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The Pendulum

BEST OF 2022

ACADEMICS

CAMPUS

OFF-CAMPUS

FOOD & DRINK

RECREATION

STAFF PICKS

THE PENDULUM

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FROM THE BEST OF EDITOR

Best Of 2022 editor shares the story
behind her second edition of the
annual paper

Miranda Ferrante

Best Of Editor | @ferrantemiranda

WHAT A YEAR IT’S been. A lot has changed since we all arrived back on campus in August. We have seen everything from the return to indoor dining and live theater to sports back in action and most of all, we’ve seen our Elon family come back together in person.

Best Of is an annual publication by Elon News Network that surveys students, faculty, staff and the general community on their favorite dining, entertainment outlets, academics and more. This year’s edition felt extra special, as we saw the return of so many Elon staples.

The idea behind Best of 2022 is simple — you told us what you love most about Elon, and then our team explored what makes it so great.

This issue marks my second

year in charge of Best Of, and the entire process has been such a rewarding experience for me.

We’ve met since September, starting with how to best build the survey. In October, we released it to the community, asking everything from the “Best Major” to the “Best Tradition” to the “Best Brunch” spot. More than 180 responses outlined some of the favorites in our area and we went straight to the best to find out why.

Some winners were expected, while others surprised us. Whether you love them or not, the pages that follow share all the best things about Elon — as voted by you.

While I prepare to study abroad in Florence, Italy, at the end of this month, I hope you find some potential new favorites here in Elon throughout this issue.



ACADEMICS

STRATEGIC COMMUNICATIONS

BEST MAJOR

Nyah Phengsitthy

Managing Editor | @nyahphengsitthy

SENIOR GRACE TIEDGE WATCHED her sister-in-law have a successful career after graduating with a bachelor of arts degree in strategic communications from Elon University. The major, which explores the process and techniques for how organizations communicate with the public through different forms of communication such as public relations and advertising, was voted “Best Major.”

“I knew what she did in the future with strat comm and getting a job and getting internships,” Tiedge said. “She talked about how much she loved it and told me how much she thought that I would enjoy it.”

According to the 2021 fall registrar report, 474 students are enrolled in the strategic communications major — making it the major with the highest number of students in the School of Communications.

Hal Vincent, senior lecturer in strategic communications, said that he loves strategic communications because it involves both theory and practice, along with cultivating both creative and business oriented results.

“It calls upon both the business analytic world of thinking and also on the entrepreneurial in creative thinking to try to create something ... that can help change the way people think,” Vincent said. “I feel like it’s

such a blend of so many things.”

Vincent also serves as the faculty director of Live Oak Communications, a student-run strategic communications and design agency.

Professor of strategic communications Michele Lashley worked in corporate communications before arriving at Elon University to teach in 2001. An Elon alumna, Lashley said what she loves most about the major and the School of Communications is the students who make up the school.

“I still work in the industry and you know, after you’ve been in it for a long time, it’s easy to sort of lose sight of the magic of the industry,” Lashley said. “But when you’re working with students, who are often seeing things or experiencing things for the first time, it gives a whole new perspective to the work.”

Since taking her first strategic communications class her sophomore year, Tiedge said every course has segued into the next one, making the major interactive and enjoyable overall.

“It’s more than just communicating,” Tiedge said. “All of the teachers I’ve had, the classes that I’ve had, have given me real world experiences and real things that I’ve been able to use.”

RUNNER-UP

1. Psychology



NYAH PHENGSTITTHY | MANAGING EDITOR

Senior Grace Tiedge works in the Live Oak Communications office at Elon where she puts her strategic communications and media analytics skills to work at the university student-run agency.

CRIMINAL JUSTICE

BEST MINOR

Nyah Phengsitthy

Managing Editor | @nyahphengsitthy

CRIMINAL JUSTICE STUDIES, AN interdisciplinary study that draws on the expertise of several departments across campus providing an educational foundation in the realms of crime and justice, won “Best Minor.”

Rena Zito, the criminal justice studies advisory committee coordinator, said that the minor brings in faculty members with different perspectives from psychology, human services, chemistry, biology and more in the criminal justice courses. Zito, who is a sociologist and has a research background on adolescent law violation and the effects of it, said what she likes most about the minor is how students interact with the course and its current events.

“One of the best things about teaching in CJS is that the students are so interested and invested and animated in the classroom,” Zito said. “Students want to be there, and they’re excited about the subject matter.”

Junior Emily Burgess, a criminal justice studies minor, said she likes the minor not only because it compliments her human service studies major, but because of the way professors teach the courses.

“I am able to use the two and understand more about criminal behavior and bring this knowledge into the social work field,” Burgess said. “All of the professors that teach the classes are so passionate about the topics and create a fun, creative environment for students to learn about criminal justice.”

Professor of psychology Meredith Allison



NYAH PHENGSTITTHY | MANAGING EDITOR

Elon University’s criminal justice studies minor, an interdisciplinary program, provides students with a foundation on the realms of crime and justice.

brings her law and psychology background to the minor to teach criminal behavior. Similar to Zito, Allison said she likes the minor the most because of the diverse group of students from different majors.

“I meet all kinds of students. I probably wouldn’t otherwise, because they’re interested in crime and criminal justice and sort of show up in my classes,” Allison said. “I like the interdisciplinarity of it, that criminal justice isn’t owned by any one discipline, all different disciplines have something to say about it.”

Zito said, while current students who are

interested in criminal justice studies are what make the minor interesting, students who have graduated from Elon with the minor are what keep it going, too.

“Some of them end up in law school, focusing on criminal law; some of them go into law enforcement or other kinds of criminal justice related jobs,” Zito said. “Our alums are excellent at coming back to talk to students about those experiences. So I think that not only do we do really cool stuff here at Elon, but our students go on to have amazing careers.”

FUN FACT

According to Elon’s Criminal Justice Studies factbook, CJS faculty have been published in academic journals, such as Psychiatry, Psychology and Law, International Journal of Law, Crime and Justice and Applied Psychology in Criminal Justice, as well as in the book “The Elderly Eyewitness in Court.” Students collaborated on three of these publications.

RUNNERS-UP

1. Psychology
2. Spanish

FLORENCE

BEST STUDY ABROAD

Claire Schoenfeld
Elon News Network | @clairepsch

SENIOR GRACE BADGER KNEW she wanted to study abroad in Italy from the moment she stepped on campus. But when the COVID-19 pandemic hit, her experience was delayed. When she was finally able to go to Florence in fall 2021, she was met with a city rich in culture, history, food and art.

“I took a big leap of faith. None of my friends came with me, and it was all really people in the grade below me,” Badger said. “But the food, the people ... it all just made sense for me to go.”

The Elon Center in Florence, Italy, was voted “Best Study Abroad” by the campus community. The program is open to students across all majors looking to experience the historical city, while completing 16 credit hours of classes — including four credit hours of Italian.

In addition to classes, students experience weekend excursions, sports events and museums all included in the cost of the program.

Director of Study Abroad and program adviser Bill Burrress said students who participate in the program are driven by the romance of the city and have powerful experiences connecting with not only other students in the program, but the people who inhabit the city.

“Students report that they’ve built a relationship with someone that they saw sort of on a daily basis at a cafe,” Burrress said. “They’ve built some kind of little touchstone in that way that helps them feel a part of the place.”



COURTESY OF ALEEZA ZINN

The Ponte Vecchio bridge in Florence, Italy.

For Badger, the experience of hiking up to Michelangelo Piazza with her roommates and watching the sunset over the city was her “ah-ha” moment while studying abroad and one she will never forget.

FUN FACT

The majority of students who participate in the Florence study abroad program are also in Greek life, according to Director of Study Abroad and program adviser Bill Burrress.

RUNNERS-UP

1. New Zealand
2. London

LOS ANGELES

BEST STUDY USA

Annemarie Bonner
Elon News Network | @ABonnerNews

WHILE ELON UNIVERSITY PROVIDES the opportunity for students to study abroad, there is also the chance to study in other parts of the United States, including Los Angeles. Elon in LA was voted “Best Study USA” by the Elon community.

Senior Connor Thomas said the opportunity to study in LA was one of the reasons he came to Elon in the first place, which he did in summer 2021.

“If I hadn’t been to the Elon in LA program, I wouldn’t have known my career trajectory to live in LA and pursue my dream as a film director,” Thomas said. “I didn’t really think I’d be able to get out there without the opportunity that Elon gave me to do this program to get out to LA. As a filmmaker and a creator, I was able to fully see my dream come to fruition.”

Thomas said during his time in LA, he was able to focus on his internship and take classes over the weekend. The program offers classes in performing arts, music theatre, music, acting, communications and dance. Any major can go on the trip.

Senior music theatre major Jaelyn Alexander also studied in LA this summer. Alexander said studying in LA was crucial in planning her post-college plans.

“It was so refreshing,” Alexander said. “It honestly made coming back to Elon a little hard, but it gives you a very good sense of what life would be like.”

For students interested in studying in LA, applications for the summer program will close in mid-March.



COURTESY OF CONNOR THOMAS

RUNNERS-UP

1. New York
2. Washington D.C.

FUN FACT

Elon recently hired a new adjunct professor for the Elon in LA program. Kiana Fowlkes announced in a tweet on Dec. 29, 2021, that she will be teaching Writing for Cinema and TV.

Senior Connor Thomas works on a set in Los Angeles, California, where he participated in the Elon Study USA program in summer 2021.

CAMPUS

GLOBAL NEIGHBORHOOD

BEST RESIDENTIAL NEIGHBORHOOD

Erin Martin
Elon News Network | @erinmartin35

GLOBAL NEIGHBORHOOD HAS BEEN voted “Best Residential Neighborhood” by Elon University students, staff and community.

Located along the shore of Lake Mary Nell, the neighborhood is home to 595 students for the 2021–22 academic year and a group of ducks. The community is split up into five buildings and made up of roughly 67% freshmen, 27% sophomores, 4% juniors and 2% seniors, according to the Global Neighborhood Office.

Sophomore Manny Sanchez Perez said his favorite part of being an RA in global is “the chance to support a group of students and serve as a mentor.”

This neighborhood offers a little bit of everything, with Lakeside Dining Hall, the Moseley Center, Elon athletic fields, the Center for the Arts and Loy Neighborhood all surrounding the community. Freshman Gloria Kaso moved to Elon from Albania and loves living in Global for the location and the community.

“I feel like I’m in the middle of campus and the distance from everything is pretty short,”

Kaso said. “I feel like I’m part of a community that cares about each other and I have never felt lonely.”

The neighborhood was created to foster global engagement and immersion among students and staff — Community Director of the Global Neighborhood Colin Lamb’s favorite part of his role.

“Connecting with such a diverse group of students in both identity and thought during community events ... as well as it being a beautiful environment to work and live in,” Lamb said.

Global is home to six different living learning communities: African Diaspora, ASHES, creative arts, international, performing arts and polyglot.

The community is also home to Global Commons. The 50,000 square foot building houses study rooms, the Great Hall, the Global neighborhood office, faculty offices, the eSports lounge, the Core Curriculum Center and Isabella Cannon Global Education Center.

