CAROLINA LEADERSHIP ACADEMY NEWS

The Carolina Leadership Academy has invited internationally recognized leadership expert John Maxwell to be a guest speaker. This is a joint venture with our Blue Devil brethren on Wednesday, February 7. Duke is hosting the event. Head and assistant coaches from both institutions will be in attendance.

Every year Maxwell speaks to Fortune 500 companies, international government leaders, and organizations as diverse as the United States Military Academy at West Point and sports organizations such as the NCAA, the NBA, and the NFL. His organizations have trained more than one million leaders worldwide. He is a best-selling author who has sold over 12 million books. Two of his books, The 21 Irrefutable Laws of Leadership and Developing the Leader Within You, have each sold over a million copies.

- Carla Overbeck and Anson Dorrance made a command return appearance at our Rising Stars workshop on Monday, January 29th. Carla spoke about her leadership experience as a student-athlete at Carolina, on the national team and in the WUSA. In his own imitable way, Anson Dorrance moderated.

The tandem addressed the primary focus of the Rising Stars' curriculum this semester, Vocal Leadership. Anson has described Carla as the most impactful vocal leadership he has encountered in his coaching tenure. Given his frame of reference, this is high praise.

In front of an attentive audience, Carla reflected on her evolution from a reticent freshman to the verbal force she became by her senior year. It is this transition which CLA participants most struggle. They ask themselves, "who are they to tell their teammates, their peers what to do?" As Carla explained, her transition was achieved through credibility, a credibility established through a combination of her discipline to fitness and her service to her teammates off the field. Anson credits this formula for Carla's unique "way to win" style: there came a moment in the game when her teammates were playing for her.

- Rhian Jenks (track & field) and Will Randolph (fencing) have been added to the list of 2006-07 Tar Heel Leaders of Distinction. Rhian is the first two-time recipient of the prestigious Three-Dimensional Leader Award.

UNC CHILD CARE SEMINAR SET

The "Choosing and Using Child Care" class is being offered on Thursday, February 8, from 1:30-2:30 p.m. at the Administrative Office Building in...
Choosing and Using Child Care is a workshop that is designed for all stages of parenthood. During the session you will learn strategies for finding quality child care for infants, toddlers and school-age children. In addition, you will learn about community child care options.

Following the session, a family support counselor from CCSA will be available to answer questions and create a customized list of child care options to fit individual family needs.

Space is limited, so please contact Cookie Dais to register at cookie_dais@unc.edu.

NEWS FROM SPORTS MEDICINE

TEAM APPROACH IS THE WINNING APPROACH:

HOW SPORTS MEDICINE ADDRESSES DISORDERED EATING

Disordered eating can have far reaching effects for an athlete, his/her teammates, and everyone involved in the support of the student-athlete. The management of such diagnoses are complicated in that they involve both short and long term health concerns as well as athletic performance.

The Sports Medicine Department is committed to this issue from a treatment and prevention aspect. We recognize that eating disorders are psychological illnesses with medical complications resulting from nutrition related behaviors, and therefore manage the treatment of athletes struggling with eating disorders with a team approach. Sports Medicine staff members participate in weekly case management meetings held at Campus Health Services.

The multidisciplinary Eating Disorder Team includes the following members:

Tom Brickner, MD SPORTS MEDICINE PHYSICIAN

Jen Ketterly, MS, RD SPORTS MEDICINE SPORTS DIETITIAN

Bruce Vukoson, MD CHS PRIMARY CARE PHYSICIAN

Maureen Windle, PhD CHS CLINICAL PSYCHOLOGIST

Heather Pendleton, RD CHS CLINICAL DIETITIAN

DISCOUNTS FOR UNC EMPLOYEES

The following new and updated discounts are now available for UNC-Chapel Hill employees:

** Shops and Services: For details, go to http://hr.unc.edu/employees/spa-employees/discounts/discount-shops.

--BB&T: BB&T At Work offers CD and Savings Account special rates offered to UNC employees.


--CenterPeace Companion Care, LLC: In-home and companion care, 10% discount on services.

--Discount Contact Lenses.com: 10% off total order. Company offers contact lenses, reading glasses and other vision care products.

** Sports and Fitness: For details, go to http://hr.unc.edu/employees/spa-employees/discounts/discount-sports.

--Carolina Hurricanes Hockey: Discounts on select games December through April.

