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A NEWSLETTER FOR THE EMPLOYEES AND FRIENDS OF ELON UNIVERSITY FALL 2004

IN THE SPOTLIGHT

Where the Sidewalk Ends, the Journey Begins

by Cathy Hefferin

The move from a busy suite in Moseley Center to a quiet two-story house at the corner of Antioch and East College avenues was more than just physical. It represents a rebirth for the newly named Vera Richardson Truitt Center for Religious and Spiritual Life – a new start that is framed by a slogan recently adopted by the center: “Where the sidewalk ends, the journey begins.”

The main sidewalk that runs through the center of Elon’s campus from Alamance building through the Academic Village ends at Antioch Avenue. And right across the street is a fresh slab of concrete sidewalk that leads to the front door of the new spiritual center of campus. “To me, spirituality is finding the core dimensions of things, getting down to authentic identity, what makes us whole and what genuinely nourishes us,” says Chaplain Richard McBride, who is in his 21st year of leading Elon’s spiritual journey.

With a \$1 million endowment from 1944 Elon graduate Edna Truitt Noiles and her husband, Douglas, the Truitt Center has added five new programs for a total of seven focus areas that are coordinated by students chosen for their “deep interest in spirituality.” The coordinators commit 10-12 hours per week to their area of responsibility and to the programs of the center.

As the student coordinator for the new Interfaith Dialogue Series, Danielle Buynak, a senior majoring in acting, says her goal “is to provide the Elon community with accessible means to hear and learn about different faiths and methods of worship and to provide a place where such conversation can be held safely and respectfully.” In addition to her work with the Truitt Center, Danielle will be one of two leaders on an international service trip coordinated by Elon Volunteers! to the U.S./Mexican border during spring break.

Sophomore religious studies major Jon Chapman, who leads the Spiritual Leaders-in-Residence program, says his goal is to “raise awareness of Elon students by introducing differing per-



Douglas and Edna Truitt Noiles '44 joined Chaplain Richard McBride at the dedication of the new Vera Richardson Truitt Center for Religious and Spiritual Life.

spectives of the world around them.” He plans to bring speakers to campus to comment on a variety of issues, ranging from spirituality to different religious beliefs to social issues in a religious context. Jon writes a weekly column for *The Pendulum*, is co-vice president of Spectrum, a head resident for Virginia Hall, a Leadership Fellow and a university guide. In addition, he is involved with the National Campaign for Civic Engagement.

Focusing on practical life issues, the Living Your Values Program is designed to help students learn to live with integrity. Charity Bumpass, a junior psychology major who leads the program, says it “will help juniors and seniors prepare for life after college by inviting different speakers and panelists to Elon who will be able to provide some valuable insight.” One of those speakers, Allan G. Johnson, will be on campus in the spring by invitation of the sociology department. “We will extend his time here to talk about healthy relationships between men and women,” says McBride. “Whenever possible, I want us to form partnerships with existing university programs.”

Spiritual Formation Retreats target freshmen and sophomores and focus on “helping students come away with a clearer sense of direction on their life calling,” says Emily Shore, a senior religious studies major who is the coordinator of this new program. Following graduation, Emily plans to pursue a full-time Christian ministry.

The center’s fifth new program is Spiritual Formation

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IN THE SPOTLIGHT CONTINUED



Chaplain McBride, Jane Wellford and Truitt Center student coordinators gather for their weekly spiritual enrichment meeting.

Workshops, which will be coordinated by senior Jordan Tupper, a religious studies and music major. Fall semester workshops on “transforming society” will be held for seniors. Spring semester workshops on “transforming self” will target juniors.

The remaining student leaders, Erin Keys and Ann Marie Leonard, will bring new ideas to two existing programs, Thursday Chapel and University Worship.

“I hope to have two big university-wide worship services at Elon that did not exist before,” says Ann Marie, a senior with a double major in religious studies and English who leads the University Worship program. She also wants to expand the student-led worship programs on campus and establish a women’s worship service. Ann Marie, who will be helping lead the Habitat for Humanity spring break trip to the Dominican Republic, says, “Working with the faculty and staff who are involved in Elon’s religious and spiritual life is an awesome chance to learn from some truly wise and faithful people!”

Erin Keys is this year’s student coordinator for Thursday Chapel. The senior religious studies major, who says she loves ice cream and yoga, wants to help Chapel “become a vital part of Elon’s community that draws large numbers from all walks of life. I hope professors as well as students can feel at home when they come and realize that no matter what their spiritual journey looks like, they have found a place of encouragement at Chapel.”