RUNNERS-UP

1. Historic Neighborhood
2. East Neighborhood



Global Commons, a study hall and common building, is located in the center of Global Neighborhood.

ERIN MARTIN | STAFF PHOTOGRAPHER



Mural in the hallway of the Communications LLC located on the first floor of Sloan Residential Hall.

LUKE JACKSON | STAFF PHOTOGRAPHER

COMMUNICATIONS

BEST LIVING LEARNING COMMUNITY

Luke Jackson
Elon News Network

LIVING LEARNING COMMUNITIES OFFER students a unique opportunity to live in an on-campus community of peers with similar interests. Elon has 21 LLCs, with themes ranging from Gender and Sexuality to Outdoor Learning. This year, the Elon community voted the Communications LLC “Best LLC.”

Located on the first floor of Sloan Hall in Historic Neighborhood, the Communications LLC is intended for freshmen who plan to major or minor in communications, and it brings together passionate, motivated students to live in one community.

Freshman Jack Prahinski lives in the LLC and said the opportunity to bond over shared interests is unique.

“It’s been nice to have people with similar

interests to live and work with,” Prahinski said. “It’s easier to build relationships with people similar to me.”

Professor of strategic communications Michele Lashley is one of the two faculty advisers for the LLC. This is her third year as an adviser, working alongside professor of strategic communications Jessalynn Strauss.

“We really enjoy working with students, advising students and being involved in their lives as they get adjusted to Elon and college life,” Lashley said. “We were approached about taking on the Comm LLC, and it was a perfect fit for both of us.”

RUNNERS-UP

1. Outdoor Living
2. Performing Arts; African Diaspora

STATION AT MILL POINT

BEST APARTMENT

Miranda Ferrante
Best Of Editor | @ferrantemiranda

JUNIOR SOPHIE BLUMENFELD SAID living in the Station at Mill Point feels like living in a hotel. To her, it was no surprise the Station at Mill Point was voted “Best Apartment” by the Elon community.

The Station at Mill Point is home to more than 300 juniors and seniors and has no shortage of activity. In 2021, residents complained about hours of the pool and there was an incident resulting in floor damage that May, but nonetheless, Blumenfeld said there are many perks.

“Students enjoy living in Mill Point so much due to its environment resembling a vacation spot,” Blumenfeld said. “You have palm trees, brightly-colored houses, balconies, spots for hammocks and a roomy living space.”

Each of the 24 buildings has four-person apartments with high ceilings. Blumenfeld said she enjoys the “cute exterior of each house with pastel colors” and having her

own laundry room.

In an email to Elon News Network, Amanda Alberti, community director for the Station at Mill Point and coordinator of leadership programs wrote that there are many reasons the neighborhood is a special place to live. Alberti said she enjoys being surrounded by so many university upperclassmen.

Living at Mill Point brings a sense of community and independence, according to Alberti.

“Most students went from living at home with family to living in a residence hall before moving into a Station at Mill Point apartment,” Alberti wrote. “Often, this is the first time students have had a space that they can make their own, which is such an exciting stage of life.”

RUNNERS-UP

1. Oaks
2. Oasis



Station at Mill Point apartments, where older students can live on campus.

JOSEPH NAVIN | PHOTO EDITOR

WALLACE L. CHANDLER FOUNTAIN

BEST FOUNTAIN

Joseph Navin

Photo Editor | @josephanavin

HERE ARE A NUMBER of fountains across Elon University's campus, but the Wallace L. Chandler fountain was voted "Best Fountain" by the campus community.

The fountain is named after Wallace L. Chandler '49, an Elon life trustee and board of trustees member. Chandler was an adviser for three past Elon presidents, including J. Earl Danieleley, J. Fred Young and Leo M. Lambert. Chandler died on Aug. 25, 2021 at the age of 94.

Construction on the fountain was completed in August 2006 and is made up of three levels. There are multiple jets of water that originate from both the top level and main pool.

These jets have different spray patterns that are controlled by a computer. Junior Jake Sachs said they are one of the components that draw his attention to the fountain.

"I like that it's powerful and that the jets

are going a lot," Sachs said. "It's just kind of a landmark on campus ... it's a big site."

The fountain is surrounded by a brick-laid plaza, which has a Numen Lumen theme. A waterfall is located on the west side of the fountain.

Freshman Francesca "Fancy" Mitchell first saw the fountain on her first visit to Elon University after being accepted to Elon.

"The first thing I saw on that drive to that campus was that big fountain at Clohan and so I was like, 'oh my gosh, this is so beautiful'" Mitchell said. "That waterfall, besides it being so big and so beautiful in how it works ... it carries memories."

The fountain is located in front of Clohan Dining Hall and the Ernest A. Koury Business Center, near the Colonnades neighborhood.

RUNNERS-UP

1. The Fonville Fountain
2. The Meditation Garden Fountain



JOSEPH NAVIN | PHOTO EDITOR

The Wallace L. Chandler Fountain outside the Koury Business Center.

GLOBAL COMMONS

BEST STUDY SPOT

Olivia Romano

Elon News Network

WITH A NEW SEMESTER quickly approaching, students will soon be reoccupying their favorite study spots on campus. Global Commons, a popular meeting space for many students, was voted "Best Study Spot" by the Elon community. For freshman Claire Kenealy, this spot is a great quiet space to spread out her work and isolate herself from others in order to stay productive.

Kenealy said she loves the ambiance of Global Commons and goes there almost every time she studies outside of her room, even though it's further from her dorm in the Historic Neighborhood than other study spots.

"I prefer Global Commons because of the fancy atmosphere that puts me in a good mindset to focus and get work done," Kenealy said. "I love how comfortable all of the seating is, and the music makes for a very nice vibe."

Global Commons also offers students a quiet

space to study away from groups collaborating on projects or friends chatting over homework. Freshman Jayla Martin-Beasley said she enjoys meeting her friends there to work in the professional environment.

"It can be hard to find isolated spaces on campus," Martin-Beasley said. "Even in the library, you're sitting at a table, but then there will be someone close by, and sometimes you just like to have some time to yourself."

Steepd Tea Bar, the retail location in Global Commons, also attracts students to study in the building, according to Martin-Beasley.

"It was a good workspace. And I would get some food from Steepd," Martin-Beasley said. "I didn't think I would like Steepd at first because some of the food sounded bizarre, but I really liked it."

Between the focusing environment and snacks to fuel a study session, Global Commons is a favorite study spot for many students.

RUNNERS-UP

1. Richard W. Sankey Hall
2. Oaks



JOSEPH NAVIN | PHOTO EDITOR

The Great Hall inside Global Commons located in the Global Neighborhood.

FESTIVAL OF LIGHTS AND LUMINARIES

BEST TRADITION

Ellis Chandler

Elon News Network | @ellis_chandler

WITH OVER 2,400 LUMINARIES lining the sidewalks of campus, finding a light with a specific name on it can become somewhat of a scavenger hunt, but the search is all part of the Festival of Lights and Luminaries tradition. The Elon community voted the event this year's "Best Tradition."

Organized by the Truitt Center for Religious and Spiritual Life, live music, vendors and food round out the event. The tradition began in 1984 and according to University Chaplain Rev. Kirstin Boswell, the fall 2021 celebration was the largest to date.

"It was really special to me to see people interacting with all the different stations that represented the religious, spiritual, cultural, ideological diversity that exists not just here on campus, but within a larger world," Boswell said.

This year was Boswell's first time facilitating the event, and she said the support from different colleagues and offices around campus made the evening run smoothly.

Senior Ellen Fiedler has worked with the event since her freshman year and said that, in her experience, no year has ever been the same. This year's celebration kept the pandemic format because of how well it was received.

"The festival is in very good hands for the future. I have a strong emotional attachment to this Elon tradition and it's hard to let that go, but I know that the event will just continue to improve year after year," Fiedler said.

Engaging in spiritual growth is the goal for the festival each year and Fiedler said she loves watching people realize how the many religious, spiritual and secular traditions and world views are connected by the common theme of light.

"It's one of those rare times where you can't really tell who holds what role in the Elon community, and it doesn't really matter, we're all just there together," Fiedler said.

RUNNERS-UP

1. College Coffee
2. Acorn & Oak



ELLIS CHANDLER | STAFF PHOTOGRAPHER

Students observe the Festival of Lights and Luminaries in December 2021.

ALPHA OMICRON PI

BEST ORGANIZATION

Jess Baker
Elon News Network | @jessmbaker_

ALPHA OMICRON PI WAS voted “Best Organization” at Elon University. This female fraternity was originally founded in 1897, and the chapter at Elon was founded in 1987. According to Alpha Omicron Pi on Phoenix Connect, their mission is to promote lifelong friendships, inspire academic excellence, lead by example and serve the nearby communities.

The organization values service above all else, according to sophomore Josie Brothers. The sorority is the only panhellenic organization on campus that serves two philanthropies each year. In addition to the national philanthropy that all chapters of AOII serve, Arthritis Foundation, Elon’s chapter votes on a second philanthropy each year to serve the needs of the local community and fit the values of the sorority members. This year, their second philanthropy is suicide prevention.

Brothers’ favorite aspect of AOII is this double philanthropy. Brothers was drawn to the sorority because of the passionate community it created.

“It’s wonderful because we can listen to our community of AOII sisters and hear them and what they’re passionate about and support them in their endeavors,” Brothers said.

Senior Ashley Balick said she was drawn to AOII when she went through recruitment because of how unique the organization was.

“I just remember going into AOII every day, and leaving the room and feeling like there was something special in there and feeling like I fit,” Balick said. “I really liked looking around the room and seeing that everybody was different. Nobody looked the same. I could really see that there’s a lot of individuals within the room, which is something really important to me.”



The Alpha Omicron Pi house in Loy Center Neighborhood, a residential community for sorority and fraternity involvement.

JOSEPH NAVIN | PHOTO EDITOR

RUNNERS-UP

1. Sigma Kappa
2. Alpha Xi Delta

OFFICE OF ADMISSIONS

BEST PLACE TO WORK

Gram Brownlee
Elon News Network

LOCATED IN THE INMAN Admissions Building, Elon University’s Office of Admissions and Financial Aid processes the application of every prospective student coming to the school. The office also provides tours and any additional information for applicants. The Office of Admissions was voted “Best Place to Work” by the university community.

As the associate director for admissions and campus visits, Torii Masinsin works with many of these student employees. There are 122 student faculty members in the admissions office, including 98 tour guides and 24 additional office assistants.

Part of why the office is so popular is its flexible work schedule. “Our students are able to give us the hours that work best for them and we’ll assign their shift or tour based on their availability,” Masinsin wrote in a statement to Elon News Network. “[We] are very understanding of the needs of our students and we have encouraged an open-door policy in case our students need anything from us.”

Admissions and financial aid jobs are also very competitive positions, according to Masinsin. Although there were 40 open positions for student faculty in Fall 2021, the Office of Admissions received over three times that number of applicants.

There are also an additional 46 student workers in the financial aid and records department, according to Katherine Rodriguez, assistant director of application processing.

