The future of our newsletter

In October, we asked you to give us a piece of your mind. In our online survey, we asked whether you read @Elon, and whether you would continue to read it if it were delivered in an online format. Nearly 300 faculty and staff responded, and by an almost 2-to-1 margin, they said they found the newsletter valuable, and preferred or would be willing to read it online. We got the message, and we will move @Elon to an online-only format beginning in February 2010.

How will it work? You’ll receive an e-mail each time a new issue is published (three times per semester). The e-mail will include a link to the @Elon Web site and list the headlines in the issue. And don’t worry; the e-mail will be text-only, so it won’t clog up your inbox.

What will it look like? The image to the right will give you an idea. The online @Elon will feature the employee profiles, program and event spotlights, wellness tips, HR updates, birth announcements and other content you’ve come to expect from the newsletter. It will take advantage of multimedia, including video and slide-shows, to make those features even better. Moving @Elon online also will save a significant amount of paper, contributing to Elon’s sustainability initiatives.

In the survey, several faculty and staff said they wanted to see more balance in coverage between faculty and staff, and among the university’s schools and departments. We’re working to achieve that balance, but we need your help. On the @Elon Web site, we’ll have a “Submit a Story Idea” button, and we encourage you to tell us about colleagues, programs or events you think would make great stories.

As editor of @Elon, I welcome your feedback via e-mail at ksimonetti@elon.edu. Thank you for your support of this publication, especially those who participated in our survey, and be on the lookout for the @Elon e-mail in February!

Sincerely,
Kristin Simonetti, @Elon editor
A decade-long journey rewarded

Phi Beta Kappa Society votes to establish a chapter at Elon University

By Kristin Simonetti ’05

For Helen Walton, instructor of mathematics, Friday, Oct. 2, marked the end of a long road. For more than a decade, she and Distinguished University Professor Russell Gill led Elon's efforts to shelter a chapter of the Phi Beta Kappa Society. On Oct. 2, their work was rewarded at the 42nd Triennial Council of Phi Beta Kappa in Austin, Texas, when the society voted to establish its seventh chapter in North Carolina at Elon.

“It’s probably the high point of my employment here,” Walton says. “I’ve told everyone it’s a lifetime memorable moment. I’m absolutely thrilled.”

Says Gill, “This means that Elon is a national player now. We’re no longer just a local school, we’re on the national scene. That means a whole lot to me.”

Gill says the idea to apply for a Phi Beta Kappa chapter at Elon was suggested by John Burbridge in 1999. Burbridge, then dean of the Martha and Spencer Love School of Business, suggested the move based on his previous experience at Loyola University in Maryland, which opted to apply for a chapter while he taught there.

“I thought the ambitions of Elon made it possible to achieve Phi Beta Kappa,” Burbridge says.

Though not a member of the society, Burbridge joined Gill in completing a feasibility study of the application process. After the university decided to move forward with the application, Burbridge bowed out, and a committee composed of Elon Phi Beta Kappa faculty members and university administrators began collecting information for Elon's application. Gill was named committee chair, and Walton was charged with coordinating and consolidating the information into a complete volume.

Because Phi Beta Kappa's national committee requires data from every part of the university to consider an application, Walton says, more than 70 faculty and staff submitted information to support Elon's bid, including Steven House, current provost and former dean of Elon College, the College of Arts and Sciences; Rob Springer, director of institutional research; Faith Shearer, associate athletics director; Mary Jo Festle, history professor and former director of the Elon Honors Program; Nancy Harris, associate dean of Elon College; Kate Hickey, dean and university librarian; and Karen Pore, assistant registrar, among many others. The committee also received emphatic support from President Leo M. Lambert and Executive Vice President and former Provost Gerry Francis.

Phi Beta Kappa membership includes faculty members inducted into the society during their college years and new members selected from among the top students in the arts and sciences. Yet Elon’s pursuit of a chapter has produced tangible benefits for the entire university, Gill says.

“A most important aspect of the application process is bringing the whole university up to the standards that Phi Beta Kappa finds acceptable,” Gill says, pointing out increases in library funding, faculty salaries and the percentage of full-time faculty among the advances Elon has made over the past decade. “This, of course, has always been at work, but Phi Beta Kappa helped accelerate these processes.”

Faculty and staff from across the university have noticed those advances and say they’re proud of Elon’s election to Phi Beta Kappa.

“Every degree, even if it’s not in the arts and sciences, is enhanced by Phi Beta Kappa,” Burbridge says.