McBride reinforces the idea that the new Vera Truitt Center for Religious and Spiritual Life’s programs are for Elon faculty and staff as well as students. “All of these topics can be enriched with an intergenerational approach,” McBride says. “Today’s students are genuinely interested in how other generations perceive faith.”@

WHO’S NEW



Norris White Gunby Jr., assistant professor of business administration

Born and raised in the small town of Lincolnton, Ga., Norris still loves following the Atlanta Falcons football team and holds season tickets to their games. Norris loves to golf. He also enjoys tennis and SCUBA diving.

Norris has a passion for playing and listening to jazz music. He has played the saxophone for more than 20 years and can also play several single-reed woodwind instruments and the flute. He says he’d like to join a local orchestra or jazz band.

Norris recently married Jessica DeCuir-Gunby, a professor at North Carolina State University. His most gratifying moment came when he presented to his mother his first undergraduate degree, which was displayed next to his father’s in their family business.

Sirena Hargrove-Leak, assistant professor of engineering

This is Sirena’s first full-time position after receiving her bachelor’s and master’s degrees in chemical engineering from North Carolina A&T State University and her doctorate in chemical engineering from the University of South Carolina. She was the first African-American woman to receive an engineering doctorate from the University of South Carolina, and she says she is very proud of that feat.

A native of Kittrell, N.C., Sirena and her husband, Roland, have a 15-month-old daughter, Donelle. She is a member of the American Institute of Chemical Engineers and Alpha Kappa Alpha sorority. When she isn’t teaching a class or researching pharmaceutical synthesis or pedagogy, she enjoys step aerobics, bowling, arts and crafts, and shoe shopping.

Sirena says she was drawn to Elon because of its strong sense of community, collegiality and interest in the individual.



Lynn Huber, visiting assistant professor of religious studies

A native of Portland, Ore., Lynn comes to Elon from Emory University in Atlanta, where she received her doctorate.

Lynn’s primary research interest is in apocalyptic literature. The book she has most recently read is titled *The Mole People*. She is a fan of rock and punk music and is an artist in her free time. She has a dog named Foxy.

David Lee, gardener

David enjoys a variety of hobbies and keeps himself busy outside of work. He enjoys golfing, fishing, reading, writing and playing music, particularly the blues, bluegrass or folk persuasion. The last book David read was *The Insulted and Humiliated* by Dostoyevsky.

David attended Appalachian State University and completed his degree in horticulture technology from Alamance Community College. He lives with his wife, Janice, a ’93 Elon graduate, their son, Cody, and dogs, Honey and Blue.





Gregory D. Marshall '95, environmental services supervisor

Gregory comes to Elon after working with U.S. Airways. He received his bachelor's degree in human services from Elon and says he wanted to return to the school because of its friendly atmosphere and people.

He and his wife, Cathy, have two sons, Jeff and Darren, and one daughter, Genifer. When not working, Gregory says he enjoys woodworking and watching sports. He likes all kinds of music and loves to sit down to a meal of steak and potatoes.

Karen Marsh-Lovvorn, instructional designer

A self-described "Renaissance woman," Karen likes to dabble in a little bit of everything, including gardening, hiking, reading, cooking, sculpture, sewing and costume design and traveling. She enjoys reading a variety of both fiction and non-fiction books, like *The Blind Assassin*, *The Da Vinci Code* and *Incorporating Active Learning into the College Classroom*.



Karen recently received her master's of education degree in training and development from North Carolina State University. Previously she worked for a management consulting firm as an instructional designer.

Karen lives in Cedar Grove with her husband, Joseph. They have two kids, Heather, 21, and Jared, 17, and a house full of pets – two dogs, two cats and four ferrets.

Lisa M. Ponton, instructor of chemistry



This year is Lisa's first experience living outside of the Midwest. She grew up in Wisconsin, where she completed her bachelor's degree. She earned her master's degree in Michigan and comes to Elon from Iowa State University, where she just finished her doctorate in analytical chemistry.

Settling into a new job in a new region of the country keeps Lisa busy, but she still enjoys her hobbies. Lisa is a second-degree black belt in tae kwon do, which she has been practicing for 12 years. She also loves to read fiction books of all genres and recently read *Harry Potter and the Order of the Phoenix*. In her down time, Lisa likes to relax with her pets – a cat named Galileo and dog named Alaska.

April Post, Spanish instructor

While April is new to the Elon faculty, she is a long-time member of the Elon community. April graduated from Elon in 2001 with a bachelor's degree in Spanish with a teaching certificate. She completed her master's degree in Spanish from California State University-Sacramento.



