter read "former UNC

The letter should have

read, "Yours sincerely, Paul

Frampton, UNC professor,

Physics." The Daily Tar Heel

The Daily Tar Heel

Established 1893,

119 years

of editorial freedom

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apologizes for the error.

CORRECTIONS

professor."

sentence entries to

subject line 'kvetch.'

all girls.

only ones who stare at the cover of "Cosmopolitan" and think of the abs we don't have or look at the beautiful woman and hate ourselves for having "unnatural" feelings for her. We cower from shame, even if it means having to hide a part of us and leave a gaping wound unattended.

Fearing vulnerability is not the way to heal, because it also means fearing compassion, love and courage – all things that friends are waiting to share.

In my two years at UNC, I have known 10 friends who have lost a family member. I have known 15 who battled an eating disorder or depression, and a dozen shamed by their sexuality. I have known more than 50 who have been sexually assaulted.

These people have battled or are battling something within themselves, but in sharing their experiences with others, they've started to heal. And when it was my turn, sharing saved my life.

Four months ago, I faced the greatest challenge of my life, a challenge that started on the night when my greatest fear was realized. Sweating, crying and shaking, I locked myself out from friends and pretended nothing had happened. I ignored the pain, the physical bruising and lost the strength that had carried me through a half marathon only weeks before. But it was at my most vulnerable that courage found me again, that the strongest of friendships empowered me.

Each of us has an inner courage that burns inside of us, and we need to kindle it to grow stronger. Courage is not a formula or a work out: it's vulnerability and strength.

Chapel Hill Living

Bed bugs, cockroaches, gas

deposit. It's great to enjoy

the freedoms of living off

campus, right?

leaks and a new

state law that

makes it easier

for landlords to

keep your security

COLUMN SERIES: LESSONS FROM MY PART-TIME JOB Lessons I learned from books

How working at a bookstore taught me I can have more than one family.

have a wonderful family. My mom, dad and sister are the three greatest people in my life. But it's nice to know you can find family in other places, too. I'd always wanted to work at

a bookstore, but I had to wait until I was 18. When I found out Borders needed a barista, I signed up right away, thinking it would be a fun job for my senior year of high school.

What it became was much more than that.

To say that the years of 2008 through 2010 were hard on my family would be an understatement. My mom was diagnosed with colorectal cancer in January 2008, only to be re-diagnosed in March of the following year and again in November 2010 during my sophomore year of college. What's more, my grandma died suddenly in our house in May 2010.

And every time something happened, my Borders family was there.

Two of my co-workers made meals and brought them to my house. Everyone in the store signed get well cards for my mom. The day after my grandma's death - when I decided work would help me keep my mind at bay - my cafe man-



Taylor Hartley Opinion Editor Senior English and creative writing major from Waxhaw, N.C. Email: tmhartle@live.unc.edu

ager Karen and coworker Marie, the women I still call my cafe "mamas," held me in a five minute hug in the back room.

My Borders store was composed of people from all walks of life - people who needed a fulltime retail job to pay the bills, people waiting for the economy to turn around to find a great job and people who just loved being around books. But we all had something in common – we cared about each other.

One of the baristas in my cafe was pregnant, so we closed for two hours to throw her a baby shower. Kay, a store manager, baked a cake every holiday in the shape of a rabbit or a Christmas tree or something else. And David, another store manager, proposed to Lizzie, a fellow barista, and married her last summer.

We all cringed together during children's reading hour. We laughed in the back at the creepy regulars who liked to ask the female baristas out to dinner. And when the store closed in 2011, we had a cookout at Karen's house to celebrate Lizzie and David's engagement and remember the place that brought us all together.

When life outside of Borders was hard, the people I worked with tried to make it easier. They taught me that family doesn't have to just live at home. You can find family anywhere, as long as you're willing to give a part of yourself in return.

Before I wrote this column, I decided to flip through the book of inspirational quotes that my coworkers gave me before high school graduation - a 30 percent discount meant we bought gave a lot of books as gifts. Everyone

Because they are words from people who care. Words from people who know me. They are words written by family.

realized the top of the SRC is

An email to Gov. Perdue on fracking in N.C.

TO THE EDITOR:

The letter below is an email I sent to Gov. Bev Perdue regarding the N.C. state legislature's "accidental" decision to legalize fracking:

Dear Gov. Perdue, First, I want to commend

you on your decision to veto the N.C. fracking bill last week. The state owes you a debt of gratitude for taking a difficult ethical stand on a contentious

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.

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The Daily Tar Heel

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Member

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〉 Weekly Quick**Hits** < 좋 Summer Bar Scene

The bars are empty out there lately. Not sure if we should blame Summer Session II or the heat. Maybe we need new bar specials. Or just new bars. Come on, Chapel Hill. Put the life back into night life.

So for the past few weeks, it's been 100 degrees every day. No one even wants to get into the pool after that. But this week,

we're looking at a cool down. Who would've thought 80 degrees could sound cold?



the age of 30. It's official, Roger. You are officially the

Roger Federer

Federer won his seventh Wimbledon and his 17th grand slam at

master of the sport of tennis. Murray and Nadal can't touch you.

I find what they wrote to be more inspiring and encouraging than the actual quotes.

in the store picked their favorite quote and wrote something next to it.