



THE PENDULUM

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CONVOCATION '09



LINDSAY FENDT | Staff Photographer

Student marshals pass out acorns to members of the class of 2013 after New Student Convocation on Saturday. President Leo Lambert called the acorns "a symbol of the promise of an Elon education." Like the acorn, he said students have everything within them to grow and become strong.



LINDSAY FENDT | Staff Photographer

Freshmen moved to Elon Friday with the help of 95 Orientation Leaders and 80 representatives from ResLife. Nearly 1,300 freshmen dragged their parents, bedspreads, boxes and books to campus.

Former RA charged with possession of property stolen from residents

Margeaux Corby
News Editor

An Elon student and former Colonnades A resident assistant was charged with possessing property stolen from dorm rooms of his residents last week.

Amir Mohammed Shafiq-Khan was charged with misdemeanor possession of stolen goods/property on Wednesday after campus police found laptops, cameras, an iPod, a Rolex watch, a diamond and ruby bracelet and expensive purses in his 2004 Volkswagen Jetta, said Director of Campus Safety and Police Chuck Gantos.

Gantos said the total value of the 47 items found in Shafiq-Khan's car is still being calculated. Strong speculation exists, he said, that the accumulated value of stolen items will be more than \$1,000, meaning Shafiq-Khan's former misdemeanor warrant will be changed to a felony in the next couple of days.

Although the former resident assistant has not been charged with breaking and entering or larceny at this time, Gantos said 46 of the 47 stolen items have been identified as belonging to students and parents of students who resided in Colonnades Building A.

"At the point we arrested him, he invoked his rights and did not discuss with us the details surrounding this," Gantos said.

Shafiq-Khan became a person of suspicion in connection with six dorm room break-ins occurring at the Colonnades during the spring semester in early August.

A resident alerted campus police, Gantos said, after he had been contacted by a man who had purchased a MacBook from Shafiq-Khan through a social networking site and found the resident's personal information on the laptop. The man agreed to purchase another laptop from Shafiq-Khan, with money provided by police, and found the serial numbers matched those of a second laptop stolen from another Colonnades A resident.

"We had word he had a laptop for sale and we arranged for that sale to take place," Gantos said. "That allowed us to secure a search warrant."

Joel Slocum, president of Resident Student Association, refused to comment upon the situation or any new measures RSA might take to prevent such incidents from reoccurring in the future.

Shafiq-Khan was released the same day of his arrest after securing bail. Gantos said they have no other suspects at this time.

Class of 2013 charged with years of discovery, self-reflection, growth

Ashley Barnas
Online Editor-in-Chief

As the triumphal procession music began, the cloth backdrop of the podium in front of West dormitory parted. From there emerged George Troxler carrying the Elon mace, followed by the robed and rainbow regalia-clad faculty members. Under the Oaks sat the members of the class of 2013, transfer students, family and guests. New Student Convocation then began on the cloudy and cool morning of Aug. 29.

Rather than organizing this year's convocation as he had in years past, Troxler was given the honor of bearing the mace. He passed his torch as dean of cultural and special programs when he retired last spring.

In another new position was Phil Smith, who gave his first invocation as associate chaplain and director of religious life, a task usually set to Chaplain Emeritus Richard McBride.

The ceremony begins with a minister, Smith said, because when Elon's founders stood beneath the grove of oaks where the class of 2013 now sat, they envisioned an institution where mind, body and spirit would be enhanced and transformed. He said the spiritual dimension of life is celebrated and honored at Elon, as is the quest for finding a purpose and meaning in life.

To the "God of new beginnings," Smith led a prayer for the students to discover and develop their true

selves during their time at Elon, and for the parents and loved ones to "find a deep sense of comfort."

"May the years ahead be filled with the joy of discovery for each and every one of us," Smith said.

Junior Justin Peterson, SGA president, welcomed the class and took a quick photo of everyone from his podium view. He told the students to create a mindset to "enjoy (the) time because it goes faster than I can explain."

Peterson had student-athletes raise their hands and told the audience at least one of these players would score a winning point. The scholarship recipients were also asked to raise their hands, as well as the students who thought they might not have been accepted at Elon. Peterson said one of them may become the next student body president, because he belonged to that group of unsure applicants as a freshman.

"You are now a voice on campus," Peterson said. "And as the freshman class, you are usually the loudest."

Vice President and Dean of Student Life Smith Jackson presented the class of 2013 to Steven House, provost and vice president for academic affairs. The students come from 39 states, the District of Columbia and 28 countries.

"This class will enrich Elon University," Jackson said.

House welcomed the dynamic new class and

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Bats found inside Virginia residence hall

Ashley Barnas
Online Editor-in-Chief

A large number of live bats were found in Virginia residence hall in West Area last week. No students were harmed or came in contact with them.

"We had a couple reports about bats earlier last week," said Robert Buchholz, director of Physical Plant.

Though the exact number is not known, numerous bats were then found in the attic.

Buchholz said he invited someone from nuisance control to investigate the situation, who suggested all the small crevices in the residence hall be tightened up so a bat can no longer fit through. Crevices as small as the width of the tip of a pinky finger will be secured.

Such crevices may have opened up because of weather and other natural causes such as aging.

Buchholz said the tightening up process took place Thursday night. Bats will leave the attic to fly around outside, allowing workers to go into the attic and seal everything.

A device being installed in the attic will allow the bats to crawl out for their nighttime flight, but will be hinder them from flying back inside.

"There were only around 14 students that were early check-ins," Buchholz said.

A meeting with the students was held last night to see if any of them came in contact with the bats or if they had seen them in their rooms or hallways. There was one report of seeing a bat flying around the third floor, which initially led to the investigation of

the attic.

Buchholz said the 14 students that were living in Virginia before school started were kept out of the dorm the night the bats were discovered. But early morning move-in on Friday continued uninterrupted.

Smith Jackson, vice president of student life and dean of students, wrote in an e-mail to students, faculty and staff, "Should you see any bats inside a university building, please contact the Physical Plant immediately at 278-5500 during normal working hours, or contact Campus Security at 278-5555 after hours."

Between 2 and 6 percent of bats carry rabies, which can be transmitted to humans through bites. Per the Humane Society, bats are non-aggressive creatures that will only bite in self-defense. However, if you are bitten by a bat, you will want to be examined."





Students and parents wait for Cushman boxes to transport their boxes to the East Area dormitories. Orientation leaders and Physical Plant workers helped unload the Cushman boxes and move in students.



Incoming freshmen and transfer students receive their acorns following the convocation ceremony Under the Oaks.

Elon welcomes the class of 2013

PHOTOS BY LINDSAY FENDT



Parents make the trek from the Harper Center parking lot to the North Area dormitories.



Parents and new students began arriving and unpacking before 8 a.m. Friday.



Orientation leaders scoop out cotton candy for freshmen at Saturday night's Phoenix Frenzy. The event also included music, door tag decorating stations and free coupons and samples from local companies.

Renting textbooks provides new alternative to purchasing

Laura Wainman
Senior Reporter

Many college students know the experience of purchasing a new paperback psychology book that costs \$150, and then never even cracking it open during the semester. Matters become worse when students attempt to sell it back and discover the professor is using a newer edition next year and they are now permanently stuck with the book. In a hurting economy, this is not an investment all students can afford to make.

In response, a number of online companies have been created that allow students to rent their required textbooks, keep them for the duration of their course then return them when the course is done. The most popular renting sites include chegg.com, campusbookrentals.com and bookrenter.com.

Textbook rental programs allow students to save money on their textbooks as well as skip the long lines at their campus bookstore. Many of these companies offer additional incentives such as free return shipping, the option of extending your rental period and even the

option of purchasing the book for the cover price, minus the rental fee.

Senior Liz Seckerson has bought textbooks from sources outside the campus bookstore, but is unfamiliar with the concept of textbook renting.

"I think it is a good concept and I would definitely consider it, but I would still want to compare prices," Seckerson said. "When I buy a book I can return it and get some of that money back at the end of the semester, but if I rented that wouldn't happen."

Elon's Campus Shop manager, Kathy Scarborough, expressed some concern regarding textbook rental programs.

"While the smaller rental fees are enticing, there are drawbacks that many students overlook," Scarborough said. "Rental companies have to use old editions, which is not beneficial to students, particularly those in majors where the material is changing constantly. Elon is a cutting-edge university and it would be disadvantageous for our students to be taught with old materials."

Some universities have already implemented a textbook rental program for their students. Appalachian State University

has rented textbooks to students since 1938 and requires all undergraduate students to participate in the program. The maximum cost of a semester's worth of books for a full-time student is \$100.

"The greatest advantage of the program is that every student at our university has access to the required textbooks no matter how big a class is, or how much the book costs," said Michael Coston, Appalachian State's university bookstore director. "We don't want our students to worry about whether they can afford their textbooks."

Seckerson said she would like to see Elon consider implementing a textbook rental option, but admitted she would be more inclined to buy from the campus bookstore if she could receive a fairer value on returned books.

Elon does not have any plans in the near future for starting a similar program on campus.

"It is a more difficult program than anyone would anticipate," Scarborough said. "Aside from the academic ramifications of using old course materials, there would be a huge financial startup cost. It may sound great, but it is not as easy as you think."

RENTAL WARNINGS

Not all rental companies will guarantee your rental includes supporting materials, (CDs) so ask first if this is something you need.

Be careful how you treat your rental books. If the rental company deems them damaged, you will be required to pay to replace the damages.

Avoid any rental sites that charge a membership fee.

Students who return their books late will be charged with an additional fee.

Shop around. As the rental market increases so will the competition, which will give you more options to choose from.

STUDENTS SEEK OTHER ALTERNATIVES

While some students are beginning to rent textbooks to cut costs, others are dismissing paper textbooks altogether and turning to digital alternatives, such as electronic textbooks. The new digital libraries can be accessed through laptops, iPhones and iPod touches and are a convenient way for students to save money, time, trees and free their

backs from the weight of traditional textbooks. CourseSmart emerged as the nation's largest digital course materials supplier with more than 7,000 textbooks for students to choose from at an average cost 50 percent less than print textbooks.

"As print content of all kinds continues to migrate online, many students have wondered why their

textbooks were not also available as eTextbooks," said Frank Lyman, executive vice president of CourseSmart. "As an alternative to the print textbook, CourseSmart's eTextbooks are helping students cut their textbook costs in half without sacrificing the quality of their education and all on devices they already own."

New York Times article questions Elon's touring system

Sam King
Reporter

Every academic institution wants the opportunity to appear in a nationally-ranked publication, but when Elon University appeared in The New York Times article "Colleges Seek to Remake the Campus Tour," many questions and concerns were raised as to whether or not the university's touring system should be changed.

Elon is mentioned in the article as having a disappointing tour because of the impersonal backward walking and scripted movements. Dean of Admissions Greg Zaiser said the article was a "fluke."

While Elon's tour guides do walk backward and have facts to offer at every building, these more rehearsed speeches may not necessarily be a bad thing.

Senior Josh Tate is a three-year tour guide veteran, and said Elon's touring procedures should not change.

"We like to keep our tours as personal as possible," he said. "By keeping eye contact, walking backward answering questions, we want to be engaged."

With more than 500 acres and 10 miles of sidewalk, giving an informative tour without walking backward may not be an easy feat to achieve in the allotted 90-minute time frame. Elon also strives to keep the tours personal by keeping tour groups smaller than

20 people to assure connection with everyone in the group, Zaiser said.

Although the tours at Elon are not scripted, there are certain facts guides are encouraged to share about each point of interest on campus, Zaiser said.

He said all students go through extensive training in order to become a guide and must study the university's historic background and be well-rounded in preparation for the post-tour questions.

"None of our guides ever spit off numbers," Tate said. "Every tour is different. We do have facts about each building that we should hit on, but since no student at Elon shares the same experience, no tour can ever be the same. Someone may have personal experience in Koury, which others may not."

There are some students who disagree with this method. Junior Alex Buttermore said he felt his tour was more generic than truthful.

"They introduced the school very well, but it felt like they were selling a product," he said.

As Elon continues to grow in size and reputation, changes must eventually be made to the tour, such as a larger route, but not the major changes the Times article suggests, Zaiser said.

"As of now, we are not considering changing anything about our tour," Zaiser said. "We rarely receive bad feedback from prospective students and



FILE PHOTO
Elon tour guides walk backwards while showing the university to prospective students, something questioned in a New York Times article.

their parents. Most often we receive great reviews and praising follow-up e-mails from prospective students and their parents."

Tate echoed Zaiser's sentiments.

"Just this past weekend a few new students came up to a few of us and said, 'You were my tour guide. You're the reason I'm here,'" he said. "We were flattered."

Validity of reputable college ranking guide troubles educators

Margeaux Corby
News Editor

The legitimacy of the U.S. News & World Report's annual college rankings has recently been questioned by a leading online source for higher education information.

According to an Inside Higher Ed review of methods used by U.S. News to collect ranking data, the survey is subject to problems stemming from apathetic respondents to dishonest ratings of neighboring universities. Such doubts about the credibility of the U.S. News rankings have the potential of being very disquieting for universities and colleges honored at the top of such lists.

Such debate about the validity of college ratings is not new, said Director of University Relations Dan Anderson, which is why rankings should never be used as the sole source to judge an institution.

"College rankings have been controversial ever since the first one came out in the '80s, and they should be used by parents and students as broad brush outlines," he said. "We don't believe the families use college rankings to make their college decisions, but determine what kind of groups of schools they should consider when looking at college."

The U.S. News report quality was recently called into question after a Clemson official revealed that her bosses consistently gave low scores to other universities on the peer assessment portion of the survey to increase their own rankings.

Anderson said he does not believe this type of

gaming strategy used to skew rankings is often employed by college administrators and the Clemson case is an unfortunate exception rather than the rule.

"Most college administrators fill out the survey with integrity," he said.

Anderson said the problem many face is the lists of hundreds of schools they are asked to assess. He said in that case, administrators can check "I don't know."

The U.S. News survey employs several differently weighted assessment criteria by which overall rankings are determined. The peer assessment portion relies on the ratings of high-ranking college officials around the country to rate the academic quality of hundreds of undergraduate programs at other institutions and is worth 25 percent of the university's ranking.

Major inconsistencies found in Inside Higher Ed's report included school senior officials who gave the highest ranking of "distinguished" only to themselves and others who ranked institutions like Harvard, Yale and other Ivy Leagues as "adequate" while giving their own university top marks. Those who provided such questionable answers, such as the survey submitted by officials at the University of Wisconsin at Madison, claimed they were only trying to respond as neutrally as possible to poorly-worded questions.

Elon was named the top "School to Watch" in the 2009 U.S. News & World Report "America's Best Colleges" guide and was ranked No. 2 among 118 Southern master's-level universities in the same issue. A billboard touting the information can be seen on I-85 North.

Anderson said honors such as the top "School to

Watch" are not meant to be scientific since they are a measure of what top administrators across the country think of other institutions.

"I think the fact that those people across the country would mention Elon more frequently than any other school is a recognition of Elon's excellence in these areas," Anderson said.

Organizations that have criticized the survey in the past, such as Education Conservancy, claim the peer assessment survey puts too much importance on rankings subject to bias and inaccuracy due to respondents' lack of knowledge or personal school affiliations.

"It would be hard-pressed for any college president on a public stage to say they know more about more than 10 colleges. It's not their job," Lloyd Thacker, founder of the Education Conservancy, told Inside Higher Ed. "The rankings in and of themselves do a great disservice to education."

Anderson said administrators are under no illusions that rankings are the ultimate authority on a college's value to prospective students.

The rankings guide is meant to assist families wanting to narrow their college search, he said, but the final decision to apply is based on innumerable factors such as a school's majors, size and extracurricular programs.

"College rankings are a tool for families, not an accurate measurement of academic or institutional qualities," he said. "College choice is based on many factors much more personal to you."

University launches campaign for flu and health awareness

Plans for H1N1 prevention and response to be updated at a continuous rate

Rachel Cieri
Features Editor

With health officials predicting another flu outbreak for the fall, the university is taking no chances in its preparations by implementing a new awareness program and updating plans continuously.

University officials mailed a letter to parents in mid-August outlining campus plans for dealing with an H1N1 flu outbreak, should one occur, and a similar letter to students was posted on E-net Aug. 18.

Plans in the letters encourage parents and students to follow disease prevention measures recommended by the Center for Disease Control and Prevention. Students are encouraged to stay hygienic and keep materials like fever reducers and thermometers on hand.

Director of University Relations Dan Anderson said students can expect to see hand sanitizer dispensers appearing in strategic, high-traffic locations on campus as a way to promote hygiene and campus awareness.

The preparations, according to Assistant Vice President for Student Life Jana Lynn Patterson, are preemptive.

"Right now, it's not a huge threat to loss of life," Patterson said of the flu virus.

The letters, Patterson said, were sent to encourage parents and students to update emergency contact information and be conscientious about public health threats like the H1N1 virus.

A flu breakout among 14 members of the football team in mid-August gave the university a chance to test its containment plan, which had great results, Patterson said.

"(Patients) tend to do well with treatment and isolation, and they've recovered quickly," she said. "It hasn't been debilitating, at least in the cases we've seen."

Students diagnosed with the flu or flu-like symptoms may be put in isolation or asked to return home. Patterson said each student will be treated on a case-by-case basis, but sick students may be asked to stay in their dorm rooms or return home until they've recovered.

When members of the football team were quarantined, they were brought take-out trays for meals and wore surgical masks to prevent the spread of disease. These measures were successful in containing the outbreak and could be implemented again should

Reduce Your Risk

The best way to lessen the spread of the flu, both seasonal and the H1N1 strain, is to take personal prevention measures.