April has a true passion for the Hispanic culture, having visited nine of the 21 Spanish-speaking countries, with plans to visit the remaining 12. She also enjoys salsa dancing and has hiked the Colca Canyon in Peru, the deepest canyon in the world.

John T. Reilly, assistant professor of chemistry

John comes to Elon after working at Symrise Inc. and the College of St. Elizabeth in New Jersey. He has a bachelor's degree in engineering from City College of New York and a doctorate from John Hopkins University.



He is interested in studying hydrogen bonding in biomolecules and is a member of the American Chemical Society. He spent two years studying human body odor and says the research left him with "a new appreciation for its nuances."

A native of Brentwood, N.Y., John has a chihuahua named Sontona and enjoys golf, hiking and all types of music.

Tonya Riney, adjunct instructor of business administration

A native of Detroit, Mich., Tonya worked at UNC-Greensboro before coming to Elon. She has a bachelor's degree in comparative literature from the University of Michigan and a master's degree in communication from UNC-G.

Tonya says she was drawn to Elon because of the business department and the attractive campus. She is interested in the areas of workfare programs, culture and expectancy violation theory. Tonya and her husband, Kevin, have one child, 5-year-old Maeve Merrigan.

Jack H. Shreffler, assistant professor of mathematics

Jack's assortment of degrees combines his two passions: math and the environment. In fact, his research interest is in environmental statistics. Jack holds both bachelor's and master's degrees in math, another master's in statistics and a doctoral degree in oceanography. Before coming to Elon's math department, he worked at the U.S. Environmental Protection Agency.



In his spare time, Jack loves spending time outdoors backpacking or bicycling. He even reads books about his passion, including *A Secret Knowledge of Water*. But don't think that Jack's love of the ocean deters his eating habits; his favorite meal is seafood. Jack lives with his wife, Carol, and they have two kids, Joan, 23, and Peter, 20.

Kerstin Sorensen, assistant professor of political science

A native of Stockholm, Sweden, Kerstin has worked as a professional ballet dancer in Stockholm and New York. She has a bachelor's degree from Hunter College in New York and a master's and doctorate from the University of North Carolina at Chapel Hill. For the past year and a half, she has been teaching at Elon as an adjunct professor.

Kerstin is interested in researching welfare state development in democracies, globalization's effect on national social policies and gender relations. She said it was her wonderful teaching experience here and the university's emphasis on active learning that attracted her to Elon after she received her doctorate in May.

When she isn't teaching or dancing, Kerstin enjoys running, swimming, traveling and all kinds of music. She also likes to spend time with friends, read and play with her dogs and cats.





Derick J. Williams, pre-doctoral fellow and instructor in human services

As a student with two jobs in Greensboro, N.C., Derick finds himself quite busy. He is completing his doctoral degree in human services from the University of North Carolina-Greensboro and working part time at the Bryan Family YMCA as a personal trainer and Moses Cone Hospital as an assessment counselor.

During the rare occasions when he's not working, Derick enjoys taking his wife, Ishan, to a nice restaurant, a movie or the theater. Derick jokes that he enjoys attempting to play golf and would also like to learn how to play his classical guitar. He has fun learning about interior design from television shows and planning how to "make over" his own home.

Richard D. Williams, custodian

Richard describes himself as a people person, able to understand and appreciate people's differences. This trait comes in handy in Richard's other line of work: preaching. A devout Christian, Richard regularly reads the King James Bible, enjoys gospel music and fondly remembers preaching his first sermon.



When he's not preaching or working at Elon, Richard likes working on cars, traveling and sports, especially baseball. Six months ago, he welcomed a son into his life, Richard Jr.



David Worden, manager of environmental services

David comes to Elon after working with Outsource Partners, a large environmental facilities management company. He has associate degrees in applied science and broadcast engineering from Hocking College in Ohio and he received his bachelor's degree in sports administration from St. Thomas College.

Originally from Ravenna, Ohio, David wanted to move closer to his parents, who live in Shelby, N.C. When he and his family drove through Elon after a visit with his parents they fell in love with the beautiful campus.

David likes to spend time with his wife, Diane, and their two daughters, Doria, 7, and Danja, 10. He has coached both of his daughters' soccer teams. He and his family also love to travel.

When not coaching soccer or listening to jazz music, David can be found on his motorcycle, which he says is "a blast."

David Burnett Jr., custodian David gets to see a sight few Elon employees get to: a sunrise on Elon's campus. He starts work at 6 a.m. and heads home at 3 p.m. every afternoon.

David is originally from Warrenton, Ga. He says he loves dogs and his favorite food is fish.