Marsha Boone, executive assistant to Vice President of Admissions and Financial Planning Susan Klopman, put the news on her Facebook status as soon as she heard the announcement. She says she wanted students and alumni, as well as her own friends and family, to know about the achievement.

“When I started here in 1981, no one had really heard of Elon,” Boone says. “You can’t help but be excited about this. This is a big plus for us.”

For Walton, sheltering a chapter of Phi Beta Kappa at Elon has a personal meaning.

“I’m getting toward retirement age,” she says, “and I am so grateful that I could contribute to this major milestone for the university.”

What is Phi Beta Kappa?

- The oldest and most prestigious academic society in America
- Established in 1776 at The College of William and Mary in Williamsburg, Va.
- Membership is extended to students majoring in disciplines within the arts and sciences
- Less than 10 percent of the nation’s colleges and universities have been chosen to shelter chapters of Phi Beta Kappa (280 out of more than 3,000)
- Each year, less than 1 percent of college seniors are selected for membership
- The society has more than 500,000 members worldwide
- Notable living members include:
  - Former Presidents George H.W. Bush and Bill Clinton
  - U.S. Supreme Court Justice Sonia Sotomayor
  - NFL quarterback Peyton Manning
  - Actress Glenn Close
Can you hear me now?  
‘Dead spot’ gives Elon reps unexpected startle

By Kristin Simonetti ’05

When the Elon contingent arrived in Austin, Texas, for the 42nd Triennial Council of the Phi Beta Kappa Society, Russell Gill felt fairly confident of Elon’s chances of sheltering a chapter.

“By the time you’ve spent several years in the application process, you’ve had a site visit and you’ve corresponded with the committee, you’ve gotten a sense of the way they are reacting to what you say, and you pretty much know what’s going to happen at the council,” he says.

But that doesn’t mean all goes smoothly when you get there.

Before the council’s business meeting on Friday, Oct. 2, Elon’s representatives, including Gill, Helen Walton, President Leo M. Lambert, Provost Steven House and others, awaited a phone call from the selection committee with questions about Elon’s application, the customary “last step” in the application process. As they waited for the call, Walton recalls, they saw a representative from James Madison University, another finalist for selection, working to find answers to a laundry list of questions from the committee. The Elon committee’s phones were silent.

“It wasn’t until Dr. Lambert said, ‘You know, I’m not receiving phone calls here,’ that we realized we were sitting, waiting, in a (cell phone) dead spot,” Walton says.

She remembers racing outside just in time to receive a call from Phi Beta Kappa’s national office instructing Elon’s representatives to go immediately to the committee’s room.

“As you can imagine, my heart was pounding,” she says.

The Elon group rushed to the elevator and up to the committee’s room. When they arrived, the committee had just one question:

How did Elon’s foreign language requirement fit into its graduation requirement categories?

“I happened to have my catalog with me,” Walton says. “We could read the fine print about how it counted immediately, and that was it.”

A few hours later, the society officially voted to establish a chapter at Elon. @

Phi Beta Kappa at Elon: Next steps

Elon’s faculty Phi Beta Kappa committee has begun working on the chapter’s bylaws, constitution and selection criteria.

Distinguished University Professor Russell Gill, interim president of the committee, and mathematics instructor Helen Walton, interim secretary, say they envision a spring celebration coinciding with A Convocation for Honors in March or April. The celebration will include the installation of the chapter at Convocation, followed by an induction ceremony and banquet.

Details will be announced in the near future. For more information about Elon’s chapter of Phi Beta Kappa, visit www.elon.edu/pbk.
It’s the thought that counts...
Faculty and staff share the worst or funniest holiday gifts they’ve given or received

Each year, my grandmother would give all the grandchildren gifts that we would receive by pulling a string attached to gifts hidden inside a bag.

One year, my cousin was expecting her first child, the first great-grandchild of the family. When it was her turn, my grandmother directed her to pull a particular string, noting that it was the gift she had chosen for my cousin and her baby. When my cousin pulled the string, out came a dog’s chew toy. My grandmother had mistaken a dog toy for a baby’s toy. We grandkids tried so hard to keep from laughing, but we couldn’t help ourselves. The running joke then became what kind of dog my cousin was going to give birth to.

Judy Esposito
Associate Professor, Human Service Studies

A scale. From my mom.