Frequently wash hands for 20 seconds or more with soap and water.

Avoid close contact with people who have the flu or flu symptoms.

When coughing or sneezing, cover your mouth and nose with a tissue. If unavailable, cover with your bent elbow rather than hands.

Avoid touching your eyes, nose and mouth, especially before washing hands.

MIRIAM WILLIAMSON | Graphics

another occur.

University officials do not expect an outbreak of emergency proportions, but they expressed concern that Elon could encounter an H1N1 outbreak before a vaccine has been developed.

"This early in the season, the flu hasn't become prevalent yet, and there won't be a vaccine until it gets

more prevalent," Patterson said.

Patterson attended the International Swine Flu Conference Aug. 19 and 20, and the university will be updating its flu response plan based on discussions from the conference.

Students and parents can expect periodic updates about changes to university plans or important health information, such as the dates when vaccines and flu shots become available.

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New stops improve BioBus efficiency

Alexa Milan
Managing Editor

BioBus riders may have noticed some changes to the bus system when they arrived at their stops on the first day of class. Rather than having all five bus routes based at the McMichael depot, two other campus depots have been added and arrival times have been adjusted.

The West Loop's campus stop is now the Center for the Arts. The University Drive Line and the East Outer Loop will now use the Moseley lot near Belk Library. The East Inner Loop and the Danieley Tram will stay at McMichael.

"It puts a couple of the BioBuses even more in the center of campus," said Keith Dimont, supervisor of automotive services.

The bus will run every 15 minutes on the West Loop and Danieley Tram, every 20 minutes on the East Inner and Outer Loops and every 30 minutes on the University Drive Line.

Dimont said the primary reason for the change is the amount of traffic congestion near the McMichael depot. With lots of students walking between the buses on cell phones and iPods during high-traffic times, Dimont said people were concerned about students getting hurt.

"It just got to the point where we thought it was a safety issue," Dimont said.

Dimont and Robert Buchholz, director of physical plant, started looking into a new BioBus plan in early May. Dimont said it was a team effort he thinks will save mileage and fuel

and be more convenient for students. For example, rather than looping all the way back around to McMichael, the West Loop stops more closely and conveniently at the Center for the Arts.

"We looked at different variations and came up with what we feel is a better service and a safer service for folks," Buchholz said.

Before settling on using different bus stops, Dimont and Buchholz played with a few other ideas. They considered having a bus go to the Koury Athletic Center parking lot but determined the bus would be hard to maneuver in the crowded lot, so the Center for the Arts was selected instead.

"We looked at actually changing the curb at McMichael and making the space at the bus stop wider," Dimont said. "But we decided even though it would be more room, we would still have the same problem of congestion."

When they started developing the plan, Dimont and Buchholz talked to bus drivers about where students who rode the bus were going to and coming from. They realized many students came from Moseley to the McMichael stop, so they decided to add another stop at the Moseley and Belk parking lot.

"We had to consider that there was concern about the Moseley and Belk lot being crowded, so Keith came up with the idea of the one (University Drive) bus that only runs from 4 p.m. to midnight," Buchholz said.

Last year there was a 23 percent increase in BioBus ridership, and Dimont and Buchholz said they are hoping for an even bigger increase with the new system. Buchholz also emphasized the



LINDSAY FENDT | Staff Photographer
Rather than all five bus routes stopping at the McMichael depot, two buses will stop at the Moseley and Belk Library lot and one will stop at the Center for the Arts. The heavy traffic congestion around McMichael and the desire to make the bus stops more convenient for students are the primary reasons for the change.

BioBus' role in campus sustainability efforts.

"It's better if you're getting on a bus carrying 15 or 20 people than taking a car," Buchholz said.

Though the new BioBus system just went into effect, Dimont and Buchholz are already brainstorming other ideas for the bus system. Dimont said students have expressed interest in a route that goes to South Campus. Buchholz is also looking into a new device that counts

riders getting on and off the bus, which would provide them with more accurate ridership statistics.

Buchholz said above all, they are looking for comments and suggestions from students.

"We're always looking to improve and make sure we're meeting people's needs," Buchholz said.

To view the new bus schedule, visit <http://org.elon.edu/transit/biobus/busSchedule.html>.

University acknowledged for financial, workplace distinction

Laura Smith
News Editor

This summer, Elon University added two more recognitions to its already long list of honors.

The first was the title of "Top Financial Find of 2010," according to Bruce Hammond, a former managing editor of the Fiske Guide to Colleges in an article on Reader's Digest.com. Criteria that gave Elon this honor included its welcoming environment, supportive faculty, hands-on learning opportunities and emphasis on global perspectives.

"Comparison shopping is the name of the game in today's college market," Hammond said in a statement. "College costs continue to rise, but more aid than ever before is available to help soften the blow."

Susan Klopman, vice president of admissions and financial planning, said Elon deserved this honor because of its policy of financial equality.

Compared to a larger school that offers larger financial aid packages but comes with a heftier sticker price, Elon keeps the tuition affordable to all, not just those receiving financial aid, Klopman said.

"We try to keep the cost of tuition as low as we possibly can rather than the normal higher-ed education," she said. "It has always been our policy to treat students equally with regard to the cost of tuition. Everyone gets the benefit."

The second recognition for the university was its addition to the 2009 list of "Great Colleges to Work For" program by The Chronicle of Higher Education. The program honors institutions for best practices and policies, including faculty-administration relations, confidence in senior leadership and compensation and benefits.

The second annual list comprises 150 colleges. Elon was among 10 medium-sized institutions to receive distinction in the areas of job satisfaction, policies, resources and efficiency, respect and appreciation, confidence in senior leadership, teaching environment, connection to institution and pride, facilities and security, healthy faculty-administration relations, internal communications and physical work space conditions.

"The most important resource Elon University provides to its students is an extraordinarily talented faculty and staff," President Leo Lambert said in a statement. "They create the environment on campus that fosters intellectual, personal and spiritual growth and set the tone for a welcoming, vibrant community. The survey results point to how invested our faculty and staff are in making Elon



LINDSAY FENDT | Staff Photographer
Patrick Rudd, coordinator of access services at Belk Library, helps a student search for a book. Rudd has worked at Elon since 2005 and said he loves the benefits, both financial and in general, of working for Elon.

excellent in every respect."

Patrick Rudd, the coordinator of access services at Belk Library, began working at Elon in 2005. He was drawn to a job in the library after spending time among its shelves during his time in graduate school at North Carolina Central University.

"What I've appreciated the most (working at Elon) is the respect between the students and staff," he said. "It's a great environment. Everyone's working towards the same goals. There's no hierarchy."

Employees like Rudd also get insurance benefits for working at Elon, and according to Rudd, "the benefits are very good."

Rudd also praised the university for its ability to disseminate information within the system to everyone.

"I feel like there is clear communication of the university's goals at all levels," he said.

Results of The Chronicle's survey were based on responses from 41,000 administrators, faculty and staff members at 247 institutions. Questionnaires were given online in March and April 2009.

Elon's survey was given to employees in a random sample said Ron Klepcyk, director of human resources at Elon.

"This is a testament towards the satisfaction of working at a place like Elon," he said. "It has a reputation for making positive change."

According to Klepcyk, Elon is still seeing a flow of applications for positions coming despite the weak economy. He said there were 200 applications for the last clerical position offered.

"Elon continues to be a popular place to work," Klepcyk said. "It's a place where people want to be."

New Student Convocation welcomes freshmen

CONVOCATION from PAGE 1

introduced them to the 340 faculty members sitting Under the Oaks with them.

"The Elon faculty are truly remarkable and devoted teachers, mentors and scholars," House said. "They will stretch you and challenge you more than you can even imagine."

In what President Leo Lambert called "one of the most meaningful occasions of the academic year," he announced it would be "the first of many goodbyes parents will say to their college-age children."

"In a parent's mind, remembrances both big and small come into clear focus on mornings like this one," Lambert said. "I can identify with the tear in mom's eye and the lump in dad's throat ... I know how proud they are and what a privilege it's been to help you reach this day."

Compared with the billions of people on Earth who live in poverty, suffer from HIV/AIDS and are illiterate, Elon students are among the most privileged people on the face of the Earth, Lambert pointed out. And as such, students must ask themselves, "What am I going to do with the gift of an Elon education?"

In the middle of one Elon tradition, Lambert announced another tradition the class would now witness.

"You're going to hear a train go by," he said, "and I'm going to grab a drink of water. Justin, you want to grab some more photos?"

The moment of hilarity was only a slight break in the tenderness of his message that members of the Elon community are caring above all else.

"You will be changed in ways you can now not imagine," Lambert said.

Donna Van Bodegraven, associate professor of foreign languages, explained Elon's four pillars of honesty, integrity, responsibility and respect, and Chuck Griffith, father of 2010 graduate Katie Griffith, reflected on his time as an Elon parent. Everyone he has come in contact with simply loves Elon University, he said, and it's an institution where everyone has the ability to make a difference.

In his traditional message to the new class, Lambert said, "You will leave Elon some day, but Elon will never leave you."



The construction for the pedestrian underpass is estimated to take one year, with a completion date in mid-2010.

LINDSAY FENDT | Staff Photographer

Construction for pedestrian tunnel underpass detours roads, limits parking

Ashley Barnas
Online Editor-in-Chief

Construction on Elon's pedestrian underpass beneath the railroad tracks is well on its way for a mid-2010 completion.

A five-man crew from Crowder Construction Company has been working on the underpass project since early August. The tunnel will cost approximately \$2.25 million and will be funded by Elon University and North Carolina Railroad Company.

For the duration of the construction project, East Lebanon Avenue will be closed from Antioch Avenue to the west parking lot entrance of Lindner Hall, and East Trollinger Avenue will be closed from west of the South O'Kelly Avenue intersection to the South Antioch Avenue intersection. The detoured streets are scheduled to reopen in early 2010.

"They are currently rerouting the existing water, sewer and storm lines so they can dig the tunnel," said Neil Bromilow, director of planning, design and construction management at Elon.

"The next step will be the construction of a temporary bridge structure," said

Kat Christian, public affairs director of the North Carolina Railroad Company.

Bromilow said the crew finished relocating the existing water pipes and has started shoring the walls with a crane and pile driver, hollowing out the ground. The process is preparation for the installment of corrugated metal walls.

In two to three weeks, the workers will be making a lot of noise, Bromilow said. Residents of HBB and the Academic Village should be prepared for the sounds of metal and hammers starting early at 7 a.m. and going until 5 p.m.

The same type of fencing that is currently along the tracks on West Trollinger Avenue will be constructed all along the railroad tracks on Elon's campus once the tunnel is completely built.

Structurally, the tunnel does not have any corners, Bromilow said, so it's a clear, straight shot from one end to the other with little danger of having someone jump out and surprise people. The goal was maximum visibility and maximum lighting.

The actual tunnel has its own built-in lights, similar to the lighting in highway

tunnels.

Decorative concrete is being used on the tunnel, so it has some texture to it, but there are no mosaics or other embellishments. But potential for decoration is there, Bromilow said. Graffiti similar to that seen in N.C. State's pedestrian tunnel is not a concern for this area, he said.

"With the returning students, safety is our main concern," Christian said. "Crowder Construction is taking care to ensure minimum impact on campus activities, and asks that students take care to avoid the construction site."

Similar pedestrian underpasses already exist at N.C. State University and Duke University. Discussion about constructing an underpass on Elon's campus has been going on for several years.

"North Carolina ranks sixth in the nation in accidents to people on the tracks," said Scott Saylor, president of the North Carolina Railroad Company. "This project will provide a safe access for people to cross under the tracks. It can take a train more than a mile to stop."

Recovery funds allow smoother road trips for drivers within N.C

Laura Smith
News Editor

On Aug. 20, U.S. Transportation Secretary Ray LaHood announced \$3.6 million of the American Recovery and Reinvestment Act of 2009 funds would go toward improving transportation conditions in North Carolina.

"The Recovery Act was put in place quickly to rescue the economy from the worst recession since the Great Depression and rebuild it for a stronger future," LaHood said in a statement. "Rebuilding the nation's infrastructure is a key part of that prescription for strength. It creates jobs today and builds a better, more sustainable economy moving forward."

But this is not news to Alamance County.

Earlier in the summer, the N.C. Department of Transportation announced that ARRA funds would go toward resurfacing many of North Carolina's highways, including 4.1 miles between Guilford and Alamance Counties. The project began June 17 and is scheduled to be complete Oct. 30.

The resurfacing will cost approximately \$3.8 million and runs from I-85/40 from east of Rock Creek Dairy Road (State Road 3056) in Guilford County to west of University Drive (S.R. 1311) in Alamance County.

ARRA grants have also been awarded to several North Carolina cities for the purchase of transportation vehicles and construction projects.

Jacksonville, N.C. received \$1.5 million to purchase five

28-foot buses, electronic farebox equipment, automated passenger counters, bus fleet equipment, voice announcement/automated vehicle locator systems, construction of a bus wash facility and construction of a bus parking facility.

The city of Gastonia received \$2.1 million to purchase five 35-foot clean diesel buses.

President Obama signed the American Recovery and Reinvestment Act into law Feb. 17 and the NCDOT learned it would receive \$838 million in federal funding. For highway and bridge improvements, it is set to receive \$735 million, and for transit, \$103 million.

Also in February, the NCDOT identified approximately 70 highway and bridge projects (totaling

about \$446 million) in counties statewide.

According to the Federal Highway Administration, every \$1 million spent on transportation generates 30 jobs, and according to the construction industry, every dollar invested in transportation trickles down into the economy six times.

"These funds are creating jobs now while investing in the future of our transit systems," said Administrator Peter Rogoff of the Federal Transit Administration in a statement. "The public's demand for transit service continues to grow, and these dollars will help meet that need."

Since Obama signed ARRA into law, grants totaling more than \$5.7 billion have surfaced for transit improvements in the entire country.

Burlington's unemployment rate one of highest in N.C.

Currently there is more than 4,000 jobless people in the Burlington area

Laura Smith
News Editor

Elon junior Roger Black remained in Burlington this summer with the intention of finding a job. He had already been promised a position at Red Bowl Asian Bistro before heading home to Atlanta until the lease on his apartment began in June.

"When I came back, I went to Red Bowl and the manager told me that he could not fit me into the schedule and that I needed to look for another job," Black said.

But finding a job in Burlington proved to be more difficult than he anticipated.

"I went to dozens of different places," Black said. "I applied to everywhere I was qualified for, and at most of the places there was someone else there filling out an application with me."

Black is not alone in his job search. According to Bureau of Labor statistics, there are more than 4,000 jobless people in Burlington, hiking the unemployment rate to 12.2 percent — one of the state's highest.

"One of the key reasons for the higher rate here is our reliance on manufacturing jobs," said Robert Harkrader, the director of planning and economic development for the city of Burlington. "It has been one of the hardest areas hit in the economic downturn."

Manufacturing is Burlington's third largest industry, and according to the BLS, has seen one of the largest drops in employment.

According to Tom Tiemann, the department of economics chair at Elon, the size of the city's manufacturing sector is an issue that will keep unemployment high for sometime after the recession.

"It will stay higher than in most of the state and nation," Tiemann said. "In the long run, the entrepreneurs in town will find new ways to make a profit and things will recover."

While many of Burlington's economic woes can be attributed to the state of the national economy, Harkrader still says the city's government is doing whatever it can to create more jobs.

"We try to bring new capital investments into the city," Harkrader said. "We just need to get out of this funk with the national economy."

While manufacturing jobs have been the most affected, students shouldn't expect to have an easy time finding a part-time job.

"You can tell just by walking around Burlington that it's not doing well," Black said. "There are businesses closing everywhere. Nowhere has a 'now hiring' sign up."

Even student jobs on campus have taken a hit. Last year elite cut the jobs of more than half of its student workers.

Students who rely on part-time employment to help pay for college will be hit by the rise in unemployment, but in general Elon has been surprisingly unaffected by the recession.

"A few students I know of have transferred to lower-cost colleges," Tiemann said. "Budgets for supplies, travel, etc. are tight, but compared to most other colleges, things are good."

Elon study disproves claim of Red Bull's enhanced energy

Michelle Longo
Online Programs Director

The back of a Red Bull Energy Drink claims to "improve performances, especially during times of increased stress or strain, increase concentration and improve reaction time."

That assertion piques the interest of millions who drink the energy drink hoping to achieve those results by simply consuming eight ounces of the yellow liquid.

"I don't like taking it a lot," senior Ian Taylor said. "But sometimes I feel like I have to."

Elon associate psychology professor Mat Gendle and his students also had an extra interest in the claim, although for a different reason.

Ultimately, they decided to scientifically test the claims.

"If you look at the ingredients in Red Bull, there is nothing in there that is magical," Gendle said. "It's not like the thing has cocaine in it."

For the next two years, Gendle and his students worked to find a real-world way to test Red Bull and its claims.

One of the first tasks: replicating the taste of Red Bull, without using any of the energy drink's ingredients.

After trying all sorts of concoctions, one of Gendle's students suggested doing it the way her father does when he runs out of Red Bull at the bar he owns: Take Vernor's ginger ale and drop a raspberry Smartie candy in it.

The team finally decided to use Diet Vernor's and raspberry syrup.

"It didn't taste exactly like Red Bull," Gendle said. "But you would think it came from some type of energy drink origin."

