

E-PEOPLE

Out of the bubble

By Kim Hayes '06

Part of the freshman Elon experience is to expand students' global perspective, and professor Shawn Tucker is helping his students do just that. As part of a semesterlong project for his Global Experience class, four students have been volunteering at Elon Elementary, teaching kids the importance of "paying it forward."

"The essence of the global class is becoming an active, responsible global citizen," says Tucker, assistant professor of interdisciplinary arts. He explains that he does not want his students to read about the concept, but experience it firsthand.

For the assignment, called "Out of the Bubble," students identify a global problem and attempt to help solve it on a local level. Tucker's objective is for his students to make a "meaningful contribution to the community."

The students split into several groups and identified problems such as depression, the death penalty, awareness of Hispanic culture and the selfishness of society, which developed into an idea called "Pay it Forward."

The students—freshmen James Brewer, Damon Ogburn, Sara Rhymer and Gavin Sands—based their project on the movie by the same name. The idea behind "Pay it Forward" is that one person completes three good deeds for three other people, then those three people "pay it forward" to three more people by doing more good deeds.

"At first, the 'Pay it Forward' idea sounded a little light," says Tucker. Originally, the students tried to initiate the "Pay it Forward" movement on Elon's campus, but had little success. Then they tried the idea at Elon Elementary school, and that's when the movement really took off.

The group had the elementary students write down the names of the three people they performed good deeds for in order to track their progress, but once the names reached over 100, they could no longer keep up.

The idea for an out-of-the-bubble project originated with a group of Global Experience professors. Last year, Tucker tried it at the end of the semester with a simulation refugee camp, but decided that it would be a more effective learning experience as a semesterlong project.



Shawn Tucker leads his Global Experience class on an "Out of the Bubble" adventure.

All groups in his class were required to establish a philosophical foundation based on readings of scholarly articles prior to executing their philanthropy.

The students had to develop specialized skills in order to complete the assignment. The group of students focusing on depression awareness created a Web site, complete with symptoms, quizzes and advice for those dealing with depression in their own lives or the lives of others. The "Pay it Forward" group sharpened their communication skills for a presentation during an Elon Elementary faculty meeting.

"I didn't think I'd be doing this freshman year," says Rhymer. She says this project has helped her to develop skills that will be useful later in life.

Tucker has partially gauged the success of this assignment from the enthusiasm exhibited by the groups.

"The more energy," Tucker explains, "the more the project just picks up and goes."

The enthusiasm for the "Pay it Forward" project shows on the faces of the freshmen involved as they excitedly explain their project.

"It was so cool to see how everyone else reacted to it and how much children enjoy doing little things," says Ogburn.

How to survive the holidays

By Annette Randall '05



Hanukkah. Christmas. Kwanzaa.

Yes, the holiday season is upon us. It's time to exchange gifts, sing carols, eat large meals and gather together with family and friends.

Thoughts of the holidays fill some with joy and excitement, but for others the idea of reuniting with family conjures up memories of arguments with an older brother or sister, cousin Joe's wild children running through the house and Uncle Mike's bad jokes.

Although previous holiday reunions may lead you to dread the coming weeks, all hope is not lost, says Larry Basirico, professor of sociology and author of *The Family Reunion Survival Guide: How to Avoid Problems With Your Family Without Avoiding Your Family*.

"Planning is key," Basirico says. "That eliminates some of the problems with decisions about things such as meals."

When people reunite with their siblings for holidays there are as many families present as there are adult siblings, he says, and who's to say whose rules supersede the others.

"You need to recognize that it'll be a series of compromises," Basirico says. "Make rules beforehand rather than trying to decide once you are all together."

In his book, Basirico discusses the role dilemmas that many people face when they reconnect with family members.

"Most of the problems occur when there's a collision of our two families: the family of childhood and the family of adulthood," Basirico says.

