

Cold shower anyone?

Cold showers have become a way of life for many students at Elon. But of the things they may cure, one thing is for certain: cold showers do not help the common cold, which is manifesting itself with great frequency in many dorms.

For residents in the "Oaks," the problem is magnified. When the water heater that adjoins two rooms runs out of hot water, that's it, folks. This has also been a problem in Staley and Moffitt.

Although cold showers may be invigorating during the hot summer months, now that the weather has turned cold, they may be more than slightly uncomfortable. Especially early in the morning, in Staley there is rarely a drop of hot water to be found. In Carolina and other dorms where hall showers are the norm, it is bad enough to wait in line for a shower, but to then have it be cold is almost a sin.

But what is the solution to the problem? Shower times could possibly be staggered throughout the day. But who wants to take a shower at 5 o'clock in the morning?

President Young, who lived in a dormitory while at school this summer, should be sympathetic to the problem. Unhealthy students cannot do their best work. One solution may be to take a dip in the heated swimming pool. Any others, anyone?

Demolition derby . . .

Destruction is becoming a way of life on the Elon campus. Take this weekend for example. Trees between the library and the cafeteria were deliberately broken off. Lamp covers on the path to Staley were broken. Halls in dorms were ravaged and broken beer bottles left their mark. Obscenities were scrawled on many memo boards.

Is it possible that a little freedom is a dangerous thing? Why is it that weekends bring destruction and demolition to the Elon College campus? This is not every so often, but every weekend.

Maybe the trouble could be blamed on the beer boozies who tend to get a little rowdy at times. But the intent of this editorial is not to "blame" anyone but to prevent this from happening.

It's as easy to put a beer can in the trash as to leave it littering the lounge. And although destroying campus lamps may be a challenge, a game of pool is much more constructive. As for the trees that were destroyed, they can never be replaced. A part of Elon died when they were destroyed.

Is college conditioning for the outside world? What would happen if someone in your neighborhood at home tore up the trees in your yard or left broken beer bottles on your sidewalk? Breaking a street light can be dangerous also. If Elon is to prepare us for the outside world, we must take it seriously.

The Pendulum

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Letters To The Editor

Student thanks maintenance crew

To the Editor:

I would like to thank the maintenance staff and all others who helped improve the conditions of the bathrooms on third West.

Not only were the bathrooms well cleaned (and continue to be), but the stalls were repaired and the walls received a new coat of paint.

Thanks to all of you and a special thanks to Mrs. Alice Boleman, area coordinator of West campus for her constant help in improving West campus.

Mari Behrend

Take off pounds sensibly

Dear Editor,

The TOPS Club meets in Elon College on Tuesday at 7 p.m. at the Exchange Club Hut on Hwy. 100. TOPS stands for Take Off Pounds Sensibly. It is a non-commercial, non-profit, international organization which was founded in 1948. TOPS is a self-help organi-

zation in which members provide each other with motivation in their weight-losing efforts. It employs group therapy, recognition, competition, education in nutrition and obesity research to help members reach and maintain their weight reduction goals. Members meet weekly in local chapters.

Unlike commercial weight-control groups which involve weekly weigh-in fees with paid lecturers, TOPS charges no weigh-in fee and volunteers provide programs.

We would like to invite all interested women, men and teens, pre-teens to join us.

Ann Vickers

Even advisers feel stress

To The Editor:

I had planned to write a letter in the Pendulum addressing the issue of the inordinate amount of pressure that we ALL feel around this time of the year on the college campus. Unfortunately, I have discovered that the time I should have spent writing the letter was consumed in paper work, appointments, meetings, consultations, visitations and co-ordinations, along with some minor aggravations. The crunch of the daily schedule, therefore has prevented my following through

with the good intentions of dealing with an important topic.

If, by chance, you should have identified with the sentiment of the above predicament, then it is quite possible that you are not an "isolated case." In fact, anyone around you could have a touch of the same disease. The symptoms are incessant worry about term papers, tests, finals, make-ups, chapters to read, meetings to attend, responsibilities at home, relationships with peers. You name it!

"pressure from outside that can make us feel tense inside." In its extreme, it can interfere with our normal daily routine. I urge all the members of our campus community to be sensitive to stress in ourselves and in the lives of others. Take the time to listen. It may help you to feel better about yourself as well. There are plenty of persons on our campus who care. Seek us out! It will help us to take a break from our stressful predicament.

Stress has been defined as

Chaplain Bill Sharpe