Once they nailed down the placebo drink, it was time to dole it out. The students who voluntarily offered to be a part of the study came in twice, once getting the placebo drink and once getting either Red Bull or Sugar-Free Red Bull. A computer test gauged their attention and reaction times on both visits.

"There is nothing in Red Bull that would tell someone who knows anything about brain biology, 'This thing will have remarkable effects,'" Gendle said. "But it is in fact the case in certain circumstances that glucose, other sugars and caffeine do



PHOTO SUBMITTED
Associate psychology professor Mat Gendle and his students worked for more than two years to disprove a claim on the Red Bull Energy Drink can.

enhance reaction time."

Gendle, who was trained in neurotoxicology and neuropharmacology, said he and his team figured ahead of time that the experimenters might see a little change in reaction time, but nothing major, nothing that would have real-world relevance.

But the results were surprising from previous assumptions.

The test subjects ended up incurring a placebo effect. The students who received the placebo blend acted as though they were having an energy drink.

"Their performance did get better because of the effect, so that performance washed out whatever tiny effect they would have gotten from the Red Bull," Gendle said. "The groups were then identical."

The study, which was published online June 30 and appears in the latest issue of *The Open Nutrition Journal*, said the effect of drinking Red Bull was no greater than any other caffeine enhancement, such as coffee, would have contributed to the reaction time of the participants.

The conclusion of the study reads, "Our results indicate that, although Red

Bull may improve cognition in certain clinical settings, one can, when taken by university students at the end of a busy weekday, does not significantly improve reaction time or visual attention."

Taylor echoed the findings of the study on a personal basis, saying that it doesn't help him concentrate so much as it just helps him to stay awake, even though there is a crash after the sugar runs out.

"The take home message here is if you think it is going to work, it is going to work," Gendle said.

“

If you look at the ingredients in Red Bull, there is nothing in there that is magical. It's not like the thing has cocaine in it.

- Mat Gendle
ASSOCIATE PSYCHOLOGY PROFESSOR

”

NEWS IN BRIEF

Food Drive

A canned food drive to support Loaves & Fishes is being held every Monday, Tuesday and Wednesday at Designer Home Warehouse in Burlington Outlet Village.

The donations will support Loaves & Fishes Christian Food Ministry. To thank donors, DHW is offering 10 percent off a single item for every two cans. For more information contact DHW at (336) 222-1785 or visit www.designerhomewhse.com.

Disco Party at McEwen

This Thursday, McEwen will host a 1970s Disco Party for dinner.

The first 10 people to come in '70s gear get Food Dollars, and those who can list as many popular TV shows, movies, bands and icons from decorative posters can win a \$25 Food Dollars gift card.

Rueben sandwiches, Louisiana hot wings and bananas foster will be served.

Freshmen class officer elections next week

The SGA will hold freshmen class officer elections from 9 a.m. Monday to 5 p.m. Tuesday. Students can vote online at www.elon.edu/sga or the downstairs tables in Moseley Center.

Candidates will give speeches to the student body at 5 p.m. Sunday at the plaza in front of the Academic Village.

Sportsfest 2009 friday

Campus Recreation will host its annual Sportsfest from 4 to 7:30 p.m. Friday. Sign up ends at 5 p.m. today.

Hillel receives honor to help strengthen university program

Laura Smith
News Editor

This summer, Elon University's chapter of Hillel, the national organization for Jewish college students, received a major honor to help strengthen the program.

Hillel international invited Elon to join the Small and Mighty Campuses of Excellence II, an initiative that enhances experiences and opportunities for Jewish students on smaller college campuses.

Through the initiative, students within the organization, along with its director, Nancy Luberoff, are eligible for grant money, alternative spring break trips, site visits from Hillel representatives, Jewish speakers and birthright trips, which are free educational trips to Israel for Jewish adults who are ages 18 to 26.

This is the second Small and Mighty Campuses initiative Hillel has sponsored. The first was created in 2008. Besides Elon, schools included are Wellesley College, Smith/Amherst Colleges, Kenyon College, Hamilton College, Union College and Dickinson College.

"This is a big deal for Elon University, that a powerful, national university has recognized that Elon is sort of part of this club," Luberoff said.

Luberoff first got Elon involved in the initiative after making a call to Hillel international, explaining that Elon had the criteria the organization was looking for.

The three criteria for receiving the honor include being a top-50 ranked school, having a Hillel professional on campus who is a university employee and demonstrating a commitment to Jewish life on campus.

"I called them and told them we're not at top-50 but we're at the top of other things," Luberoff said. "They reviewed the rankings and decided Elon fit in with top-50 based on other criteria."

Along with grant money, alternative spring breaks and birthright trips, Luberoff also got specialized training for networking and immersion experiences earlier in the month.

"This allows campuses that already had Jewish life, that were doing good stuff, to take a step further," said Deb Geiger, director of the Small and Mighty initiative. "It challenges them to go beyond what they were (already) doing."

She has been impressed with what the initiative has done for the first batch of schools last year. Those schools included Colgate University, Franklin and Marshall College, Lehigh University, Middlebury College, Williams College and Washington and Lee University.

"There's already been dramatic increase (within Jewish life on campuses)," Geiger said. "There's been greater increase in visibility and student leaders."

Senior Avra Stackpole is the current president of Hillel at Elon and is also eager to see the benefits of the initiative.

"I think it's a really good opportunity for Elon because even though we're relatively small compared to other schools in the co-op, it shows we are really present," she said. "It really is going to give us resources ... and show the Jewish community that Elon is strong and growing."

With this initiative, Elon will be more eligible for special grants for alternative spring breaks such as the one Luberoff lead to Uruguay last March.

"My priority is maximizing our opportunities for engaging students and making sure their needs are

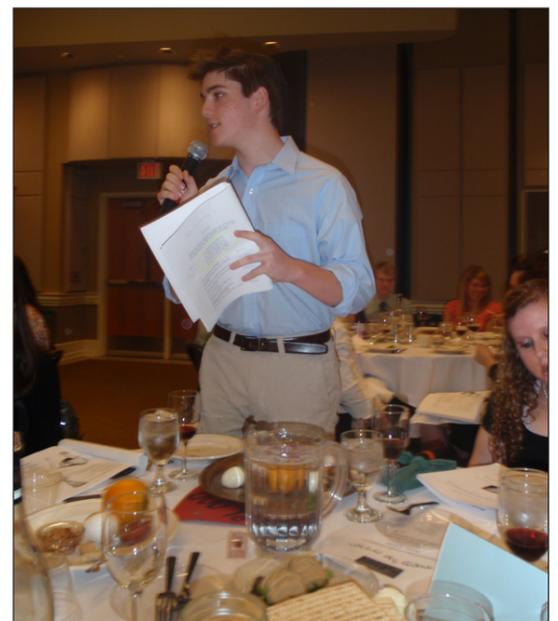


PHOTO SUBMITTED
Sophomore Hillel member Adam Kaplan speaks at the Passover Seder meal last semester. The Small and Mighty initiative will allow Hillel members even more opportunities on and off campus.

being met and that we can build relationships that are meaningful with students," she said. "I think very often we think of diversity in terms of interracial diversity. In fact, on a campus like this that is historically Christian, Jewish life on campus has a lot to offer in terms of diversity."

Editorial

The Pendulum seeks to inspire, entertain and inform the Elon community by providing a voice for students and faculty as well as a forum for the meaningful exchange of ideas.

THE PENDULUM Established 1974

The Pendulum is published each Wednesday of the academic year. The advertising and editorial copy deadline is 5 p.m. the Friday before publication. Letters to the editor and guest columns are welcome and should be typed and e-mailed with a telephone number for verification. Submissions are accepted as Word documents. The Pendulum reserves the right to edit obscene and potentially libelous material. Lengthy letters or columns may be trimmed to fit. All submissions become the property of The Pendulum and will not be returned. You can reach The Pendulum by e-mail at pendulum@elon.edu. If you have questions or concerns about an article contact a section editor. Please do not respond to reporters directly.

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Losing the Senate's Lion

Those who stood behind him, whose regality came as both a buoyant support and a staggering weight, depicted him as a lion. His enemies never forgave him for his leftist stances or the madness that took place in Chappaquiddick. He was demonized as an emblem of the seemingly perpetual liberal congress.

But most importantly, Sen. Ted Kennedy was a politician in the best sense of the word, whose recent passing leaves behind a legislature unprepared to follow his best examples.

Calling Kennedy a lion, though, is ultimately disingenuous. Male lions are notoriously slothy, presumptuous beasts whose achievements are limited solely to mooching off of the labors of the females in the pride.

The claim can be made that Kennedy's earlier years were spent suckling on the legacy of his own pride, with his expulsion from Harvard in 1951 having little effect, given his family's influence and his election to John F. Kennedy's seat in the senate at the age of 30.

He did, after all, say that after the events in Chappaquiddick, we mused as to "whether some awful curse did actually hang over all Kennedys," giving the impression of voodoo having more to do with the death of Mary Jo Kopechne, a 28 year-old campaign worker.

Kennedy's rise in politics seemed to be a perfect fit for the mold of a "Franklin," a term used by President Richard Nixon to describe those in the elitist, silver-spooned upper crust of society who defeated him in his first presidential run.

But where Kennedy broke from this worn model was with his sheer legislative ability. Through his 47-year stint in the senate, as one of six to have endured more than 40 years in that position, he and his staff put together more than 300 bills.

He was a champion of those who were not granted the same advantages he was born with, so he co-sponsored the Civil Rights Commission Acts Amendments of 1978 to bring discrimination on the basis of disability into the jurisdiction of the commission.

He worked with Sen. Tom Harkin on creating the Americans with Disabilities Act, instituting the widely successful Early Head Start and rallying the charge to alter the Consolidated Omnibus Budget Reconciliation Act to allow workers to

temporarily continue their health coverage in the event of their employment's termination.

And for college students, Kennedy pushed hard for the Direct Lending program, a component of the Budget Reconciliation Act of 1993, which has provided federal loans for college education to more than 12 million. In 2007, he helped put the College Cost Reduction Act together, which was the largest increase in student aid since the inception of the GI Bill.

His ideology could never be mistaken for anything other than liberal, but what made him so effective in the senate wasn't his unbreakable adherence to arbitrary partisan guidelines. It was his acceptance that politics is an exchange, not a stick-up, that made him a worthy opponent to all but the most hot-headed members of the right.

In 2002, he jumped over the party line to help President George W. Bush in pushing the No Child Left Behind Act into law, and though the act has since been continuously embroiled in controversy, it nonetheless represented an effort to accomplish something, rather than just sneering and jeering.

Throughout the persistent coverage of his death and legacy, there has been much discussion over the role that his failures held in shaping him. His actions at Chappaquiddick occurred early in his political career and undoubtedly placed a huge burden on him, not just for the guilt of betraying his position, his family and causing Kopechne's death.

It was at that point that the slow regression from that big cat status most likely began, with his fragile Kennedy immortality threatened and a massive debt to be paid to society.

It's easy to judge someone based on a singular, terrible action, and many allow the shattered windows and drowned body to solely dictate their opinions of Kennedy. Though there's nothing inherently wrong with that, it leaves out the complexity of his character and his expansive accomplishments.

He wasn't just a murderer, the last member of Camelot or a lion of a senator. He was truly a politician, wrapped in enigmas, adorned in backroom and public deals, whose intentions, as self-serving as they may have been at times, have left this nation for the better.

Trading something for nothing

Often in times of duress, nations sacrifice their ideals in order to sort out retributive action against those who may intend to do them harm.

Bombers fly over civilian cities, alleged agitators are seized and held without due process and then tortured and upstanding western democracies back down from the haughty claim that they would never deal with terrorists.

The British government, already dogged with criticism regarding the Scottish release of Abdel Baset al-Megrahi, otherwise known as the Lockerbie Bomber, is now on even shakier ground.

The claim has been made that al-Megrahi's release was an act of mercy toward a man who has little time left to live, or it was intended to smooth relations between the United Kingdom.

But given recent accusations from The Sunday Times, it appears as though al-Megrahi's release was nothing more than a business deal.

British Prime Minister Gordon Brown maintains that he in no way sought al-Megrahi's release to assist British Petroleum Co. in finalizing an oil deal with Libya, which is al-Megrahi's homeland.

But all of the pieces integral to the

claim appear to be in place, especially given Justice Minister Jack Straw's admission that Libya was demanding a deal to obtain al-Megrahi, and the particularly dire state of the British energy supply.

Coal accounts for 31 percent of all electricity supply in Britain, and with new European emission restrictions, the cost-effectiveness of maintaining older plants is incredibly limited, and the country's nuclear plants, which account for 13 percent of the electricity supply, will be weeded down to a single remaining plant by 2023.

Given that oil production in the North Sea peaked in 1999, Britain is a country increasingly dependent on foreign sources of oil. Libya is an attractive trade partner.

With the world's ninth-largest proven oil reserves, and with its National Oil Company seeking to double its oil production by 2012, there's a solid amount of oil to be obtained.

The question is, if the British government did indeed trade a terrorist for greater oil supplies, whether or not such an exchange is legitimate.

Those whose relatives died in the Lockerbie bombings, and those who were alive to see Pan Am Flight 103's

smoldering wreckage, are undoubtedly shocked. The blood of their relations and their countrymen has been washed from al-Megrahi's hands with a pump and a steady application of gasoline.

But with the damage already done, with al-Megrahi so close to death, there is a logical and highly cynical argument to be made for freeing him to shore up Britain's energy supply.

It may not be the right thing to do, and ethically it treads all over the rulebooks, but strategically, there's a cold-headed and unfortunately valid method to this madness.

TO COMMENT...

We appreciate original responses to Pendulum articles. Feedback of 500 words or fewer can be sent in several ways.

Letters to the Editor and columns can be e-mailed to pendulum@elon.edu or sent to 7012 Campus Box, Elon, N.C. 27244. Content will be edited for clarity, length and accuracy. All submissions must include a name and phone number.

A message board also accompanies each article online at www.elon.edu/pendulum where commentary can be quickly posted.

ILLUSTRATING THE ISSUES:



Opinions

Fuel the fires, kill the smog Sustainability's persistent importance



Jack Dodson
Columnist

With the CNN-dubbed "make or break" health care push throughout August, the Obama administration had its hands tied with little progress to show for it. Republican leaders remain in deep opposition, most Americans are on the fence and a drop in approval ratings all stare the newest White House team right in the face.

The problem with this is less about how these developments will affect

health care in the United States. Though it is not much of a question that something needs to be done to further regulate the industry in order to offer Americans better coverage and a stronger foundation for their health, there is much more at stake.

The Obama administration's actions in the last few months, and where it goes from here, will determine the next three years. CNN is right about one thing: It has been a make or break month, but for a whole lot more than just health care.

The president offered much more than health care reform in his campaign platform, and many people criticized him for trying to take on too much. Priorities need to be made, but health care seems like it should be farther down the list than at least one more important issue: sustainability.

Elon has shown a lot of progress in the area of climate change and how an individual institution can put a cap on its own emissions. Sustainability coordinator Elaine Durr was hired in 2008 to oversee environmental practices.

Task forces of professors learn about sustainability and how it pertains to learning along with how to incorporate it into the curriculum and some Global Experience classes even study it in depth. Hybrid ZipCars sit in the Moseley parking lot for students who need them.

The almost LEED-certified Lindner Hall, which stands out in the Academic Pavilion, is Elon's latest

achievement in sustainability. LEED certifications, which come from the U.S. Green Building Council, are granted to projects that work toward increased energy savings, decreased emissions and the like.

Other higher education institutions embrace the cause with varying degrees of intensity, bringing in strong support from the college-aged constituency.

Portland State University in Oregon announced plans for a "sustainability center," where energy comes entirely from solar paneling and no more water is used than what falls on the site. Many colleges are standing up to do their part.

Perhaps the real issue here lies in the lack of governmental reform in the field of sustainability. Despite the fact that the effects of climate change are widely known and generally accepted, and a vast majority of organizations and scientists push for a cleaner, more effective solution to them, nothing has been done to really address the problem nationally, let alone globally.

This is where CNN hits the nail on the head. If health care reform deals a hard blow to the support of the Obama administration, and if the uncooperative nature that has dominated the work in United States politics for years persists, then the next three years will show no progress when it comes to sustainability.

"Mainstream scientists warn that the longer the world waits, the sooner it will reach a tipping point beyond which even draconian measures may not be enough," the New York Times argued on Aug. 18.

Under one scenario, atmospheric concentrations of greenhouse gases, now about 380 parts per million, should not be allowed to exceed 450 parts per million. The editorial highlighted that it may take pressing risks to national security to actually pass climate change legislation.

The voices of colleges speak loudly in their efforts to combat climate change, and Elon is among the larger advocates. But more needs to be done.

It's up to the nation as a whole to recognize the problem and really do something about it — by putting pressure on the government and allowing the current administration to actually get some work done.

Ending Obama's excuses



Sarah Costello
Columnist

President Barack Obama is a manipulator, skilled in the art of beguiling vast audiences with his debonair and charm, while discounting opposition by producing excuses.

When concerned citizens question his motives and the remaining trustworthy media outlets debunk his initiatives, the Obama administration rarely offers counter-arguments. Instead, they blame antagonists for hindering growth or

obstructing plans for a better America. Their surest and most popular ploy: accusing opposition of racism or extremism.

Racial issues have received excessive media attention in the past eight months. With Senate apologies for decades of slavery, a Supreme Court justice with a history of exhibiting racial preferences, an Ivy-league professor accusing police of discrimination and a president who continues to pull out the race card, it is no wonder racism is not altogether eradicated. Society cannot let it go.