While you may have grown up and started your own family, you're still someone's son or daughter, and sister or brother. Basirico says that while your family of childhood still expects you to fill your old role, you may now be an adult, spouse or parent and have to fill those roles as well. The key is to find a balance that you are comfortable with. "If we attempt to be all things to all people, we will likely drive ourselves to distraction and satisfy no one," writes Basirico in his book.

The holidays may bring the added strain of dealing with family members, but keep in mind that they are your family.

"Remember it's about the family and not about you," Basirico says. "There's a larger goal and that is to celebrate the life of the family."

Tips for surviving family reunions during the holiday season

1. Plan, plan, plan.
2. Remember you are not the only one who may be feeling anxious about an upcoming reunion.
3. Alert family members in advance about life-changing events.
4. Identify and discuss family and cultural differences prior to the reunion.
5. Don't let minor tensions incubate.
6. Be sensitive to the fact that in-laws face their own set of challenges at family reunions.
7. Make contact with each other after the reunion is over.

(Tips taken from *The Family Reunion Survival Guide: How to Avoid Problems With Your Family Without Avoiding Your Family*.)

Building community at Elon one person at a time

by Mary Santiago, professional development specialist

At Elon we talk about community quite a bit. The university's founders included in their vision the ideal of "an academic community that transforms mind, body, and spirit..." The very first commitment intended to fulfill this vision states that, "we nurture a rich intellectual community." But how do we each build this community at Elon so that it remains a vital reality instead of merely words on a page?

Perhaps a starting place is to define the word itself. The definition that relates most directly to Elon is a "group of people having common interests who share resources and provide fellowship to one another." (The American Heritage Dictionary of the English Language.) How do we discover common interests so that we can connect and collaborate with others?

When I first arrived at Elon last year, I was impressed that we have built-in opportunities for new staff and faculty to meet other people and start developing professional relationships right away. I'm referring to the Tuesday morning College Coffees and also the cultural events sponsored on campus. Another standard is Thursday morning Chapel. Several people I know attend Chapel together and then discuss the service afterwards. President Leo M. Lambert also provides "Community Dollars" to encourage our getting together with students, other faculty and staff.

But there are other not-so-obvious ways of developing community. With the wellness program in full swing and many pedometers in evidence, many of us could become healthier by building community with one other person — an exercise buddy. People generally stay on an exercise program longer if they make a commitment to at least one other person. Make arrangements to meet at the Stewart Fitness Center a couple of times a week to workout together or to walk one of the marked Phoenix Trails.

Of the many values that draw us together as an Elon family, learning has to be one of the top five. For me, El Centro has been a place where I have found true community through the process of speaking Spanish with others who share a love for this language. Recently I heard a colleague talking about her intent to learn French. She and I are going to sign up for a beginning class in French next semester so that we can help each other learn a new language. Offering to mentor someone is another way to establish a professional relationship across campus that can have a powerful long-term impact on both people.

What are the benefits of building real community at Elon? This question has to be answered individually, but some benefits are increased communication, connection and collaboration. When we know other faculty and staff members personally, we are more likely to know who to go to for the information or skills we need to accomplish results. When we know more about people and what they care about, we may discover shared interests that connect us together. The feeling of connection across departments and divisions will pave the way for true collaboration.

Mary Santiago is a professional development specialist. @Elon will partner with her regularly to discuss workplace issues on campus.



Chuck Davis, director of major gifts

Chuck is a native of Marietta, Ga. He received his bachelor of arts degree from Furman University.

Before coming here, he worked for the Medical Foundation of East Carolina University. He was drawn to Elon because of the beautiful campus and the visionary leadership. He says he is excited about working with people who have a sense of purpose.

In his spare time he enjoys going out for a rare steak and Caesar salad, playing the piano and spending time with his wife, Flora, and their two daughters, Virginia Flora and Marthanne.

Dwight L. Davis, night monitor at Belk Library

In addition to working at Elon, Dwight is also active in Christian ministry. His hobbies are reading and ministry, and he continues to read the Bible consistently. Dwight's most gratifying moment came when he accepted his call into ministry.

