

## Viewpoint

### Give yourself a break from burnout

After seven weeks of classes, tests and papers, most students and faculty are headed toward burnout.

The brief respite called Fall Break comes at exactly the right time. The biggest part of the semester is over and the most intense part is yet to come.

Human Services Professor Pam Kiser uses the analogy of a slide to describe a college semester. We all climb to the top of the slide at the beginning. Once the semester begins, we start sliding and there is no stopping until we all hit bottom at the end.

Fall Break doesn't stop our progression down the slide, but it slows it down just a bit, just enough for us all to catch our breath and get ready for the rest of the ride.

It's a time to catch up on sleep, fun and research papers that are due. It's a time to renew acquaintances and forget the school scene.

Refresh yourself, eat ice cream, drink a beer or buy yourself that new sweater. Take a walk, take a hike, play tennis, play your guitar. Pay yourself for the work you've done so far, whatever it takes to return to finish the semester.

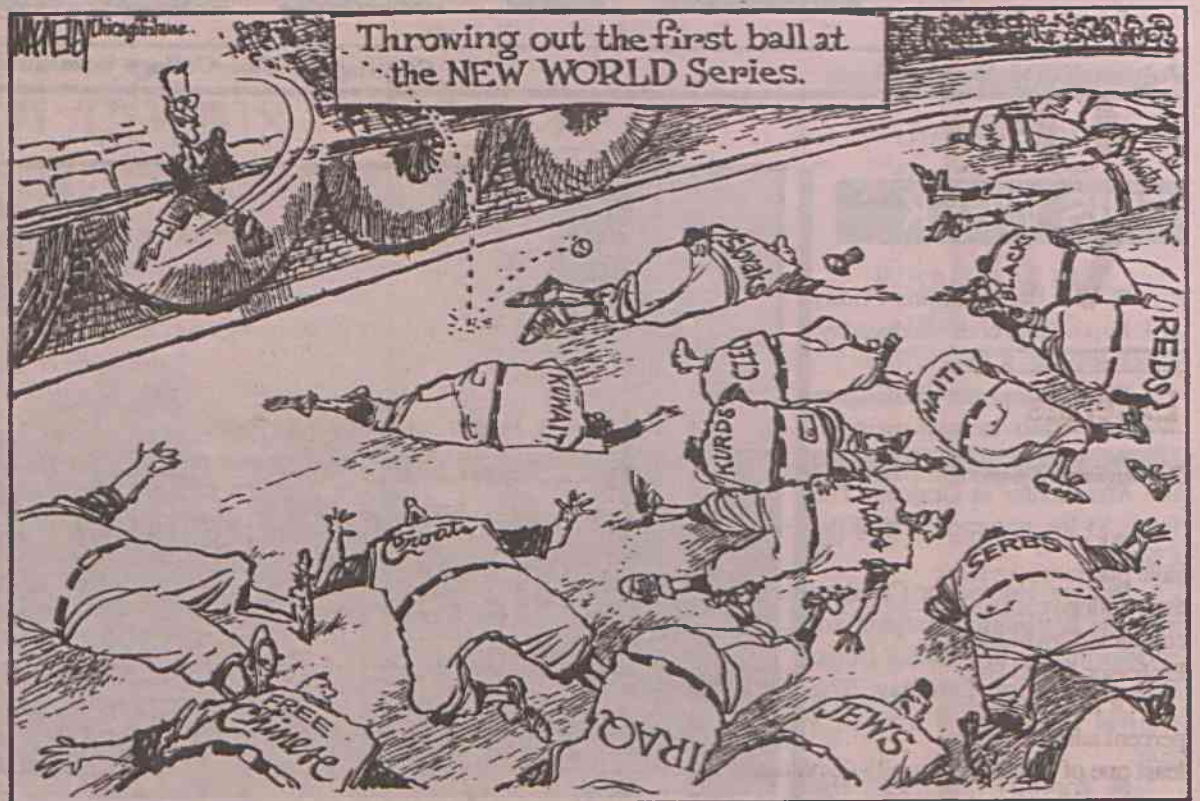
Then, splash some water in your face because come Wednesday it's back on the slide, and the ride will take your breath away.

### The Pendulum

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The Pendulum, founded in 1974, is published by Elon College students each Thursday during regular school terms. The Pendulum welcomes your opinions, with letters limited to about 250 words, if possible. Letters must be signed and a phone number given for verification. Deadline for submissions is 5 p.m. Monday.



### SGA needs student involvement

To the Editor:

I am writing in response to the Oct. 12 letter to the editor, "Student makes suggestions to SGA." I would like to inform the student body of some of the ideas that are being thrown around in student government, as well as give you, the reader, a view from the "other side of the fence."

This year's SGA is comprised of many young leaders who are interested and concerned with the needs of the student body. We are getting off to a good start in that our motivation and goals are getting positive responses from Administration. Some examples are: getting change machines by

#### LETTERS

#### To The Editor

campus laundry rooms, inquiring into the types of chemicals used in campus lawn maintenance as well as trying to improve our present recycling program.

We believe that the goals that we set are of "real substance" to the student body. If you were to look at the types of programs and committees that the SGA is comprised of, it would be apparent that we are here for the students. Examples of some of these committees are: Homecoming,

student concerns and needs, and we have a committee designed to support local, federal, and state legislation which has a direct effect on the student population.

The SGA is trying, daily, to promote activities that will enlighten the student body on current topics and issues relevant to them. A few weeks ago the SGA sponsored an open forum for the students of Elon. We hosted the Elon College Police Department, Alcohol Law Enforcement (ALE), and Elon College Security so that they could hear what was on your minds. Flyers were distributed

See SGA, Page 10

### Patriotism was good while it lasted

Anybody remember when it was a cool thing to be an American?

It was the fashion to wear shirts that exclaimed, "Support Our Troops" or boxer shorts made out of the American Flag. Everybody was talking about scuds and patriots while they sat glued to CNN.

It was the best of times because it was the worst of times. But the whole thing seems like a foggy memory to us now. For some it was a tragic nightmare; for most it was a triumphant fantasy.

Rob Whiteside



Then, the day after Saddam surrendered, flags were selling two-for-one at the dime store and we were back to hearing pig stories on the news.

Was this hype that surrounded the Persian Gulf War just another passing fad like

Batman, Bo Derek and bell-bottoms? Or was this truly a rekindling of a deep felt love for our country and everything that it stands for?

Don't get me wrong, I'm glad the war is over, its just that I miss the patriotism. Everybody was closer, one nation under God. I loved that!

Are we just proud of our country when it's convenient? Where is our spirit? Where is our national pride? Where are the flags now? I just thought I'd ask...