Obama's presidency has fueled a fire that refuses to die. While pockets of radicals exist, extremism is not an epidemic. We have made great leaps in overcoming prejudices and should acknowledge success rather than continually discussing the few failures.

The Obama administration recently claimed "right-winged extremists" were organizing in angry mobs in attempts to ensure Obama's failure.

These are the same protestors Speaker of the House Nancy Pelosi claimed were carrying swastikas to town hall meetings and Sen. Harry Reid accused of "sabotaging" healthcare reform.

Obama, the poster boy for the mantra of "Yes, we can," made history as the first black president, but eight full months into his presidency, this is his only noteworthy accomplishment.

Since his inauguration, unemployment has risen to a devastating 16 percent, according to Atlanta Federal Reserve Chief Dennis Lockhart, who included those who are no longer looking for work, a figure removed from Obama's figures. His administration also predicts budget deficits will rise to \$9 trillion during the next decade.

The past month was the deadliest for U.S. troops in the eight-year War on Terror. The president passed a nearly \$800 billion stimulus package that is reaping few benefits and attempting to push a life-changing, widely unread, healthcare bill through the Senate.

There is a clear double standard of tolerance. Though many demanded his impeachment and assassination, Bush did not waste effort regaining popularity. Unlike Obama, Bush realized a good leader would never please everyone.

The media rarely question the actions of the president, refraining from probing and second-guessing the largest power entity in the U.S.

Media bias was evident during the election, when the majority of mainstream media did not investigate Obama's questionable relationships with the radical Rev. Jeremiah Wright and William Ayer. Other examples include support from several major networks of Obama's nomination for Justice Sonia Sotomayor, his quick push toward healthcare reform and his massive spending sprees.

Obama's race is a minute detail that does not deserve the attention it has received. The problems afflicting America are much bigger than the president admits, but he must eventually come to terms with the fact that the majority of Americans could care less about his race.

Obama's obvious attempts to quell an existing crowd of discontent with accusatory and threatening condemnation have not gained him any brownie points.

Americans are watching, and many are not thrilled with his disregard for legitimate concerns. Stopping for good excuses is not getting Obama anywhere. If he wants to regain public satisfaction he must provide sound defenses and terminate a vocabulary riddled with excuses.

Diversity brings equality



Robert Wohner
Columnist

For every incoming college student, there is a moment that signifies the differences between home and college. As a freshman, mine came from an unexpected place — Elon's Multicultural Center group, specifically with the Student Mentors Advising Rising Talent program.

S.M.A.R.T. is a program that matches incoming students with older mentors. Before arriving at Elon, I received countless invitations to join S.M.A.R.T. When I

arrived at my dorm in the Danieley Center, a colorful greeting was posted on my door. These promotions worked, and I looked forward to joining.

But on my way to sign up, I was met with an eye-opening occurrence. Another student was attempting to sign up at the same time. The S.M.A.R.T. mentor at the check-in examined a list in front of her, and casually mentioned he couldn't join. He asked why, and her explanation was that he was not "multicultural."

It was startling, since there was an assumption that everyone is multicultural because everyone has a different culture. This student presumably was white, and therefore unable to join. As a lifelong resident of Queens, New York, the self-proclaimed "Most Diverse County in America," it was frightening. How ironic that at a campus that's 87 percent white, I'd feel the most out of place at a Multicultural Center event.

To be perfectly clear, S.M.A.R.T. is a wonderfully executed program. My mentor was a vital asset in my integration at Elon. But that event still lingers.

If the Multicultural Center feels it necessary to provide minority students with their own groups, then by all means designate groups for that purpose. There is value in connecting with others who share a similar background. But to isolate is something else entirely.

There are some who will argue that these policies come from the disparity between white and non-white students. Last semester, The Pendulum reported on the creation of Affinity, a campus Bible study aimed at black students. Their rationale for creating the group? The Pendulum quoted their founder.

"A lot of Christian groups on Elon's campus don't reach out to African-Americans," said Miya Stodghill, the group's founder and Elon alumna (2009). She continued to say the group does not exclude people who aren't black, but will continue to mainly reach out to black students.

I'm not so naïve that I fail to see how some students could feel alienated on this campus. Truly, I have never felt blacker than when on campus. In New York, it's easy to blend into the melting pot. At Elon, it's a bit tougher.

But you can't accuse whites of not understanding different backgrounds if the doors for communication are closed. The real purpose of the Multicultural Center should be to foster an ongoing dialogue between people of different backgrounds, beliefs and perspectives. But for meaningful dialogue to take place, all participants must be open.

For many minorities, feeling isolated because of race is a challenging obstacle. Last week, New York governor David Paterson drew heat for attributing his poor approval rating and virtually no chance of winning reelection to the media subjecting him to racial stereotypes.

He compared his treatment to fellow Gov. Deval Patrick from Massachusetts. His most controversial remark was, "One very successful minority is permissible, but when you see too many success stories, then some people get nervous."

While feeling excluded because of race is not new, it doesn't justify Paterson's poor record in handling New York's affairs, including butchering his selection of Hillary Clinton's replacement in the Senate, his lack of control over New York's legislature and other infractions that have diminished his credibility for his constituents.

The problem whenever anyone invokes race in public dialogue is that it suggests that anyone of another race cannot adequately respond because they can never understand.

That's what makes Elon's Multicultural Center so important. There is no question people will never fully understand my background or others'. That's why a dialogue must take place.

The Multicultural Center must continue to be a place where all Elon students can meet and discuss issues important to them. Excluding anyone from the table, directly or indirectly, is hurtful and will prevent the Center from accomplishing its true aims.

Style

PHOTOS BY STUART JONES

CARBON LEAF

Students begin a 'Life Less Ordinary' at new student orientation



Ashley Barnas
Online Editor-in-Chief

Southern barbecue, moon bounces and manly vocals brought freshmen to Young Commons Sunday night for another night of orientation events. "Community on the Commons" featured a rock wall and spray paint art. It also left its mark on the grass — indentations from where blankets and butts were planted to enjoy the show.

At the head of the evening's itinerary was a performance by Virginia-based band Carbon Leaf.

"Carbon Leaf is one of my favorite bands, so I (was) very excited," freshman Caitlin Cavanaugh said.

Freshman Anna Hirschbiel said she was at the event partially because she had to be.

"And partially because this one," Hirschbiel said as she pointed to Cavanaugh, "has been talking about Carbon Leaf non-stop."

The pair came to the concert with their hallmates from Moffitt dorm.

Before the performances began, a free barbecue buffet was served and attendees were offered the chance to take the stage with karaoke.

"Goodbye Earl" and "Hit Me, Baby, One More Time" were among the songs belted to the crowd as some students stood up to wave their hands to the beat or whipped out their

cameras to record the performances.

Elon's all-male a cappella group, Rip_Chord, opened for Carbon Leaf.

They sang a few songs from last semester and their usual clique of girls screamed out the names of their favorite boys.

With six fewer members this year, Rip_Chord is determined to stay strong with hopeful new recruits and old song favorites like "Viva la Vida" and "Small Town Boy."

A couple songs into the Carbon Leaf performance, the orientation leaders, dubbed by Carbon Leaf as the guys in the black shirts, rushed the stage and kept a steady crowd around it for the remainder of the concert.

The five-man band kept the crowd's attention between songs by sharing their personal Elon experiences. The lead singer, Barry Privett, recalled a time when he visited his sister while she was attending Elon. He remembered being surrounded by beer kegs.

One band member's father-in-law used to teach at Elon and offered some preparatory facts for the band to share with the freshmen.

First, Elon was built in 1889. Second, there was a fire in 1923. Third, "the old mascot burned along with it."

"But it's OK, because it was the Fighting Christian," Privett said. "So it's all good because he's in Heaven and the diabolical Phoenix rose in its place."

Members of Student Union Board dubbed Carbon Leaf "one of Elon's favorite bands." The Virginia-based quintet was invited to perform for more than an hour at Sunday night's "Community on the Commons" as part of orientation week for freshmen.

Irresponsible ownership boosts stray population

Lack of licensing laws contribute to growing problem in county

Rachel Cieri
Features Editor

A furry tail disappears into a dumpster. Something quick and four-legged scurries into the bushes next to the dining hall. A pair of round eyes peer out from behind the tire of a car. Even the squirrels are less shy than this hidden community.

Meet the stray and feral cats of Elon.

According to Laura Michel, outreach coordinator at the Burlington Pet Adoption Center, it's not just Elon's campus that's full of homeless feline residents. The strays are widespread throughout Alamance County and are a major contributor to the shelter's more than 8,000 animals each year.

"Most of what comes through our doors are strays," Michel said.

Without homes and human companions, these cats live dangerous lives, at risk for illness, getting hit by cars and fighting with other animals. Because of this, the ASPCA estimates their average lifespan is only two to five years.

Feral cats, those that have no human contact and reverted to a wild state, often live in a colony to use a particular food source. Elon is host to one of several feral colonies across Alamance County. The target? Campus garbage.

Michel pins the root of the stray and feral population's development on irresponsible ownership and the lack of licensing laws in Alamance County.

"It could be that Elon students are taking animals in as pets and letting them go when summertime rolls around," Michel said. "But most of them do a good job and will take them home."

The bulk of the problem, she said, comes from owners who do not bother to spay or neuter their cats then let them run free.

According to the Humane Society, a pair of unaltered (unspayed or unneutered) cats can produce 420,000 offspring during the course of seven years.

"You have to take into account that cats can have three litters a year and how many kittens can be in a litter," Michel said. "Dogs aren't quite as prolific."

Not surprisingly, Elon students have been known to take in abandoned litters or even full-grown cats they find living near dorm rooms and apartments.

Michel warns students to use caution when approaching any stray, having been bitten by a feral cat herself.

"You don't know where they've been, what diseases they carry," she said. "They can always call us. We'll bring in a trap, which is basically a big cage with food, and catch



PHOTO SUBMITTED
Last spring, senior Laura Wainman adopted two three-week-old kittens a friend found under a car in the Oaks parking lot. Oscar, being bottle-fed above, is now five months old and living with feline AIDS.

the cat. If at all possible, we'll put the animal up for adoption."

Michel also encourages students to consider whether they'll really have the time and resources to take in a stray as a pet.

"Cats can be more independent than dogs, but first consider whether your landlord will allow it," she said. "Then you have to take it to the vet right away for vaccinations and rabies shots, which is state law."

Burlington Animal Services is willing to help

catch any strays reported in the area, although truly feral cats may have to be euthanized rather than put up for adoption. The euthanasia is humane and can be an alternative to the dangerous lives feral cats normally lead.

"People think that they can just turn these cats loose, but that's not the case," Michel said. "They're too domesticated. I would rather them be safely taken care of, even if they have to be put down in the end."

by the NUMBERS

\$8-10	The approximate fee for adopting a spayed or neutered cat in areas with licensing laws
\$50	The approximate fee for adopting an unaltered cat in areas with licensing laws
450	The estimated number of animals with identification tags
8,800	the estimated number of animals to come through the Burlington Pet Adoption Center in 2008
420,000	The number of offspring from a pair of unaltered cats over seven years

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Eating fast food proves quick way to gain weight

Keegan Calligar
Senior Reporter

Multiple studies have proven a high intake of fast food causes various health problems, from weight gain to an increase in insulin resistance.

According to the National Institutes of Health, "After 15 years, those who ate at fast-food restaurants more than twice each week compared to less than once a week had gained an extra 10 pounds and had a two-fold greater increase in insulin resistance, a risk factor for type II diabetes. Diabetes is a major risk factor for heart disease."

Even more bad news? A new study presented last year found that for every fast-food restaurant in a neighborhood, residents' risk of stroke increases by 1 percent.

This presents at least some risk to Elon students because of the close proximity of many fast-food restaurants in the Burlington area. Within a five-minute drive, a student can visit McDonald's, Taco Bell, Hardee's, Wendy's, Chick-Fil-A, Bojangles, KFC, Domino's, Papa John's, Biscuitville, Cookout, Steak-n-Shake or Burger King.

With an array of options and the relative affordability of food for a tight budget, Elon students could easily find themselves eating too much of the wrong things too frequently.

TACO BELL

Does hearing "salad" at a fast-food restaurant trigger one to assume it means that item is healthy, or at least healthier than other choices on the menu? Think again.

Order Taco Bell's Fiesta Taco Salad, and be set back 840 calories and 45

g of fat. If the salad is really desired, ask for it without the shell and save 380 calories and 22 g of fat.

Look to Taco Bell's Fresco Menu, which features low-fat versions of Taco Bell favorites. The Fresco Grilled Steak Soft Taco is just 160 calories and has 4.5 g of fat. The regular Grilled Steak Soft Taco will be 20 fewer calories but has 10.5 more g of fat.

At any restaurant, try to stay away from soda — a 42 oz. Mountain Dew will add 580 calories on to a meal.

CHICK-FIL-A

Unlike other fast-food restaurants, a limited amount of Chick-Fil-A items are available at Octagon Café. The restaurant's nuggets are far from the healthiest item on the menu, and 12 will cost you 400 calories and nearly 30 percent (19 g) of your daily fat allowance. Add waffle fries on the side, and students will consume an extra 420 calories and 24 g of fat.

Instead, try a Chargrilled Chicken Sandwich, which only has 260 calories and 3 g of fat, or a Chargrilled Chicken Garden Salad, which, when covered with one packet of Reduced Fat Berry Balsamic Vinaigrette Dressing, has 310 calories and 8 g of fat.

HARDEE'S

Hardee's, which has three locations in Burlington alone, has a menu that features its 2/3 lb. Monster Thickburger, a large burger which contains two patties, four bacon strips, mayonnaise and three slices of American cheese. Order it, and get all this plus 1,420 calories and 108 g of fat. Add a large order of the restaurant's natural cut french fries and a meal will end up costing 1,890

calories and 129 g of fat.

Stick to Hardee's regular hamburger instead and get a burger stacked with onions, pickles, ketchup and mustard, and only 310 calories and 12 g of fat. Or, if necessary, have four, and still save 180 calories and 60 g of fat.

OUTBACK STEAKHOUSE

Outback isn't a fast-food joint, but less than eight miles away from Moseley Center awaits what Men's Health Magazine dubbed "The Worst Food in America," — the Aussie Cheese Fries with ranch dressing. Why does the magazine call the appetizer a "weapon of mass construction?"

If one can finish the fries by his or herself, they will have scoffed 2,900 calories and 182 g of fat.

ON-CAMPUS DINING

What about those who never eat fast food, but instead eat mostly all their meals on campus? Luckily, Elon's food servicer ARAMARK offers healthy options in the campus' dining locations.

For starters, Elon Dining Services now use non-hydrogenated corn and sunflower oil, both of which are free of trans-fats, which put you at risk for heart disease.

When in the Colonnades, head over to Bread Basket and get the Tomato Basil Soup. A 12-ounce serving will only cost 229.05 calories (though it still has 16 g of fat).

If craving tacos, reach for the hard-shell chicken tacos instead of the soft-shelled beef version. Each serving (two tacos for both items) of chicken tacos has 58 less calories than the beef tacos, and will also save 2.5 g of fat.

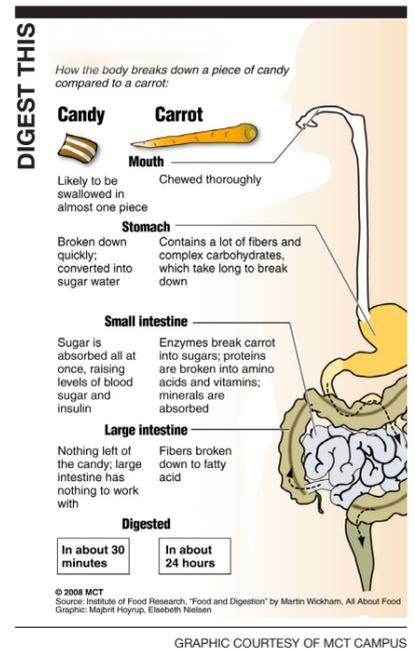
For more information about Elon

Dining Services and nutritional info, visit <http://www.campusdish.com/en-US/csse/elon>.

THE BOTTOM LINE

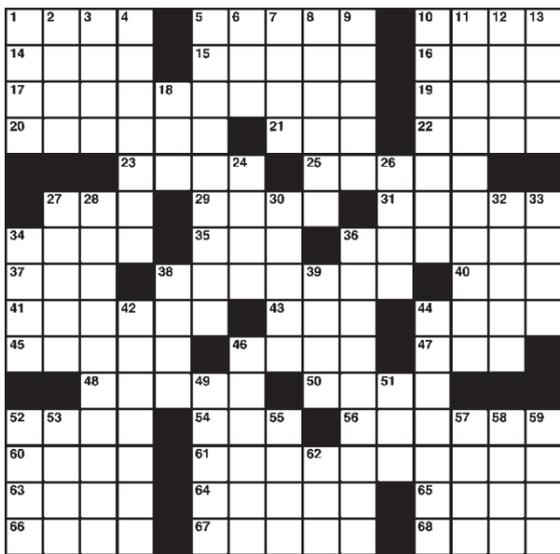
While nearly all fast-food restaurants have food that is unhealthy, there are some choices one can make when ordering that will save a lot of calories, fat and even guilt.

If worried about or interested in the nutritional value of fast-food restaurants' menus, visit their Web sites before visiting the restaurant. Here, nutritional information can be found and compared.