Dwight likes walking and spending time with his wife, Doris, and children Courtney, 20, Jessica, 16, and Daniel, 13. Dwight has a positive outlook on life. "I love to encourage others and smile," he says.



Stacey Lange, assistant women's softball coach

Stacey grew up in a suburb outside of Philadelphia and received her bachelor's degree in English from the University of Virginia. For fun, Stacey likes water skiing and reading. The last book she read was *The Da Vinci Code* by Dan Brown.

Stacey is a true all-American when it comes to food. "You can never go wrong with popcorn, pizza and cheeseburgers," she says. Stacey lives with her husband, Brian, in Durham, N.C.

Nandini Sen, instructor of communications

A native of Chapel Hill, N.C., Nandini returns to North Carolina from Temple University in Philadelphia where she is working toward her doctorate degree in telecommunications. She received her bachelor's degree in English Literature from Calcutta University.

Nandini recently read *Taliban* by Ahmed Rashid. In addition to reading, she also likes to travel and go to the movies and the theater. Nandini enjoys spending her spare time with her husband, Souvik, and daughter Aishika, 4.



Jennifer L. Smith, acquisitions/cataloging assistant

Born and raised in Burlington, N.C., Jennifer completed her bachelor's degree in women's studies and sociology at the University of North Carolina-Greensboro. Before coming to Elon, she worked at May Memorial Library in Burlington.

Jennifer has studied in Finland and enjoys folk music and Indian chicken marsala. In her spare time, she also likes beading and reading, and she most recently read *Reading Lolita in Tehran: A Memoir in Books* by Azar Nafisi.

Jessica Snow, Americorps VISTA volunteer in the Kernodle Center for Service Learning

Jessica graduated from Elon in May with a bachelor's degree in human services. She chose to stay at Elon after graduation for its beautiful campus and friendly community.

A native of Shamong, N.J., Jessica likes to spend time with her family and friends. In her spare time, she also enjoys photography, scrapbooking and reading. The last book she read was *All I Really Need to Know I Learned in Kindergarten* by Robert Fulghum.



COMMUNITY SERVICE

Are you a pet lover?

If you'd like to donate time or money to any of the following organizations, contact Kathy Manning in the Kernodle Center for Service Learning at kmanning@elon.edu or x7250.



- Kopper Top is a nonprofit organization that uses therapeutic horseback riding, recreational therapy, animal assisted therapy and horticulture therapy to encourage and empower individuals with or without disabilities.
- The Humane Society of Alamance County offers a low-cost spay/neuter program and sponsors a foster home program for animals and an education program for children.
- The Guilford County Animal Shelter provides many opportunities for volunteers to serve, and it also sponsors a foster program for pets.



A Passion for Pets

Compiled by Lauren Ethridge '04 and Kim Hayes '06

Recently, the @Elon staff asked the Elon community to tell us about their special pets. The response was overwhelming. Elon employees are clearly passionate about their four-legged, furry friends.

Early to Rise

Carolynn Whitley recently adopted A.J., a beautiful, black miniature poodle, named after Admiral Chegwidden on the television show "JAG." He is the friendliest dog in her townhouse community, meeting and greeting everyone he sees. A.J. certainly has Carolynn trained, as he takes her for a walk at 6 a.m. every day!

Carolynn Whitley, administrative assistant, Elon College, the College of Arts and Sciences

Blue Blood Boston

Lady Sophie of Plum Tree, a Boston terrier with pedigree papers, has graced Karen Hughes's home for 13 years. Sophie's blood certainly runs blue. "We tell people she has the best bloodline in our family," Karen says. A cancer survivor, Sophie assumes her place among people and doesn't associate with other ordinary animals.

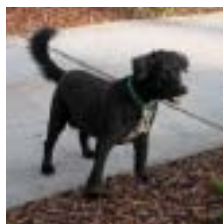
Karen Hughes, student account analyst

A Log or a Dog?

