Breaking the Habit

New rules give you a big incentive to stop smoking
NC State’s payroll manager, Blake Kannarr, can sum up all of the reasons he wants to stop smoking, both personal and financial. The most important are his family, including a wife and two teenage sons, and a mother with terminal lung cancer.

With cigarettes at $4.50 per pack, cost is also a factor. And changes in the State Health Plan this year have added to his motivation. All health plan members will automatically have their benefits reduced from the 80/20 level to the 70/30 level in July unless they complete an online form stating that they and all of their covered family members either do not use tobacco or are enrolled in a doctor-approved cessation program.

Kannarr knows he has to take action during the enrollment period from March 15 to April 9, or face more out-of-pocket expenses. “I’d pay more to go to the doctor for any reason, whether it’s related to smoking or not,” he says.

To avoid that, he plans to visit his doctor for a needed checkup, prescriptions for medication to help him stop smoking and a signed physician certification form that will allow him to stay at the 80/20 level of benefits.

Quitting Time
Linda Forsberg, director of health plan operations, says Kannarr is on the right track to kick the habit. “Research and the literature show that a primary care physician’s care in conjunction with [cessation] medication has the highest success rate,” she says.

Doctors can also recommend programs that use behavioral counseling or hypnosis to help kick the habit. The only requirement for insurance coverage is that providers are part of the network. “We are not second-guessing doctors,” Forsberg says. “As long as a physician says the patient is in a physician-approved program, we’re taking them at their word on that.”

Forsberg says that co-pays have been reduced for drugs often used in tobacco cessation. Bupropion, a generic version of Zyban, is $10. Varenicline or Chantix, used in nasal sprays and nicotine inhalers, is $35 instead of $55. Prescription nicotine patches are also on the list of available medications.

The NC Tobacco Use Quitline can provide coaching and free over-the-counter nicotine replacement patches. The quitline is available from 8 a.m. to 3 a.m., seven days a week, in English and Spanish, at 800-QUIT-NOW or 800-784-8669.

Forsberg and Ann Rogers, director of integrated health management for the State Health Plan, will be on hand to provide more information about tobacco cessation during NC State’s Employee Appreciation Day. They will speak at 11 a.m. on Wednesday, March 17, in the Talley Student Center. From 10:30
a.m. to 1:30 p.m., benefits advisors will be on hand to answer questions and laptops will be available for employees who wish to complete their online attestation forms.

**Second Wind**

Kannarr, who once stopped smoking for five years, is thinking about how he’ll find the support he needs to succeed this time. Back in 1996, he quit cold turkey. A painful coughing fit caused him to nearly lose control of his truck while driving home from a military meeting late one night. “I wadded up my pack of cigarettes and threw them out the window,” he says. After serving as a military project manager, cost analyst and accounting and finance officer, he ran his own business until shortly after the World Trade Center attacks in 2001. That’s the year he started smoking again.

Over the last few weeks, Kannarr has cut back from a pack and a half to three-quarters of a pack per day. “I want to get to a point where willpower is the last step, and I can turn to my support links at that point,” he says. “Turning my focus to my family helps me make any change I want to make.”

He’s already visualizing the additional time he’ll have to go walking, play with the kids and shop with his wife. He’s never smoked in his own house to avoid exposing his family to the smoke.

Helping care for his mother, who is in hospice care with lung cancer, has affected him. “It’s been painful to watch,” he says. He plans to stay in closer touch with extended family, including his older brother, who stopped smoking. “I know he cares,” Kannarr says.

Co-workers who are former smokers also provide some inspiration. Right around the corner are payroll colleagues Joanie Aitken, who quit three years ago, and Angie McGee-Platt, who stopped two months ago.

On days when Kannarr feels the stress of handling payroll for 16,000 full- and part-time workers, he can talk to someone who understands.