Jennifer Tucci
Director, Phoenix Club

When we lived out in the country by a glider port, I admired the grace and beauty of the glider as it floated overhead. One year, my husband gave me a glider ride as a Christmas gift.

I was in the front and the operator was in the back seat of the glider, and the plane pulled up into the air. The plane released the cable, and the glider was floating. We hit a thermal draft and the glider began to spiral, gaining altitude with each spiral. Unfortunately, I have motion sickness, but never in all the times I watched the gliders did I think about the spirals upward and their consequences. I opened the side vents for fresh air and began hyperventilating at the numbness in my lips and fingertips. I slowed my breathing until the numbness stopped, but the glider kept spiraling.

I motioned to the operator several times to take me down, but he shouted that we’d just gotten started and we’d hit a great thermal. Then I think he got a look at my now ashen complexion and shouted back to get me down NOW! There was no response – but I heard a horrible grinding noise. Was the glider coming apart? Was the thermal so strong that it was tearing off a wing? Finally, we broke out of the thermal and began our descent back to land.

I had to sit in my car for 15-20 minutes afterward because I didn’t have the strength to push in the clutch to crank the car. It was a great Christmas gift – for anyone who doesn’t have motion sickness!

Pat Jones
Program Assistant, English and Human Service Studies

My brother drew my name for a Christmas gift one year. I asked him for a book he thought that I’d like. He bought a huge book of Shakespeare’s complete plays. It wasn’t exactly what I had in mind, and I’d read most of them, but was glad to have a copy.

The next year, he again drew my name. As a librarian and book collector, especially of children’s books, I asked again for a book he thought I’d like. He gave me Shakespeare’s complete plays, the exact same edition. Maybe he really sees me as a tragic/comic figure.

Betty Garrison
Reference/Business Librarian, Belk Library

I liked a warm-up suit so much one year that I bought it for my brother. We were both very surprised when he opened up his present the next year and discovered I had bought the same warm-up suit for him again, and in the same color. The funniest part was he said he didn’t like it the first time he received it. I learned quickly to simply buy ties – men never have enough of them.

Nagatha D. Tonkins
Director, Internships/External Relations
and Assistant Professor, School of Communications

One Christmas, my sister gave me a gift in wrapping paper that had pictures of fruits on it. This was during a time when we were really into scented crayons and scratch-n-sniff stickers. As I’m about to unwrap the gift, she says, “It’s scratch-n-sniff wrapping paper!” I thought, “Wow! Cool!” I proceed to scratch the wrapping paper and smell it. The whole family burst into laughter, and we still joke about it today.

Brooke Turner
Program Assistant, Campus Technology Support

The most ironic gift I ever received from my mother was a step-stool for Christmas. The irony is that I am 6 foot 5 inches tall, and prior to this, she always asked me to come to her home and change her light bulbs and batteries in the smoke detectors because I didn’t need a step-stool to do it!

Aaron Peeks
Assistant Professor, Sociology

A Harley-Davidson trailer hitch for my SUV from my husband, and I don’t ride a motorcycle. Go figure!

Drema Holder
Program Assistant, Moseley Campus Center
In Saudi Arabia, Parsons, colleagues on hand for ‘important breakthrough’

By Sarah Costello ’11

Paul Parsons, dean of the School of Communications, recently traveled to King Saud University in Riyadh, Saudi Arabia, with a group of educators associated with the Accrediting Council on Education in Journalism and Mass Communication (ACEJMC). He expected to witness the activities associated with the university’s communications program, which was under review for accreditation. He hardly expected to witness history.

During the visit, four male and female faculty members of the university met face-to-face for the first time.

“Saudi Arabia does not allow males and females to be on the same campus,” Parsons explains.

King Saud’s main campus, which serves 70,000 male students, is 20 miles away from the women’s campus, which serves 23 female students. During the visit, Parsons and his ACEJMC colleagues told the university’s administration and faculty that they needed to show that male and female students had the same quality of instruction to achieve accreditation.

“We said (the separation of male and female students) would look unusual to American accrediting bodies,” Parsons says. “It’s possible (the bodies) could accept gender separation, because it’s a cultural practice, but they will need to see equality.”

On the last day of their visit, Parsons and a colleague met with two male and two female faculty of the university in a hotel lobby. The faculty had never met in person but had spoken on the phone.

“We witnessed an important breakthrough,” Parsons says.