The Mullen family has a purebred black Labrador retriever named Shadow. Because of her affinity for long naps, she is often referred to as their Labrador Observer or just simply the "log" instead of the "dog."

She snores so loudly that they have to turn up the TV, but when she's awake, she loves to howl and play baseball.

Ken Mullen, assistant vice president for business and finance



Mary Doolittle

Mary Wise's Sophie, a border collie mix, waits at the backyard gate every evening for Mary's return. For the next few minutes, Mary and Sophie run around the yard barking at each other. Mary suspects they're saying "Hello, it's good to see you," but

she's not exactly sure how her "woof" translates into dog language. She's also not sure what the neighbors think of their conversations, but none of them have complained yet.

Mary Wise, assistant vice president for academic affairs

Prize-winning Pup

The parents of Rob Sims' 20-month-old golden retriever, Liberty Bella, were bred on Sept. 11, 2001. This accomplished young lady has been through obedience, agility and service dog training. She was also entered in the Borders Bookstore/Author of Dog Books competition and took third place as the prettiest dog in North Carolina. On a normal day, Liberty can be seen in class in the Love School of Business.

Rob Sims, instructor of business administration



The Zoo at Harris House

The Harris household is a menagerie with six dogs, five cats, a tank of fish and about 30 cattle. Almost all of the dogs and cats represent hard luck stories or have had major accidents. There is,

however, nearly always a happy ending as the Harrises spend much time, energy and money on their pets. Skinny Baby, a black cat rescued from a bad situation, is a great example of a happy ending. When Skinny Baby first came to the Harrises, she was very thin and malnourished. Now, one year and 12 pounds later, she will eat just about anything thanks to the day Nancy first squirted whipped cream at her.

Nancy Harris, associate dean of Elon College, the College of Arts and Sciences

Furniture Farm

Carol Smith's pets are named after her husband's knack for building furniture. Goddard, their German shepherd/boxer mix, is named for an 18th century master craftsman. Newport, a gray cat, is named after the Goddard family's residence in Newport, R.I. Windsor, a striped kitty, is named for a type of chair. The Smith family recently found another kitten, Dash, on the side of the road. The new kitten's name is appropriate because he "dashes everywhere."

Carol Smith, assistant professor of physical education



A Feline Friend

Sandy Seidel adopted her female cat, Yoda, in 1988 while she was in graduate school at the University of Virginia. Yoda has lived in several different states with Sandy. She now lives in Greenville, N.C., with Sandy's fiancé, Doug. Because Yoda cannot live in the International Studies Pavilion, Sandy speaks each night on the phone with Yoda—and with Doug.

Sandy Seidel, associate professor of biology

Scaredy Cat

Boots is a special "Elon kitty" that Sue Johnson adopted after her daughter pet-sat for Sharon Spray. At one time, Sue considered sending back this timid creature; two years later, this "scaredy cat" is still in Sue's good graces and will not have anything to do with the rest of the family. In fact, most visitors don't even realize that Sue has a cat, since Boots does a disappearing act as soon as someone enters the house.

Sue Johnson, secretary, campus safety and police



Fair Weather Feline

Sheri Wall's cat, Murphy, is a gentle soul who fits right in with their family. He loves to play with children and hang around the kitchen when Sheri is cooking, hoping for a treat. He greets the family at the door every night and catches up on all of the love he missed during the day. Murphy also serves as the family's weather-kitty, because he hides in the closet when it's about to rain.

Sheri Wall, work order clerk, physical plant

Care-giving Cat

Pumpkin is a special kitty that watches over the Hadwin family. Whenever anyone sneezes, Pumpkin will “meow,” as though she is saying, “Bless you!” She also looks after their daughter, Alyssea, and scratches at her door whenever the baby whimpers to let Amy know that Alyssea is awake. Kudos to Pumpkin for being a first-rate babysitter!