“I WADDLED UP MY PACK OF CIGARETTES AND THREW THEM OUT THE WINDOW.”
Web Developers to Meet
The campus community is invited to attend the NCSU Web Developers meeting at 2 p.m. Thursday, March 4, in the D.H. Library auditorium. During the meeting, accessibility expert Saroj Primlani will give a presentation about the recent changes to Section 508 of the Rehabilitation Act, which was enacted in 1998 to eliminate barriers to accessing electronic and information technology for people with disabilities.

Expressive Behavior Lecture
The Department of Philosophy and Religious Studies welcomes guest lecturer Dorit Bar-On of UNC-Chapel Hill. Bar-On will give a talk titled “Expressive Behavior and Continuity Skepticism” at 4:30 p.m. Thursday, March 4, in Tompkins Hall, Room 123.

Comedy in the Middle East
The sixth annual Middle East Film Festival will screen Terrorism and Kebab, an Egyptian film, at 7 p.m. Friday, March 5, in Withers Hall, Room 232, as part of its series of comedic films. The film is free and open to the public. Sponsored by the Middle East Studies Program.

Wicked Lovely Author Melissa Marr
New York Times best-selling author and NC State alumna Melissa Marr will give the keynote address during the Resurrection of the Paranormal symposium organized by the English Graduate Student Association. The public is welcome to attend Marr’s free presentation at 5:30 p.m. Friday, March 5, in Tompkins Hall, Room 123.

Forum Focuses on Wake Schools
Wake County Public Schools will be the focus of the Africana Studies Program’s inaugural University in the Community Forum. “Neighborhood Schools or Re-segregation? Perspectives on Diversity in Wake County Public Schools” will be held from 10 a.m. to noon on Saturday, March 6. Speakers are:

> Dudley E. Flood, retired assistant superintendent, Wake County Public Schools: “A Brief History of the Move from a Dual School System to a Unitary School System in North Carolina”
> G. Travis McCollum, senior, Africana Studies Program, NC State
> Dr. Matt Miltello, assistant professor, College of Education, Leadership Policy, Adult & Higher Education: “Seceding from Success Variables: Focusing on What Works”

Art Sale to Benefit Color Wall
Nine paintings by the late Joe Cox, a longtime College of Design professor, will be sold to raise money to restore the Color Wall at the D. H. Hill Library. Cox created the light display in 1972. The paintings were donated by Cox’s niece, Janice McAninch, and her husband, Skip, of Santa Fe, New Mexico. The paintings will be on display beginning Sunday, March 7, at the Lee Hansley Gallery, 126 Glenwood Ave., Raleigh. A reception to kick off the exhibition is scheduled from 2 to 5 p.m. March 7 at the gallery.

The Color Wall, which can be seen from Hillsborough Street through a library window, features changing vertical bands of color when operational; however, it has not worked since late 2007.

Last year, a Raleigh blog called Goodnight Raleigh! joined forces with the Friends of the Library to mount an effort to raise more than $6,000 to repair the Color Wall by installing a modern, computerized light switching system. Funds exceeding that amount will be used to maintain the Color Wall.

Pope Lecture: A Modern Conservatism
David Frum, best-selling author and adviser to former President George W. Bush, will speak on campus as part of the John W. Pope Lecture Series. His talk, “A Modern Conservatism,” will be given at 7 p.m. Monday, March 8, in the SAS Hall auditorium. A resident fellow at the American Enterprise Institute, the lecture is free and open to the public. For more information, contact Dr. Andrew Taylor at 515-8618.

Wachovia Executive Lecture Series
Charles Holliday, chairman and former CEO of DuPont, will speak at 4:30 p.m. Monday, March 8, in the Nelson Hall auditorium as part of the College of Management’s Wachovia Lecture Series. Holliday has served as DuPont’s chairman of the board since 1999, and was CEO from 1998 until his retirement last January. He is a member of the National Academy of Engineering, chairs the U.S. Council on Competitiveness and is a founding member of the International Business Council. He co-authored Walking the Talk, which makes a business case for sustainable development and corporate responsibility. The presentation is open to the public at no charge. Free parking for this event is available in the Dan Allen Parking Deck.