“While it is competitive, we are happy to review applications for the position as we look for new student workers every year,” Rodriguez wrote in a statement to Elon News Network.

Prospective tour guides can apply through the Elon Job Network website in the coming spring semester, and other positions are posted on EJNI as they are needed.

“I can confidently say that working with our student employees is the best part of our jobs,” Masinsin wrote. “Their roles in our office are an integral part of Admissions and we are so grateful for all the time they have given to us. It is a joy and an honor to work with our students every day.”

RUNNERS-UP

1. Campus Rec
2. The Writing Center



Inman Admissions Welcome Center.

JOSEPH NAVIN | PHOTO EDITOR

OFF-CAMPUS

HANGING ROCK

BEST DAY TRIP

Alexa Morrissey
Elon News Network | @alexamorrissey

WHEN WANTING TO GET away from campus for a day trip, North Carolina's Hanging Rock State Park holds a special place in senior Claire Grider's heart. For Grider, the environment is different from other hiking spots in the area because of its multiple scenic views. With a variety of hiking trails and cascading waterfalls, Hanging Rock was voted "Best Day Trip" by the Elon community.

"It's a special spot for hiking because it's so pretty, and one nice thing about the park is that you don't need to be an avid hiker to really enjoy the hike," Grider said. "Also, it's such a great picture opportunity and the views are amazing."

Not far from the cities located in the Triad area, Hanging Rock is frequented by North Carolina residents and tourists from across the country and the world. The 9,011-acre park is located 30 miles north of Winston-Salem and is three miles from Danbury in Stokes County.

The park has steep cliffs, peaks of bare rock and views of the Piedmont plateau that stretch for miles. Freshman Clare Rudolph has visited Hanging Rock before, exploring the environment.

"I did the Hanging Rock Trail, the Indian Creek trail to the falls and back and Tory's Den and Falls for a total of about five miles," Rudolph said. "The views from Hanging Rock were beautiful."

Visitors can rent a vacation cabin or a trailer campground at the park. Grider finds it best to visit the park during the autumn season.

"I definitely recommend it in the fall because of all the changing colors," Grider said.



ALEXA MORRISSEY | STAFF PHOTOGRAPHER

RUNNERS-UP

1. Durham
2. Greensboro Science Center

Freshmen enjoy a fun and peaceful hike at Hanging Rock State Park overlooking the Piedmont plateau. From left to right, Gabby Witherell, Sasha O'Halloran, Clare Rudolph and Camilla Bondy.

ASHEVILLE, NORTH CAROLINA

BEST WEEKEND GETAWAY

Jenna Manderioli
Social Media Coordinator | @jennamanderioli

IF YOU'RE EVER FEELING cabin fever and looking for new surroundings, the city of Asheville, voted "Best Weekend Getaway" by the Elon community, could be the place to visit.

Elon senior Danielle Schall lives in Asheville and said the city isn't too big or too small — a perfect medium. She said she gets to know the locals very well and that the town values its community.

"We give back to the community," Schall said. "When it's cold out, people go around handing out blankets to the homeless and lots of restaurants donate to homeless shelters."

Shall said the atmosphere of Asheville is focused on sustainability with great hiking trails, waterfalls and campgrounds scattered throughout the area.

Patti Gibbons, associate director of cultural and special programs at Elon University, said she visits Asheville frequently with her family.

"There's a particular restaurant that I love to go to and it's called Zambra, and it's a tapas restaurant and they have really great food," Gibbons said.

Gibbons and her family spend a lot of time exploring the Biltmore Village and many restaurants on Haywood Street in downtown Asheville.

"Some of the restaurants will stay open every day and so you can always go, you never miss it," Gibbons said. "There's just so many great places in Asheville to visit, and it's only about three hours away."



View from an outlook in Asheville, North Carolina.

COURTESY OF DANIELLE SCHALL

RUNNERS-UP

1. Charleston, South Carolina
2. Myrtle Beach, South Carolina

HARRIS TEETER

BEST GROCERY STORY

Avery Sloan

Politics Editor | @averysloan

HARRIS TEETER, ABOUT A five minute drive from Elon University, is one of many grocery stores near campus. But Elon sophomores Maddy Burgess and Rachel Elkes believe it's more than just the proximity that makes Harris Teeter the "Best Grocery Store."

"I just always come here. We have this student discount too, so I always come shop here and get gas," Burgess said.

According to Harris Teeter College Rewards, the grocery store provides discounts for college students, such as five or 10% off their purchases. Harris Teeter's rewards program, VIC cards, also gives customers access to special promotions such as fuel discounts, coupons and other special sales within the store. College students are able to apply both discounts.

Elkes said that these discounts are why she shops at Harris Teeter.

Harris Teeter also stands out from other nearby grocery stores because of its pharmacy. People can get their prescriptions, COVID-19 or flu vaccines at Harris Teeter.

Neither Elkes nor Burgess have a Harris Teeter located near their hometown, making the grocery store a new experience for them. Though Harris Teeter has 261 locations, the majority of them are concentrated in the Southeast.

"I've never heard of Harris Teeter until I came here, and it's pretty much similar to my grocery store back home, which is also why I come here a lot," Burgess said.



AVERY SLOAN | POLITICS EDITOR

Harris Teeter located in Burlington.

FUN FACT

Harris Teeter was founded in North Carolina as two separate stores, Harris and Teeter, before merging.

RUNNERS-UP

1. Publix
2. Food Lion

IF YOU GO

Where:
New Market Square
2727 S Church St
Burlington, NC 27215
When: Monday - Sunday
6 a.m. - 9 p.m.

TARGET

BEST SHOPPING SPOT

Arianna Tristani

Elon News Network

TARGET, A NATIONAL CONVENIENCE STORE AND "one stop shopping" powerhouse Target was voted "Best Shopping Spot" by the Elon community. With its large range of products and fully stocked shelves, Target is a staple for Elon students looking to get anything from groceries to dorm necessities.

Sophomore Tori Kelleher said she shops at Target because of the proximity to campus and the affordable items.

"It has everything you need from food to clothes," Kelleher said. "College students are always looking for cheaper, good quality places to shop, and Target checks all of those boxes."

Only 10 minutes away from Elon's campus, it is in a quick and convenient location in Burlington.

Frequent customer sophomore Nora Deeney said part of Target's appeal is that they have almost everything, even if you don't know what you're looking for.

"Whether I need something for a class project, or a gift for a friend, I always know there will be so many options at Target. It's a great place to go if you aren't sure exactly what you need, because there is always something accessible," Deeney said.

With Target being a national corporation, many students are familiar with it from their home states, making it a "trusted and reliable store for students," Kelleher said.

Another appeal for the store is its partnership with Starbucks, which draws in customers who want a beverage while shopping or on their way out. Target also has a CVS Pharmacy inside, where students can pick up prescriptions close to campus, as well as get any vaccinations they may need.



ARIANNA TRISTANI | STAFF PHOTOGRAPHER

Target in Burlington.

FUN FACT

Target offers free flu shots and gives a 5\$ off in store coupon when you choose to get vaccinated in store, which is another benefit for students looking to get all of their errands done in the same place.

RUNNERS-UP

1. Alamance Crossing
2. Tanger Outlets

IF YOU GO

Where:
1475 University Dr.
Burlington, NC 27215
When: Monday - Sunday
8 a.m. - 10 p.m.

BRUSHED

BEST HAIR SALON

Hope Valenti

Elon News Network | @HopeValenti12

JUST OFF WEST HAGGARD Avenue is Brushed Hair and Beauty Bar, which was voted “Best Hair Salon” by the Elon community. Walking through the doors, clients are greeted by a sign that says “Hello Gorgeous” and a stylish ambiance.

The salon was opened less than a year ago by stylist and owner Ashley Waddell. According to Waddell, the opportunity to launch her own business is one she has fantasized about since her first day in beauty school.

“I wanted to inspire others the same way I had been inspired over the years by the ones doing my hair,” Waddell said.

Brushed provides a variety of services, with prices varying depending on the stylist. The salon specializes in color and offers Elon students 10% off of color services. According to Waddell, the salon has been working to build and maintain its favorable reputation by staying up to date with the latest styles, tools and techniques.

Waddell said she noticed the need for a beauty establishment that would provide the Elon community with the services it required. Waddell was persistent in her goals, securing an optimal location and creating the atmosphere she dreamed of. She anticipates expanding the franchise further and looks toward the future of Brushed.

Freshman Gabby Conover was reluctant to trust a salon other than that she frequented in her hometown in New Jersey. But after some research, she decided to give Brushed a shot and since then, she has had nothing but a positive disposition toward the establishment.



ENN FILE PHOTO

The waiting area decorum at Brushed Salon is filled with accessories for sale.

“It’s just a really awesome place,” Conover said. “Everyone’s really nice and they do such a great job. I always leave so happy with my hair and the overall service.”

To book an appointment, prospective clients can call Brushed at 336-438-0087.

RUNNERS-UP

1. Painted
2. 102 North

IF YOU GO

Where:

2029 Timberline Station Dr
Elon, NC 27244

When: Monday–Friday: 9 a.m. – 7 p.m., Saturday: 9 a.m. – 5 p.m., Sunday: Closed

NAIL TYMES

BEST NAIL SALON

Naomi Washington

New Member Coordinator | @NWashingtonNews

MANY ELON STUDENTS ENJOY taking time away from campus and getting their nails done. Nail Tymes, just a six minute drive from campus, is one place students go to. The Elon community voted Nail Tymes as “Best Nail Salon.”

Opened since November 2015, the shop is run by Burlington residents Mike and Lynn Tran. The married couple started their nail salon with the goal to be different from other salons and make an impact in the Burlington community.

Nail Tymes is best known for its 10% discount for Elon students and its friendly staff. Elon students make up 40% of Nail Tymes’ clientele, according to Mike. He and his wife decided to implement the discount to show appreciation for their regular Elon clients.

“I would like to thank Elon students for supporting us,” Mike said. “They have been a big help to us and we are very thankful for that.”

Sophomore Katie Bennert started going to Nail Tymes at the beginning of her freshman year. She said she loves going to Nail Tymes because of their fast service.

“Everyone is very nice,” Bennert said. “All the people there are willing to have a conversation with you, ask you about your life and you can tell they aren’t just trying to get a job done.”

Nail Tymes accepts clients by walk-in or appointment.

“It’s always good to have people working in your community that care about their customers,” Bennert said. “I think that not only brings better people into the salon but also better people into the town.”



Nail Tymes storefront in Burlington.

NAOMI WASHINGTON | NEW MEMBER COORDINATOR

FUN FACT

When designing Nail Tymes, the owners decided to use yellow lights instead of white lights in the space to make the customer feel relaxed.

RUNNERS-UP

1. Magic Touch
2. Phoenix Nails

IF YOU GO

Where:

1126 St Marks Church Rd
Burlington, NC 27215

When: Monday–Saturday:
10 a.m. – 7:30 p.m.

BROW N' BROW

BEST LASHES AND BROWS

Chloe Franklin
Elon News Network

BROW N' BROW WAS voted “Best Lashes and Brows” by the Elon community. While its main business is threading the full face, Brow N' Brow also services for lashes, waxing, facials and tinting — the most popular service.