Over the past 40 years, gender equality in Saudi Arabia has eroded under increasingly strict laws rooted in hardline interpretations of the nation’s dominant religious text, the Quran. Laws have forbidden women from driving and require them to wear veils in the presence of men.

Parsons expresses hope that Saudi Arabia’s desire to move from a petroleum-based to knowledge-based economy will help speed a shift toward equality among the sexes. The communications program at King Saud, with its aspirations for ACEJMC accreditation, and others like it may be indicative of such a shift, at least in the realm of education.

“The communications department has a tremendous reputation. There are quality faculty, and about two-thirds have Ph.D. degrees from the United States and the United Kingdom,” Parsons says. But he acknowledges that the university has a long journey toward achieving ACEJMC standards.

“Even though the communications program is great, the American accrediting agency will look at Saudi Arabia as a country that is not a democracy, with religious police running rampant. Will that be in accord with accreditation?” he asks.

To read more about Parsons’ work and observations in Saudi Arabia, visit his blog at http://paulparsons.wordpress.com. @

NEWS & NOTES

Hunter Bacot, associate professor of political science and director of the Elon University Poll, spoke with News 14 Carolina Oct. 30 after the release of the latest poll measuring North Carolinians’ attitudes toward political leaders, particularly President Barack Obama and Sen. Richard Burr, R-N.C.

Stephen Byrd, assistant professor of education, recently had two articles he co-authored included in The Child: An Encyclopedic Companion, published by the University of Chicago Press.

Seven faculty members presented at the October conference of the International Society for the Scholarship of Teaching and Learning, which included faculty from 15 countries and plenary speakers from three continents. Elon representatives included: Stephen Bloch-Schulman (philosophy); Jessie Moore (English); Sang Nam (communications); Nina Namaste, Mina García Soormally and Yumika Araki (all in the Department of Foreign Languages); and Peter Felten (director of the Center for the Advancement of Teaching and Learning).

The Chronicle of Higher Education cited Anne Bolin, professor of anthropology, in a recent article on female college professors who compete in bodybuilding competitions. The article, “Bodybuilding Professors Outmuscle the Stereotype,” was published online on Oct. 11, 2009.

Matthew Buckmaster, assistant professor of music and education, presented Oct. 9 at the North Carolina Music Educators Association annual conference in Winston-Salem, N.C. He spoke about the Elon music education program’s successful revisions for the North Carolina Department of Public Instruction’s 21st-Century Revisioning.

Ann Cahill (philosophy), Samantha DiRosa (art), Philip Motley and Sang Nam (communications) were named CATL Scholars for 2010-12 by the Center for the Advancement of Teaching and Learning. CATL Scholars receive funding for two years to develop, implement and assess projects intended to transform student learning.
Carolina’s system of selecting judges.

Haile & Record

In three opinion articles published in the Greensboro, N.C. News & Record on Oct. 25, Elon Law professors Scott Gaylord, Andrew Haile and Alan Woodlief explored the merit of reforming North Carolina’s system of selecting judges.

Glenda Crawford, professor of education, and April Post, lecturer in foreign languages, presented in October at the International Research Conference on Service-Learning and Community Engagement in Ottawa, Canada.

Clyde Ellis, professor of history, delivered an invited address on Oct. 30 in Oklahoma City at the 75th anniversary symposium on the Oklahoma Historical Society’s Indian Archive.

Elon Law Distinguished Practitioner-in-Residence John Englar recently completed more than three years of service on the board of directors of Delphi Corporation, overseeing the largest industrial company reorganization in U.S. history prior to the recent reorganization of General Motors.

Thomas Erdmann, professor of music, was named artist-in-residence with Duke University Hospitals. He will perform on piano at public venues throughout the hospital system and departments’ private functions. He also penned three cover articles in the November/December 2009 issue of Saxophone Journal.

Michael Fels, associate professor of art, and Rick Earl, technical director for cultural and special programs, exhibited collaborative painting machines at Visual Art Exchange in Raleigh in November.

Stephen A. Futrell, associate professor of music, presented Nov. 7 at the North Carolina Music Educators Association in-service conference. The presentation, “Vocal Jazz Essentials,” included a guest appearance by Elon’s vocal jazz ensemble, elan.

Elon Law professor Henry Gabriel was the keynote speaker at the Conference on Transnational Commercial Law at the University of South Africa in Johannesburg in October. Gabriel’s address will be published in the South African Mercantile Law Journal.