David Vandermast, instructor of biology

It's never too late to follow your passion. Just ask David Vandermast, who spent eight years in banking before going back to school for degrees in forestry and biology. David is a doctoral degree candidate at the University of North Carolina-Chapel Hill and enjoys researching forest ecology.

When he's not studying nature from a book, David can be found outside participating in the new sport of geocaching (a game for users of global positioning systems), hiking or biking. He also belongs to the Wilderness Society and Nature Conservancy.

David lives with his wife, Melanie, and their two children, Emily, 10, and Cole, 8. They also have several pets – a dog, a cat, fish and a corn snake.

E - PEOPLE



Edie Alexander: "the go-to person"



by Kim Hayes '05

In today's job market, hanging on to a good employee for more than five years can be considered quite a feat. What a coup then to have Edie Alexander, secretary for the honors, general studies and undergraduate research programs, here at Elon for 17 years.

When Edie first came to Elon, she worked part time in the chaplain's office. Since then, Edie has worked for more than 10 supervisors in a variety of academic departments.



Eddie says her work and the students are what have kept her at Elon for so long.

“The environment here is so nice. I enjoy the work, especially the students I interact with on a day-to-day basis.”

As a secretary, Eddie’s typical workday ranges from handling e-mail and telephone correspondence, keeping up with computer databases and making sure that her bosses have what they need. But her duties don’t deter her from enjoying herself at work.

“We do laugh a lot in here and that makes it so enjoyable. We care about each other and our families, and we tell jokes and laugh,” says Eddie, who is originally from Burlington and attended classes at Elon before getting married. “It’s a wonderful place for me to be.”

Her co-workers agree. “Eddie is incredibly positive, extremely well organized and very enthusiastic about working,” says Mary Jo Festle, associate professor of history and director of the honors program.

Maurice Levesque, associate professor of psychology and former director of the undergraduate research program, echoes these sentiments.

“She is exceptional. For the programs that she works for, she’s the go-to person. She knows everyone at the university, so if you want to get things done, go to Eddie and she knows what to do to make it happen,” says Levesque. “And she’s as sweet as all get-out.”

When Eddie’s not at work, she likes to play golf and read. She especially enjoys mystery, spy, historical and autobiographical books and recommends the book *The Secret Life of Bees* by Sue Monk Kidd. She also is very involved in her church, singing in the choir and serving on several committees. Her husband, Jack, a retired electrical engineer, is a deacon.

The two enjoy traveling together. “We’re in a big travel group with nine other couples, and we’re planning a trip to Alaska next year,” Eddie says. In addition to sightseeing, they also travel to see family. Their daughter, Julie, is a senior at Appalachian State in Boone, N.C., and their son, Paul, and his wife, Erin Blasingame ’03, live in Ohio.

NEWS & NOTES



Andy Angyal, professor of English, had his article “Thomas Berry’s Earth Spirituality” reprinted in the online publication “There are Many Worlds.”



Bonnie S. Bruno, director of sponsored programs, was elected to serve a two-year appointment on the National Council of University Research Administrator’s Nominating & Leadership Development Committee (N&LDC). Members of the N&LDC are charged with identifying, training, promoting and rewarding future and current leaders of the organization.

Clyde Ellis, associate professor of history, spoke at the Buffalo Bill Historical Center’s 28th annual Plains Indian Seminar in Cody, Wyo., Sept. 30–Oct. 3. Ellis’ talk, “‘Enormous Crowds Attracted by War Dances:’ Craterville Park, the American Indian Exposition, and the Beginnings of the Southern Plains Powwow Culture,” was taken from his book *A Dancing People: Powwow Culture on the Southern Plains*, published this year.



Victoria Fischer Faw, professor of music, participated in a concert Sept. 18 at the University of Texas at Austin. The concert featured performers and composers who were students of the late Danielle Martin, a UT music faculty member and internationally respected pianist who died earlier this year.

John Guiniven, associate professor of communications, wrote an op-ed article for the Oct. 5 edition of the *Greensboro News & Record*. The article, “The High Cost of Political Campaigns,” details increases in campaign financing and explains the creation of the Federal Election Commission.



Earl Honeycutt, professor of business administration, recently had three articles accepted for publication. “Face Recognition and Name Recall: Training Implications for the Hospitality Industry,” will appear in the *Cornell Hotel and Restaurant Administration Quarterly*. The second article, “Fostering Organization Learning in International Hotel Joint Ventures in China: a Three-Dimensional Approach,” will be presented at the Association of Global Business Conference in Cancun, Mexico, in November and will be published in the *Journal of Current Issues in Global Business*. The third article, co-authored with **Casey Dirienzo, assistant professor of economics,** titled “A Comparison of Student Attitudes Toward Intended Careers at Two Universities,” was presented and published as a proceeding at The Emerging Issues in Business and Technology Conference in Myrtle Beach, S.C., in October.