Preeti Tara, manager of Brow N' Brow, has been working at the Burlington shop since it opened in 2018. Tara said many Elon University students are loyal customers, and Brow N' Brow has seen positive impacts due to its proximity to the university.

“We for sure have a positive impact from Elon students. Even the boys come here from Elon for services,” Tara said.

Freshman Morgan Williams said she had “very good service” at Brow N' Brow and noted the shop offers specials for their customers.

According to Tara, the package programs Brow N' Brow offers, such as its three months unlimited plans, help customers save money, especially students.



Inside the salon at Brow N' Brow, located in Burlington.

JOSEPH NAVIN | PHOTO EDITOR

RUNNERS-UP

1. European Wax Center
2. Modern Nail & Spa

EUROPEAN WAX CENTER

BEST HAIR REMOVAL

Eliza Tews
Analytics Director | @elizatews

EUROPEAN WAX CENTER STARTED as a family-owned business; now, it has locations across the country. The location in Burlington was voted “Best Hair Removal and Wax Spot.”

The staff at the Burlington location does not disappoint, according to Elon University sophomore Emily Cohn, who said she has had many positive experiences at the salon.

“European Wax Center’s customer service is exceptional,” Cohn said. “They’re reliable, always friendly and put me at ease during waxing sessions.”

The store’s website says that they put their values into action to delight their guests with an exceptional waxing experience.

Store manager Magan Mcray said she was not surprised when they were voted the best.

“It’s a really great store here with a lot of great people,” Mcray said. “We all really enjoy it here and I think that’s what makes us great.”

The store offers many services — including Brazilian waxing, brow waxing, body waxing and facial hair waxing. Mcray said that Elon students make up a significant amount of their clients.

“We have a lot of Elon girls that definitely come see us,” Mcray said. “They all help us out a lot by being able to spread the word.”

Though waxing can be an unpleasant experience for some, European Wax Center makes the process enjoyable, according to Cohn.

“They made me feel super comfortable during the whole process,” Cohn said.

European Wax Center is many students’ and locals’ favorite waxing location near campus.

Next time you need a wax, check out <https://waxcenter.com/> and schedule an appointment at the Burlington location.



Employees stand in front of European Wax Center’s Burlington location.

ELIZA TEWS | ANALYTICS DIRECTOR

FUN FACT

European Wax Center has over 800 locations across the United States.

RUNNERS-UP

1. Brow N' Brow
2. Serenity

IF YOU GO

Where:
3174 Walden Lane
Burlington, NC 27215
When:
Monday–Friday: 9 a.m. – 8 p.m.
Saturday: 9 a.m. – 6 p.m.
Sunday: 10 a.m. – 6 p.m.

PHOEBE CARLTON

BEST LOCAL ARTIST

Caroline Mitchell

Elon News Network

SENIOR PHOEBE CARLTON BECAME interested in art from the moment she could start taking photos on her phone camera. Since then, she has found a passion for both art and social change. Carlton was voted “Best Local Artist” by the Elon community.

Carlton said she hopes her pieces will make people think, since many of her favorite works offer commentary on political or social issues. Her recent series, called “Acedia,” resonates with many Elon students, highlighting difficulties they faced during the ongoing pandemic.

“I hope that people can look at my ‘Acedia’ series and see how they felt during the pandemic laid out on a canvas, confirming for them that it was, in fact, a shared experience of intense emotions and anxiety for everyone and that they are not alone,” Carlton said.

Currently pursuing a BFA in studio art, Carlton said her experiences at Elon have been invaluable to her artistic career.

Professor of art and environmental studies Samantha DiRosa is one of Carlton’s professors and thesis adviser and said Carlton is a very sophisticated and mature artist who is always working to strengthen her skill set.

DiRosa also said she admires Carlton’s subject matter and willingness to present difficult social issues.

“She always seeks depth and intentionality in her work,” DiRosa said. “I saw that to be very consistent throughout the time that I have worked with her. I think it’s so well deserved.”

According to Carlton, her art has been a learning experience and has allowed her to accept her own experiences and be honest with herself.

“Art has helped me realize that very few things are black and white, and very few things, possibly none, are neutral,” Carlton said.



COURTESY OF PHOEBE CARLTON

Phoebe Carlton’s “Ready? And Resilient?” piece from her “Acedia” series portrays masked bodies surrounding Elon’s Chandler Fountain.

LOVE & VALOR

BEST LOCAL BAND

Alexa Morrissey

Elon News Network | @alexamorrissey

SENIOR GRACE CONTINO WAS introduced to local Burlington band Love & Valor when she first came to Elon in 2018. Now, looking back, she said she realized just how much of an impact the band made. Love & Valor was voted “Best Local Band/Musician” by the Elon community.

Love & Valor is an up-and-coming folk band based out of Burlington. The band has been highly recognized in the North Carolina folk scene since 2012 and is known for performing original music.

The band is made of five members: Jesse Fox on lead vocals and guitar, Glen Bounds on accordion, bass, banjo and harmonica, Nick Allen on fiddle, Elias Addleman on standup bass and Charlie Perschau on mandolin.

Filled with upbeat melodies and energetic harmonies, Contino said the band’s live shows instill a sense of community and intimacy among its audience.

“Love & Valor has such good energy. I especially love how their legacy has been carried on in North Carolina. It is so special and important to me,” Contino said.

Senior Catherine Nester said the sound of the band is very unique and something everyone should listen to.

“I’ve seen Love & Valor at a few shows around town and they’re always so fun,” Nester said. “The music is great and everyone ends up singing and dancing along with them.”



ALEXA MORRISSEY | STAFF PHOTOGRAPHER

Elon Outdoors invited Love & Valor to perform during their weekly s’mores night at Medallion Plaza. From left to right, band members Elias Addleman, Charlie Perschau, Jesse Fox, Nick Allen and Glen Bounds.

RUNNERS-UP

1. Eliza Spear
2. Drew Rushline

FOOD & DRINK

THE OAK HOUSE

BEST COFFEE

Caitlin McAuliffe
Elon News Network | @caitmcauliffe

JUNIOR SETH WOLINS NEEDED a job while at school, so he decided to apply at The Oak House. Within the first few moments of meeting the owner of The Oak House, Phil Smith, he knew working at the coffee shop would be a positive, exciting experience.

“Everybody on staff is awesome. Everyone is fun,” Wolins said. “It’s a great working environment. The staff is great, and it’s just all-around really fun.”

Wolins was excited but not surprised when he learned The Oak House was voted “Best Coffee” this year.

Located in downtown Elon, The Oak House is a multi-purpose space that welcomes all ages with a coffee shop as well as a bar. Additionally, The Oak House hosts live music performances on weekends. The space fills up with students and Burlington

locals to hear students and bands play, according to freshman Madeline Cirker, who has performed at The Oak House.

“I love the atmosphere of Oak House. It is always fun to go with friends to study or just do whatever. It’s definitely one of my favorite places in Elon,” Cirker said.

Cirker said she frequently goes to the Oak House because of the atmosphere and coffee. She also completes other work there such as tutoring, interviewing and meeting up with friends.

Wolins said The Oak House is important to the community because of its support of Elon students. Most of the staff is made up of current students, and she said the connections made at this small coffee house are impactful on the employees and the owner.

RUNNERS-UP

1. Irazu
2. Converge Coffee Bar & Café



RYAN KUPPERMAN | ENTERPRISE STORY COORDINATOR

Senior Callie Fabac brews a coffee during her shift at Oak House on Dec. 2, 2021. Fabac has worked at the local coffee shop since her sophomore year; she said her favorite aspects of the job are working with coffee and talking to customers.

PANDORA'S PIES

BEST PIZZA

Erin Martin
Elon News Network | @erinmartin35

PANDORA'S PIES HAS BEEN an Elon downtown staple since its opening in January 2012, according to owner Kimberly Holt. The Elon community voted Pandora's Pies the “Best Pizza.”

Pandora's menu features a variety of pizzas, salads, sandwiches and other entrees. Holt has worked at Pandora's since it opened and said she believes that the restaurant's farm-to-table approach is what makes the difference.

“We are as farm-to-table as possible, with as many local ingredients,” Holt said. “We make everything from scratch, everything is made in house. That's what sets us apart.”

Each day, Pandora's uses local ingredients

and house-made dough and sauce to craft what Elon students voted some of the best pizza.

Server Jayden Brown works at Pandora's Pies and said her favorite part of her job is working alongside her friends.

“The people that work here are the best part,” Brown said. “It is just such a great environment.”

Pandora's is open six days a week for all members of the Elon community.

RUNNERS-UP

1. Domino's
2. Mellow Mushroom



ERIN MARTIN | STAFF PHOTOGRAPHER

A behind the scenes look at Pandora's Pies in the kitchen.

ANDY'S FROZEN CUSTARD

BEST SWEET TREAT

Claire Schoenfeld
Elon News Network | @clairepsch

FOR SOPHOMORE SOPHIA KOTELLY, Monday nights were for gathering with her group of friends and going to Andy's Frozen Custard for a beginning of the week “pick me up.” Kotelly said she discovered Andy's during her freshman year when COVID-19 forced her group of friends to be creative about how they would spend their time. Andy's was voted “Best Sweet Treat” by the Elon community.

“My friends and I would drive around and try different restaurants and food spots and get takeout and [Andy's] was one we tried,” Kotelly said. “We loved it and we kept going back.”

Andy's Frozen Custard is a drive-thru dessert spot that serves concretes, which are frozen custard blended with a variety of toppings, as well as jackhammers, which are concretes filled with a choice of sauce. They also sell sundaes, banana splits, malts and seasonal specials. The first Andy's location opened in 1986 in Osage Beach, Missouri, and

now has expanded to over 100 locations in 14 states.

Sophomore Isabella Sessa said during her freshman year, she liked Andy's so much that she would rent a Zipcar just to go get it. Her go-to order is the “Triple Chocolate Concrete,” which includes chocolate custard, chocolate chip cookie dough and melted chocolate chips. Sessa said that because of her frequent visits, she is now part of Andy's rewards program where customers can earn points through purchases and redeem points for a free dessert.

“Andy's has become me and my friends' safe space,” Sessa said. “Our schedules are so busy ... but it's 30 minutes of our time. We just go through a drive-thru, get some custard, talk and go home to do more work.”

RUNNERS-UP

1. Smitty's
2. NC Jelly Donuts



CLAIRE SCHOENFELD | STAFF PHOTOGRAPHER

A custom concrete made with heath bars blended with vanilla custard.

TANGENT EAT+BAR

BEST WALKING DISTANCE RESTAURANT

Graysen Shirley

Elon News Network | @GraysenShirley

TANGENT EAT+BAR, LOCATED ON West Lebanon Avenue, remains a staple for Elon students, faculty, staff and residents who enjoy the restaurant's wide array of tacos. The Elon community voted TANGENT "Best Walking Distance Restaurant."

Since opening in 2015, the eatery has fused together Mexican, Asian and American regional cuisine. According to the restaurant's website, popular menu items include the Korean steak taco, shrimp melt taco and truffle parm topped tots.