In three opinion articles published in the Greensboro, N.C. News & Record on Oct. 25, Elon Law professors Scott Gaylord, Andrew Haile and Alan Woodlief explored the merit of reforming North Carolina’s system of selecting judges.

Jessica Gisclair, associate department chair in the School of Communications, presented a paper, “Beauty exposed: A survey of traditional values,” in October at the Midwest Conference on Asian Affairs at Miami University in Oxford, Ohio.

Mary Gowan, dean of the Martha and Spencer Love School of Business, spoke in October at the Women’s Executive Connection Conference in Greensboro, N.C. Her presentation was titled “Creating Your Own Future: Education and Professional Development Open Doors.”

Greg Hlavaty, lecturer of English, recently published an essay in Yale Anglers’ Journal.

Anthony Hatcher, associate professor of communications, published an editorial about the value of teaching in the News & Record. Hatcher wrote a tribute to the teacher who inspired him to enter the profession.

In the recently published book Breakthrough Communities: Sustainability and Justice in the Next American Metropolis, Elon Law associate professor Faith Rivers James explores challenges to the preservation of African-American property ownership in coastal South Carolina.

Two physics faculty members attended the October regional meeting of the American Association of Physics Teachers at the University of North Carolina at Pembroke. Associate professor Martin Kamela discussed work he completed in India, and lecturer Claudine Moreau presented a project that she developed for her algebra-based physics courses.

Elon Law professor Howard Katz spoke about urban planning at an Oct. 27 forum in Greensboro, N.C. organized to gather public input on the city’s Downtown Area Consolidated Plan. He spoke about best practices to advance urban planning projects.

Michael Kingston, associate professor of biology and environmental studies, published a paper, “Vertical Migration of a Mixed-Species Euglena Assemblage Inhabiting the High Intertidal Sands of Nye Beach, Oregon,” which was co-authored with Elon alumna Jennifer Gough.

Jason Kirk, assistant professor of political science, talked with News 14 Carolina on Oct. 22 about events unfolding in Afghanistan as President Obama contemplates the United States’ next moves in the hunt for al-Qaeda.

Troy Martin, assistant director of academic advising, presented two papers about the AIDS crisis in South Africa and academic advising pedagogy at the annual American Educational Studies Association conference in Pittsburgh.

Darris Means, assistant director of the Elon Academy, and Elon senior Patrick Holloway presented at the North Carolina College Personnel Association annual conference in Winston-Salem, N.C., in October on the history of college access, current trends in college access and the Elon Academy.

Wolf's documentary, “Prisoners of Plenty,” was accepted to the research and general archives of the Deutsches Historisches Museum in Berlin, Germany.

David Neville, assistant professor of German and director of language learning technologies, co-authored an article that will appear in the forthcoming issue of Computer Assisted Language Learning.

Faith & Leadership magazine published an article by David Noer, professor emeritus in the Martha and Spencer Love School of Business, in its most recent edition. The piece, “Rx for layoff survivor sickness,” offers five strategies for managers to mend morale in a work environment following layoffs.

Kevin O’Mara, professor of business administration, and Gary Palin, senior lecturer of entrepreneurship, presented at the Global Consortium for Entrepreneurship Centers conference hosted by the Rice University Alliance for Technology and Entrepreneurship.

Amy Overman, assistant professor of psychology, spoke at Twin Lakes Men’s Club in October for a presentation that focused on healthy brain and memory function in older adults.

Rebecca Pope-Ruark, assistant professor of English, has been elected to the board of directors of the Association for Business Communication.


Elon University staff members Yvette Ross, Allen Poe, Clifton Johnson and Janis Baughman received R. Randy Rice Service Awards from the North Carolina Housing Officers Association (NCHO) at the group’s October conference in Chapel Hill.

Jodean Schmiederer, assistant dean of students, and Mary Wise, assistant vice president for academic affairs, presented at the International Conference on Academic Integrity at Washington University in St. Louis in October.

Omri Shimron, assistant professor of music, presented a lecture-recital in late October at the College Music Society National Conference in Oregon.

John Sullivan, Maude Sharpe Powell Professor of Philosophy Emeritus, was featured in a Nov. 2 front-page article in the (Raleigh, N.C.) News & Observer about the role that aging adults can play in nurturing spirit and community.

English faculty Murphy Townsend, Greg Hlavaty, Megan Isaac, Michelle Trim and Paula Patch presented at the North Carolina Symposium on Teaching Writing in October.

