



LINDSAY FENDT | Staff photographer

Lindner Hall is located at the head of the Academic Village, and is expected to be completed by July 10, 2009.

Lindner Hall progress continues

Ashley Barnas
Online Editor-in-Chief

The Academic Facilities Plan submitted to President Leo Lambert in December 2006 included the creation of Lindner Hall. More than two and a half years later, that part of the plan will finally see its completion. Lindner Hall, set at the head of the Academic Village, has a contract completion date of July 10, 2009, but at least a four to six week improvement is expected according to Matt McArthur, project superintendent.

"I started the project—it was just a piece of grass—in May of last year," McArthur said.

The 30,000-square-foot building will house the history, geography, sociology and anthropology departments, and will be the new administrative home of Elon College, the College of Arts and Sciences.

"The majority of the building is four departments," McArthur said.

The second floor is all classrooms, but the end of the hall has space for faculty offices.

Different subcontractors were used for the Koury Business Center and Lindner Hall, but the same architect and design team created the two buildings.

"Building the building itself, after I've come off the KBC, which is three times the square footage, it's almost (like) you can do it with your eyes closed," McArthur said.

McArthur's company also built Belk Library, the Moseley Center, the apartments on Elon East, the Danieley Center and the track.

Landscaping, brick walkways, grass and

elimination of most of the parking lot will be the final touches to the area once Lindner Hall is complete. In the future, covered walkways will connect all the pavilions to one another and to the Lindner building.

For now, the balcony is wide open with large round columns under construction. The view opens out into the Academic Village.

While the most aesthetically pleasing part of Lindner Hall is the view offered from the second floor, the most exciting part of the building for McArthur is the third floor.

"Most people will never see the third floor. Most people will never know there's a third floor in the building," he said. "It's really the guts in what makes the actual building work."

The third floor houses air handlers that heat and cool the floors of the building, pumping units that move water throughout the building, and a ladder that gives access to the cupola if a light bulb ever needs to be changed or if the clock needs to be adjusted. Those things can also be done electronically, so access will probably not be necessary, McArthur said.

"For me it's a small project—\$8 or \$9 million," McArthur said. "I think I average about \$18 to \$25 million on most buildings. The Koury Business Center was the last building I built up here as the superintendent."

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WHAT'S HOT: Eco-friendly, aluminum bottles

WHAT'S NOT: Plastic water bottles

Nate Acosta
Reporter

Silver aluminum water bottles and new water filtration systems in dining locations continue to provide refreshment seven months since their installation, signifying another step in Elon's sustainability efforts.

In August, all on-campus residents and off-campus students with meal plans received an aluminum water bottle. Five thousand aluminum bottles were purchased for \$15,000 and approximately 3,800 were distributed to students, while another 1,200 were available for purchase by faculty, staff, and other interested community members.

The bottles and the accompanying water filtration systems in dining locations more than paid for themselves, according to Colonnades manager Ryan Moore, because the savings accrued from the purchase of fewer plastic water bottles.

The installation of water filtration systems in dining locations is reducing the campus's use of plastic water bottles. By refilling reusable bottles with filtered water from the machines, students can enjoy the same clean taste of filtered water found in disposable, plastic water bottles without being environmentally unfriendly.

In the 2007-2008 school year, plastic water bottles were a common beverage choice for many of the 200,000 meal plan swipes. Octagon cashier Tiffany Williams-Cobleigh said more people are now choosing water over other beverages.

"Minus the Dasani water bottles, since they are off the meal plan this year, I have noticed an increase of people buying water—mostly filtered water—with their meal plans," she said.

Williams-Cobleigh also said the low or no cost options for filtered water are an incentive for

people choosing water.

"It's free and I think that helps them in choosing to get water sometimes. You have to pay 15 cents for the cup, but if you bring your bottle, it's free," she said.

At Koury Fitness Center, Elon aluminum bottles and other reusable beverage containers are being used more than plastic water bottles. Fitness supervisor Jackson Coppock said he observes more people using reusable containers than plastic water bottles.

ARAMARK updates students about the progress of the program through traditional marketing tactics.

The Colonnades marquee, along with table tents in the dining areas, display information about reduced plastic water bottle consumption," senior food services director Laura Thompson said.

The program will continue to grow next year.

Incoming freshmen will receive aluminum water bottles, ARAMARK resident district manager Jeff Gazda said. He attributes the small attachment of coupon books for popular dining locations to the bottles to the new bottles' success.

"I've found in my career that if you don't introduce freshmen to the facilities and amenities available to them they may never use them," he said.

Aluminum water bottles and water filtration systems are only a part of Dining Services' sustainability efforts. Reducing the amount of waste generated from containers is also a top priority.