Harlen Makemson, assistant professor of communications, had an article published in the fall 2004 edition of the *International Journal of Comic Art*. Titled “Private Vice and Public Virtue: Political Cartoons as ‘Opprobrious Discourse’ Against Grover Cleveland During the 1884 Presidential Campaign,” Makemson’s article argues that the coverage portrayed Cleveland as a threat to the American family.



Jon Metzger, assistant professor of music, received the ASCAP Award from the American Society of Composers, Authors, and Publishers for his work in 2003. This is the third straight year Metzger has won the award. An awards panel reviewed Metzger's work and achievements in several categories, including compositions, recordings, performances, prizes, commissions and honors. His recent performances at Baylor University, Texas A&M University (Commerce) and the University of North Texas at Denton were co-sponsored by Musser, a division of Ludwig Industries.

Tom Mould, assistant professor of sociology and general studies, has published *Choctaw Tales*, a collection of tribal stories told by Choctaw storytellers. The University Press of Mississippi published the book.



David Noer, professor of business administration, has several works that have recently been published or will be published. His article, "Behaviorally Based Coaching: A Cross-Cultural Case Study," will be published in *IJCO, The International Journal for Coaching in Organizations*. His chapter, "Surviving the

Transition from Line-Manager to Executive Coach" will be published in *The Practice of Leadership Coaching* next fall. Noer also appeared on videotape as a subject matter expert. The video and his related article, "Managing the Human Impact of Downsizing," were published and distributed by the Federal Judicial Center this summer.

Carol Oakley, secretary in the vice president for student life office, appeared on the WFMY-TV 2 morning show Oct. 7, demonstrating the proper way to shag dance. Oakley, who teaches shag classes at BMOC outlet center in Burlington, appeared several times throughout the program, which aired from 5:30-8:30 a.m.



Monica Parson, assistant professor of health and human performance, was the lead author on an article titled "Spina Bifida and Latex Allergies: A Review and Recommendations for Teachers." Co-authored with Helen Binkley of Middle Tennessee State University, the article is scheduled for publication in 2005 in the journal

Palaestra - a Forum of Sport, Physical Education and Recreation for Those With Disabilities.

Toddie Peters, assistant professor of religious studies, will participate in a study funded by the Wabash Center for Teaching and Learning in Theology and Religion. Titled "Teaching Introductory Theology and Religion: Lessons from the Practices of 50 Effective Teachers," the study will explore what 50 expert teachers know and do. It will result in publications and workshops intended to help faculty effectively teach introductory theology and religion. Peters also appears in a new book published by the World



Student Christian Federation with her chapter titled, "What are we to DO? Examining the Moral Challenges of Solidarity for the First World."

Janice Richardson, associate professor of mathematics and education (left), and Lisa Beuerle, lecturer in mathematics (right), recently had a joint paper accepted for publication in the journal of the North American Chapter of the Psychology of Mathematics Education. The title of the paper is



"Math and Education Faculty Working Together to Improve Content Knowledge for Pre-Service Elementary Teachers." Richardson traveled to Toronto in October to present their results at the PME-NA conference.

Fred Rubeck, associate professor of performing arts, attended the Association for Theatre in Higher Education Conference in Toronto July 28-Aug. 1. At the conference, he made a presentation titled "Training Your Students to 'Nail' That Audition" and served as producer and coordinator for the staged reading of the David Mark Cohen Award-winning play "Archipelago" by LeeAnne Smith Adams. He was also elected conference planner for the Playwrights Program focus group for the next two conferences.



Michael Salmond, assistant professor of art, appeared on the U.S. Public Radio show "Here on Earth" on Sunday, Sept. 12. The focus of his appearance was Internet art. "Here on Earth" is a show about international arts, culture and politics.



Michael Skube, assistant professor of communications, wrote a review-essay about two books that appeared in the Sunday, Sept. 12 edition of the *Raleigh News & Observer*. The piece focused on *Osama: The Making of a Terrorist* by Jonathan Randal and *Fundamentalism: The Search for Meaning* by Malise Ruthven.



Sandy Smith-Nonini, assistant professor of anthropology, authored a chapter in a new book on social studies of infectious disease that was published by Johns Hopkins Press in July. The chapter, "Cultural Politics of Institutional Responses to Resurgent Tuberculosis Epidemics—New York City and Lima, Peru," is part of a book collection called *Emerging Illnesses and Society: Negotiating the Public Health Agenda*.