Crossword

- ACROSS**
- Wordsworth work
 - Pipe organ knobs
 - Calif. cop org.
 - snuff
 - Birdie beater
 - Ballerina's bend
 - Stealthy felon
 - Very small amount
 - Friend of Jerry and George
 - Tonsillitis MD
 - McGregor of "Angels & Demons"
 - Anderson of "WKRP in Cincinnati"
 - Cannes cup
 - Flamenco yell
 - Elementary school basics
 - Left ventricle outlet
 - "Old Man": kids' song
 - "Gloria in Excelsis"
 - The Greeks' Helios, e.g.
 - Battle of Britain defense gp.
 - "Oh, be serious!"
 - Call ___ day
 - Sports spots
 - Like Patee, in song
 - Jam-pack
 - Captain's superior
 - Grab bag category: Abbr.
 - Heart and soul
 - Pie fruit
 - So
 - Table salt, to a chemist
 - Lupino of film
 - "Sleepless in Seattle" director
 - Nora
 - Seltzer
 - Apartment building emergency exit
 - Blueprint detail, briefly
 - White-tie accompanier
 - Finished
 - Handy bag
 - Sidewinder, e.g.
 - Untamed, and word that can precede the starts of 17- and



- 61-Across and 11- and 28-Down**
- DOWN**
- Dark purple
 - October gemstone
 - James of jazz
 - Art pieces that hang from the ceiling
 - Woos with song
 - Game with an "it"
 - Stare at obviously
 - Herbs and shrubs
 - Big name in mattresses
 - Watches secretly
 - Wedding party tyke
 - Bread with tabbouleh
 - Martin of the Rat Pack
 - Family card game
 - "Not likely!"
 - Nobelist Bellow
 - Butler's love
 - Boating safety feature
 - Short-legged Welsh pooch
 - Do sum work

Solutions

R A G S A L E M S E E D Y
 U R L P H O T O A R M O R
 S M O K E A N D M I R R O R S
 S A V E D M O I S T
 E D E N B R A I N S I C E
 T A R P R O B E S C A N
 G R I T S A C C O R D
 S L E I G H T O F H A N D
 T H O N G S A L T E R
 H O N E C I D E R R E C
 E W E L E A N E R G E A R
 S N A R L B A S T A
 O P T I C A L I L L U S I O N
 P L A C E E L I A S D U E
 T U R K S R E E D Y E T S

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- First mate?
- Streetcar cousin
- Photographer's request
- "The World According to ___": John Irving novel
- Cheyenne-to-Omaha direction
- "There's ___ like home"
- Consistent moneymaker
- Middle of the road
- Picks up
- Favorable times
- Democrat's donkey designer
- Chop House dog food maker
- Diva's solo
- Sitarist Shankar
- European auto
- Uncool sort

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Parody or promise?



when 140 characters
isn't nearly enough

Woofertime.com gives Twitter a run for its money with extended microblogging

Alex Trice
Multimedia Editor

Tired of having to reduce the account of your life's affairs to a miserly 140-character limit on Twitter? Fret not, as relief may be found in one of the newest sites to join the blogging trend: Woofertime.com.

Unlike Twitter, Woofertime does not require users to register in order to use its services. Users simply need a lot to say. What makes Woofertime distinguishable, despite its blatant imitation of Twitter, is that it has users post statuses of no less than a lengthy 1,400 characters, as opposed to the rather concise 140 character limit mandated by Twitter.

Described by some as the "anti-Twitter," Woofertime is a macro-blogging site that launched its debut to the Internet world Aug. 14. Although clearly a parody of Twitter, fashioned with the exact same design layout, Woofertime makes a point of declaring its own distinctiveness. A link at the top of Woofertime's homepage is labeled, "Is This Twitter?" and a click on this link leads to a page that simply states the word "No," in large grey letters.

Also, rather than having a blue bird as its animal mascot, Woofertime opts

to use a blue dog. Blog post updates commonly known as 'tweets' on Twitter become 'woofs' on Woofertime.

Because Woofertime is still so new, it is hard to say whether it will catch on with the college students of the Internet world with the same success and popularity as its predecessor. Elon Communications professor Janna Anderson, head of Elon's special Internet research project Imagining the Internet, has called Woofertime "quite intriguing."

"The concept behind Woofertime has some value if people start thinking it through," Anderson said, "because it can combine Twitter-style easy access to quick information from friends, information sources and famous folks with easy access to the extended details when you want more than just 140 characters."

Despite the fact that Woofertime remains mostly unknown to the average Internet user, there are already more than 10,000 subscribers enjoying the services of Woofertime, many of them college-aged students who use it to give voice to their rants, quote long sections of their favorite books or ramble aimlessly just because they can.

"It takes a while to scope out how a new approach fits," Anderson said.

"The vast majority of people checking out Woofertime right now consider it to be a Twitter parody. They laugh and think of it as a novelty site and don't think much of it. But remember that is exactly the way the majority felt about Twitter when it was first launched because they didn't recognize yet how it could be used to augment human communication. It took a year or more for it to really catch on."

“

The concept behind Woofertime has some value if people start thinking it through, because it can combine Twitter-style easy access to quick information when you want more than just 140 characters.

- Janna Anderson
PROFESSOR OF
COMMUNICATIONS AND HEAD
OF IMAGINING THE INTERNET

”

A&E IN BRIEF

Step Afrika: Sept. 2

Sponsored by Elon's Diversity Emerging Education Program, Step Afrika showcases the talents of stepping and its tradition as an educational tool.

This professional company will impress audiences with a mix of intricate kicks, stomps and rhythms. The show begins at 7 p.m. in McCrary Theatre.

Phoenix Piano Trio: Sept. 3

Music faculty members Dan Skidmore, violin; Meaghan Skogen, cello; and Victoria Fischer Faw, piano join together for a recital including Mendelssohn's Trio in D minor, Op. 49.

The performance will be held at 7:30 p.m. in Whitley Auditorium.

The Anonymous Band: Sept. 4

SubLive presents local favorite The Anonymous Band. Come out for a night of free food and music. The band takes the stage at 10 p.m. at Lighthouse.

Faculty Recital: Sept. 8

Polly Cornelius, soprano; Hallie Hogan, mezzo soprano; Carey Harwood, guitar; Meaghan Skogen, cello; Omri Shimron and Inara Zandman, piano will perform a variety of pieces of vocal literature. Selections include numbers from Schumann, Ravel, Rodrigo and Villa-Lobos.

The recital will begin at 7:30 p.m. in Whitley Auditorium.



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Cultural Calendar Fall 2009

Compiled by Pam Richter
Sports Editor

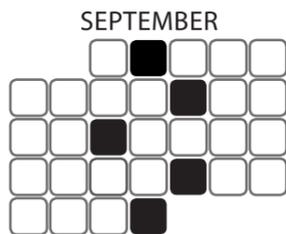
Elon has a rich history of great speakers and events taking place on campus, and this fall is no different. This year's cultural calendar is highlighted by Fall Convocation with Khalied Hosseini. Here's a sneak peek of the fall cultural calendar.

SEPT. 2, STEP AFRIKA

Step Afrika uses intricate kicks, stomps and rhythms mixed with the spoken word. This group is known for promoting an understanding and appreciation of stepping.

SEPT. 10, ANYA KAMENETZ, "WHAT'S THE ECONOMY FOR?"

Kamenetz is a financial correspondent and will offer an analysis of recent government interventions, the long-term impact on the U.S. economy and the importance of financial literacy and responsibility for young adults to manage personal assets while in college and as they enter the work force.



SEPT. 15, JOHN OWEN, "GLOBAL JOURNALISM: IGNORING THE WORLD AT YOUR PERIL"

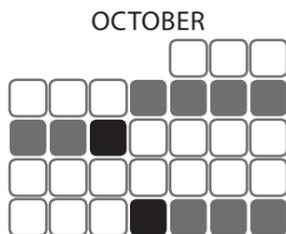
Owen is the former head of television news for the Canadian Broadcasting Corporation and the past Freedom Forum European director. He will offer analysis of international journalism and the importance of world news coverage.

SEPT. 24, RICHARD HALPERIN, "THE DEATH PENALTY IN THE USA: CURRENT TRENDS AND REALITIES"

Halperin is currently the director of the Human Rights Education Program at Southern Methodist University. He also is a longtime activist for human rights and has been the director of Amnesty International twice.

SEPT. 30, ORVILLE SCHELL, "THE IMPORTANCE OF CHINA TO THE U.S.: FROM CLIMATE CHANGE, TRADE TO THE U.S. DEBT"

Schell is the director of the Asia Society's Center on U.S.-China Relations. During his talk, he will offer analysis of the current climate and how a strong, collaborative relationship between the United States and China is critical to global peace and security in the future.



OCT. 7-13, DEPARTMENT OF PERFORMING ARTS PRESENTS "PSYCHO BEACH PARTY" BY CHARLES BUSCH

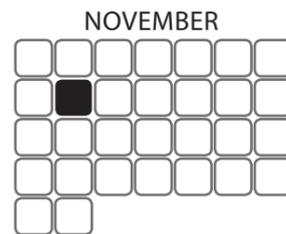
This play lampoons the beach and psychological thrills of the early 1960s.

OCT. 13, ELON UNIVERSITY FALL CONVOCATION WITH KHALIED HOSSEINI

Hosseini is the author of "A Thousand Splendid Suns," which is the Common Reading selection for 2009-10. The convocation program will include a moderated discussion with Hosseini about his homeland, the violence that persists and the humanitarian efforts necessary for rebuilding.

OCT. 28, THE GREAT MARIJUANA DEBATE

Questions on whether to legalize marijuana, the use of medical marijuana and the enforcement of marijuana law take the stage in a moderated debate between Kris Krane, executive director of Students for Sensible Drug Policy, and Kevin Sabet, a former staff member on drug policy in the Clinton and Bush administrations.



OCT. 29-31, DEPARTMENT OF PERFORMING ARTS PRESENTS "KISS ME KATE"

"Kiss Me Kate" recounts the backstage and onstage antics of two feuding romantic couples during a touring production of "The Taming of the Shrew."

NOV. 9, HOMETOWN HEROES: MODELS OF COMMUNITY LEADERSHIP

Unsung heroes chosen by members of the class of 2013 will visit Elon and receive recognition for service to their home communities and commitment to the common good.

DEC. 2, DEPARTMENT OF MUSIC PRESENTS "SOUL FOOD TO GO"

Elon University's vocal jazz/pop ensemble, élan, will perform a cappella and accompanied selections about food, life and the spiritual domain.

DEC. 3, HOLIDAY CELEBRATION WITH LUMINARIES

Hundreds of luminaries lining the walkways, carol singing and hot chocolate combine to mark Elon's annual Festival of Holiday Lights.

Extra weight requires extra precautions when exercising

Emilie Le Beau
McClatchy-Tribune

Athletes in television commercials aren't shown to scale. Most are tall and slender, their muscles flexing as they swing a tennis racquet, cycle down a mountain or swim laps.

In real life, many adults are overweight or obese. The national obesity rate climbed to 26.1 percent in 2008, according to the Center for Disease Control and Prevention. This means many adventure buffs are ... well, not that buff.

Many outdoor and adventure participants are packing a few extra pounds. Obese adults can also join the fun but they need to take special precautions when starting a new sport or fitness program.

GETTING STARTED

Obese participants should check with a physician to gauge their fitness levels and understand what realistically can be performed, said Kathy Weber, a sports medicine physician and director of the Women's Sports Medicine Program at Rush University Medical Center in Chicago, Ill.

Selecting appropriate gear is also important before beginning a new sport or fitness program. Shoes must be supportive and activity appropriate.

"It's really important because they may have excess weight on their limbs. They need to make sure they have a supportive shoe to absorb the impact," Weber said.

Obese participants should consciously select activities that will be less strenuous on joints. Some movements create a tremendous force that is partly absorbed by the body. Walking, for example, generates a force that is about four times the person's body weight. Running creates a force about eight times greater.

Low impact activities

such as swimming, walking or hiking are recommended. Weber also advises obese participants to consider the surface in which the activity is performed. Soft surfaces such as a treadmill or padded track will absorb more force than hard concrete.

Cycling or skating is an appropriate activity if the participant does not have a distorted center of gravity which could cause imbalance and risk of injury, Weber said.

Once an activity or fitness program is determined, obese participants should set realistic goals.

A goal of twice a week for the first two weeks, followed by three times a week for the next two weeks can help obese participants ease into the habit of exercising, Barnard said.

STAYING SAFE

Obese participants should exercise during a cooler point in the day or take their workout indoors to a climate-controlled setting.

"They don't want to overheat. They have excess adipose tissue, so they may overheat quicker," Weber said.

Hydration is important but water should be consumed instead of sports drinks.

"We typically tell people 12-16 ounces every 20 minutes," Weber said.

Obese participants should also be aware of the activity's impact on their body and stop if joint pain is experienced, Weber said.

STAYING MOTIVATED

Positive thinking is crucial for continuing with exercise or sport participation. Eliminate discouraging thoughts such as "This won't make a difference" or "I can't do it." Barnard recommends replacing these thoughts with encouraging ideas.

"I'm going to enjoy it, I'm going to establish this as something I'm going to do,"

'I can do this.' Just having a thought process of being positive, that goes a long way," he said.

Obese participants should also step off the scale and find other ways to measure their results.

"The things I like to do in terms of asking people how they feel. Do you have more energy? Do you feel better about yourself? Those are positive outcome of exercise," Barnard said.

Also consider how muscle is significantly more dense and heavy than fat.

"Muscle is the only thing that burns calories but muscle is dense," Barnard said.

Keeping records of hip, waist and chest measurements can demonstrate weight loss to participants who are trading fat for muscle and don't see movement on the scale. A loss of inches may provide the right encouragement.

Also consider the progress made. Can you now run a mile without stopping? Lift 20 pounds instead of five?

Another measure of success is the ability to progress into longer, harder workouts. Barnard advises against starting out with an intense, time consuming program. Instead, he said endurance and resistance should slowly be added.

Variety should also be added slowly, Barnard said. Variety may mean a combination of yoga, hiking and weights. Or it may mean the participant goes through phases such as a few months of cycling and weights, and then a few months of running and weights.

Variety is crucial to motivation and so is a realistic goal not tied to dramatic weight loss.

Barnard cites the show "The Biggest Loser" where contestants' success is measured solely by the scale. "They have great results, but look at the mindset when they don't make it. They are deflated," he said.

Study finds interracial roommate pairings lower campus bias

Rachel Cieri
Features Editor

Most kids were raised to learn that racial issues are not fit for dinner conversation. But it is not unusual to encounter this taboo subject in the most intimate aspect of college life: roommates.

According to Director of the Multicultural Center Leon Williams, moving into a room with someone of another race can be a shock that puts up a wall in the roommate relationship.

"From personal experience, I can say that there is the potential to open up a dialogue and be good roommates, but if you don't get to that point, the stereotypes and your past experiences can get in the way," Williams said.

A study by The Ohio State University psychology professor Russell Fazio unearthed a few surprising results. Randomly assigned interracial roommates, the study found, were more likely to change rooms than same-race roommates in the same situation.

The study also found first-year black students paired with white roommates tended to have better grade point averages than those in same-race room assignments.

The suggested explanation for this trend is the black students' desire to dispel stereotypes, but Williams said he thinks that it's not the case at Elon.

"Here at Elon, there is already a different academic motivation, so race does not come into play that way," he said.

Williams said incoming multicultural students had an average GPA of above 3.7 and SAT scores above 1600, which he said means their academic motivation comes from elsewhere.

More than 70 percent of Elon's student body comes from out of state, a factor that Williams thinks helps dispel campus bias. Popular hometowns like New Jersey, Washington, D.C. and Atlanta bring in students with more diverse experiences and backgrounds.

Williams, who went to Ohio Northern University, said he and his freshman roommate eventually learned their upbringings had given them different perspectives. He said his undergraduate experience was in a different time and, at Elon, he has not heard students complain about a roommate of another race.

But students have expressed concern, about their experiences in the classroom.

"Multicultural students have a different motivation for being articulate," Williams said. "Everyone goes through that anxiety when it comes to being engaged in the classroom, but it's on a deeper level for a diverse student."

He explained that minority and international students, especially those for whom English is not a first language, fear falling into the stereotype of being inarticulate. They tend to put much more thought into class participation because they don't want classmates and professors to think they are unintelligent because of the way they speak.

Williams said the way to overcome campus bias is through introspection from each individual.

"It comes from recognizing that we all have prejudice inside us," he said. "It's an ongoing process, not something that's going to happen in a day or a week."