The restaurant's open atmosphere creates an inviting and inclusive space where community members can gather to savor the taste of a TANGENT-made taco or enjoy the restaurant's beverage offerings, according to senior Caroline Robertazzi. Guests are able

to enjoy dining inside, as well as outside the restaurant on surrounding picnic tables.

Robertazzi is a regular at TANGENT and said her go-to order is the chicken and waffle taco.

"Honestly, I love it. I've been coming here pretty regularly since freshman year," Robertazzi said.

Robertazzi was enjoying spending time with her mother, Lisa Robertazzi, on the restaurant's outdoor patio. Lisa said it was her first time at the restaurant and that her daughter had recommended it to her.

"I think they do a great job. I like the outdoor seating. It's really a nice experience," Lisa said.

RUNNERS-UP

1. Biscuitville
2. Qdoba



GRAYSEN SHIRLEY | STAFF PHOTOGRAPHER

The outside of TANGENT located on West Lebanon Avenue in Elon.

DA VINCI'S TABLE

BEST SHORT DRIVE RESTAURANT

Graysen Shirley

Elon News Network | @GraysenShirley

LOCATED ON SOUTH CHURCH Street and nestled beside a law office, Da Vinci's Table brings Burlington a taste of Italian cuisine since opening over 10 years ago. The Elon community voted Da Vinci's Table "Best Short Drive Restaurant."

The restaurant's menu features a variety of pizzas, salads and subs along with an assortment of pasta.

Amy Brandon, who has worked as a server at Da Vinci's Table for over three years, said her favorite part about working at the restaurant is greeting customers, whether it be newcomers or regulars, and getting to tell them the specials of the day. Owner Lynn Heller also helps create a warm and welcoming environment for the restaurant's staff, according to Brandon.

"The owner is really sweet, too. She looks out for us, like family," Brandon said.

Christian Cabral, a regular customer at Da Vinci's Table, also agreed with Brandon that the restaurant's atmosphere is what sets it apart.

"It's kind of old world, it really almost feels like Italy in a little bit of a way, maybe Tuscany," Cabral said. "It's crazy because where it's set is right in the heart of a kind of a very almost industrial area. When you're in here, I don't think you feel that though."

Cabral said the desserts and appetizers at the restaurant were very good and that his family has enjoyed dining at Da Vinci's Table in the past.

"Everything I've had, it's just been superb. I had my children in here just last week, my son's older, and we were here kind of celebrating. One of my sons is getting married ... and celebrating that, everybody had a great time," Cabral said.

RUNNERS-UP

1. Prego's Trattoria
2. The Mission



GRAYSEN SHIRLEY | STAFF PHOTOGRAPHER

The outdoor seating area at Da Vinci's Table.

PRESS COFFEE + CREPES

BEST BREAKFAST

Graceanne Gaudiello

Elon News Network | @gggaudiello

PRESS COFFEE + CREPES was voted by the Elon community as the "Best Breakfast" spot. Jason Cox and Brett Debris, founders of Press, said they wanted to stand out when creating a business.

General manager Ashley Aguirre has managed Press since June 2020 and said the owners both had their own ideas for a business and decided to combine the two together.

Aguirre said the city of Graham has also made Press the restaurant it is today. Aguirre grew up in Fayetteville, not far from Graham, and said it has a similar small town feeling.

"It just feels like another adorable home for me," Aguirre said.

Students like sophomore Lauren Schenk find the vibe of the restaurant attractive.

"The food, staff and atmosphere were amazing which made it such an enjoyable experience. It felt very similar to one of my favorite breakfast spots in Connecticut which made me feel at home," Schenk said.

Aguirre treasures the different groups of Elon students who frequent Press. She loves to see familiar faces and feels that the students bring a vibrant energy to the restaurant. Along with the local Graham residents, Press loves both the new and returning customers, according to Aguirre.

"It's an honor to be a part of students' lives like this," Aguirre said. "That's really how we feel about our Elon students is that we get to be part of these memories, even if we aren't proactively a part of them."

RUNNERS-UP

1. Angelina's
2. Mike's Deli



GRACEANNE GAUDIELLO | STAFF PHOTOGRAPHER

General manager Ashley Aguirre stands in front of Press Coffee + Crepes in Graham.

BURLINGTON BEERWORKS

BEST BRUNCH

Caitlin McAuliffe
Elon News Network | @caitmcauliffe

EMILY STEVENS, A BURLINGTON resident, started working at Burlington Beer Works as a part-time bartender in 2019 when it opened. The atmosphere and coworkers is what made her fall in love with the restaurant, and soon, she worked her way up to the Front of House Manager. The popular brunch spot has been voted “Best Brunch” by the campus community.

“I have really enjoyed working here. I love the regulars that come in. Knowing their orders, stories and names is really cool,” Stevens said.

Burlington Beer Works’ motto is “Together we are Growing, Brewing, and Serving.” The motto is embodied through their connection to the community. Their support includes partnering with local farms, such as T5, Smith and Your Local Greens, in bringing their business directly to the Elon and Burlington community.

Stevens said the restaurant also supports employees by giving them specific responsibilities and freedoms. She said one of the things she loves most about her job is being able to create new drinks.

“Being given the artistic freedom to create new drinks is super fun and has been great. It is one of the reasons I stayed with the restaurant. I just love it here,” Stevens said.

Stevens said the restaurant’s menu changes frequently to have the freshest ingredients from their sources. Having different food and drink options is another reason she thinks the Burlington community loves Burlington Beer Works.

Beyond just the Burlington community, families of Elon students love visiting the restaurant while in town, according to freshman Kelsi Sheren, who said she took her family to the restaurant during Family Weekend 2021.

“The food was amazing, along with the staff. My parents loved getting to know Burlington through going here, would definitely recommend it for anyone. We all loved it,” Sheren said. “My parents now ask to go back there every time they visit.”

Stevens said that Elon students have been great supporters of the restaurant and she loves seeing the students enjoying the food, company and space.



Burlington Beer Works located in downtown Burlington.

LUKE JOHNSON | STAFF PHOTOGRAPHER

RUNNERS-UP

1. Magerks
2. Angelina’s



Cookout on Huffman Mill Road in Burlington is frequented by Elon students.

AVERY SLOAN | POLITICS EDITOR

COOK OUT

BEST LATE NIGHT

Samantha Sussman
Lifestyle Editor | @Samanthasussma

ELOON UNIVERSITY STUDENTS VOTED Cook Out for “Best Late Night Food.” Sophomore Kayleigh Putnam said she goes to Cook Out for late night food runs, especially since there is not much else open.

“I like Cook Out, I think it’s a good late night stop. It’s open late, so that’s always, always a plus,” Putnam said. “I want to go there if it’s really late at night, because it’s the only thing open and it’s fast food, so it’s convenient.”

Cook Out is a fast food chain that was first opened in Greensboro, North Carolina in 1989. The restaurant is a popular location for Elon students to get food and shakes late at night, as it closes at 3:30 a.m. on Sunday through Thursday and 4:30 a.m. on Friday and Saturday. Cook Out offers many options for both food and shakes at low prices. Freshman Robby Van Riet said he is a big fan of Cook Out and the low prices.

“I really don’t pay much attention to the price of the foods because all of them are so inexpensive for your average person, so I think you can’t go wrong when you go there,” Van Riet said.

Van Riet said although there are often long wait times, the food, prices and hours make it worth it.

“When I go to Cook Out, normally I just go with ... some sort of starchy type food, whether it be some fries or some biscuits,” Van Riet said. “I just love the whole menu honestly.”

Though she only goes to Cook Out around once a month, Putnam said the staff is always nice and her food is good. She said she usually orders a tray, but switches up what is in it.

“I usually get a tray with a cheeseburger, maybe some chicken nuggets, maybe a corn dog, something like that,” Putnam said. “The milkshakes are really good.”

RUNNER-UP

1. The Fat Frogg

CHIRBA CHIRBA

BEST FOOD TRUCK

Caleigh Lawlor
Elon News Network | @caleighlawlor

DOTED “BEST FOOD TRUCK,” Chirba Chirba Dumplings has served the Elon community in their yellow food truck, cooking authentic Chinese-style dumplings, for years.

The company was founded by a group of friends in college that made authentic dumplings and tested out their own Chinese recipes together. When the food truck craze hit about 10 years ago, they took the recipes they had been working on and decided to make a franchise out of it.

Owner Nate Adams said he and his friends officially went into business in 2011, but slowly each one started to move past working on the truck.

“I kind of stuck in restaurants after graduating so I maintain it. I bought out their shares, so currently I’m the sole owner, and I’ve been running it myself for I guess seven years now,” Adams said.

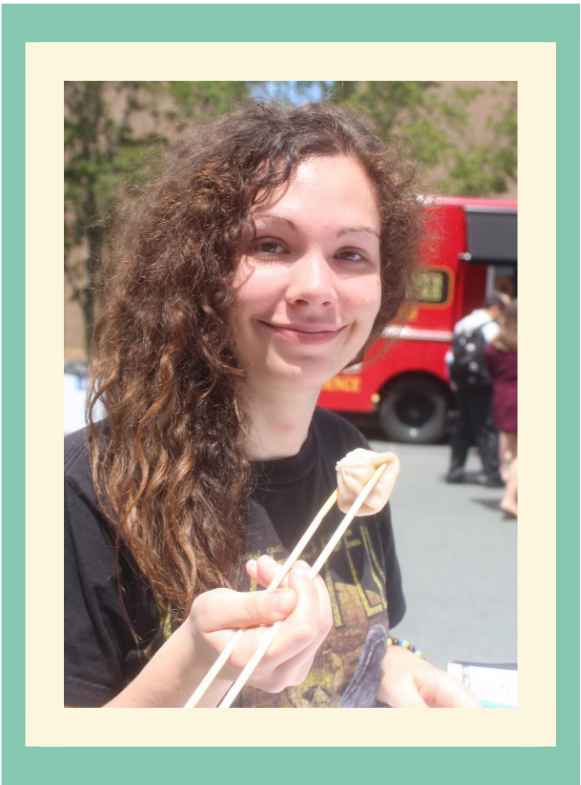
Chirba Chirba offers a variety of dumplings, from juicy pork buns to their signature chicken minis. They also offer an array of dipping sauces — traditional Black Vinegar, Chirba Spicy and Pineapple Curry.

Sophomore Brianna Boucher said she eats at the food truck whenever they visit Elon’s campus.

“Chirba Chirba gives me the satisfaction for my dumpling cravings every time, and I like that the menu can change with every visit,” Boucher said. “I’m always able to try a new dumpling I haven’t before or get my personal favorites.”

Adams said he wants Elon students to remember that food is one of the best ways to become educated on other cultures, and Chirba Chirba Dumplings does this well.

“I personally feel that food and eating together is one of the biggest ways to experience another culture and connect with another culture,” Adams said. “One of the main philosophical pillars of Chirba was to sort of open doors to people, especially in the South, who maybe have never tried dumplings.”



Senior Eline Roillet uses chopsticks to pick up a dumpling from Chirba Chirba.