Douglas Stemke, assistant professor of biology, published a chapter in *The GMO Handbook: Genetically Modified Animals, Microbes, and Plants in Biotechnology*. Stemke's chapter, "Genetically Modified Microorganisms: Biosafety and Ethical Issues," was published by Humana Press in June 2004.





George Taylor, professor of public administration and political science, was appointed to the board of advisors of The National Campaign for Political and Civic Engagement, which is housed in the Institute for Politics in the Kennedy School of Government at Harvard University.

Tom Tiemann, Jefferson Pilot professor of economics,

has had one article published and another accepted for publication. "American Farmers' Markets: Two Types of Informality," based on research conducted while on sabbatical, was recently published in the *International Journal of Sociology and Social Policy*. "Slavic Treasures," a case study of a Polish manufacturer of Christmas ornaments, will appear in the winter issue of *Case Research Journal*.



Matt Valle, associate professor of business administration, had a 1999 article reprinted in two professional publications recently. Titled "Crisis, Culture, and Charisma: The New Leader's Work in Public Organizations," the article originally appeared in *Public Personnel Management*. It was recently reprinted in

Contemporary Issues in Leadership, 5th Edition and in *Management in Government*, published by The Korean Institute of Public Administration. Valle also co-authored an article about tenure in negative organization environments. The article discusses managerial implications for addressing negative organizational environments.

Maureen Vandermaas-Peeler, associate professor of psychology, discussed the cultural variations in adult guidance of children's play at a conference at Wheelock College in Boston on Oct. 1. Her presentation was part of a panel discussion titled "Cultural Patterns in Children's Development."



Sandra Varry, adjunct professor of photography, had her work published in the fourth edition of *Exploring Color Photography: From the Darkroom to the Digital Studio*. Varry's chromogenic color print "hand canceled" (2002) is reproduced in full color on page 76.

Frances Ward-Johnson, associate professor of communications, wrote an op-ed column in the Aug. 29 issue of the *Fayetteville Observer*. The column, titled "Censoring Hair," focused on the controversy in the Cumberland County School system in which a new appearance policy bans athletes from wearing dreadlocks, cornrows and long hair.



Jane Wellford, associate professor of performing arts, presented a lecture titled "Sacred Dances of the World" at Meredith College in Raleigh on Sept. 9.



Anthony Weston, professor of philosophy, co-taught a course titled "Eco-Philosophy in Practice" at the Institute for Sustainability and Technology at Murdoch University in Perth, Australia. In addition to teaching, Weston presented a paper as part of a philosophy panel at the Students for Sustainability Conference in Melbourne. He also led a symposium based on his work in environmental philosophy at the Australian National University in Canberra.

Scott Windham, assistant professor of German and director of the Language Media Center, has joined the editorial board of *Focus on German Studies*. *Focus* is the country's only German studies journal to exclusively publish the work of Ph.D. candidates.



The Elon community gathered to celebrate the opening of the Vera Richardson Truitt Center for Religious and Spiritual Life on Oct. 13.



The Flu and Colds: Tips on Prevention and Feeling Better

By Cindy Novak, RN, BSN, wellness coordinator



How can I tell if I have a cold or the flu?

A cold and the flu cause many of the same symptoms. But a cold is generally mild, while the flu tends to be more severe.

A cold often starts with feeling tired, sneezing, coughing and having a runny nose. You may not have a fever or you may run a low fever – just one or two degrees higher than usual. You may also have muscle aches, a scratchy or sore throat, watery eyes and a headache.

The flu starts suddenly and hits hard. You'll probably feel weak and tired, and have a fever, dry cough, runny nose, chills, muscle aches, severe headache, eye pain and a sore throat. It usually takes longer to get over the flu than a cold.

What causes colds and the flu?

Viruses. More than 100 different viruses can cause colds. There aren't as many viruses that cause the flu. That's why there's a shot for the flu and not for colds.

What can I do to feel better?

There's no cure for a cold or the flu. Antibiotics don't work against viruses. All you can do is treat your symptoms while your body fights off the virus (see the box below).

Ways to treat cold & flu:

- Stay home and rest, especially while you have a fever.
- Stop smoking and avoid second-hand smoke, which can make cold symptoms worse.
- Drink plenty of fluids like water, fruit juices and clear soups.
- Don't drink alcohol.
- Gargle with warm salt water a few times a day to relieve a sore throat. Throat sprays or lozenges may also help.
- Use saline (salt water) nose drops to help loosen mucus and moisten the tender skin in your nose.