Frances Ward-Johnson, associate professor of communications, presented research on blogging in public relations classes in October at the International Association of Online Communicators Annual Conference held in Washington, D.C.

Heidi White, associate director of study abroad, was part of a curriculum development team and served as lead trainer for a workshop on safety and study abroad at the NAFSA Region VII conference.
Faculty/Staff Campaign off to an impressive start

Awareness of how our generosity helps others was very much on Greg Zaiser’s mind when he addressed faculty at a recent meeting. Zaiser, dean of admissions and co-chair of this year’s Faculty/Staff Campaign, read the names of 10 Elon students whose scholarships are supported by faculty and staff gifts to Elon’s annual funds. He thanked faculty participants and asked them to consider increasing their gifts to this year’s campaign.

Early results of the 2009-10 campaign indicate that the appeal for help is being heard; faculty/staff giving is ahead of last year’s campaign to date. As of Nov. 10, more than 300 faculty and staff have given or pledged a total of $215,000. Last year’s campaign ended in May with $234,000 in gifts and 437 faculty and staff participating—a record rate of 35 percent.

Becky Olive-Taylor, associate dean of academic support, and her husband George, professor of public administration and political science, are two of the reasons the campaign is off to an encouraging start. The couple are among the faculty and staff who are increasing their gift to Elon’s annual funds this year. The reason is simple, Becky says, noting that her children are grown: it’s because they can.

“I wish I had some compelling explanation, but the truth is that it’s all about timing,” she says. “I’ve always believed in an Elon education in terms of what it offers students, but I’ve not always had the extra income to contribute. I’m glad there are others able to increase their contributions, too.”

All faculty/staff gifts count toward Ever Elon: The Campaign for the Future of Our University. Zaiser and Faculty/Staff Campaign co-chair Nancy Harris, associate dean of Elon College, the College of Arts and Sciences, remind faculty and staff that they also can support Elon through deferred gifts, such as bequests. More than 20 percent of Ever Elon’s total has been pledged in the form of planned gifts.

Thanks to the generosity of alumni, parents and friends—and faculty and staff—more than $70 million has been given as part of the Ever Elon Campaign in the form of outright gifts, multi-year pledges, and planned or deferred gifts. With a goal of raising $100 million by 2011, Ever Elon emphasizes building the endowment, particularly to benefit scholarships for students, and professorships and other support for faculty and staff.

To learn more about the Ever Elon Campaign or to make a gift, please visit www.everelon.org.
Boost your body’s defenses

By Cindy Novak, Wellness Coordinator

Wintertime brings with it the inevitable threat of ailments such as colds, pneumonia and, this year, the H1N1 flu. Give your body the tools it needs to strengthen your immune system by following these easy tips.

1. **Avoid processed sugars**
   Sugars found in processed foods decrease the function of your immune system almost immediately. Instead, opt for fruit to satisfy your sweet tooth. The natural sugars found in fruits are better than processed sugars because fruits are high in antioxidants that provide a big boost to your immune system.

2. **Sleep well**
   When you’re fatigued, your body has a much harder time fighting off viruses and bacteria; studies show that your immune system function drops an average of 60 percent after just three nights of poor sleep. Get at least seven hours of quality sleep every night to allow your body to make critical hormones and repair itself.

3. **Eat with purpose**
   Eat a variety of foods rich in Vitamins A, B6, C and E, and minerals zinc, iron, copper and selenium. In the winter, increase your intake of Vitamin C, which offers virus-fighting benefits and can help reduce the symptoms and duration of the seasonal flu. Also consider taking a daily multivitamin, which can help fill gaps in your nutrient diet.

4. **Manage stress daily**
   Everyday stress is inevitable, but when it overwhelms your life, your body’s ability to fight illness decreases. Take advantage of on-campus stress-relief resources, such as the faculty/staff yoga class offered on Mondays and Wednesdays in Koury Athletic Center, or the free Employee Assistance Counseling Program. View more stress-relief options offered by the Wellness Center at www.elon.edu/wellness.

5. **Get moving**
   When you exercise, you increase blood flow to components of your immune system, which helps it identify viruses and bacteria early and attack them before they spread. Try Zumba, a fun cardio-dance workout, on Wednesdays at 5:15 p.m. or Lifting with Liz on Mondays 5:30 p.m., both in the basement of Holt Chapel. If traditional workouts are more your style, visit www.elon.edu/camprec for up-to-date hours for the fitness facilities in Koury Athletic Center.