MEGAN KOTTKAMP | STAFF PHOTOGRAPHER

RUNNERS-UP

1. Donuts
2. Dumplings

BUFFALO WILD WINGS

BEST WINGS

Andrew Zagari

Elon News Network | @a_zagari

A ROOM FULL ROOM OF energetic sports fans is what general manager Jennifer Donald expects on a typical game night at Buffalo Wild Wings. Whether it's football, basketball, or now, eSports, the televisions that surround the perimeter of the restaurant guarantee a variety of entertainment options for its guests. These guests are who voted the franchise "Best Wings."

Donald said the energy of the restaurant is reflected in their staff.

"We literally live, eat and breathe wings, beer and sports," Donald said. "You can't go anywhere else to watch the big game with 100 TVs."

Despite social distancing guidelines, Donald said she is happy they are still able to maintain the typical energy in the restaurant and says that safety is the

number one priority.

"We've made strides to make sure that not only are you in here having a good time, but you're also in here and you're safe," Donald said. "And everybody's making that a priority as well."

Senior Martin Beckelhymer said he enjoys the casual and active environment of Buffalo Wild Wings, especially on a day with one of their famous specials.

"Buy one get one, you can't really beat that in terms of value," Beckelhymer said. "There's other places whose flavors I prefer at times, but can't beat buy one get one."

Donald said she loves to keep sports fans pumped with high energy and having a good time at Buffalo Wild Wings.

RUNNERS-UP

1. Wing Stop
2. Wings to Go



ANDREW ZAGARI | STAFF PHOTOGRAPHER

The Buffalo Wild Wings located in Burlington's Alamance Crossing.

RED BOWL

BEST ASIAN FOOD

Jenna Manderioli

Social Media Coordinator | @jennamanderioli

RED BOWL ASIAN BISTRO is just a seven minute drive from Elon's campus and is a convenient place for the surrounding Elon community to enjoy Asian cuisine.

The traditional Asian restaurant was voted "Best Asian Food" and features a family-friendly atmosphere with many seating options, from booths to a bar, according to its website.

Sophomore Becca Chase said it's a great environment to come together with friends.

"If you're going for a birthday, I'd go to Red Bowl if I'm trying to invite a bunch of friends," Chase said.

Red Bowl employee Ody Ferranco said the business has been around for 15 years and in that time, Elon students remain the primary source of customers.

"The portions here are basically made for students because when you eat here, for \$10 you

get a full, fresh real meal," Ferranco said. "I think that's the number one reason why students always come here and they love Red Bowl."

Ferranco said some student favorites include the lo mein, sesame chicken and sushi combos.

"If you compare to other restaurants, the combos we have and the sushi, it's very, very affordable," Ferranco said. "Here, you pay below \$20 and you already have a full meal."

Chase said the affordable, quality food of Red Bowl is what makes it appealing.

The proximity to Elon's campus has benefited the business, according to Ferranco.

"We have had a lot of Elon students work here, and I think they tell their friends about it and then they'll come and eat here, too," Ferranco said.

RUNNERS-UP

1. Simply Thai
2. Tazza Kitchen



JOSEPH NAVIN | PHOTO EDITOR

Red Bowl Asian Bistro located in Burlington's Alamance Crossing.

SAN MARCOS

BEST MEXICAN FOOD

Abigail Hobbs

Elon News Network | @abigailhobbs

SAN MARCOS IS A popular restaurant in Burlington, and the Elon community voted the welcoming, colorful atmosphere and extensive menu, "Best Mexican Food." Freshman and Burlington resident Grant Sledge tried San Marcos recently and was pleasantly surprised with the outcome of the meal.

"I think the food was really good and on par with other restaurants around, but the presentation was very cool and unique," Sledge said.

The menu includes many traditional Mexican dishes, such as tacos, burritos and enchiladas, but also has some interesting finds, according to Sledge. Sledge enjoys "El Volcanito," which is chicken inside a tortilla and twisted to represent a volcano.

"The volcano was extremely good, it was presented great and tasted just as good," Sledge said. "It was very unique from many dishes and so it was pretty fun to have."

Freshman Rex Broussard found San Marcos to have a nice, clean ambiance. His go-to is the quesadilla.

"I get the quesadilla, but everything from other people looks and smells so good and delicious," Broussard said. "Everything is plated so nicely."

San Marcos has several locations throughout North Carolina, including Raleigh. General Manager Pedro Rodriguez is very grateful to the Elon community for their win.

"Thank you Elon students for choosing us as the best Mexican restaurant in Burlington," Rodriguez wrote in an email to the Elon News Network. "San Marcos Mexican Restaurant loves Elon students."

RUNNERS-UP

1. The Mission
2. La Fiesta



JOSEPH NAVIN | PHOTO EDITOR

Local resident Brenda Radack prepares to eat lunch on Jan. 4 at San Marcos.

PREGO'S TRATTORIA

BEST ITALIAN FOOD

Andrew Zagari
Elon News Network | @a_zagari

PREGO'S TRATTORIA OFFERS NEW York-style Italian cuisine in Burlington and was voted "Best Italian Food" by the Elon community. Originally started on South Church Street as a family business, Albert Hernandez continues to carry on the traditions from their new location on Huffman Mill Road.

Hernandez's wife, Tiffany Vasquez said it has been an adjustment coming into a larger space.

"I feel like we're starting to really get a flow," Vasquez said. "There's still some days that are challenging, but overall I feel like we have a really nice flow, and he's getting more comfortable being in this bigger space."

Vasquez said that whether you are a customer or an employee, they will always try to make you feel like family.

"We want you to come in and we want you to feel like you're with family. There's this warmth in the restaurant you don't really see in a lot of places unless it's a small family-owned restaurant," Vasquez said.

Born and raised in Burlington, junior Jackson Webb has been visiting Prego's since he was 10 years old, and said it has always been a good experience every time he has gone.

"It's high quality, like everything they do is mostly made in-house, like all their pastas, so it's noticeably better than most Italian places around here," Webb said.

Webb said he likes the authenticity of the restaurant and that it is a very family environment.

"Before their owner died, he knew us by name. Their son, who is still operating the restaurant, knows us," Webb said. "He recognizes us every time we go and that personal family feeling you get when you're there."

Vasquez said she loves the family atmosphere of teamwork in the new restaurant location.

"We're all here. We're all a family, we all do this together, we succeed as one," Vasquez said.



ANDREW ZAGARI | STAFF PHOTOGRAPHER

The outdoor seating area of the newly relocated Prego's Trattoria.

RUNNERS-UP

- 1. Da Vinci's Table
- 2. Little Italy

IF YOU GO

Where: 422 Huffman Mill Rd. Suite 122
Burlington, NC 27215
When: Monday - Thursday: 11 a.m. - 2:30 p.m., 4:30 - 9 p.m.
Friday - Saturday: 11 a.m. - 2:30 p.m., 4:30 - 10 p.m.
Sunday: Closed

SMOKEHOUSE AT STEVE'S

BEST BARBECUE FOOD

Haley Phelps
Elon News Network

SMOKEHOUSE AT STEVE'S IS a community focused business and head chef Tim Benton said his favorite part about working there is the connection to the customers. This year, the Elon community voted Smokehouse at Steve's "Best Barbecue."

The smokehouse was built as an extension of Steve's Garden Market, a grocery store that has been in existence since the late 1960s. Benton said some of their workers and customers have been coming for nearly 40 years, creating a family atmosphere.

Further supporting their community, the store and smokehouse provide an outlet for local artisans and farmers to sell their goods.

The meat is lightly seasoned and chopped with salt, apple cider vinegar and Texas Pete, and cooked in a wood fire with hickory and oak giving it its signature flavor, according to Benton.

The barbecue is cooked "very traditionally using as few ingredients as possible," Benton said. "We let the meat speak for itself."

All of their sauces are made in house, according to Benton. Freshman Ariana Galloway said she enjoys the restaurant's sauces because of their sweet taste.

"It was really tasteful, it made you want to lick your lips afterward," Galloway said.

Benton said his favorite item on the menu is their brisket and the company loves partnering with Elon University for events, such as dining hall takeovers.



HALEY PHELPS | STAFF PHOTOGRAPHER

Inside Smokehouse at Steve's, showing the extension restaurant added onto the grocery store.

RUNNERS-UP

- 1. Tickle My Ribs
- 2. Smithfield's

IF YOU GO

Where: 331 W Harden St
Graham, NC 27253
When: Monday - Saturday: 11 a.m. - 3 p.m., 5-8 p.m.
Sunday: 11 a.m. - 3 p.m.

DIXON’S JAMAICAN TASTE

BEST BLACK-OWNED RESTAURANT

Madalyn Howard
Elon News Network | @madalynhoward_

IT TOOK LESS THAN two years for Kingston, Jamaica native Kern Dixon to expand his modest Caribbean-style food truck into a successful restaurant. Manager Amber Thomas said Dixon was inspired by his grandmother, a Jamaican cook. Dixon crafted an extensive menu of authentic Caribbean dishes for the 2019 opening of his Burlington restaurant, Dixon’s Jamaican Taste — the Elon community’s pick for “Best Black-Owned Business.”

“He followed his grandmother’s dreams and used family recipes,” Thomas said.

Dixon was unavailable for comment.

The phrase “Health Over Wealth” is printed around Dixon’s colorful dining room, a nod to both the laid-back environment and Jamaica’s diverse food culture. The menu mirrors the blend of African, European and Indian influences found in traditional Jamaican cuisine.

Thomas said the restaurant is popular with Elon students, the majority of whom order the classic jerk chicken. The Caribbean dish is heavily associated with Jamaica, but for anyone looking for a less routine meal, Thomas had several suggestions.

“Ox tails — give it a shot!” she said. “I like the curry goat, if you’re looking for something with a kick.”

In addition to pastries, Jamaican sodas and alcoholic beverages, Dixon’s offers a variety of specials for hungry or indecisive eaters. Thomas suggested pairing meals with a cup of house-made soursop juice, a Caribbean drink made from the soursop fruit and, she said, known for its health benefits.

“We appreciate everyone who comes out,” Thomas said.



MADALYN HOWARD | STAFF PHOTOGRAPHER

Dixon’s Jamaican Taste storefront in Burlington.

RUNNER-UP

1. Dame’s Chicken & Waffles

IF YOU GO

Where: 3261 S Church St
Burlington, NC 27215
When: Tuesday – Thursday: 11 a.m. – 9 p.m.
Friday – Saturday: 11 a.m. – 10 p.m.
Sunday – Monday: Closed

THE ROOT TRACKSIDE

BEST BURGER

Kyra O’Connor
Executive Director | @ko_reports

THE ROOT TRACKSIDE IS both close to Elon University’s campus and the Elon community’s heart. The restaurant, voted to have the “Best Burger,” located in the heart of downtown Elon next to the train tracks, is managed by Angela Woody. Woody has worked at the Root for nearly 10 years and enjoys the community both at the tables and in the kitchen.

“It’s just a close knit group. We work for some awesome people, the owners are awesome,” Woody said. “We just mesh well together, so it’s more fun than work most of the time.”