Joe Goode Performance Group
Joe Goode’s award-winning contemporary dance company presents “Wonderboy,” an enchanting search for love and belonging, created in collaboration with avant-garde puppeteer Basil Twist, at 8 p.m. Tuesday, March 9, in Stewart Theater. “Wonderboy” is an unexpected tale of a peculiar hero isolated by his gift of sensitivity and an intuitive knack that sets him apart from others. The program will open with Joe Goode’s legendary 12-minute solo, “29 Effeminate Gestures,” an illuminating look at stereotypes of masculinity. The performance is sponsored by the Gay, Lesbian, Bisexual and Transgender Center. The program contains adult language and themes. Tickets are available from Ticket Central on the 2nd floor of Talley Student Center, at 919-515-1100, or online at http://www.ncsu.edu/arts. For more information, visit www.ncsu.edu/centerstage/currentseason/joegoode.html.

Graduate Student Research Symposium
This year’s Graduate Student Research Symposium features almost 200 poster presentations highlighting work in 60 graduate programs across campus. Faculty and staff are invited to attend and to encourage undergraduate students to visit the symposium, which will be held from 1 to 5 p.m. on Wednesday, March 10, in the McKimmon Center. Questions? Send an e-mail to to David Shafer at david_shafer@ncsu.edu. You can also view a list of all participating grad students’ abstracts.

Guest Poet Valerie Gillies
Edinburgh’s former poet laureate, Valerie Gillies, will speak at 7:30 p.m. Wednesday, March 10, in the Caldwell Hall lounge. Gillies is the author of three widely praised books of poetry, The Ringing Rock, The Lightning Tree, and her newest, Men and Beasts. Her presentation is co-sponsored by the Creative Writing Program’s Owens/Walters Reading Series and the Women’s Studies Program.
Faculty and Staff Notes

Goldgeier Named General Counsel
Eileen Goldgeier has been named vice chancellor and general counsel, effective March 15. Chancellor Jim Woodward made the announcement following approval of the Board of Trustees.

Goldgeier has spent the last six years as general counsel at the University of North Carolina at Wilmington. She has more than 17 years of higher education legal experience, including six at NC State as associate general counsel. Her previous legal experience includes working at Johns Hopkins University and in private practice in Baltimore.

A native of Durham, Goldgeier received her undergraduate degree from Brown University and her law degree from Emory University. She replaces Mary Beth Kurz, who retired in October.

Quality Society Honors Godfrey
Dr. A. Blanton Godfrey, dean of the College of Textiles, received the Distinguished Service Medal from the American Society for Quality (ASQ). The medal, ASQ’s highest award, recognizes a distinguished career of contributions to the quality profession. It is given for establishing broad quality improvement initiatives in health care, education and industry, as well as for personally demonstrating exemplary quality practice internationally by blending statistical and managerial quality methods.

Researchers Win Microwave Prize
Researchers in the Department of Electrical and Computer Engineering will receive the 2010 Microwave Prize from the IEEE Microwave Theory and Techniques Society. The award recognizes the most significant paper in the field that has been published in the preceding year in any IEEE publication. Recipients are NC State’s Jonathan Wilkerson, Dr. Kevin Gard and Dr. Michael Steer, along with collaborator Dr. Alex Schuchinsky of Queen’s University Belfast, Northern Ireland. They were honored for “Electro-Thermal Theory of Intermodulation Distortion in Lossy Microwave Components,” IEEE Transactions on Microwave Theory and Techniques, published in December 2008. The work showed that the underlying limit to the performance of communication systems is signal distortion resulting from electro-thermal effects. The performance of communication systems, as well as of high power radar systems, can be improved through appropriate measures to remove heat and by the choice of materials with particular thermal characteristics.