FALL TV PREVIEW

STAY TUNED

TUESDAY, SEPT. 8
90210, 8 p.m. (CW)
Melrose Place, 9 p.m. (CW)
Sons of Anarchy, 10 p.m. (FX)

WEDNESDAY, SEPT. 9
America's Next Top Model, 8 p.m. (CW)
So You Think You Can Dance, 8 p.m. (Fox)
Glee, 9 p.m. (Fox)

THURSDAY, SEPT. 10
The Vampire Diaries, 8 p.m. (CW)
Supernatural, 9 p.m. (CW)

FRIDAY, SEPT. 11
Are You Smarter Than a 5th Grader?, 8 p.m. (Fox)

Saturday, Sept. 12
Cops, 8 p.m. (Fox)
America's Most Wanted, 9 p.m. (Fox)

MONDAY, SEPT. 14
One Tree Hill, 8 p.m. (CW)
Gossip Girl, 9 p.m. (CW)
Lincoln Heights, 8 p.m. (ABC Family)
The Jay Leno Show, 10 p.m. (NBC)

TUESDAY, SEPT. 15
The Biggest Loser, 8 p.m. (NBC)

Wednesday, Sept. 16
The Beautiful Life, 9 p.m. (CW)

THURSDAY, SEPT. 17
Survivor: Samoa, 8 p.m. (CBS)
Bones, 8 p.m. (Fox)
Fringe, 9 p.m. (Fox)
It's Always Sunny in Philadelphia, 10 p.m. (FX)
Saturday Night Live: Weekend Update, 8 p.m. (NBC)
Parks and Recreation, 8:30 p.m. (NBC)
The Office, 9 p.m. (NBC)
Community, 9:30 p.m. (NBC)

FRIDAY, SEPT. 18
Crash, 10 p.m. (Starz)

Sunday, Sept. 20
Curb Your Enthusiasm, 9 p.m. (HBO)
Bored to Death, 9:30 p.m. (HBO)

MONDAY, SEPT. 21
Dancing With the Stars, 8 p.m. (ABC)
Castle, 10 p.m. (ABC)
How I Met Your Mother, 8 p.m. (CBS)
Two and a Half Men, 9 p.m. (CBS)
Accidentally on Purpose, 8:30 p.m. (CBS)
The Big Bang Theory, 9:30 p.m. (CBS)
CSI: Miami, 10 p.m. (CBS)
House, 8 p.m. (Fox)
Heroes, 8 p.m. (NBC)

TUESDAY, SEPT. 22
The Forgotten, 10 p.m. (ABC)
NCIS, 8 p.m. (CBS)
NCIS: Los Angeles, 9 p.m. (CBS)
The Good Wife, 10 p.m. (CBS)

WEDNESDAY, SEPT. 23
Modern Family, 9 p.m. (ABC)
Cougar Town, 9:30 p.m. (ABC)
Eastwick, 10 p.m. (ABC)
The New Adventures of Old Christine, 8 p.m. (CBS)
Gary Unmarried, 8:30 p.m. (CBS)
Criminal Minds, 9 p.m. (CBS)
CSI: NY, 10 p.m. (CBS)
Mercy, 8 p.m. (NBC)
Law & Order: Special Victims Unit, 9 p.m. (NBC)

THURSDAY, SEPT. 24
Flash Forward, 8 p.m. (ABC)
Grey's Anatomy, 9 p.m. (ABC)
CSI: Crime Scene Investigation, 9 p.m. (CBS)
The Mentalist, 10 p.m. (CBS)

Friday, Sept. 25
Ghost Whisperer, 8 p.m. (CBS)
Medium, 9 p.m. (CBS)
Numb3rs, 10 p.m. (CBS)
Smallville, 8 p.m. (CW)
Brothers, 8 p.m. (Fox)
Dollhouse, 9 p.m. (Fox)
Law & Order, 8 p.m. (NBC)

Sunday, Oct. 4
Three Rivers, 9 p.m. (CBS)

Series premieres refresh airwaves this season

ABC

RETURNING FAVORITE

GREY'S ANATOMY

Season five closed with fans wondering about the fate of Izzie (Katherine Heigl) and George (T.R. Knight). Following her dream wedding to Alex (Justin Chambers), Izzie must decide whether or not to undergo a dangerous surgery to battle her cancer. George surprises everyone with his decision to leave Seattle Grace Hospital and enlist in the army. Meanwhile, Owen (Kevin McKidd) questions his place in the hospital, while Bailey (Chandra Wilson) is displeased by her acceptance into the pediatric fellowship program. George, the victim of a near-fatal bus accident, brings together all of the doctors. Simultaneously working on Izzie and George, the audience is left wondering whether or not the rest of the staff can save either of them.

WHAT'S NEW

COUGAR TOWN

"Friends" alum Courteney Cox returns this season with a new comedy about getting back into the dating pool after divorce. Jules Cobbs (Cox) is out to prove a woman can have a successful career and be a single mother, while going out on the prowl. With the help of her brassy assistant Laurie Keller (Busy Philipps), Jules reluctantly reenters single life and finds a newfound interest in younger men. Along the way, Jules's dating escapades are tempered by the varied advice and opinions of happily married neighbors Andy and Ellie Torres (Ian Gomez and Christa Miller), her charismatic ex (Bryan Van Holt) and teenage son Travis (Dan Byrd).

CBS

RETURNING FAVORITE

CSI

The ninth season-finale of "CSI" revolved around a stash of missing casino chips from a long-closed casino in Vegas. A cast of quirky and suspicious characters made this episode a fine study of old-time Vegas. At the opening of the episode, Langston (Laurence Fishburne) was working in an ER, something he keeps from everyone at work. But by the end, Langston had to shoot and kill his first person in the line of duty.

WHAT'S NEW

THREE RIVERS

"Three Rivers" is a new medical drama focused on organ transplanting. Set in the most prestigious transplant hospital in the country, the show examines the relationships between transplant surgeons, patients, donors and everyone else involved in the process. Heading up the team of the transplant staff is workaholic surgeon Dr. Andy Yablonski (Alex O'Loughlin), whose good nature and sarcastic wit make him a favorite around the hospital. Also highlighted in the series is operating assistant Pam Acosta (Justina Machado), womanizing surgical resident Dr. David Lee (Daniel Henney), Dr. Miranda Foster (Katherine Moenig), who desperately tries to live up to her dead father's reputation and Ryan Abbott (Christopher J. Hanke), the inexperienced, new transplant coordinator. The series highlights the high stakes and stressful environment that is transplant surgery.

FOX

RETURNING FAVORITE

BONES

Following the discovery of Booth's (David Boreanaz) brain tumor, Brennan (Emily Deschanel) waits for him to wake up from surgery. The majority of the finale is set in an alternate reality, one Brennan is writing for her next book. In the story, Booth and Brennan are married and own a club where Angela (Michaela Conlin) and Sweets (John Francis Daley) work for them, and Hodgins (TJ Thyne) is a frequent patron. When a murdered man is found in the club, the group works together to solve the mystery. But the real mystery of the show happens once the make-believe story is played out and Brennan realizes Booth is awake. The last words of the episode, "Who are you?" left audiences wondering what is wrong with Booth.

WHAT'S NEW

GLEE

The pilot for "Glee" aired in May and garnered many fans and critical acclaim. The show focuses on high school clique dynamics through an underappreciated eye — that of the glee club. When teacher Will Schuester (Matthew Morrison) takes on the task of bringing his high school's glee club out of obscurity, he gets more work than he bargained for. The eager club of misfits includes Rachel Berry (Lea Michele), the ostracized perfectionist with star dreams, Mercedes Jones, a sassy diva and Finn Hudson, a star football player who wants to sing. Will must bring together the group of students and help them battle the condemnation of the likes of cheerleaders, football players and the rest of the popular crowd in order to achieve their musical dreams.

NBC

RETURNING FAVORITE

THE OFFICE

Last season closed with what was supposed to be a day of fun, games and company bonding for the Dunder Mifflin family. Michael (Steve Carell) and Holly (Amy Ryan) reunited in a patented Michael Scott performance. In their "Slumdog Millionaire" - inspired sketch, the two inadvertently revealed the closing of one of the company's branches, ruining the day for many. Another pivotal point in the show was the Scranton office's quest to win the company volleyball tournament — a task made difficult when Jim (John Krasinski) must take Pam (Jenna Fischer) to the hospital. While some viewers may be upset by Michael and Holly's unresolved feelings, hopefully the apparent addition of a baby in the office placated them.

WHAT'S NEW

COMMUNITY

With the likes of legendary comic Chevy Chase and funnyman Joel McHale ("The Soup") in the cast, "Community" may be the breakout comedy of the season. When fast-talking lawyer Jeff Winger (McHale) loses his law degree, he finds himself in community college. In an effort to better understand the school material, Jeff forms a study group with other class misfits. Pierce's (Chase) life experiences have made him infinitely wise. Britta (Gillian Jacobs, "The Book of Daniel") is a tough-talking dropout. Shirley (Yvette Nicole Brown, "Rules of Engagement") brings drama as a sassy divorcee. And the group is rounded off with Abed (Danny Pudi, "Greek") a pop culture junkie, perfectionist Annie (Alison Brie, "Mad Men") and former high school football star Troy (Donald Glover, "30 Rock"). The show follows the group in the quest to learn the material, but end up learning more about themselves.



FULL TV LISTING AT
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(from left to right) Busy Philipps and Courteney Cox star in the upcoming ABC comedy, "Cougar Town." John Krasinski will reprise his role as Jim Halpert in the sixth season of "The Office" with a new job — that of a daddy. The doctors of Seattle Grace will return this season a doctor short. The question is who won't be returning. Be sure to tune into all returning favorites and check out the new series hitting the small screen in the upcoming weeks.

a NIGHT at the MOVIES

'REEL TALK WITH THE A-TEAM'
DISCUSSES THIS SUMMER'S
TOP MOVIES

Adam Constantine and Alexa Milan
Film Critics

The Pendulum's podcast duo Adam Constantine and Alexa Milan choose their top five movies of the summer in a "he said, she said" showdown.



DISTRICT 9



(500) DAYS OF SUMMER



STAR TREK



TRANSFORMERS



UP

ALL PHOTOS COURTESY OF MCT CAMPUS

HE SAID

1 INGLOURIOUS BASTERDS

In what was one of the biggest surprises of the year, Quentin Tarantino's "Inglourious Basterds" has been the best film of the year by a long shot. With the cast consisting of Brad Pitt, Eli Roth and Diane Kruger, this film delivers an instant hit. The film follows a group of Jewish-American soldiers behind enemy lines who have one mission and one mission only — "Killin' Nazis." When they cross paths with a once-in-a-lifetime opportunity, this hilarious drama quickly turns into a thriller as Pitt tries to lead the Basterds to victory.

2 DISTRICT 9

This film carried no big-name actors and a low budget of (mind you, this is Hollywood low) \$30 million. Producer Peter Jackson delivered this surprise hit that told the tale of an alien race which crash lands over Johannesburg, South Africa. While it was labeled as sci-fi, there have been arguments about whether this movie has true sci-fi quality, but nonetheless, it has an excellent plot and seamless computer animation that makes the quality of the movie that much more believable.

3 TRANSFORMERS: REVENGE OF THE FALLEN

While many were critical of the movie and of Michael Bay's directing, the movie delivered an entertainment quality that was off the charts. An intriguing story line with the star-studded cast of Megan Fox, Shia LaBeouf, Tyrese Gibson, Josh Duhamel and Megan Fox (was she mentioned already?). When the Decepticon forces make a surprise return to earth, Optimus Prime must team up with Sam Witwicky and some autobot friends, old and new, to take down Megatron.

4 STAR TREK

This early summer hit took the world by storm with a plot that succeeded in not only drawing a plethora of new fans but also appeasing the very skeptical loyal trekkies that were worried it would not keep its integrity. With a cast of Chris Pine, Zachary Quinto and Eric Bana, the strong acting portrays a Star Trek crew that is reminiscent of the previous Star Trek without being a carbon copy. J.J. Abrams delivers an action-packed beginning of what could turn into a very successful return of the Star Trek series.

5 THE UGLY TRUTH

Gerard Butler and Katherine Heigl play opposite one another in the film "The Ugly Truth" that delivers more than the average "chick flick." Yes, there is the love story and the sappy ending, but the middle is filled with entertainment that can be enjoyed by both men and women. There is nothing but laughs as the battle of wits ensues between these two.

SHE SAID

1 THE HURT LOCKER

If this little-movie-that-could fails to secure a best picture nomination at next year's Oscars, then the Academy's new 10-nominee system clearly doesn't work. This Iraq-war drama started making the film festival circuit last fall and came out of nowhere this summer as a critical juggernaut. Masterfully directed by Kathryn Bigelow, "The Hurt Locker" paints a vivid picture of the Iraq war without a political agenda. Relative unknowns Jeremy Renner and Anthony Mackie shine in the lead roles, and the movie's wide array of emotions will resonate with audiences long after they leave the theater.

2 DISTRICT 9

Perhaps the best reviewed action film of the summer, "District 9" recouped its \$30 million budget in its opening weekend. Newcomer director Neill Blomkamp, backed by producer Peter Jackson, delivers perhaps one of the most original spins on a sci-fi film, setting a story of alien invasion in a Johannesburg, South Africa slum. The result is suspenseful action combined with a heavy-hitting apartheid allegory. The film's faux-documentary style works well, giving it a more realistic tone. Lead actor Sharlto Copley also gives a top-notch performance as unlikely hero Wikus Van De Merwe.

3 STAR TREK

Rather than making just another action movie, director J.J. Abrams combines well-rounded characters, a very complex plot, eye-popping visuals and intense action sequences to create a film that serves as a crowd-pleasing blockbuster and critically acclaimed cinematic wonder. The revamped "Star Trek" appeals to new fans and hardcore trekkies alike, serving both as an homage to the original while simultaneously creating a new universe full of exciting possibilities. Abrams also made a good choice casting fresh faces Chris Pine, Zachary Quinto and Zoe Saldana rather than bigger name actors.

4 (500) DAYS OF SUMMER

Audiences are told from the beginning that this is not a love story, which is part of the reason "(500) Days of Summer" avoids so many Hollywood romance clichés. The film takes a number of risks, from its non-linear storytelling and animated sequences to its use of split-screen and a musical number. But all of these quirks combine to form a unique approach to the romantic comedy. Indie mainstays Joseph Gordon-Levitt and Zooey Deschanel turn in brilliant performances as Tom and Summer. The soundtrack is also expertly crafted, serving as an emotional backdrop to the story.

5 UP

While not quite the masterpiece "WALL-E" was, Pixar's "Up" comes very close to that level of excellence. Most of the trailers made it look like more of a kids' comedy, but it's so much more. The characters, from distant and heartbroken Carl to wide-eyed Russell to lovable Dug, all feel real even though the film is heavily based in fantasy. The film's opening montage alone is masterful, with its ability to tell Carl and his wife's entire love story in a span of mere minutes with no dialogue. Pixar movies have always blended laughter, tears and an incredible amount of heart, and "Up" is no exception.

FALL SPORTS SPECIAL PREVIEW

THE PENDULUM SPORTS



FOCUSED & FIERCE

SCOTT RIDDLE & TERRELL HUDGINS ARE READY TO PUT ELON ON THE MAP

CONSTANT ONLINE CONTENT

Visit www.elon.edu/pendulum for video previews of the 2009 season for men's soccer and football.

MORE ONLINE



MEET THE BOYS

Hudgins and Riddle "take care of business on the field" together, but also get their game on after football games and practices. Go one-on-two with the pair as they talk about when they first met two seasons ago, their leadership qualities, the big goal for their last season together and more.



KICKIN' IT

See how head coach Darren Powell and the men's soccer team plan to continue their 2008 Southern Conference perfect performance this season.

The boys are back in town ...

SCOTT & TERRELL



DAVID WELLS | Photo Editor



DAVID WELLS | Photo Editor

Junior quarterback Scott Riddle (left) was named the starting quarterback of the Phoenix team as a freshman in 2007. Senior wide receiver Terrell Hudgins (right) is Elon's and the Southern Conference's all-time leading receiver.

MORE ONLINE

THE GAMES NOT TO MISS

APPALACHIAN STATE HOME

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HOW THE TWO PHOENIX RISING STARS PLAN TO ROCK THE SOCON

Pam Richter
Sports Editor

It's not often that a true freshman quarterback is named a starter in Division I football. But when now-junior quarterback Scott Riddle was named the starter of the Phoenix team at the start of the 2007 season, a new phase of Elon football began.

"I heard he was cocky to be honest with you," senior wide receiver Terrell Hudgins said. "But you have to give everyone a chance. Don't read the book by its cover. After talking with him and watching him, he's become one of my best friends."

Even before Riddle began his Elon career, Hudgins was a First Team All-Southern Conference selection by the media and a Second Team All-Southern Conference pick by the league's coaches in his freshman season. But when the two took the field together for the first time in 2008, a new excitement was in the air.

"I was coming to games before I played here and got a chance to see him play," Riddle said. "I was excited to play with him."

In 2007, their first season together both players had career seasons. Hudgins led the Football Championship Subdivision in receptions per game with 10.6 and receiving yards per game with 134 yards.

As a freshman, Riddle averaged 347 yards of total offense, good enough for a SoCon single-season mark as well as an NCAA freshman record.

"We didn't really have a starting quarterback when (Scott) came in," Hudgins said. "We had a (offensive) coordinator that threw the ball 90 percent of the time. We had a bond then, on the field. We're like Batman and Robin."

Last season was the duo's second season together and the expectations continued to rise.

As a junior, Hudgins became Elon's and the SoCon's all-time leader in receptions with 272, and also set the same records in touchdown receptions and receiving yards with 36

and 3,617 respectively.

Riddle became Elon's all-time leader in completions, 609, passing attempts, 935, and passing yards, 6,688. He also set the same record with touchdown passes, 55, and total offensive yards with 6,615.

Their chemistry is a testament to the success the two have had.

"We've been clicking a little better than the other guys since we've been doing it for three years," Riddle said.

This season will be the duo's last together, and the expectations are greater than ever. In his senior year, Hudgins has taken more of a leadership role.

"He has taken more ownership being part of the receiving core," Riddle said.

Earlier this summer, Hudgins said he tried to help the defensive backs out during practice showing them different schemes to look for when guarding wide receivers.

For Riddle, Hudgins and the rest of the Phoenix team, the expectations are high this season.

"We feel like we're players that have big roles on the team, and can do big things for us and take us where we need to go," Riddle said.

The goal is simple for both players — to win every game. Personal accolades are irrelevant for the two players on a mission.