Father Peter Tremblay, who serves as the associate chaplain for Catholic life, often goes to the Root with students or colleagues. While Tremblay said his go-to lunch order is a cobb salad, he loves the burgers the restaurant offers — especially the Elon Club, an angus burger in a triple layer club sandwich.

“Their food is fresh, delicious and always well-prepared,” Tremblay said.

While the typical angus beef burgers are a fan favorite, for students who are vegetarian or vegan, the Root provides options like the vegan burger. Senior Wylie Watlington said the vegan burger is one of her favorites, along with the crispy brussel sprouts.

“It doesn’t taste like fake meat. Sometimes when you get a veggie burger, they try to make it taste like meat,” Watlington said. “But they put spices and a variety of vegetables in it for a unique flavor.”

Between the burgers, the sides and the atmosphere, students, faculty, staff and community members alike find many reasons to love the Root. And luckily for the Elon community, the Root loves being here.

“We enjoy doing what we do,” Woody said. “We enjoy making people happy, and making people plates that people enjoy coming here to eat and experience with us.”



KYRA O’CONNOR | EXECUTIVE DIRECTOR

A burger with a side of crispy brussel sprouts and macaroni and cheese.

RUNNERS-UP

1. Drake’s
2. Cookout

IF YOU GO

Where: 110 W Lebanon Ave, Elon,
NC 27244
When: Monday: 11 a.m. – 3 p.m.
Tuesday – Saturday: 11 a.m. – 3 p.m., 5–9 p.m.
Sunday: Closed

3T’S CHICKEN & SHAKES

BEST CHICKEN SANDWICH

Madalyn Howard

Elon News Network | @madalynhoward_

THE THREE TS IN the name of this unassuming chicken joint stand for “Terrific! Tasting! Tenders!”, a slogan embraced by the Elon community, who voted it the home of the “Best Chicken Sandwich.”

3T’s Chicken & Shakes is owner Michael Thomas’ second restaurant in the Burlington area and a departure from his family-style eatery, Delancy’s. Since 2017, the chicken joint has served up chicken wings and tenders, burgers, salads and milkshakes, but its selection of chicken sandwiches is what really rounds out the menu.

Offerings include plain, barbecue and avocado chicken sandwiches, and Thomas hopes the 3T’s combo special, which

includes a grilled or fried chicken sandwich and a side, can make for an affordable but filling meal.

Ultimately, Thomas believes 3T’s fresh ingredients and home cooking are what set his local business apart from national chains.

“That means you may have to wait a little bit longer than a Chick-fil-A drive through, but everything is hands on. We don’t buy anything frozen,” Thomas said.

For Elon students, Thomas recommends his favorite chicken sandwich, the “Rise & Shine,” made with cheddar cheese, fried egg and bacon. But even 3T’s basic chicken sandwiches are full of flavor, according to junior Lauren Shaia.

“The basic sandwich is good,” Shaia said. “Although it’s plain, the flavors shine through in every bite and you can always add toppings like lettuce and tomato.”

RUNNERS-UP

1. Bojangles
2. Chick-fil-A

IF YOU GO

Where: 3519 S Church St.
Burlington, NC 27215
When: Monday – Saturday: 11 a.m. – 9 p.m.
Sunday: Closed



3T’s Chicken & Shakes storefront in Burlington.

MADALYN HOWARD | STAFF PHOTOGRAPHER

VILLAGE GRILL

BEST DATE NIGHT

Cailey Cetani

Elon News Network | @Cailey_cetani

ONLY SEVEN MINUTES FROM campus, Village Grill was voted “Best Date Night Spot.” The restaurant is run by general manager Carter Honeycutt, who has been in the role for over a year now. Honeycutt said the establishment is busy mostly during the weekends, with the normal demographic being mainly older adults.

Village Grill is most known for its Key West chicken and “killer” Alfredo sauce, according to Honeycutt. He said the appeal of the Village Grill is the affordability and efficiency in service you get when you dine there, which draws in couples looking for the perfect date spot.

“Reminds me of when I was their age,” Honeycutt said. “I’ve taken dates here before when I didn’t work here. When I see a young couple come in, it just makes sense.”

Sophomore Abby Langenkamp said when she goes to Village Grill with her friends, the decor is not what you would expect from the outside of the building.

“It’s a nice talking point and kind of interesting atmosphere, so if you are worried about things to talk about, then maybe go there,” Langenkamp said.



Diners eat inside the Village Grill on Jan. 4 in Burlington.

JOSEPH NAVIN | PHOTO EDITOR

FUN FACT

The owners of Village Grill, also own the Blue Ribbon Diner franchise.

RUNNERS-UP

1. Blue Ribbon Diner
2. Grill 584

IF YOU GO

Where: 580 Huffman Mill Rd,
Burlington, NC 27215
When: Monday – Sunday: 11 a.m. – 10 p.m.

RECREATION

DANCE TEAM WINS NDA GOLD BID

BEST SPORTS MOMENT

Jacob Kisamore
Sports Director | @jacobkisamore

ELON UNIVERSITY SENIOR DANCE team member Cullen Zeno did not know what to expect when he arrived at the National Dance Association Camp team dance competition in Myrtle Beach, South Carolina in August 2021. A first-year member of the team, he held hands with his teammates as they awaited the results of the Game Day routine competition.

As the announcer read out the results, Elon's team broke into a celebration when they heard they had won. The university community voted that win this year's "Best Sports Moment."

Though he had never experienced this level of competition before, Zeno said he felt honored to share the moment with his teammates.

"I felt every amount of joy that they felt, so that was really nice to feel that," Zeno said.

By coming in first place at the Game Day competition, Elon's dance team earned a Gold Bid to compete in this April's NDA Nationals competition in Daytona Beach, Florida. This

is the program's first ever gold bid, which will provide many perks to help the team with its trip, including receiving five free hotel rooms, a reduced registration fee per person and first priority on hotel assignment.

Senior and team captain Gabby Clancy said the bid is a culmination of the program's growth over the past several years.

"It's a continuous reminder of how proud I am to see the growth of this program over the past four years, and it's a continuous reminder of how much we've been through and how much we've been able to accomplish," Clancy said.

For junior member Devyn Battaglia, this accomplishment helps validate Elon's dance team as one of the school's most competitive programs.

"It's really hard for us to sometimes demonstrate to people all that we're capable of and all that we do on a daily basis, let alone at these big competitions and events that we have," Battaglia said. "It's so rewarding to see the people in the student body and the community recognizing us not only for the achievements we've had, but as a sports team in general."



COURTESY OF ELON UNIVERSITY DANCE TEAM

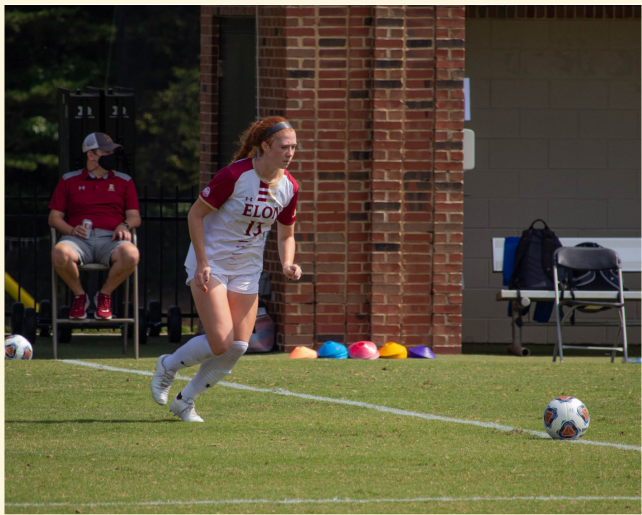
By coming in first place in the Game Day routine competition, Elon's dance team earned a "gold bid" to compete in this April's NDA Nationals competition in Daytona Beach, Florida.

RUNNERS-UP

2. Women's soccer wins CAA championship
3. Men's basketball almost makes it to the NCAA Tournament

SOCCER

BEST WOMEN'S VARSITY TEAM



JOSEPH NAVIN | PHOTO EDITOR

Junior Kayla Hodges prepares to kick the soccer ball during the game on Oct. 3, 2021.

Jacob Kisamore
Sports Director | @jacobkisamore

AS THE CLOCK RAN out in April 2021's Colonial Athletic Association championship match, the team's final game of its spring 2021 season, previous-junior defender Kayla Hodges said she was in total shock when she realized Elon had just won its first ever CAA championship.

"It's still so surreal just thinking about it," Hodges said. "It kind of took me a second to realize we had just won and you could just see everyone's faces smiling, we were hugging, tears were shed. It was just an awesome moment to be able to hoist the trophy up."

Elon's women's soccer was voted "Best Women's Varsity Sport" by the campus community.

In a spring season postponed and shortened because of the COVID-19 pandemic, the Phoenix only played eight regular season matches, going 4-4. However, in the CAA Tournament, the team defeated two perennial conference powerhouses — Hofstra University and UNC Wilmington — to claim its first conference crown since 1999, when it won the Southern Conference.

With the conference tournament title, Elon also earned its first appearance in the NCAA Tournament since 1999. Though the Phoenix lost in the opening

round, previous-sophomore defender Ally Madigan said the experience was one that she will carry with her forever.

"It was really cool because it almost made me feel like a little girl again, seeing all those teams like Penn State and Stanford that everyone hears about," Madigan said. "It's just kind of cool to put Elon, a small school down south, on the map."

In its 2021 fall season, Elon fell short of returning to the CAA tournament, finishing one behind the cutoff. Despite that, the team still compiled a winning record and defeated the two teams that qualified for the CAA championship match, Hofstra and Northeastern.

Team captain and senior Abby Fusca said the program has established strong momentum over the last two seasons that will help propel it to even more success in the future.

"The team we've built here, everyone is close knit and we know we have each other's backs," Fusca said. "We've created a culture that's not only an awesome team culture, but an awesome soccer culture."

RUNNERS-UP

2. Volleyball
3. Dance

BASKETBALL

BEST MEN'S VARSITY TEAM

Jacob Kisamore
Sports Director | @jacobkisamore

ELON UNIVERSITY'S MEN'S BASKETBALL team entered last season's Colonial Athletic Association Tournament as the number eight seed. Needing four wins in four days to qualify for its first ever NCAA Tournament, the team made a surprise run to the championship game.

Though the Phoenix lost to the Drexel University Dragons, falling one game short of reaching March Madness, it was still a historic step forward for the program. The Elon men's basketball team was voted "Best Men's Varsity Sport" by the campus community.

Head Coach Mike Schrage said there are pictures in the team's locker room from the CAA Tournament run to remind players of the team's main goal for the 2021-22 season.

"We're not going to talk a lot about last year, but we're going to remember it," Schrage said. "It's always in the back of our mind to make that final step and take Elon to its first NCAA Tournament."

Elon started the 2020-2021 season 3-8, but the team won

seven of its final eight games to finish with a winning record (10-9) for the first time since the 2016-2017 campaign.

Junior guard Hunter McIntosh said the program is on the rise and that this year's team has a strong chance of taking the next step this season.

