

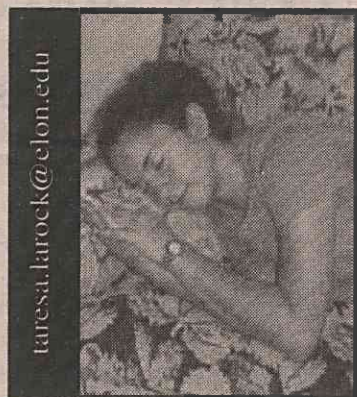
Having trouble at school? Maybe more sleep is the answer

Taresa LaRock
Editor in Chief

I went to class today on three hours sleep. I took a shower, made a huge cup of coffee and began the trek to McMichael's parking lot.

I got to class, sat down and for an hour and a half, fought sleep. I didn't think about verbs or present tense or how to say hello formally in a different language. I thought about what it would take to stay awake for the rest of the day. It was horrible, and it is becoming habit.

I am not the only Elon student suffering from this sleepless



cycle. I see my friends falling asleep at their desks, in our office, at work. I hear stories about those who stay up all night doing homework or going to the bar, only to find them exhausted in the morning, struggling to make it to

class. Or in many cases, struggling to make it to their jobs, volunteer positions or activities.

When did we start overcommitting ourselves to the point that our activities took over our lives? When did we become machines not worthy of sleep, healthy food, and rest? When did caffeine and other stimulants become our lifeblood?

There is a concept of mental health that I think college students often forget about. We work during the day, stay up all night, eat the wrong foods, and neglect what we know we need the most—rest.

We compromise what our bodies need for that extra half-hour

of test cramming or bar-time. We sacrifice what we need for what we think we want.

I'm here to tell you, we are fooling ourselves. Burnout is a horrible thing, my friends. And as my senior year, as many of you can relate, progresses, I find myself spread thinner than ever.

So what can we do? How do we avoid the cycle we have subconsciously created? How do we find the balance in our lives that allow us to be successful in school, prepare us for the future, and have fun?

We start by figuring out what is really important. Is it friends? Is it graduating with honors? Is it graduating, period?

Then we figure out what it takes to keep us functioning like real people. We realize it is not coffee, or Vivrin, or any other drug that we need to survive.

It is going to bed and eating meals that don't come in a box or a can. It is skipping the bar, or the hour we cram for a test. We never retained the knowledge, anyway. We simply justify it because we feel guilty about waiting so long to prepare.

Let's take that guilt and turn it around. Instead of feeling guilty about what we aren't accomplishing, let's feel guilty about why we aren't accomplishing it. We need something more to reach our goals. We simply need sleep.

LETTERS continued...

Alumnus comments on 'mistakes' made in Columbus Day column

To the Editor:

As an alumni of Elon College (as it was then called in 1981) I try to keep up with university news via the school's web site. I wondered what had happened to the on-line Pendulum. I'm glad that you're back and better than ever from what I can see.

I have some comments on the article entitled "Controversy Surrounds Columbus Day and Historical Figure" written by Jessica Vitak which appeared in the Oct. 11, 2001 on-line edition. I thought Ms. Vitak did a very good job of showing both sides of the story.

I do have the following comment to make. You must understand that you cannot judge a person of the 15 century using our standards of the 21 century. While it is true that the native population of the new world lost out in the clash of cultures, Columbus did not set out intending to cause such massive suffering on the native Americans. Columbus cannot be equated with Hitler.

The one goal that Columbus had from the beginning was to sail west to reach the east. To force Christianity on the native populations of the new world was, at the time, thought

to be the right thing to do. Such concepts as human or civil rights did not exist in the 15 century.

If you look you can find such duality in any historical figure. For example, Thomas Jefferson, the author of the Declaration of Independence, owned slaves. In fact, it's a pretty safe bet that he had offspring with one of these slaves. Such were the times in which he lived. Knowing these facts, the Fourth of July is still a holiday.

I would offer one criticism of the article. Ms. Vitak states that the voyage of discovery was a "fated journey from Portugal". Portugal? What are they teaching as history at Elon University these days?

Columbus sailed on his first voyage of discovery from Palos, Spain under the sponsorship of Ferdinand and Isabella, the Catholic Majesties of Spain.

Not only did Ms. Vitak make this mistake, but it got by a couple of editors on it's way to cyberspace for all the world to see. But all in all, the article that was fair to it's subject matter.

Robert de la Fe'
Class of '81

Research project foiled by negligent faculty, says senior

To the Editor:

I have never written a letter like this mostly because I have never been this disgusted. Today was the straw that broke the camel's back.

I was planning to conduct a controlled drunk driving experiment on campus here at Elon. The senior staff and all the advice and support from other faculty have been great. The Human Subjects Committee, chaired by Associate Professor of Communications Byung Lee, refused to hear my experiment when it was submitted to them prior to their September meeting deadline.

I was assured that this would not be a problem and that it would be heard and voted on during their October meeting to be held on October 18.

Needless to say I would not be writing this letter if it had actually occurred as planned. The Human Subjects Committee decided to postpone their October meeting to until October 25.

This re-scheduled date leaves only seven days to coordinate the entire program that has been in the works since school started. This postponement or procrastination has cost the Elon

Police and myself a great deal of wasted time, energy and resources as it is now too late to plan the rest of the details. The calendar cannot allow for any other arrangements, thus the experiment has been cancelled.

Elon University supports undergraduate research, this is an example of a greater problem. We as students at Elon are asked, expected, and required to uphold the respect of our professors. For the most part, this is not a troublesome issue.

However, there are a few that seem to think it is their duty to require the highest quality of work from us yet they neglect their own deadlines and commitments to us as students. I am not referring to the occasionally cancelled class or the occasional forgetful gesture.

What I am referring to is when professors fail to report Midterm grades. What's the point of printing them if they are not going to serve their purpose of letting students know their progress? When it takes a professor six or seven weeks to grade an exam, why bother? At that point you have probably had another exam and have not been able to correct your errors from the previous one.

Its not like they don't know what is coming up in class. I understand that they are people and many of them have families and

other commitments, but can someone explain to me what makes that excuse valid for them and not for us?

My point, beyond all of this rambling is this: If we are to adhere to the "real world" deadlines, when are they?

Isn't this the "real world" or is this just college?

Erin Reynolds
Senior

Student suggests we 'paint the walls' for inspiration

To the Editor:

I'm only a sophomore here at Elon, but, along with other people, I am tired of the plain, white walls in most of the classroom walls on campus. We have such beautiful landscapes outside, but inside there is no inspiration.

To liven up the walls, I think we should divide each wall into blocks of a certain size. Each class could get a block and design their own picture or whatever to paint on it. After a few years, the walls would be covered and inspiration would be everywhere.

Casey Phillips
Sophomore