Amy Hadwin, human resources assistant



Elon Puppy

Rene Summers adopted her dog, Jesse, from Elon five years ago. Originally named JC after Jordan Center, Jesse lived with two students and was cordially invited to leave by the residence life staff. The students brought the puppy to the Organization Fair, where Rene’s children met and fell in love with the “excited bundle of red fur which was a mixture of chow, German shepherd and miniature collie.” Jesse has been living with the Summers family ever since.

Rene Summers, secretary, religious life office

Telephone Tabby

Stephen and Jessica Russell’s tabby/tortie mix, Fiona, was found in a burlap bag in the Montgomery County Humane Society Director’s yard. She has adjusted well to people and even considers herself to be human from time to time. Fiona likes to interrupt the answering machine by knocking the phone off the hook and “meowing.”

Stephen Russell, campus security officer, and Jessica Russell, bookkeeper for Campus Bookstore

Medical Miracle

Allie K is a special Tonkinese kitty that the Conally family lovingly nursed back to health. Determined to keep her alive after recently losing another cat, the family paid extra tender loving care to this kitty. Now, one year later, Allie K is a healthy cat whose miraculous recovery was chronicled in *City-County Magazine*.

Faye Conally, temporary office support, PC Support

Magic Kitty

Three years ago, Emily Goetz adopted her calico kitty from the pound in Lynchburg, Va., and named her Jilly after a character from the movie, “Practical Magic.” What makes this cat unique is that she only finds it necessary to walk on three legs most of the time. Jilly has “magically” captured Emily’s fancy and will be celebrating her fifth birthday this year.

Emily Goetz, assistant director of annual giving and director of reunion giving



Sweetie, Bear and Ginger Snaps

The Sanford household is full of lovable, rescued pets. Sweetie, a “terminally cute” yorkie/chihuahua mix, loves to tunnel under the covers in bed and escorts Bea to work every morning on her

way to Holland House. Bear, a cuddly gray cat, resembled a bear cub when the Sanfords found him in Naples, Fla. He’s pretty laid back until dinnertime, when he sings for his supper. The vampire of the family is Ginger Snaps, a tabby cat who only graces the family with her presence between dusk and dawn.

Bea Sanford, director of gift planning

Coco and Dolly

Coco, a lab/Chesapeake retriever, and Dolly, a beagle, are both sweet and loving pets for the Zachary family. Coco loves to run and retrieve a ball or stick from the pond, and Dolly just loves to eat. Dolly, who can’t see or hear, can certainly protect her food when Coco comes around. “It is amazing how these dogs can sleep all day, run at night and still wag their tails when our family comes,” Paula says. “They love us whether we are home for a week or just five minutes.”

Paula Zachary, secretary, Greek life and judicial affairs

Cheerful Chimp

Chimp, a daschund with a traumatic past, has found a loving home with the Moehlman family. The previous owners had returned Chimp to the breeder abused and neglected. He would growl and snap at any stranger, but when Vickie and her daughter came along, it only took 30 minutes to get him to wag his tail and follow them around. “The [breeder] said she knew then he had found his family,” Vickie says.

Vickie Moehlman, sergeant, investigations division



The Biles Menagerie

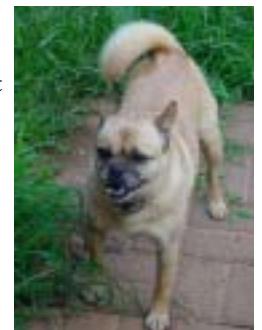
The Biles family lives on a small farm that must be an animal network, as critters in need seem to find them. Over the years, the family has been the forever home of around 30 animals, many of which were abused, then abandoned. The current brood includes two horses, three potbellied pigs, three dogs and one cat. All of these pets have their own personalities and special behaviors. Like any pig, Bubba loves his food. He is the first to greet Cindy at the gate. While waiting his turn to be fed, he gently touches Cindy at knee level, usually leaving a muddy nose print—his good morning kiss. Jazmine, a 30-pound dog, has decided that Stetson the cat is her pet. Apparently Stetson agrees, since he allows Jazmine to groom and bathe him.