"When Coach Schrage got here, we knew that we had a chance to do something special," McIntosh said. "The first two years, we've made progress in the right direction to be able to do something special at Elon and going to the [NCAA] Tournament is something that's always on our minds."

Junior guard Hunter Woods said the Phoenix's experience in big games will pay dividends for the team in the postseason.

"We're battle tested and we know what it takes to get where we want to be," Woods said. "We've got to keep building off the groundwork that has been laid."

RUNNERS-UP

2. Soccer
3. Football



LUKE JOHNSON | STAFF PHOTOGRAPHER

Elon University junior Zac Ervin drives the ball down court during a game against Bluefield College in Schar Center on Nov. 14, 2021. In their third game of the year, the Phoenix secure an 89-72 victory.

TOTAL BODY HIIT

BEST FITNESS CLASS

Amanda Cantale

Elon News Network | @amandacantale

SENIOR LISSY SHORTALL, GROUP exercise instructor for Total Body HIIT, finds a sense of reward in teaching classes and challenging students. The Elon community has voted Total Body HIIT the “Best Fitness Class.”

Shortall said the class is filled with high intensity and strength exercises that work the entire body. For Shortall, the classes give her the opportunity to share her passion with other students, while helping them maintain a healthy lifestyle through exercise.

“The class is intense, students should be ready to push themselves in a way that is safe, but also might surprise them of how much they’re capable of,” Shortall said.

Shortall said she began teaching classes in her sophomore year, when she said she had a poor mindset surrounding health and fitness and was looking for a change.

Students like sophomore Avery Paulen enjoy attending all of the fitness classes located in or outside of the Koury Athletic Center. But Paulen said Shortall’s Total Body HIIT class is her favorite.

“The classes are definitely challenging,” Paulen said. “We’re doing exercises like jump squats, squat lunges, burpees and crunches.”

Paulen said she enjoys the motivational atmosphere HIIT classes bring. Paulen said that going to HIIT holds herself more accountable as opposed to working out at the gym alone.

Students typically fill the offered spots quickly. Paulen said many of the outdoor classes are especially popular, with the 25 spots gone in minutes.

Paulen said she hopes to become more involved by teaching classes and becoming an instructor in the future.

“Taking classes has actually encouraged and inspired me, in my senior year when I’m not as busy, to teach a class or two,” Paulen said.

Shortall hopes her class will impact students to make healthier choices and focus on the positive impacts that exercise can have on the body.

“In general exercise is something that is going to benefit you in a variety of ways and has such a snowball effect,” Shortall said. “When you challenge yourself, that’s when you change.”



COURTESY OF LISSY SHORTALL

A group of Elon students participating in a workout class in the Koury Athletic Center Gym.

FUN FACT

Lissy plays hype music like Megan Thee Stallion during her workout classes.

RUNNERS-UP

2. Power Yoga
3. Cycle

HOW TO REGISTER

1. Download the IMLeagues app or go to www.imleagues.com
2. Create an account using your Elon username
3. Registration opens 24 hours prior to each class
4. Register for the group exercise class of your choice

FEEL BETTER YOGA

BEST YOGA STUDIO

Graceanne Gaudiello

Elon News Network | @gggaudiello

FOR OWNER AND FOUNDER of Feel Better Yoga Shelley Roupas-Cantrell, the practice of yoga can be a life changing experience. When Roupas-Cantrell was in the midst of her divorce she said knew she needed to do something to make herself happy — yoga did exactly that. The hot yoga studio located on St. Mark’s Church Road was voted “Best Yoga Studio” by the Elon community.

“In yoga, I found that I could take a breath and that I was going to be okay,” Roupas-Cantrell said. “I discovered that if I could be okay then everything else was going to be okay, but it all began with me.”

The Burlington location was the first studio Roupas-Cantrell opened over the past four years. Today, there are two additional studios in High Point and Chapel Hill.

“Our mission is to share yoga with busy college students who need a chance to

breathe,” Roupas-Cantrell said.

When you enter the studio you may notice that there aren’t bright lights or mirrors that surround you. Roupas-Cantrell feels that watching yourself practice and the habit of staring at yourself in the mirror takes away from your experience on the inside. For her, yoga is not about what you look like on the outside, but rather your growth on the inside.

The FBY teacher team consists of 22 members who travel throughout all three locations. Classes are filled with young adults to people in their late 70s.

Sophomore Madi Keller started practicing at FBY in the summer of 2021 and said she continues to go because of the mindfulness shared by the instructors, and of course, the workouts.

“FBY makes me feel like the best version of myself,” Keller said. “The wise words of the instructor with the mix of getting to sweat all the stress of the day away has positively changed my attitude this semester.”



GRACEANNE GAUDIELLO | STAFF PHOTOGRAPHER

Founder and owner Shelley Roupas-Cantrell in a yoga pose as she recognizes how the practice of yoga can be a life changing experience.

IF YOU GO

Where: 1143 F St Mark’s Church Road, Burlington, NC 27215
When: Monday – Saturday: 5 a.m. – 8 p.m.
Sunday: 7 a.m. – 8:30 p.m.

RUNNERS-UP

2. Volleyball
3. Dance

STAFF PICKS

MCEWEN ICE CREAM MACHINE

BEST DINING HALL FEATURE

Ellis Chandler

Elon News Network | @ellis_chandler

FEW THINGS IN THIS world cannot be solved, or at least temporarily mended, with ice cream. Which, in the past few semesters, was slightly harder to find in the dining halls.

After its pandemic-related disappearance, I was overjoyed to discover that the soft-serve ice cream machine had made its return to its rightful place in McEwen Dining Hall at the beginning of this school year. And like some things during the pandemic, such as concerts and indoor dining, I only appreciated it more after it returned.

There's a lot of things to love about Elon Dining, like the special pop-up events or their wide variety of options, but the simple pleasures of ice cream put the McEwen machine at the top of my list.

It only offers two flavors, chocolate and vanilla, which is just the right number and an even better combination on days I decide to mix the two. Plus, the toppings next to the machine allow you to make a few additional combinations, if you so choose. I think a to-go cup from the dining hall is best enjoyed close to closing time or on the way to class, but loading a cone high with ice cream tastes just as wonderful. I've been known to eat ice cream for breakfast but the possibilities are endless.

There's a lot of health claims made about ice cream, but there's nothing wrong with everything in moderation. There's also a reason eating ice cream straight out of the carton in movies and television shows is a tried and true trope — it makes people happy. Although I no longer have a meal plan, I do enjoy my visits to the machine in McEwen whenever I am swiped in. Life's full of simple pleasures and I don't plan on taking the machine for granted again.



ELLIS CHANDLER | STAFF PHOTOGRAPHER

The McEwen Dining Hall ice cream machine made its return to campus this year following loosened pandemic dining restrictions. It serves two flavors of ice cream and has a toppings bar located next to the machine.

THE ELON TRAIN

BEST WHITE NOISE

Ellis Chandler

Elon News Network | @ellis_chandler

MY ROUTINE ON CAMPUS is pretty similar from one semester to the next, but when I went home for Thanksgiving break, I found myself missing something I couldn't quite put my finger on.

It wasn't until I was in traffic that I realized what it was — the train.

It's background noise to my everyday activities on campus, which is probably why I didn't notice it at first, but the train is unintentionally a part of my routine.

There are plenty of sounds around campus, from the chime of the Alamance bell to the lawn equipment that helps landscape campus every morning, but the train is so distinctly unique to Elon. Sure, the train can be annoying. Students complain that it rattles their walls when it passes by, it keeps many of us held up in traffic and the sound even messes with some of our live Elon Local News broadcasts, but I find myself enjoying the familiarity of it.

As much as the train is a part of our routines, the train is a part of university history. It worked its way into residential neighborhood and restaurant names, with the Station at Mill Point paying homage to the original train station on the corner of Williamson and Trollinger.

Being able to study or sleep through the train noise is a sure sign of being an Elon student, and unless I'm right by it, I hardly hear the train anymore. But Elon wouldn't be the same if I didn't hear the train every morning and night.



ELLIS CHANDLER | STAFF PHOTOGRAPHER

The train that runs through Elon University's campus became part of my daily routine without ever meaning to be.

SPRING

BEST ELON SEASON

Annemarie Bonner

Elon News Network | @ABonnerNews

FORGET THE COLORFUL LEAVES, holiday lights and brisk temperatures because the fall and winter aren't superior when it comes to the best time of year at Elon University. Though I have only experienced one spring on campus because of the COVID-19 pandemic, the season's scenery and temperatures reign supreme.

There is nothing quite like being able to sit outside in warm 70 degree weather with shorts on — nothing boosts my serotonin levels more. My motivation increases, my happiness increases and Elon's beauty spikes.

Studying for finals in the winter is outright depressing for me because there's nothing to look at besides fallen leaves, a few Christmas lights and bare trees. Elon glows differently without these things. Elon is at its best when people are walking around with shorts on, sunglasses and smiles, because spring has arrived.

Also, the sun going down at 5 p.m. decreases how much sun we get, sun that we as students need. Walking around in the pitch black doesn't allow Elon's beauty to shine through like it does in April. Insider Magazine wrote a piece about why spring reigns supreme to fall, and they said you get more daylight and fresh air, which we need as humans to function.

The flowers on Elon's campus are also a delight to see. Colors of more than just brown and orange leaves give the university even more reason to preach about.

If you consider fall to be the best, just wait until spring comes. You might just change your mind.



Tulips bloom near the south side of the Alamance Building on Apr 7, 2021.

ANNEMARIE BONNER | STAFF PHOTOGRAPHER

LEARNING TO APPRECIATE ELON

BEST OF NOT HAVING A CAR ON CAMPUS

Sophie Rosenthal

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IT WASN'T UNTIL I got to Elon that I realized not knowing how to drive would significantly hinder my life. Though I knew there wasn't extensive public transportation or a walkable city like I was used to in New York, I figured I would just cross that bridge when I got to it. Well, I'm here now, and I've been standing on it for the past three semesters.

Elon is unique in that the university allows freshmen to have cars on campus, unlike many other schools. So, at first, it seemed like I was pretty alone in my inability to get off campus on my own. I felt like I was tethered to an island while everyone I knew could come and go as they pleased.

But I came to realize there are a lot of people who don't bring a car with them to campus — though, most of them do know how to drive. Finding other people who also did not have a way to get off campus showed me I was neither stranded nor alone. I learned it was OK to spend a lot of time on campus.

If you do need to go places off campus and you want to go on demand, you'll definitely need to find a very accommodating friend with a car. Until then, become acquainted with the limited hours and run time of the Elon Express. Or, you can call a cab with a ride-share app, though you should know that drivers can be few and far between and may take 15 minutes to get to you.

Going to Elon and not having personal transportation has taught me patience. Waiting for buses, Ubers and friends was a part of that. Most of all, I learned that it's okay to rely on other people, but also how and when to be self sufficient. Now, being at Elon without a car isn't all that bad — but I'm still going to learn how to drive and save up for one.



Not having a car — or driver's license — forced me to spend almost all of my time on Elon's campus, but it helped me appreciate being here.

GRAM BROWNLEE | STAFF PHOTOGRAPHER

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