"I'm focused on winning and getting a championship," Hudgins said. "I think I broke enough (records) for a career so I'm focused on us winning and executing what we have to do."

Regardless of the outcome this season, Hudgins and Riddle have cemented themselves in the record books of Elon football.

"I try not to think about it being all over," Hudgins said. "Sometimes I'm sitting in the room thinking and I realize this is my last year with Scott. It'll be sad at the end, but if we go out on top ... it'll be perfect."

FOOTBALL

meet the captains



WALKER WHITE
SENIOR DEFENSIVE BACK



DAVID HARRISON
SENIOR OFFENSIVE LINEMAN



NOLAN WARD
SENIOR DEFENSIVE BACK



Junior defensive lineman Jordan Gibson is part of a defense that returns nine starters including two of the captains, White and Ward.

Combination of new members and consistent starters will fuel team this season

Pam Richter
Sports Editor

When Elon seniors David Harrison and Walker White took the field their freshman season, the Phoenix had an overall record of 5-6 and 2-5 in the Southern Conference.

Now as seniors, both Harrison and White have witnessed a turnaround of the Phoenix program. In their second season at Elon the team posted a 7-4 record, with a 4-3 mark in league play. The third season the Phoenix went 8-4, 6-2 in the conference and narrowly missed the playoffs. In this, their final season, Harrison and White make up a veteran Elon team that returns eight starters on offense and nine on defense.

"This is my last time," Harrison said. "I can't really afford to stall out again because I don't have another season at Elon."

Balancing veterans team and a team of newcomers to the program is presenting somewhat of a challenge for head coach Pete Lembo.

"You don't want to move ahead too far too fast because the veteran guys can still get more detail in their approach in even the basic things we do," Lembo said, "while those young players are learning how to get lined up and conduct themselves as an Elon player."

On the offensive line, second-year captain Harrison rejoins a group that is returning all starters. He said the team has depth in the backup positions on the line as well.

As for White, he will be part of a set of defensive backs led by seniors Karlos Sullivan, Cameron McGlenn and Nolan Ward.

"When you are a senior, you realize that you are getting old and this is your last go around and that you want to make the best opportunity and the best out of what you got," White said. "There's a sense of urgency."

Coming into the 2009 season, the Phoenix is ranked in the top-15 in four preseason polls, including The Sporting News, Any Given Saturday, Athlon Sports and Lindy's.

Most recently, Elon was ranked No. 11 by the Football Coaching Subdivision Coaches poll.

Last year's records are a testament to the strong preseason rankings. It was the first time in nine years the team had eight wins. The team also knocked off three FCS top-25 teams for the first time in program history.

Despite this success, the Phoenix missed the playoffs last season. A 26-3 loss in the last week of the season to No. 20 Liberty eliminated the team from playoff contention.

For the past two seasons, the offensive attack has been led by junior quarterback Scott Riddle and senior wide receiver Terrell Hudgins. It should be no different this season with both players returning with even more experience.

"It's a matter of continuing to bring all of them along and

figuring out who can help us," Lembo said.

Junior Brandon Newsome and sophomores A.J. Harris, Jamal Shuman and Dontay Taylor will all be battling for significant time carrying the ball.

With a balanced offensive attack, Elon will face the same tough competition it did last season in the SoCon, with both Appalachian State and Wofford making the FCS playoffs. Elon also has a notable game in its nonconference schedule at Wake Forest.

On Sept. 19, the Phoenix will travel to Wake Forest to play the Demon Deacons. Last season, Wake Forest went 8-5 overall. This is only the second time in the history of the Elon program the team will play a school in the Football Bowl Subdivision. The previous time, Elon faced the University of South Florida during the 2007 season.

The Phoenix will finish its home schedule in a matchup against Appalachian State on Nov. 14. This season, the Mountaineers will be strong once again led by senior All-American quarterback Armanti Edwards.

For White and the rest of the Phoenix, only one goal is in mind - to win a championship.

"My main goal is to stand up with a SoCon championship and hopefully go on to do great in the playoffs," White said.



Junior running back Brandon Newsome is one of four tailbacks competing for time at the position. Last season Newsome was selected to the Second Team All-SoCon.

Young legs help anchor special teams

Pam Richter
Sports Editor

There's no question the Phoenix offense will receive a lot of attention. After a significant improvement from the 2007-2008 season, the defense is beginning to receive attention as well. But one part of the 2009 Elon football team that may be overshadowed is special teams.

"The thing about special teams is that it really controls a lot of different things," Elon special teams coach Dave Ungerer said. "The biggest thing is field position. When the ball is kicked there's a lot of real estate that is being captured one way or the other because the ball is in the air a long time."

Last season, the Phoenix special teams were led by, now alumni, placekicker Andrew Wilcox and punter Brandon Lane.

Wilcox led the Football Championship Subdivision and the Southern Conference in field goals, averaging 1.83 per game during the 2008 season. He nailed five field goals last season in a Sept. 20 game against Georgia Southern, including a game-winner.

Lane finished his Elon career second in school history in punting average. He averaged 41.4 yards per kick during his four-year career at Elon.

This season, the Phoenix special teams will be faced with the challenge of replacing both Wilcox and Lane. When Ungerer was at Oregon State University last season, he was faced with the same challenge - replacing the kicker and punter in the same season. He said that experience helps him for the challenge that will be in front of him with the Phoenix.

"I feel a lot better (this season), because I went through it last year with two true freshmen," Ungerer said. "Here, at least the kids aren't true freshmen."

Sophomores Eric Carstens and Andy Leffler are competing for the punting job.

"Any time you have young kids, young guys are going to make a mistake and are going to have some growing period and you have to be patient with them," Ungerer said.

As for a placekicker, redshirted freshman Adam Schriener has been doing a "solid job" according to Lembo. He said freshman Kenton Beal and Carstens are competing for time in that position as well, and the team has "healthy competition" in both jobs.

"We've got guys who have given us great effort," Lembo said. "Now we've got to figure out who can be the most consistent for us."

Looking beyond the kicker and the punter, the Phoenix has depth in other positions in the special teams.

"I think we have a really good core group of kids that have a chance to be a very fast coverage team," Ungerer said.

Ungerer said sophomore running back Jamal Shuman is a player he sees as a good candidate for a return man. The coach also mentioned junior wide receiver Lance Camp and sophomore running back Dontay Taylor.

Sorting out the punting and kicking situation at Elon is just one challenge Ungerer has faced in his coaching career in college football programs across the nation, including University of Maryland, Alabama University and Oregon State University.

"Hopefully there are no surprises," Ungerer said. "Because of the places that I've been and the experiences I've had, I can prepare the players when they get out there. They have the answer to the question."

PHOENIX FOOTBALL 2009

Let **THE PENDULUM SPORTS** be your guide: ● HOME ● AWAY

Compiled by Pam Richter
Sports Editor

SATURDAY, SEPT. 5



VS. DAVIDSON
7 P.M.

ALL-TIME RECORD VS. DAVIDSON
Davidson leads 16-1

RECORD LAST SEASON
4-7 overall, 3-5 in Pioneer League

HOW ELON FARED LAST SEASON
This will be the first game Elon has faced Davidson since 1954.

SATURDAY, SEPT. 12



VS. PRESBYTERIAN
1:30 P.M.

ALL-TIME RECORD VS. PRESBYTERIAN
Elon leads 23-18-2

RECORD LAST SEASON
4-8 overall, 1-4 in Big South Conference

HOW ELON FARED LAST SEASON
Elon defeated Presbyterian at home by the score of 66-12.

SATURDAY, SEPT. 19



VS. WAKE FOREST
6:30 P.M.

ALL-TIME RECORD VS. WAKE FOREST
Wake Leads 8-0-1

RECORD LAST SEASON
8-5, 4-4 in Atlantic Coast Conference

HOW ELON FARED LAST SEASON
This game will be the program's second-ever game against an FBS opponent. Last time they played was 1939.

SATURDAY, SEPT. 26



VS. GEORGIA SOUTHERN
1:30 P.M.

ALL-TIME RECORD VS. GEORGIA SOUTHERN
Georgia Southern leads 7-2

RECORD LAST SEASON
6-5 overall, 4-4 in SoCon

HOW ELON FARED LAST SEASON
Former kicker Andrew Wilcox led the Phoenix with five field goals in a 22-20 victory.

SATURDAY, OCT. 3



VS. FURMAN
3 P.M.

ALL-TIME RECORD VS. FURMAN
Furman leads 10-2

RECORD LAST SEASON
7-5 overall, 4-4 in SoCon

HOW ELON FARED LAST SEASON
Elon defeated Furman 31-10 at home.

SATURDAY, OCT. 10



VS. THE CITADEL
1:30 P.M.

ALL-TIME RECORD VS. THE CITADEL
Citadel leads 6-2

RECORD LAST SEASON
4-8 overall, 2-5 in SoCon

FAST FACT
The Citadel is led by one of the top wide receivers at the FCS level, senior Andre Roberts.

SATURDAY, OCT. 24



VS. CHATTANOOGA
1:30 P.M.

ALL-TIME RECORD VS. CHATTANOOGA
Elon leads 4-2

RECORD LAST SEASON
1-11 overall, 0-8 in SoCon

FAST FACT
Chattanooga will be in a rebuilding year after a 1-11 season. New head coach Russ Huesman will bring back 16 starters from last season.

SATURDAY, OCT. 31



VS. WOFFORD
1:30 P.M.

ALL-TIME RECORD VS. WOFFORD
Wofford leads series 10-22

RECORD LAST SEASON
9-3 overall, 7-1 in SoCon

FAST FACT
Last season Wofford finished second in the conference. Wofford was defeated by James Madison in the first round of the FCS playoffs last season.

SATURDAY, NOV. 7



VS. WESTERN CAROLINA
1 P.M.

ALL-TIME RECORD VS. WESTERN CAROLINA
Elon leads 20-16-2.

RECORD LAST SEASON
3-9 overall, 1-7 in SoCon

HOW ELON FARED LAST SEASON
Elon won 33-14 on Nov. 8 at home.

SATURDAY, NOV. 14



VS. APPALACHIAN STATE
3 P.M.

ALL-TIME RECORD VS. APPALACHIAN STATE
Appalachian State 27-9-1

RECORD LAST SEASON
11-3 overall, 8-0 in SoCon

FAST FACT
Appalachian State is the defending Southern Conference Champions.

SATURDAY, NOV. 21



VS. SAMFORD
3 P.M.

ALL-TIME RECORD VS. SAMFORD
Elon leads 5-2.

RECORD LAST SEASON
6-5 overall, 4-4 in SoCon

HOW ELON FARED AGAINST LAST SEASON
Elon defeated Samford 23-17 last season in the Bulldogs' first Division I football game at Rhodes Stadium.

MORE ONLINE

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CHECK OUT THE WEB SITE MID-WEEK FOR PRACTICE UPDATES.

ON FRIDAYS TUNE IN FOR A PODCAST BREAKDOWN OF EACH OF SATURDAY'S GAME.

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THE PENDULUM ONLINE IS THE SPOT FOR CONTINUOUS FOOTBALL COVERAGE.

CROSS COUNTRY

meet the phoenix

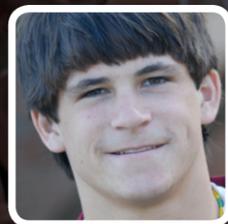


**EMILY
FOURNIER**

JUNIOR
TEAM CAPTAIN

EXERCISE SPORTS
SCIENCE MAJOR
FROM
ATTLEBORO, MASS.

PERSONAL BEST
FOR 5K
18:11



**MATTHEW
RICHARDSON**

JUNIOR
TEAM CAPTAIN

HISTORY MAJOR
FROM
CROZIER, VA.

PERSONAL BEST
FOR 8K
25:41

2009's BEST
SEPT. 12 AND
OCT. 13 AT HOME



Junior Justin Gianni ran his season best in 27:25 at the Blue Ridge Open at Appalachian State.

FILE PHOTO

2009 SCHEDULE

SEPT. 4

WAKE FOREST RELAYS
7 p.m.
Winston-Salem, N.C.

SEPT. 12

ELON INVITATIONAL
TBA
Elon, N.C.

SEPT. 19

WINTHROP
INVITATIONAL
9 a.m.
Rock Hill, S.C.

OCT. 3

LOUISVILLE CLASSIC
TBA
Louisville, K.Y.

OCT. 16

BLUE RIDGE OPEN
3 p.m.
Boone, N.C.

OCT. 31

SOUTHERN
CONFERENCE
CHAMPIONSHIP
11 a.m.
Elon, N.C.

NOV. 1

NORTH CAROLINA
STATE
TBA
Cary, N.C.

NOV. 14

NCAA REGIONAL
TBA
Louisville, K.Y.

MORE
ONLINE

The Elon men's and women's cross country teams will be running at home this year for the first time on a "spectator-friendly" course that runs through South Campus. For the full story visit www.elon.edu/pendulum.

Teams anticipate multiple successes this season

Jack Dodson
Reporter

With head coach Christine Engel returning for her second season with the Elon Phoenix, both the men's and women's cross country teams set the goals high for a successful year.

Engel was formerly the assistant cross country coach at Columbia University before moving to coach at the University of San Francisco. She ran for Clemson until she graduated in 1996, and said she's been running since she was 7 years old.

"I feel like I have the best job in the world," Engel said of her position with the Phoenix.

Her work with the cross country teams last year proved to be successful.

"Last year was my first year and certainly a great starting point," she said. "It's a changing of the culture."

Numerous records were broken and program firsts came from her first season.

This season the hope is to make more of a mark.

"Obviously, the objective

every year is to get better," she said.

Engel remains confident that the group can perform with higher intensity within the Southern Conference.

"Last year was a good year and I really think (the runners) realized we can run with these teams that have been the top of the conference," she said.

MEN

The Elon men's cross country team lost four seniors last year, three of which were in the top-7 on the team.

Engel said when losing that many players, the rest of the team really needs to step up.

With 17 runners in all, and six incoming freshmen, sophomore co-captain Matt Richardson has high expectations for the group.

"I think the team goal is to win," he said. "You never know what is going to happen on race day ... our expectation is to be No. 1."

He said setting goals that high should help the team meet better standards.

Richardson said the last few years have gotten more intense for the Elon cross

country teams.

At the team's first meet at Wofford last year, Richardson said he felt the team really had a goal.

The team will have six incoming freshmen this year that Engel said need to make an "immediate impact."

"They're a very talented group," Engel said.

She mentioned Connor Mercurio, a freshman from Rhode Island, who ran a sub-16-minute 5,000-meter race, as well as an 8:40 in the 3,000-meter race.

Engel said two other recruits, Larry Duran and Ranley Gousse, have run under 16 minutes in the 5K race.

"Hopefully we're starting a trend," she said. Other recruits include Tim Garber, Sean Martyn and Lucas Walters.

Engel said she has the men run differing ranges of workouts, but they all run between 60 and 80 miles per week to get ready for the upcoming season.

Once spring rolls around, the men's cross country team members may compete in track events, though they are not technically classified as such a team.

Not having an explicit track team is a drawback in recruiting when it comes to the men's team, Engel said.

"It's got to be the right kid who understands what we're trying to do as a program," she said.

This means sacrificing

official spring track competition to run for a team that is trying to make a name for itself within the Southern Conference.

As this is Engel's first recruited class, the group will be the first to show her coaching strengths in that area, and the numbers look promising.

"I think (reaching the team goals) starts with the recruiting," Richardson said.

Key runners this year as identified by Engel are Richardson, sophomore Will Schefer and junior Justin Gianni, the team's other captain. Schefer and Richardson broke the existing school record for the 8,000-meter race with a 25:41 time, within tenths of seconds of each other.

Richardson said he's expecting a lot from Gianni this season.

"He's going to be a huge contributor, both as a leader and with his performances," he said.

WOMEN

The women's team will see the return of 15 runners and six recruited freshmen this year, said Engel.

Co-captain Emily Fournier, a junior from Massachusetts, said the team hopes to improve on its work last year.

"I want the team to move up in the conference, she said. "Personally, I would like to be in the top three ... we have so much talent on this team that

the possibilities are really endless this year."

Fournier said the recruits are getting comfortable with running with the team.

"The incoming freshman class will be a great addition to the team," Fournier said.

Engel said she has high expectations for Fournier, who made First Team All-Conference last year and is coming off a "phenomenal" track season in which she broke multiple school records.

"I think she realized she can run with the rest of the conference," Engel said.

Fournier said she's hoping to see a lot out of sophomore returner Allyson Costa and senior captain Caitlin Beeler, who she said is "ready to just compete, she wants to go out with a bang her senior year."

Fournier also said the team is flourishing under coach Engel.

"She adds a lot of structure to the program," Fournier said. "She really has a good understanding of what it takes to make a team great."

With two meets at home this season and large goals to meet, the women have an important season ahead of them. Both teams will be running in five meets and the conference championship, which will be at the end of October.

"We're really going to go places with coach Engel and the incoming freshmen class," Fournier said.

2009 SCHEDULE

SEPT. 4

HOWARD
4:30 p.m.
Lynchburg, Va.

SEPT. 5

EAST TENNESSEE STATE
1 p.m.
Lynchburg, Va.

SEPT. 5

LIBERTY
6 p.m.
Lynchburg, Va.

SEPT. 9

HIGH POINT
7 p.m.
High Point, N.C.

SEPT. 15

RADFORD
7 p.m.
Elon, N.C.

SEPT. 18

NORFOLK STATE
7 p.m.
Elon, N.C.

