

Visitation

Honest mistakes

During last week's election speeches, some of the candidates mentioned "next year, when we have visitation..." in connection with policies they would like to implement. These remarks were in error, as visitation has not yet been approved by the Board of Trustees. It has only been put under the auspices of the Campus Life Committee.

Even though we have come this far with visitation, we must continue to support the efforts of the SGA in this direction. If we hope to accomplish anything, we should show the board and the administration that we are united.

In the March 5 issue of the Pendulum, the article concerning visitation said that the Campus Life Committee, along with the administration, was to be responsible "for setting residence hall visitation policy." This means that the present policy of very limited visitation may be continued unless students work for a realistic policy.

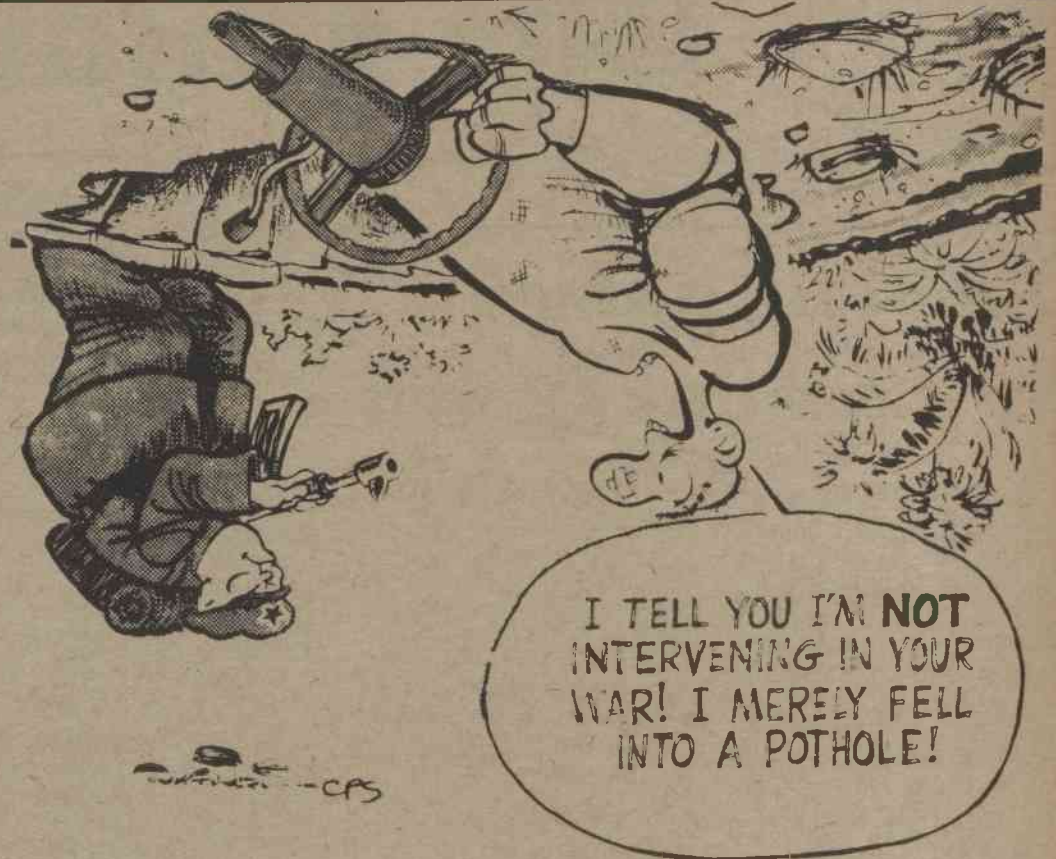
We feel that the remarks during election talk were honest mistakes rather than a case of selective memory on the part of candidates, but they could cause a lot of bad feelings next year if the present non-policy continues. Students should make every effort to support the efforts of the SGA on their behalf. If we continue to do nothing, we will get nothing.

Cooperate with Nature

Surely few persons at Elon College can remember a more beautiful spring than this one. The dogwoods, in which we are so rich, trim the woods in white lace while the azaleas are masses of bloom — pink, rose, fuchsia, white, orange and deep red. Violets, phlox tulips, daffodils, narcissus and varied ground-covers like periwinkle add color everywhere. While the grass grows emerald and the leaves turn from delicate to darker green, students brave the stillcool breezes to sit and sun on campus.

The town of Elon College, with its plantings of azaleas and trees, is receiving all kinds of compliments from visitors, while students and staff cannot but marvel at the difference some caring has made in the village. Elon College is a beautiful place now that April's here.

This week is "clean-up, paint-up and plant week" for Alamance County. Towns and villages, as well as residents, and businesses, colleges and schools, are doing their best to make this county beautiful. Students and staff should each make some positive effort next week to make the campus, the buildings, the frat and sorority houses and the village cleaner, neater and brighter. All we have to do is to cooperate with nature this glorious spring.



Editor's Letters

Colson

President-elect thanks voters

The editors welcome letters, but can publish only those whose name and address are given. We reserve the right to edit for length and to avoid libel.

Dear Editor,

At this time I would like to thank the student body of Elon College for a record-breaking voter turnout. Above all I would like to express my sincere appreciation for their vote of confidence by electing me president of the Student Government Association.

Since I've been here at Elon I have worked under three successful SGA presidents who have all inspired me in

seeking the SGA presidency.

Sam Moore, Tim Moore, and, of course, the lovely Robin Moser were extremely good presidents, and I'll be the first to admit that it will be difficult to follow in their footsteps.

The student body will have my utmost cooperation in every aspect of student life. By electing me, they have shown me that they believe in me and as SGA president I will not betray this confi-

dence. I would like to thank my campaign manager and, again, the voters who elected me. I would also like to wish my running mate, John Sadler, who is in a run-off with a very capable King White for vice president, the best of luck. Also congratulations to the new treasurer, John Reaves.

I would like to ask the students for a similar voter turnout for the vice presidential runoff and senatorial elections May 1.

Thanks again, Elon.
Bryant Colson
SGA President-elect

Death

Youth have middle-aged bodies

Dr. Barry Beedle, Department of Health and Physical Education, has issued a memo on "Death" to all faculty and staff at Elon. Dr. Beedle emphasizes the hazards of excess weight and lack of hard exercise.

1. The average American young adult has a middle-aged body and the average middle-aged adult is close to death.

2. After the age of 45, people 10 pounds overweight are among those with an 8 percent increase in death rate. If they are 20 pounds overweight, they are subject to an 18 percent increase, and if 30 pounds overweight, they are

subject to a 28 percent increase.

3. More than 53 percent of all American deaths in 1978 were caused by disease of the cardiovascular system.

4. Deaths from coronary heart disease in middle-aged adults were found to be from 50 to 150 percent higher among heavy cigarette smokers than among those who did not smoke.

5. Seventy percent of a group of coronary-stricken men exhibited characteristics of "excessive competitive drive and an urgency for meeting deadlines."

6. Slender individuals who possess some, a majority, or

all of the coronary heart disease risk factors are vulnerable to heart attacks.

"There is hope," Dr. Beedle says, "through exercise."

Exercise can reduce all of the coronary heart disease risk factors except for heredity.

Exercise is not synonymous with running but includes any activity such as swimming, bicycling, or racquetball that is continuous in nature and capable of taxing the heart and lungs.

Exercise can be successfully performed at any age level.

"The important thing to remember is to exercise," Dr. Beedle says. "It is a matter of life or death."

The

Pendulum

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