**Apartment/Realty Discounts: For details, go to http://hr.unc.edu/employees/spa-employees/discounts/apts.

--Colony Apartments: Security deposit and application fee waived for UNC employees.

** Arts and Entertainment: For details, go to http://hr.unc.edu/employees/spa-employees/discounts/discount-arts.

--Group Tickets Plus: Ringling Bros. and Barnum and Bailey Brothers Circus, Feb. 7-11 at the RBC Center, special offer on opening night (2/7/07) and savings on other dates.

-- Broadway Series South specials: Offer extended through end of season! Save $10 per ticket on specific performances and dates.

RAMS CLUB WELCOMES NEW STAFF

The Rams Club is happy to announce the addition of its newest staff member. Amy Piland joins the Rams Club staff as an Assistant Director of Membership. She most previously worked as the Assistant Director for Endowment with Wolfpack Club at NC State - her employer for the past five years.

Amy is a 2001 graduate of UNC, and received her Masters degree in Sport Management from the University of Tennessee. She will be responsible for solicitation and cultivation at the annual and scholarship levels, recruiting new members, and strategic planning for membership activities. She will staff the Triad area (Greensboro/High Point/Winston-Salem), the Tidewater area, and Richmond Va. Please welcome Amy back to Chapel Hill.

CAROLINA KIDS CAMP INFORMATION AVAILABLE

Information is now available for the 2007 Carolina Kids Camp. For a direct link to camp info, go to: http://hr.unc.edu/employees/spa-employees/workfamily/childcare/kidscamp/.

Camp applications will be accepted on a first-come, first-served basis beginning Feb. 19 at 8 a.m. No camp applications will be accepted prior to that date.

This year Carolina Kids Camp will offer nine one-week sessions.

Sessions and dates for 2007 are:

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<th>Week</th>
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*no camp July 4

STUDENT WORKER ALLIANCE

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<td>Amy Piland</td>
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<td>John Blanchard</td>
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<td>Beth Bridger</td>
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<td>Chris Allen</td>
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FREE TAX PREPARATION HELP
Volunteer Income Tax Assistance (VITA) provides free tax assistance to the University & Chapel Hill community. Tax Assistance provided by trained students in the Master of Accounting Program and the Law School at UNC-Chapel Hill.

Note: Volunteers are trained to assist those with gross household incomes of $50,000 or less, who do NOT itemize deductions and who are NOT self-employed. In addition, we are sorry that we do not have appropriate training to assist those holding international visas.

WHAT TO BRING TO YOUR APPOINTMENT: Proof of identity (driver’s license; state ID card; passport; school photo; visa or military ID); copies of all W-2 forms; Social Security number for all individuals to be listed on your return; child care provider’s identification number (or Social Security number); amounts of other income (i.e., alimony or child support)

• CHEEK-CLARK BUILDING—505 West Cameron Avenue
• GILES-HORNEY BUILDING—103 Airport Drive (off Airport Road)
Cheek Clark Building (from the Carolina Inn) – Proceed about 4 blocks on Cameron Street, towards Carrboro. Building is on your left, just before the railroad tracks at 505 West Cameron St. Giles Horney Building is on Airport Drive. Airport Drive is off of Martin Luther King Blvd. (formerly Airport Road). From the corner of Franklin and Airport Road, drive north (away from campus) about 1½ miles. Turn left onto Airport Drive -- Giles Horney is immediately on your right. The Master of Accounting Student Association (MACSA) receives funding to help operate this program from UNC-CH Parents Fund – Student Opportunities Fund Award.

FOR TUTORING
The Student-Worker Alliance for Tutoring, a student organization working in conjunction with the Work-Life program in Human Resources, is currently offering a free tutoring program to the children of all UNC staff. The mission of this organization is to provide a new medium through which UNC students can give back to the UNC community via a tutoring service for children.

Interested individuals can access a database of tutors at the Student-Worker Alliance for Tutoring web site at http://unchoast.org/swat. The website lists the names of UNC volunteer student tutors, as well as the subjects and ages they can teach. Clicking on any student’s name provides more information, including their major and availability. Interested employees can either contact the student directly to coordinate a schedule based on the UNC student’s availability and the employee’s convenience, or email the program directly at swat@unc.edu with a tutor request and be personally paired up. Tutoring is available to all children in grades K-12. The tutoring will take place in either reserved study rooms on UNC campus or a location mutually determined by the employee and the UNC student.