SEPT. 19

GEORGIA STATE
12:30 p.m.
Elon, N.C.

SEPT. 19

NAVY
7 p.m.
Elon, N.C.

SEPT. 26

CHATTANOOGA
2 p.m.
Durham, N.C.

SEPT. 27

SAMFORD
3 p.m.
Samford, Ala.

OCT. 2

APPALACHIAN STATE
7 p.m.
Elon, N.C.

OCT. 3

WESTERN CAROLINA
3 p.m.
Elon, N.C.

OCT. 7

UNC GREENSBORO
7 p.m.
Greensboro, N.C.

OCT. 9

FURMAN
7 p.m.
Greenville, S.C.

OCT. 17

GEORGIA SOUTHERN
2 p.m.
Elon, N.C.

OCT. 18

DAVIDSON
2 p.m.
Elon, N.C.

OCT. 20

WINSTON-SALEM STATE
7 p.m.
Winston-Salem, N.C.

OCT. 24

THE CITADEL
7 p.m.
Charleston, S.C.

OCT. 25

COLLEGE OF CHARLESTON
2 p.m.
Charleston, S.C.

OCT. 31

SAMFORD
2 p.m.
Elon, N.C.

VOLLEYBALL

meet the phoenix



CAROLINE LEMKE

SOPHOMORE
OH/MB

BUSINESS MAJOR
FROM CARMEL, IND.



TRACI STEWART

SOPHOMORE
RS

BUSINESS MAJOR
FROM SUMMERFIELD, N.C.

2008's BEST

according to Coach Tendler

LIBERTY
UNC G
SAMFORD



The Elon women's volleyball team looks to build on a successful season in 2008 where the team went 17-16 and 11-7 in the conference. FILE PHOTO

'Super sophomores' take on responsibility

Erik Kendall
Reporter

In 2008, the youth movement within Elon's volleyball program injected some energy and talent into a team that seems to show improvement every year. Although everyone on last year's team played a part in the improvement, a pair of freshmen, Caroline Lemke and Traci Stewart, made a huge impact with their ability and attitude.

Known as Pam and Penny to their teammates, both Lemke and Stewart were named to the SoCon All-Freshman Team at the end of last year, and they both intend to pick up right where they left off.

Lemke, who started playing in the fourth grade in her hometown of Carmel, Ind., attributes her height to her consideration of the sport in the first place.

"I had always been tall, but I was always into the artsy kind of stuff," Lemke said. "And when I first started playing I was awful, but as I kept playing I started to get better once I hit high school."

Lemke, who had never heard of Elon until a recruiting visit, fell in love with the area immediately.

It was a great discovery for her, but for her present teammate and Summerfield, N.C. native Stewart, Elon has always been in her backyard.

"I visited a lot of schools, but Elon was the first one I went to, and I just couldn't find anything better," Stewart said.

Stewart was named the MVP of the Hilton RTP/NCCU Tournament last weekend. Last

season, Lemke was named the MVP of the same tournament.

Now that both players have been on campus and on the court for an entire year, it seems they both made a good choice. What they enjoy most about the program is the overall passion for volleyball that the entire team seems to exude, as well as the coaching staff's willingness to allow for ample time to achieve what they want, not only on the court, but in academics as well.

The goals list is not short for both of these young athletes, as they have many things they want to accomplish through their next three years and beyond.

The first and most present of those goals is the SoCon Championship the whole team seems to be anxiously eyeing this off season. The combination of an energetic and fiery Lemke and a versatile, level-headed Stewart doesn't hurt the Phoenix's chances in years to come.

"We are kind of like yin and yang to each other out there," Lemke said. "We always keep each other in check."

Although both have athletic goals for the short term, they also have long-term goals to pursue after leaving school.

Stewart plans to own a vacation resort after attending graduate school for hotel management. Lemke will be pursuing a career in the fashion industry, perhaps tapping into those artsy tendencies.

But these two "super sophomores" have just one thing on their plate for now — helping the Phoenix in another great season.

Setting up for success

Erik Kendall
Reporter

Competitiveness has not always been a word heavily associated with Elon's volleyball team. But since the arrival of head coach Mary Tendler, Elon has been seriously competing within the Southern Conference.

Last year's record of 17-16, 11-7 in the conference, after a 13-18 season in 2007 is a sign of a team beginning to build up some momentum.

The new freshmen play a big part in the overall depth of the squad, which was a weak point for the team last year. Fifteen players in the rotation should have an effect on the condition of all the women, especially later in the season.

"This year's team is on a mission and it appears that we are all on the same page," Tendler said. "It is a different feeling this year, and it feels like everyone has the same goals."

The strength of the team will have to be good ball control and good play early from some of the more experienced players as the younger members become more accustomed to college-level play.

For that to happen, the Phoenix will lean heavily on preseason All-Conference selection junior middleblocker Sarah Schermerhorn who led the team in hitting percentage last season with .247 percent, and assist specialist senior Emily Regan, who ranked fifth in individual season assists last year in all of Division I.

The emergence of sophomores Caroline Lemke and Traci Stewart will disperse the talent all over the floor in 2009.

"The offense this year should be much better," Tendler said. "We have a lot of good hitters and a lot of different options."

That offense will be tested early as Elon travels to both Liberty University, who won the Big South conference last season, and High Point University, who will pose a very tough challenge in early September.

But conference play is when it truly counts. Some of the toughest competition for the Phoenix will come from UNC Greensboro, which has been a nemesis of late. Samford will be tough, as the Bulldogs won the SoCon last year in their first year as a member.

Even with a tough schedule, the Phoenix and its coaches are confident in its abilities.

"We just want a team that competes every time they hit the floor, and we have no reason not to be very competitive this year," Tendler said.

The ultimate goal, she said, is always to win the conference tournament and maybe even gain a berth to the NCAA tournament.

WOMEN'S SOCCER

meet the phoenix



LAUREN GRIFFITH

SENIOR
DEFENDER/
FORWARD

ONE WISH:
"I don't want to let the season slip away, and I don't want to rush anything."



ALEX HEINICKE

SENIOR
CENTER
MIDFIELDER

THE GOOD TIMES:
"Beating Maryland, our reward after beating Furman our freshmen year and Bestevo."



Senior center midfielder Alex Heinicke started 18 games in 2008 and had a game winning goal against The Citadel.

FILE PHOTO

Phoenix looks to be a top-4 team

Justine Schulerud
Reporter

The Elon women's soccer team starts the season with a big goal — to be in the top-4 in the Southern Conference so it can make it to the NCAA tournament this year. The top-4 teams in the conference advance to the tournament.

The Phoenix finished last season with an overall record of 8-8-3, 4-6-1 and seventh in the conference out of 12 teams. This season the team is ranked seventh in the SoCon in the preseason polls.

This is head coach Chris Neal's second full season with the Phoenix, and his expectations for the team have grown. He said this year the performance of the team will be greater and that he is upping the standards year.

Neal said he thinks the team's strong foundation, coupled with the freshmen players, will set the Phoenix up for a great season.

"We expect each player to be coachable and give everything for each other," Neal said. "The girls are expected to commit to the team and invest in the team goals."

He said he is excited about the potential the team holds and the ability and strength the girls have to improve in both overall team record and conference standing.

Returning players senior forward Molly Calpin, senior center midfielder Alex Heinicke and sophomore defender Andrea Keller are predicted to be in the spotlight this season.

Calpin led the Phoenix with six goals last season and three

assists. Leading the team in several areas last season, Calpin is bound to make a presence on the field causing other teams to be conscious of her whereabouts.

Heinicke's work ethic is bound to make her a standout. As a center midfielder she controls the field, Neal said.

Keller, named to the All-Freshman Team in the SoCon last year, sets the team's tone from the back, Neal said. She is great for setting the team's rhythm also.

Along with the team's overall goals for the season, the women also set high standards for themselves off the field. They're aiming to have an overall team GPA of 3.25.

Senior captain, defender Lauren Griffith, sets the bar for the team with high prospects as well.

"A big goal I think we need to have is to be our own team this year," Griffith said. "We need to have teams play up to us and to not be the team that reacts to other teams, as we have in the past."

The Phoenix's SoCon season starts with an opening weekend at Rudd Field. Its first game is against Wofford, followed by Furman two days later.

"It's crucial to start off on the right foot and have a winning weekend that first weekend at home," Neal said. "We must win our games at home. It makes it very difficult if we don't."

Other games that will be critical for the team this season include Western Carolina on Oct. 11, Samford on Oct. 18 and previous SoCon champions UNC Greensboro on Oct. 29.

Neal's first recruiting class brings big numbers, high hopes

Justine Schulerud
Reporter

Head coach Chris Neal's first recruiting class is going to be one to remember — both for its size and potential. The Phoenix adds 13 freshmen to the 2009 roster. The freshmen class accounts for almost half of the 31-player roster this season.

Neal was hired in January 2008, making it fairly late in the 2009 recruiting season. Having not yet coached a season for the Phoenix, he had no idea how new additions would benefit the team's chemistry.

"Not knowing the team's potential, I just went after the best possible player with the goal to improve as a team," Neal said.

The Phoenix signed 10 freshmen, including Emily Brenner, Shannon Cosgrove, Scarlett Fakhar, Shannon Foley, Kristen Haney, Ceci Jensen, Caroline McKinley, Claire O'Keefe, Michelle Pullen and Courtney Seltman. In addition to the 10 signees, three other student-athletes were added to the roster — senior Elizabeth Palmer, freshman Brittany Middleton and freshman Lindsey Nusdeo.

With the addition of the freshmen there is anticipation the team will step up a level. There is still a solid core foundation for the freshmen to complement, despite the team losing five seniors last year. Two of the graduated seniors, defensive center midfielder Katie Persichini and forward Katina Boozer, were named to the SoCon All-Conference Team for the 2008 season.

"The freshmen will not be expected to set the tone for the team. We're not trying to put the responsibility on them," Neal said. "That's just not fair."

The incoming freshmen class has hopes to continue to change the face of women's soccer for Elon.

"I have seen the team evolve from a team that won here and there to a team that finally shows we mean business," said Lauren Norwind, senior captain and a center defender.

All the freshmen coming in healthy and ready to train is the first step to assimilating them with the returning players.

Finding the right team chemistry with returning players and freshmen combinations will be the key to a successful season for the women and a step in the right direction toward being a top-4 SoCon team and to a place in the NCAA tournament.

2009 SCHEDULE

SEPT. 4

TEMPLE
5 p.m.
High Point, N.C.

SEPT. 6

HIGH POINT
3:30 p.m.
High Point, N.C.

SEPT. 9

COASTAL CAROLINA
6 p.m.
Elon, N.C.

SEPT. 13

NC STATE
5 p.m.
Elon, N.C.

SEPT. 18

UNC ASHEVILLE
5 p.m.
Cullowhee, N.C.

SEPT. 20

JACKSONVILLE STATE
12 p.m.
Cullowhee, N.C.

SEPT. 19

WOFFORD
7 p.m.
Elon, N.C.

SEPT. 27

FURMAN
2 p.m.
Elon, N.C.

OCT. 2

GEORGIA SOUTHERN
4 p.m.
Statesboro, Ga.

OCT. 4

DAVIDSON
2 p.m.
Davidson, N.C.

OCT. 8

APPALACHIAN STATE
7 p.m.
Boone, N.C.

OCT. 11

WESTERN CAROLINA
2 p.m.
Elon, N.C.

OCT. 16

CHATTANOOGA
7 p.m.
Elon, N.C.

OCT. 18

SAMFORD
2 p.m.
Elon, N.C.

OCT. 23

THE CITADEL
3 p.m.
Charleston, S.C.

OCT. 25

COLLEGE OF CHARLESTON
1 p.m.
Mt. Pleasant, S.C.

OCT. 29

UNC GREENSBORO
7 p.m.
Greensboro, N.C.

NOV. 6, NOV. 8

SOUTHERN CONFERENCE TOURNAMENT
TBA
TBD

2009 SCHEDULE

SEPT. 1

HIGH POINT
7 p.m.
Elon, N.C.

SEPT. 4

CHARLOTTE
7 p.m.
Elon, N.C.

SEPT. 11

LONGWOOD
5 p.m.
Greensboro, N.C.

SEPT. 13

MARSHALL
12 p.m.
Greensboro, N.C.

SEPT. 16

CLEMSON
7 p.m.
Elon, N.C.

SEPT. 19

EAST TENNESSEE
STATE
3 p.m.
Johnson City, Tenn.

SEPT. 23

WAKE FOREST
7 p.m.
Winston-Salem, N.C.

SEPT. 26

GEORGIA SOUTHERN
7:30 p.m.
Elon, N.C.

SEPT. 29

DUKE
7 p.m.
Durham, N.C.

OCT. 3

APPALACHIAN STATE
7 p.m.
Elon, N.C.

OCT. 6

COLLEGE OF
CHARLESTON
6 p.m.
Mt. Pleasant, S.C.

OCT. 10

DAVIDSON
7:30 p.m.
Elon, N.C.

OCT. 14

WEST VIRGINIA
7 p.m.
Morgantown, W. Va.

OCT. 18

WOFFORD
6 p.m.
Spartanburg, S.C.

OCT. 24

FURMAN
7 p.m.
Greenville, S.C.

OCT. 27

WINTHROP
7 p.m.
Elon, N.C.

OCT. 30

RADFORD
7 p.m.
Radford, Va.

NOV. 3

NORTH CAROLINA
7 p.m.
Elon, N.C.

NOV. 7

UNC GREENSBORO
7 p.m.
Elon, N.C.

NOV. 13, NOV. 15

SOUTHERN
CONFERENCE
TOURNAMENT
TBA
TBD

MEN'S SOCCER

meet the phoenix



CLINT COLLINS

SENIOR DEFENDER
CAPTAIN

Collins said he really wants "to be a good leader for the team ... you try and just set a good example in everything that you do on and off the field."



STEVEN KINNEY

SENIOR DEFENDER
CAPTAIN

"As captain, I look to lead the team on and off the field, make sure everyone's putting in the effort," he said. "And when the times are down, just pick the team up and take us to a win."



Senior forward Erfan Imeni is one of seven seniors on the team that won the SoCon regular season title last season.

FILE PHOTO

Men's soccer players prepare to become the SoCon's 'hunted' team

Ashley Barnas
Online Editor-in-Chief

After winning its first-ever Southern Conference championship last season with a perfect 7-0 run through the conference, the Elon men's soccer team has been tabbed to repeat this season. Being named a preseason favorite by the league's head coaches affirms something senior midfielder Justin Wyatt also asserts about the Phoenix: The team has a target on its back this season.

Wyatt was named First-Team All-Southern Conference and league Player of the Year in 2008. Having that target on the team's back is nice for him, he said, because he wants the Phoenix to prove last year's win was not just about luck. And neither was his personal win, which he attributes to his teammates.

"I could never have scored the goals I did last year without people putting it there for me and the little tap-ins making me look good," Wyatt said. "Overall, it's about the team. That's what put me there."

The team continues to be a tight-knit group, including the six freshmen additions.

"All the freshmen are incorporating into the team really well so far," senior defender Orry Powers said. "I think us older guys can just show the younger guys how it's done: to come in right away and just be thrown into the system."

The Phoenix will probably have eight or nine starters from last year, but head coach Darren Powell said he has "16 guys more than capable of starting."

"The freshmen are excellent," Powell said. "They've done really well in preseason, given us a couple of headaches in terms of selection process. They've come in and they fit, ready to go, fit straight in with the team in terms of chemistry and the way they play."

Powell was named SoCon Coach of the Year in

2005 and again last season, a title he attributes to the team, assistants and coaching staff.

During preseason, Powell searched for the pieces of the team puzzle that click together best. He said the team is a "good group of guys" who are good players.

"The challenge is if they can rise to each game, especially in the Southern Conference, now being the hunted team," Powell said. "It's not pressure, but excitement."

And the Phoenix wants to do one better and make the NCAA tournament this year.

"The catch phrase is 'putting it all together,'" junior goalkeeper Clint Irwin said. "So for the whole season, try to win as many games as possible."

Junior midfielder Drew Gardner said practice has been going well so far.

"It's been competitive, which is what we need to get better," Gardner said. "Coach is fairly happy with where we're heading ... I really think we have a good chance of doing really well this year."

Working hard during preseason and coming out with a strong start is something the players say is most important to a successful season and early wins.

"The past two years, we've kind of come out slow," senior defender Steven Kinney said. "This year, we look to come out strong, put the teams under pressure and get out to a good start."

The Phoenix achieved that good start when it defeated Campbell 4-1 in the team's only exhibition contest of the year.

"We just want to build off of last year and take the things that we learned from last year and keep improving, learn new things," senior defender Clint Collins said. "We brought a lot of players back, so hopefully we've matured since last year and will be able to carry that momentum we do have and get off to a good start."

MORE ONLINE

PREVIEW TO AN EXCITING SEASON

BIGGEST MATCH-UPS

"I think they're all big, so I'm going to say High Point, High Point and High Point at this point in the year," Powell said. The team takes one game at a time and every game is big, starting with the first game of the season against High Point.

BIGGEST STRENGTHS THIS YEAR

Coach Darren Powell: "Experience, senior leadership, team chemistry."

Clint Irwin, #1: "I think just as a team, we're just trying to build on the success that we had last year toward the end of the season."

Drew Gardner, #12: "The ability to play great soccer - to pass and move, to kick the ball around."

Clint Collins, #5: "Definitely our attacking play. We're hoping to score a lot of goals and really be able to put teams away, score multiple goals a game."