Cindy Biles, program administrator, Elon Enterprise Academy

Charming Chug

What makes Paula Cardwell’s dog, Chug, special is that she has the kind of face that only a mother could love. When the Cardwells first saw their chow/pug mix, she looked like a cat from behind. As the pooch turned around, the family gasped at her “unusual” and rather stunning features. She now appears normal to the family and has found her place in their hearts.

Paula Cardwell, instructor of accounting





Andy Angyal, professor of English, received a \$1,000 award from the Institute for Research on Unlimited Love at Case Western Reserve University in Cleveland. Angyal received the award for his article titled "Thomas Berry's *Earth Spirituality* and *The Great Work*," which was given as a paper at the Institute's conference at Villanova University in June. The article will also be published in the December issue of *The Ecozoic Reader*.

Angyal also took part in a one-day conference for environmental educators conducted by Joseph Cornell at Timberlake Farm in Whitsett, N.C., Nov. 1.



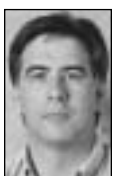
Cindy Biles, program administrator for the Elon Enterprise Academy, had a photograph of one of her ceramic pots featured in the November-December issue of *Clay Times: The Journal of Ceramic Trends and Techniques*. Biles hand-builds and carves her pots, then fires them in the absence of oxygen to blacken their surfaces. The November issue of *Ceramics Monthly* featured a technique Biles devised, using an all-terrain vehicle inner tube to support a 35-pound pot so she could work on it from all angles. Biles has also received a Central Piedmont Regional Artists Hub Grant from the United Arts Council of Greensboro to promote her ceramic work next year.

Anne Bolin, professor of anthropology, wrote an article which appears in an updated version of the *International Encyclopedia of Sexuality* published by Continuum Books. Bolin's article discusses sexual customs, issues and taboos in French Polynesia. The encyclopedia includes entries from 270 leading sexologists about sexual practices and customs from more than 60 countries. Also, Bolin's most recent book, *Athletic Intruders: Women, Culture and Exercise*, was selected as Book of the Month for October by the library at the University of Waterloo, Ontario.



Megan Conklin, assistant professor of computing sciences, presented a paper at the 2003 midsoutheast regional meeting of the Association for Computing Machinery Conference in Gatlinburg, Tenn., on Nov. 14. Her paper was titled "Data Mining Spam."

Pranab Das, associate professor of physics, has been invited to join the International Society for Science and Religion. Headquartered at Cambridge University, the ISSR's membership is accepted by invitation only and is composed of leading scholars in science, theology and philosophy. Das is one of the youngest initiates into this group, which includes scholars from Oxford, Cambridge, Harvard and Georgetown universities.



A recently published anthology for which **Associate Professor of History Clyde Ellis** was a contributor has been named to *Choice* magazine's Outstanding Academic Title list for 2004. *Southern Heritage on Display: Public Ritual and Ethnic Diversity within Southern Regionalism* was one of 651 books to make

the list out of the more than 6,800 books reviewed. Ellis' essay is "There's a Dance Every Weekend': Powwow Culture in Southeast North Carolina."



Mary Jo Festle, associate professor of history, was quoted in a Sept. 28 *Boston Globe* story on "gender games" in athletics. The story notes that female athletes are challenging the stereotypes of physical inferiority in sports. Festle is the author of *Playing Nice: Politics and Apologies in Women's Sports*.

Eric Hall, assistant professor of exercise science, presented a poster titled "Influence of the big 5 Personality Factors on Affective Responses to Exercise at 3 Different Exercise Intensities" at a physical activity and mental health conference at the Cooper Institute in Dallas, Oct. 23-25.