Should I take medicine for a cold or the flu?

No medicine can cure a cold or the flu. Medicine can, however, help relieve some of your symptoms.

Many cold/flu products are available without a prescription. These include analgesics, which relieve aches and pains and reduce fever; antitussives, which tell your brain to stop coughing; expectorants, which help thin mucus so it can be coughed up more easily; and decongestants, which shrink the nasal passages and reduce congestion.

Some prescription medicines can relieve flu symptoms if they are started soon after you begin to get sick. These medicines come as pills or as an inhaler.

Should I get a flu vaccine?

It's a good idea to get a flu vaccine every year if you fall into any of the high-risk groups (nursing home residents; people with chronic heart or lung disease; people with diabetes, kidney disease, anemia or immune-system problems; pregnant women who have high-risk conditions; people over age 50 and health-care workers). People in these groups are more likely to develop serious problems from the flu, such as pneumonia. October and November are the best months to get a flu vaccine. People who are allergic to eggs shouldn't get flu shots.

Due to the extreme shortage of flu vaccines, Elon is NOT able to offer flu shots this year. Please check with the local health department or your doctor to see if you are eligible for a flu shot.

What can I do to keep from catching colds and the flu?

The viruses that cause colds and the flu are spread by hand-to-hand contact and by droplets released in the air from sneezes and coughs. The best way to arm yourself against colds and flu is to wash your hands often with soap and warm water for at least 10-15 seconds and avoid touching your eyes, mouth or nose.

Should I call my doctor?

In most cases, you don't need to see your doctor. However, if you have any of the symptoms below, call your doctor.

- A cold that lasts for more than 10 days
- Earache or drainage from your ear
- Severe pain in your face or forehead or a temperature above 102°F
- Shortness of breath



Happy Birthday!

Nov. 1

Kathryn Manning
Cory Ray

Nov. 2

Sheldon Carr
Matthew Clark
Eric Gladney
Jerry Harper
Rhonda Kosusko

Nov. 3

Robert Hassard
T. Morningstar
Robert Ramraj

Nov. 5

Daniel Carmody
Robert Rivera
Heather Stuart

Nov. 6

Fred Melchor
Jerry Tolley

Nov. 7

Robert Anderson
Dale Becherer
Jeffrey Dixon
Darrell Gantt

Nov. 8

Sandra Bays
Phyllis Phillips
Rene Summers
Lawrence Vellani
Tao Wang

Nov. 9

De Anne Brooks
Amanda Sink
Jeffrey Weatherford

Nov. 10

Charity Johansson

Nov. 11

Mary Alice Bragg
Barbara Gordon
Lisa Roper
Barbara Walsh

Nov. 12

Neal Byrd
Roger Gant
Enetta Thompson
Christopher Tilley

Nov. 13

Carolyn Stuart
Ann Wooten

Nov. 14

Arthur Cassill
Annie Hester
Eric Hill
Melissa Komasz

Nov. 15

Barry Beedle
Janice Magee

Nov. 16

Marie Murray
Melinda Wood

Nov. 17

James Murphy

Nov. 18

Katherine Follett
Mathew Gendle
Kay Riddle

Nov. 19

Stephen Bailey
Danny Cross
Deborah Long
Richard McBride
Yvette Ross
Scott Stevens
Patricia Whelan

Nov. 20

Melisha Chamra
Gloria Thompson
Shawn Tucker

Nov. 21

Shannon Pollard

Nov. 24

Clarence Sawyer
Harriett Yeager

Nov. 25

Carol Oakley
Kimberly Werr

Nov. 26

Thomas Batchelor
Eric Combest
Linda Cykert
Jacquelyn Sgambati
Amy Travis
Michelle Woods

Nov. 27

Robert Carter

Nov. 28

Richard Haworth
Karl Sienerth
Lillie Slade

Nov. 29

Joel Justus
James Peeler

Nov. 30

Ken Mullen

Dec. 1

Richard Gang
Lisa Ponton

Dec. 3

Gloria Graves

Dec. 4

Randall Bowman
William Ingram
Edward Marsh
David Worden

Dec. 5

Thomas Mould

Dec. 6

David Burnett
Richard D'Amato
Beatrice Sanford
Michael Skube

Dec. 8

Lynette Lorenzetti
Wonhi Synn

Dec. 9

Emily Goetz
Laura Roselle

Dec. 10

Lance Massey

RECENT GIFTS OF \$10,000 OR MORE

Belk Academic Village Pavilion: \$500,000

The Belk Foundation
John M. Belk
Claudia W. Belk

Gray Academic Village Pavilion: \$500,000

Elmon T. Gray
Pamela S. Gray

Koury Business Center: \$500,000

Furman C. Moseley Jr. '56
Susan Reed Moseley

Koury Business Center: \$100,000

Cannon Foundation Inc.