Feel free to pass on this information to people within your department who you feel would benefit from this service.

If you have any questions or suggestions contact:
Kristin Economο, SWAT Parent-Outreach Coordinator
Phone: 919-260-8038
Email: economo@email.unc.edu
Sarah Press, SWAT Tutor Coordinator
Phone: 847-858-7317
Email: press@email.unc.edu
Aimee Krans, UNC Work-Life Manager
Email: aimee_krans@unc.edu

UNIVERSITY TRAINING & DEVELOPMENT

Compliance Corner – February 2007
NLI SIGNING PERIOD
The signing period for four sports (Football, Field Hockey, and Men’s and Women’s Soccer) begins on February 7. There are specific regulations for the coaching staffs as well as representatives of UNC Athletics (employees and boosters) related to the signing of a National Letter of Intent.

The dates of the signing period are:
Football (Regular) 2/7/07 to 4/1/07
Field Hockey 2/7/07 to 8/1/07
Soccer 2/7/07 to 8/1/07

Coaching Staff Telephone Call Rules:
Soccer and Field Hockey: Coaching staff members may make unlimited telephone calls to a prospect from February 7 through February 9.

Football: Coaching staff members may make unlimited telephone calls to prospects from February 5 at 7:00 am until February 9 at 7:00 am.

Please note that the sports associated with this NLI signing period are in a dead period from Monday, February 5 through Thursday, February 8. During a dead period, it is not permissible to make in-person recruiting contacts or evaluations on or off the UNC campus. This also prohibits official or unofficial visits to UNC’s campus, as well as the provision of complimentary admissions to prospects for campus athletics contests. See Bylaw 13.02.4.4 for more details.

FAQs – Regulations Regarding Prospects Who Have Signed National Letters of Intent
Q. How long is a prospective student-athlete considered to be a prospect?
A. A prospective student-athlete remains a prospect even after signing a National Letter of Intent or financial aid agreement to attend UNC. The prospect, the University, its staff, and boosters are all governed by recruiting regulations until the prospect reports for regular season practice or attends his/her first day of classes in any regular term (i.e., fall or spring).

Q. Is it permissible for athletics department staff to contact a prospect who has signed an NLI?
A. No. Only coaching staff members can make recruiting calls to a prospective student-athlete, including those who have signed an NLI to attend UNC. No on- or off-campus contact (including written or electronic correspondence and telephone calls) may be made by athletics department staff.

Q. Is it permissible for staff members or a booster to assist a prospect (who has signed an NLI) with pre-college expenses?
A. No. Neither UNC staff nor boosters are permitted to offer, provide, or arrange financial assistance to cover a prospect’s expenses (educational or otherwise) for any period prior to his or her enrollment. This applies even to those prospects who have signed an NLI or financial agreement to attend UNC.

Please remember that the same prohibitions against the provision of extra benefits to currently-enrolled student-athletes also extend to all prospects.

If you have any questions about NCAA regulations pertaining to prospects who have signed an NLI, please do not hesitate to contact the Compliance Office at (919) 962-6000. The UNC Department of Athletics appreciates your efforts to comply with NCAA regulations.
UP CLOSE WITH A TAR HEEL STAFFER

Former Lacrosse Star Returns to Chapel Hill

With the opening of a new men’s lacrosse season in Chapel Hill, the Tar Heels welcome back a piece of the past. Judd Lattimore, a four-year lacrosse letterman, has come back to Chapel Hill as a member of the lacrosse coaching staff.

“It feels great to be at Carolina,” said Lattimore. “I am excited to work at my alma mater.”

Lattimore, a team captain in 1996 and All-America honoree at Auburn High School in New York came to Chapel Hill as one of the top lacrosse players in the country. He was a member of the 1993, 1994 and 1995 Central New York Lacrosse team at the Empire State Games. Lattimore led the team as captain in 1995.

In addition to his excellence on the lacrosse field, Lattimore was also a two-time All-America in swimming at Auburn. An Inside Lacrosse pre-season All-America as a junior in 2000, Lattimore was a vital member of the Tar Heels offense. In 2001, Lattimore spent his final year at Carolina as a senior attackman under current UNC head coach John Haus.