Angela Lewellyn Jones, assistant professor of social justice, co-authored a journal article that was published recently online. "Power in North Carolina Parents: Is there a Relationship Between Family Structure and Adolescent Self-Efficacy?" was published in the fall 2003 edition of *Sociation Today: The Official Journal of the North Carolina Sociological Association*.



Joel Karty, assistant professor of chemistry, has won the Cottrell College Science Award granted by Research Corporation. Karty received \$34,200, which will help fund his research on resonance and inductive contributions to fundamental chemical systems. Earlier in 2003, Karty received a grant from the American Chemical Society.



David Noer, Frank S. Holt Jr. Professor of Business Leadership, appeared live on CNN FN on Friday, Nov. 7. Noer was interviewed via satellite for about 10 minutes on the program, "The Flip Side." He discussed the steps business organizations must take to put the pieces back together after losing employees to downsizing.



A manuscript by **Toddie Peters, assistant professor of religious studies**, has earned the 2003 Trinity Prize. Titled "The Ethics of Globalization: Assessing the Moral Landscape of the (Post) Modern World," Peters identifies and explores four competing theories in the globalization debate. She will receive a cash prize and a book contract.



Hal Walker, associate professor of leisure and sport management, and two students presented a session at the International Conference on Sport and Entertainment Business in Columbia, S.C., Oct. 8-12. Seniors Shannon Campbell and Shelley Smith joined Walker for a session titled "Internship Success: For Students, By Students." The conference was hosted by the University of South Carolina.



Happy Birthday!