Muddiman To Receive Biemann Medal
Dr. David Muddiman, chemistry professor, will receive the 2010 Biemann Medal sponsored by the American Society for Mass Spectrometry (ASMS). The award recognizes significant achievements in basic or applied mass spectrometry made by an individual early in his or her career. The award is presented in honor of Professor Klaus Biemann, whose legacy is the training of students and postdoctoral associates over a 40-year period at the Massachusetts Institute of Technology. The Biemann Medal is endowed by contributions from students, postdoctoral associates and friends of Professor Biemann. The medal will be presented at the ASMS annual conference and includes a cash award of $5,000.

Mathematics Receives NSF Grant
The Department of Mathematics has been awarded a National Science Foundation grant titled “Alliance for Building Faculty Diversity in the Mathematical Sciences” that will fund postdoctoral fellowships to new Ph.D.s for a period of up to three years. The program specifically targets minority candidates. A typical three-year postdoctoral fellow will spend one year at a national institute and two years at a university. Alliance universities are Arizona State University, Howard University, Iowa Alliance (University of Iowa and Iowa State University), NC State, the University of Arizona and the University of Nebraska. The project is under the direction of Dr. Aloysius Helminck, head of the NC State Department of Mathematics.

Register for Spanish Language Proficiency Certification
Speak Spanish? Wondering how you could translate your bilingual skills into income or a career? Earn your Spanish language proficiency certificate in business, tourism, or Spanish health services from the internationally recognized Madrid Chamber of Commerce Program. The Department of Foreign Languages and Literatures is the only location in the southeastern United States to offer the testing, and has provided this service to students and the community for 16 years. Registration is open through March 10, with an exam scheduled at 10 a.m. on Tuesday, April 20. Contact Ana Gray at ana_gray@ncsu.edu for more information.

Bulletin

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Bronzed and Beautiful

The newest members of the Wolfpack family are ready for sentinel duty on campus.

Article by Keith Nichols

NC State will officially welcome a new wolfpack to campus at 2 p.m. March 9 with the installation of three bronze wolves on the plaza just west of the bookstore and south of the Free Expression Tunnel.

San Diego-based artist Michael Stutz created the "woven bronze" wolves that weigh in at approximately 1,200 pounds apiece and stand about five feet tall. The sculptures are part of a continuing campus beautification project helped along by the bond referendum of 2000 that allowed NC State to address facility construction and renovation across campus.

"Now we have an opportunity to turn our attention to the spaces between buildings," said Tom Skolnicki, university landscape architect. "If you look across our campus, there are some iconic places, like the Belltower, the Brickyard and Holladay Hall. As part of the physical master plan, we’re trying to create additional (iconic places) as well as improve the areas that have high visibility and high pedestrian traffic."

The area where the wolves will be located is a well-traveled area of campus, within a few yards of the Free Expression Tunnel, Talley Center, bookstore and several residence halls. The $350,000 project, commissioned in 2008, was funded from non-appropriated, non-student-fee dollars.

Stutz, whose art uses straps of material to create form, said he hoped to evoke "order and abstraction," with his trio of wolves.

“When you look at the site, you see a traditional, ordered space,” he said. “You see a space where students in a literal way are moving toward their goal. They may not be completely sure of the exact nature of that goal yet, but they’re moving. It’s that moving forward idea that evokes the nature and powerful wildness you find in wolves that I was aiming for.”

Stutz said he spent “quite a bit” of time watching how the space is used before deciding on the nature and scale of the sculptures. “Students were skateboarding, playing games, studying, moving back and forth. It’s a space that is well-used and I did not want the sculptures to encroach too much on the way the space is utilized.”

Originally from Tennessee, Stutz was chosen in a process that began two years ago when 66 artists responded to requests for qualifications. A committee made up of seven faculty and staff narrowed the list to four artists who visited campus and met with faculty, staff and students. You can see an example of his work on a pedestrian bridge over Highway 1 in Cary.