Lattimore started his coaching journey the following year at the State University of New York at Geneseo. During his time with the Knights, the team recorded its best record in 20 years. Geneseo also achieved its highest ranking in school history up to that point.

He then moved on to Limestone College in Gaffney, S.C. As the team’s first assistant coach and offensive coordinator, Lattimore directed Limestone’s attack to a 19.3 goals per game average in 2004. The mark was the highest in all three divisions of NCAA lacrosse. During his time in Gaffney, Lattimore coached 10 All-America honorees and the team racked up a 15-2 record in 2004, tops in school history, and scored 314 goals, equaling the school record.

Lattimore then took his skills to the University of Delaware in 2004-05. Under head coach Bob Shillinglaw, a 1974 North Carolina graduate, Lattimore helped lead the Blue Hens to the 2005 Colonial Athletic Association regular season championship. The squad also earned a spot in the CAA tournament championship before falling to Towson.

The last stop for Lattimore before his return to Chapel Hill was the University of Pennsylvania. As an assistant at Penn, the team finished 12 in the national coaches’ poll and earned an NCAA tournament bid.

Getting back to the NCAA tournament was a highlight for Lattimore. When asked about his time at Carolina, his favorite moment was, “playing in the NCAA tournament.”

Lattimore now comes back to Chapel Hill to work with his former coach in 2001. “I had a great relationship with him as a player,” said Lattimore of Haus, “and it has been great working with him.”

Along with his years of experience as an assistant coach, Lattimore has a bachelor’s degree in interpersonal and organizational skills. He considers this to be a great asset. “My college education has been very beneficial to my professional career.”

After leading record setting offenses at Limestone College, Lattimore is excited to bring some of this knowledge to Tar Heel attack. The former Carolina attacker said his job “is to give a lot of input on the offense.” Tar Heel fans can look forward to an even more potent attack than last year that featured, than-sophomore, Bart Wagner as the leading scorer.

What does Lattimore expect from the Tar Heels this season?

“Carolina lacrosse has a long tradition of excellence,” said Lattimore. “It is our goal to be the best college lacrosse team in the country. I think we have a great group of guys who are fun to coach.”

Not only is Lattimore working with the Tar Heel stars of today. As head coach of the Triangle Select Lacrosse under-15, “Carolina Cannons,” he also imparts his knowledge to possible Tar Heel lacrosse stars of the future.

“TSL is involved with many good players from this area and I feel fortunate to be a part of that group,” said Lattimore.

He is also involved at the professional level of lacrosse. As a third round draft pick in the 2007 Major League Lacrosse supplemental draft on December 5, 2006, Lattimore will be a member of the San Francisco Dragons.

“I have been drafted,” said Lattimore about his professional career. “I am excited to be a part of the San Francisco organization.”

Looking forward, Lattimore is excited to be working under head coach John Haus again, this time as an assistant.

“Coach has taught me a great deal,” said Lattimore, “I look forward to continue to learn from him.”

Contribution by Patrick Evans, UNC Athletic Communications Student Assistant

MENT PROGRAMS

*Our current Program Guide (November 2006 through June 2007) is available at http://hr.unc.edu/employees/SPA-employees/training/prog_guide/Nov06.pdf.*

Spaces are still available for several upcoming training programs. For complete course descriptions or to register, go to http://www.training.unc.edu.

If you cannot access the online registration system or have questions about these programs, contact Training & Development at 962-2550.

Tuesday, Jan. 23: How to be your own Personal Trainer

Friday, Jan. 26: American Sign Language

Thursday, Feb. 8: The Heart Healthy Message

Monday, Feb. 12: Mediation 101

Tuesday, Feb. 13: Are you ready to own your own home?

Tuesday, Feb. 13: Exploring Images of Women in the Workplace

Eligibility to participate:

All current permanent full-time or part-time SPA, EPA non-faculty and EPA faculty employees are eligible to enroll in training programs. In general, students, post-doks, temporary employees, retirees and spouses of UNC employees may enroll in specific programs on a space-available basis by calling the Training & Development Department two business days prior to the start of class. Non-UNC affiliates, such as employees of other State agencies or UNC system institutions, should call Training & Development at 919-962-2550 for registration information.