Dec. 16

Nicole Jones

Dec. 17

Alison Poliseno

Dec. 18

Eccles Wall

Dec. 19

Melissa Holmes

Dec. 20

Austin Alexander
Rosa Degraffenridt
Melinda Rice

Dec. 21

Carrie Ryan
Azusa Saito

Dec. 22

Judy Esposito
Mark Myers

Dec. 23

Rhonda Belton
Michelle Stephens

Dec. 24

Jane Deaton

Dec. 26

Holley Berry
Wayne Brown

Dec. 27

Paul Adams
Juliane Hammer
Smith Jackson
Miriam Stratton
Brian Webb

Dec. 28

JP Lavoie
Linda Springs

Dec. 29

Boyd Boyd
Kate Hickey

Dec. 30

Jane Freund
Paula Wilkerson

Dec. 31

Michael Allred
Patty Cox
Nancy McMillan
Carolyn Morrow
Romelle Nall
Linda Sabo

Jan. 1

Anthony Hatcher
Lynn Melchor

Jan. 2

Alex Yap

Jan. 3

Louise Latta

Jan. 4

Kelli Burns

Jan. 5

Ross Gravely
Paul Parsons
Lisa Thompson

Jan. 6

Steve Braye
Bob Pavlik

Jan. 8

Mayte De Lama
Mike Gregory
Shouze Ma
Lucile Stone

Jan. 9

Carl Edmonds
Doug McIntyre

Jan. 10

Mary Ann Inabnit
Bob Russ

Jan. 11

Dennis Turner
Julie White

Jan. 12

Terry Williams

Jan. 13

Joe Davis
Teresa Graves
Joel Hollingsworth
Andrew Perry

Jan. 14

Michael Frontani
Glenda Ireland
Richard Shirley
Jason Vincent

Jan. 15

Louis Adams
Scott Keith
Sandra Varry

Jan. 16

Scott Hildebrand
Naomi Ingram
Carol Magee

Jan. 17

Stefanie Barbour
Barbara Rhoades
Paige Vignali
Alan White
Chris Wilson

Jan. 18

Jessica Gisclair

Jan. 19

Jonathan Brown
Mike Kingston
Delmas Slade

Jan. 20

Ingrid Shatterly

Jan. 21

Mary Ector
Nate Hall
Remi Lanzoni

Jan. 22

Grace Bass
Sally Nash

Jan. 24

Betty Morgan
Anthony Stubblefield
Jerry Summers

Jan. 25

Stephen Folger
Timon Linn
Rob Springer

Jan. 26

Lorraine Allen

Jan. 27

Dustin Fonder

Jan. 28

Paul Weller

Jan. 29

Brian Baute
Stephanie Hicks
Patrick Rudd
Jennifer Smith
Dan Wright

Jan. 30

Gary Clayton
Julie Schuldt
Sharon Spray

Jan. 31

Sharon LaRocco
James Stovall

Feb. 1

Lawrence Simon
Donna Van Bodegraven

Feb. 2

Bennie Felts
Mike Shea

Feb. 3

Helen Ellington
Leon Knight
Brian Nienhaus
Kirstin Ringelberg
Robin Scerbo

Feb. 4

Cherie Bower
Kevin Byrd
Priscilla Lipe
Ellen Mir

Feb. 5

Debby Wall

Feb. 6

Chris Benton
Earl Honeycutt
Frances McKenzie
Paul Miller

Feb. 7

Cary Caruso
Tim Fuller
Laurin Kier

Feb. 8

Herb Schuette
Vivian Welch

Feb. 9

Linda Buff
Janet Hardie

Feb. 10

Marsha Boone
Melanie Brookbank
Julie Vangorden

Feb. 11

Casey Dirienzo

Feb. 12

Lisa Alcon
Faith Shearer
Doug Shearer

Feb. 13

Stanley Greeson

Feb. 14

C.C. Cowan
Tiffany Lowe



Congratulations to the newest member of the Elon community:

Sherri Wolford, secretary for office of human resources, and her husband, Tony, welcome a baby boy to their family. Anthony "Parker" Wolford was born Nov. 5.

FOR YOUR BENEFIT

Eating right and watching calories



We have periodically discussed eating healthy, but what is healthy these days? Is it healthy to eat 11 servings of breads and grains every day? If you are a woman, child, or older adult, no it's not. It's too many calories.

The Food Guide Pyramid is a useful tool to help you choose a diet that will promote heart health and assist you in maintaining a healthy weight. A good diet has enough calories, protein, vitamins and minerals and dietary fiber to meet your needs without too much fat, saturated fat, cholesterol, sodium, added sugars and alcohol.

HOW MANY CALORIES DO YOU NEED EACH DAY?

The number of calories you need varies from person to person. Children, women and older adults typically need about 1,600 calories. Teen girls, active women and most men need 2,200 calories and teen boys and active men need 2,800 calories to maintain a healthy weight.

HOW MANY SERVINGS FROM EACH FOOD GROUP DO YOU NEED DAILY?

Once you know how many calories you need, you can use the table below to see how many servings of each food you need for the day.

Food Group	1600 Calories	2200 Calories	2800 Calories
Bread/Grain	6	9	11
Fruit Group	2	3	4
Vegetable Group	3	4	5
Meat Group	5 oz	6 oz	7 oz
Milk Group	2-3	2-3	2-3
Total Fat Grams	36 to 53	49 to 73	62 to 93

RECENT GIFTS

Koury Business Center: \$251,500
Anonymous

Koury Business Center: \$125,000
Anonymous

Koury Business Center: \$100,000
The Dickson Foundation Inc.

Koury Business Center: \$50,000
Jeffrey W. LeRose

Koury Business Center: \$25,000
Peter Tourtellot

Koury Business Center: \$15,000
Stout, Stuart, McGowan & King, LLP

Project Pericles: \$25,000
Pfizer Inc.

Alyse Smith Cooper Music Scholarship: \$10,000
J. Harold Smith
Peggy H. Smith

Elon Athletics Foundation: \$10,000
Pfizer, Inc. Matching Gifts Program

J. Harold Smith Scholarship: \$10,000
J. Harold Smith
Peggy H. Smith

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The @Elon newsletter is published by the Office of University Relations for the faculty and staff of Elon University. If you have faculty/staff news to share, e-mail David Hibbard in the News Bureau (dhibbard@elon.edu). Please send your comments and story ideas to Mandy Dixon (mdixon@elon.edu).