6. **Wash your hands**
   It may seem obvious, but washing your hands is one of the most effective ways to keep from spreading a virus to your nose, mouth or others. Keep your hands away from your mouth, nose or eyes during the day. If you get a sore throat or stuffy nose, gargle warm salt water or use a Neti pot to flush viruses and bacteria out.

Save the date for Elon’s holiday party

Elon’s annual holiday celebration for faculty and staff returns to its traditional evening time on Friday, Dec. 18, from 7-11 p.m. in Moseley Center.

Light hors d’oeuvres and dessert will be served, and music will be provided by Touch of Class DJ Lenny Fritts and pianist Reggie Jeffreys. Bring your spouse or a guest and celebrate the season with your colleagues!

And don’t forget: The university will be closed Monday, Dec. 21-Friday, Dec. 25, for the Christmas holiday and on Friday, Jan. 1, 2010, in observance of New Year’s Day.
December 8
Lance P. Burke
Lynette S. Lorenzetti
Nancy Luboff
Won J. Synn

December 9
Tammy A. Bouchelle
Erica Z. Damer
Laura J. Roselle
Wendy L. Staskiewicz

December 10
Kenneth P. Barnes
David T. Fletcher
David Minkoff

December 12
Norman H. Aldridge
Christine E. Cotton

December 13
Craig H. Galloway
Nick S. Hood
Julie A. Prouty
Mark A. Terrell

December 14
John J. Burbridge
Matthew J. Haith

December 15
Colin M. Donohue
Jamie D. Talley

December 16
Nicole J. Jones
Melanie B. May
Woody H. Pelton
Jeffery B. West

December 17
Eric T. Biebel
Alison G. Paliseno
Meredith L. Smith
Callie R. Young

December 18
Sallie B. Hutton
Angel A. Smith
Eccles Wall

December 19
Melissa T. Holmes
Lynn R. Huber
Natalie A. Marrone

December 20
Almeta S.
Degrafennidt
Samantha DiRosa

December 21
Tyson T. Hankins
Rachel N. Stockdale

December 22
Judy F. Esposito
John M. Townsend

December 23
Rhonda A. Beton
Ashley M. Pearson
Michelle Stephens

December 24
Todd S. Coleman
Jane S. Deaton

December 26
Holley L. Berry
Wayne W. Brown
Teresa L. Shaw

December 27
Paul P. Adams
Sarah L. Glasco
Smith S. Jackson
Miriam B. Stratton

December 28
Libby A. Joyce
JP J. Lavoie
Richard J. Mihans
Linda W. Springs

December 29
Lijah L. Galas
Kate D. Hickey

December 30
Paula R. Anderson
Mel L. Byerley
James A. Cooley
Jane E. Freund
Mandy H. Gallagher

December 31
Patty J. Cox
Wesley E. Grigg
Nancy W. McMillan
Linda Sabo

January 1
Anthony E. Hatcher
Lynn L. Melchor
Maggie E. Miller
Erica Songster-Findlay

January 2
Ben B. McFadyne
Safia N. Swimelar
Alex Y. Yap

January 3
James C. Solomon

January 4
Matthew D. Kutch
Lauren M. Martin

January 5
Paul F. Parsons
Boyd B. Pickard
Doug D. Rowe
Lisa Thompson
Alan D. Woodlief

January 6
Nathaniel Beversluis
Stephen E. Brayce
Erika V. Martinez
Lesley C. McArron
Robert M. Pavlik

January 7
Barbara M. Miller
Chad C. Smith

January 8
Mike W. Gregory
Mayte de Lama

January 9
Doug D. McIntyre
Karen Elizabeth M.
Morgan

January 10
Jeff L. Baisley
Matt F. Dannenberg
Mary A. Inabnit

January 11
Julie L. White

January 12
Meredith Allison
Bobby W. Clark
Joe N. Davis
Teresa M. Graves
Joel K. Hollingsworth
Andrew T. Perry
Ryan J. Tyler

January 13
Ann B. Amyot
Bonnie L. Bach
Michael R. Frontani
Glenda G. Ireland
Laura L. Taylor
Sarah R. Thomas

January 15
Aggie Chadraa
Lynne M. Formato

December 21
Samantha DiRosa

December 22
Judy F. Esposito
John M. Townsend

December 23
Rhonda A. Beton
Ashley M. Pearson
Michelle Stephens

December 24
Todd S. Coleman
Jane S. Deaton

Happy Birthday!