"Only in a few instances do we have something that's not biodegradable in our grab-and-go-options," Moore said.

Elon provided students with other beverage containers in the past, but none were as successful, Gazda said.

Another kind of psychedelic

Study links heavy caffeine consumption to hallucinations

Sarah Costello
Reporter

Her brow was wet with beads of perspiration. Her hands were shaking so badly she could barely hold the coffee pot. Leaning against the counter, it took everything in Jasmine Willis's being to keep from passing out. She felt her forehead—warm, very warm. The shakes were growing stronger, her body was beginning to sweat and Willis began hyperventilating uncontrollably.

Willis's symptoms are similar to the symptoms expected after a drug overdose. But this Stanley, England teenager wasn't high on drugs. Surprisingly, she had overdosed on double-shot espresso and was experiencing the repercussions.

As tempting as it is to reach for an extremely caffeinated beverage after a long night of studying, students may want to think twice before rebooting their bodies with a temporary solution, according to a recent study at Durham University in the United Kingdom. The study indicates heavy caffeine intake is highly dangerous and could potentially result in hallucinations and delusions.

While caffeine often increases alertness, brightens moods and even acts as a painkiller, the downsides to

caffeine are disturbing. Caffeine acts as a drug in the body that increases energy by increasing the heart rate and blood pressure. Too much caffeine could result in a visit to the emergency room.

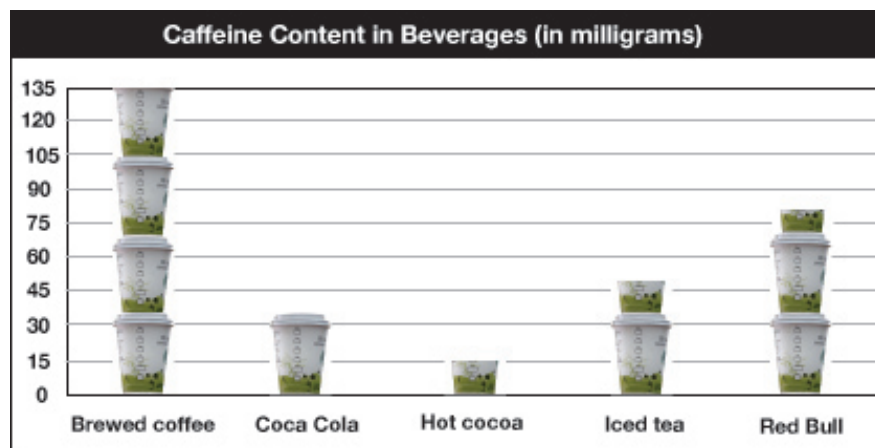
An estimated 90 percent of adult Americans seek some form of caffeine on a daily basis.

The Live Science Journal published a new study in January about the potential hallucinogenic side effects from excessive caffeine intake.

According to the study, hallucinations can occur after the ingestion of the equivalent of three cups of coffee, which can include soft drinks, energy drinks and chocolate. This may seem like a lot of coffee, but according to the Coffee Business Statistic Report, the majority of Americans drink an average of three cups of coffee each day.

The study was sponsored and funded by the Economic and Social Research Council and the Medical Research Council. Two hundred college students were tested according to regular caffeine intake and their "propensity to have hallucinatory experiences" was assessed according to stress levels.

Researchers discovered that those who drank at least three cups of freshly brewed coffee daily were more



GRAPHIC BY RACHEL CIERI

Information courtesy of the National Softdrink Association, United States Food and Drug Administration and Bunker and McWilliams

likely to encounter hallucinations than those who drank half a cup of brewed coffee. Many participants in the study claimed to hear voices and, on occasion, experience visions or hallucinations. Some even "sensed" the presence of dead people.

Why such intense reactions? The researchers at Durham University concluded caffeine actually increases stress levels. The stress hormone cortisol is naturally released when the body is under stress. The intake of caffeine increases the release of hormones, which can temporarily impact the physiology of the body.

There are always potential outliers in a study. A childhood trauma or personal habits can affect one's

reaction to caffeine and hallucinations. The leader of the study, Simon Jones, and the other researchers concentrated the study on a healthy population under the assumption that "healthy" individuals are not as likely to normally hallucinate.

Most coffee-drinkers do not regularly experience hallucinations or "visions" of nonexistent images. Despite the hallucinogenic reactions, it is important for those seeking an energy boost to know what they are putting into their bodies.

Though caffeine is not completely bad for the body, it is a drug that can cause harm and the studies suggest moderation is the key in order to prevent serious side effects and even death.