Koury Business Center: \$50,000

R. Mark Bostick P'05
Patti Bostick P'05

Koury Business Center: \$50,000

BB&T Charitable Foundation

Koury Business Center: \$50,000

John R. Congdon Jr. P'07
P'03

Koury Business Center: \$10,000

C. Ashton Newhall '98

The D'Angelo Family Scholarship in honor of Bill Leonard: \$105,000

Dolores A. D'Angelo P'02
Lawrence D. D'Angelo P'02

Comer Golf Scholarship: \$46,704

Marvin H. Comer
Aura B. Comer

Don and Billie Bolden Basketball Scholarship: \$25,000

Billie Bolden
Don Bolden

Class of 1959 Golden Anniversary 2009 Scholarship Fund: \$25,000

Ikey Tarleton Little '59
Class of 1959 members

James P. Elder, Jr. Lectureship: \$25,000

The Eugene McDermott Foundation

Peter and Patricia Roughton, Jr. Soccer Scholarship: \$25,000

Peter Ross Wentworth Roughton '80
Patricia L. Roughton

Donald Pennington Gift Annuity: \$18,525

Donald S. Pennington '54
Helen H. Pennington

Peggie Brown Charitable Gift Annuity: \$16,935

C.B. Brown '51
Peggie W. Brown

Fletcher Music Scholarship: \$15,000

A.J. Fletcher Foundation

Elon Fund: \$10,000

Robert A. Clohan III '67
P'02 P'98
Beegi O. Clohan P'02 P'98

Elon Fund: \$10,000

Muriel Murtagh

Elon Fund and Elon Athletics Foundation: \$10,000

Gail M. Drew P'96

Parents Fund: \$10,000

Edward W. Doherty P'07

Joan M. Doherty P'07

Parents Fund: \$10,000

Arthur T. Ward III P'08
P'05
Elizabeth A. Ward P'08
P'05

Alyse Cooper Smith Music Scholarship: \$10,000

J. Harold Smith

Peggy H. Smith

J. Harold Smith Scholarship: \$10,000

J. Harold Smith

Peggy H. Smith



“What do you wish you’d known about Elon during your first year here?”

I wish I’d known that McKinnon Hall was located in Moseley Center! I remember looking all over campus for it!

Patty Brown
Associate director of instructional design

Enjoy the culture around you. Visit www.elon.edu/e-net/cultural/ and attend all that you can! The programs offered are second to none.

Kim M. Giles
Secretary for biology, chemistry and physics

New faculty and staff need to take advantage of the opinions and attitudes of ALL the people that make us Elon. Regardless of position or title, meet with every person possible – faculty and staff. Too often folks stay within the confines of their own building or role and they miss out on the diversity and character of the entire institution. There are many new faces here at Elon over the past five years, so reach out and get to know them, as well as the individuals who have a history of the institution and the significant developments that have occurred over time. Unless you have been somewhere else, you may not appreciate what a special environment Elon is. So, engage and you will understand!

Hal Walker
Associate professor of leisure and sport management

I wish I had known that I should NEVER miss an Elon University theatre production. They’re awesome!

Betsy Stevens
Associate professor of business administration



Congratulations to the newest members of the Elon community:

Joel Karty, assistant professor of chemistry, and his wife, Valerie, welcome their second son. Jacob Samuel Karty was born Sept. 1.

Chris Leupold, assistant professor of psychology, and his wife, Helen, became the proud parents of a baby boy, Joseph August Leupold, who was born Aug. 31. Big sisters, Maddie and Mary, are excited about their new baby brother.

Cindy Sarwi, director of alumni and parent relations, and her husband, Brant, are celebrating the birth of their daughter. Katelyn Ross Sarwi was born Sept. 2.

Fred Melchor, director of PC support, and his wife, **Lynn Melchor, interlibrary loan coordinator**, celebrate their adoption of a daughter. Ambrielle Lynn Melchor was born Aug. 25 and joined the Melchor family Sept. 15.

@Elon Staff

Donna Bearden, editor
Holley Berry, designer
Cathy Hefferin, editorial assistant
Jerome Sturm, photographer
Brian Grady '06, student writer
Ellis Harman '05, student writer
Kim Hayes '05, student writer
Bryan Jones '07, student writer
Dan Anderson, director of university relations

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 Cathy Hefferin (chefferin@elon.edu).